



LOCAL FOOD & FARMS GROWING GREAT FOOD & MORE!

The agriculture community has historically been the focal point of the Armstrong Spallumcheen communities. As you wind your way along the rural roads you will find farms of all kinds: dairy, organic grain, poultry, asparagus, and many more. Farms that produce a beautiful array of flowers created to present the new **Tulip and Sunflower festivals** or farm gate flowers for you to take home. There are also farms that host wedding and events to make your special day spectacular.

And don't forget the **CHEESE...It's Natural!** This annual public event is held each spring — producers, buyers, and local chefs get together to showcase their products with locally made cheese. Mark it in your calendar — you don't want to miss this tasty event!

LOCAL PRODUCTS

We have farms using locally grown plants to make natural beauty and wellness products, along with farms producing locally grown organic grains, organic meat products, and many other products.

The **Omstead Farm** uses their four-acre farm to organically grow and wildcraft many of the ingredients that go into their line of personal care products.

Fieldstone Granary began in the early 2000's as a co-operative organization made up of enthusiastic growers and farmers wanting to farm in the Spallumcheen and Armstrong communities. Although they have grown, their mandate is to provide wholesome and accessible organic whole grain products and services for consumers and businesses alike. You will see their products on many grocery store shelves throughout the Thompson Okanagan region.

SEED TO PLATE

Farmstrong Cider Co. and their owners have been farming for over 30 years; their children are now the third generation committed to growing good food. With their love of nature and the environment, the Farmstrong family always worried about their impact on the planet. In 2009 they decided to compost all the waste from their poultry and cattle farm and create a product that other farmers could use to enhance their soil and crops. Their compost product is now used up and down the Okanagan Valley; and then came the cider!

In 2016 a century old farm was purchased and that is when the cider and the restoration of the heritage barn — built in 1896 — and Farmstrong Cider Co. came to life. Fresh, local cider is produced with apples from their orchard along with other local crops such as rhubarb, apricots, black currants. They sell their poultry, beef, and cider on site as well as serve it to you in their seasonal restaurant.

These are only a few of the stories of the outstanding farming community and businesses located here. Come and explore — you will be overwhelmed with the food and products grown and made locally.

Bloom Flower Festivals — BC's most beloved flower festival is now blooming in the Okanagan! 5050 Knob Hill Road, Armstrong BC info@bloomflowerfestivals.com www.bloomflowerfestivals.com

Edge of the Earth Winery — come taste some wine. 4758 Gulch Road, Armstrong, BC edgeearth@telus.net 250-546-2164 | www.edgeearth.ca

Farmstrong Cider Company — experience handcrafted local ciders in a unique heritage barn setting. 4300 Maw Road, Armstrong, BC info@farmstrongcider.com 250-309-2609 | www.farmstrongcider.com

Fieldstone Organics/Granary Ltd. — wholesome and accessible organic whole grain products for consumers and businesses. 4851 Schubert Road, Armstrong, BC info@fieldstoneorganics.ca 250-546-4558 | www.fieldstoneorganics.ca

Fresh Valley Farms — produces certified organic beef, chicken, turkey, and pork on pasture. 1346 Mountain View Road, Armstrong, BC info@freshvalleyfarms.ca 250-546-7500 | www.freshvalleyfarms.ca

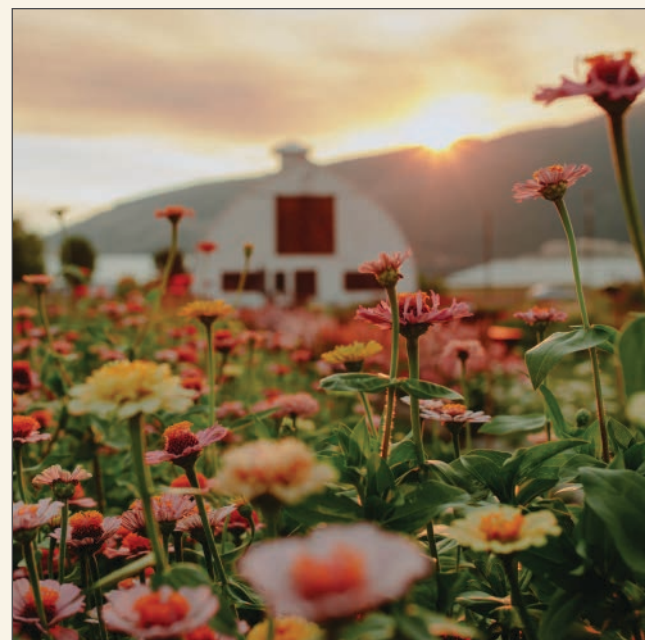
Hartwood North Farm — floral farm featuring fresh seasonal and hard-to-find certified organic garden flowers. Farm gate sales open seven days a week. 4462 Salmon River Road, Armstrong BC warmstrongtaylor@gmail.com 250-558-6804 | www.hartwoodnorthfarm.com

Om Naturale — strongly believes that there is nothing green about plastic, and care deeply about utilizing ethically sourced, natural ingredients for their personal care products. 4885 Lansdowne Road, Armstrong, BC info@omnaturale.ca 250-546-0546 | www.omnaturale.ca

Orchard Blossom Honey — taste the best honey in the Okanagan Valley! Bulk & flavoured honey, propolis, and pollen. 4150 Crozier Road, Armstrong, BC orchardblossomhoney@gmail.com 250-546-9495 | www.orchardblossomhoney.com

Sparrow Grass Field & Farm — u-pick flowers, farm stand and craft ice cream. 5050 Knob Hill Road, Armstrong BC 250-308-7660 | www.sparrowgrassfieldandflower.com

The Village Cheese Company — family-owned company who take pride in making artisan cheese. Their cheese is made from local Okanagan whole milk and other natural ingredients. 3475 Smith Drive, Armstrong BC vcheese@villagecheese.com 250-546-8651 | www.villagecheese.com



SPARROWGRASS FIELD & FLOWER, JENNA CHURCHILL PHOTO



FARMSTRONG CIDER, ADI SCHLAACK PHOTO

MAP LEGEND

- Car Charge Station
- Cemetery
- Golf Course
- Hiking
- Health Centre
- Museum
- Parking
- Picnic Site
- Police
- RV Parking
- School
- Visitor Info Centre
- Washrooms/Outhouse
- Wildflowers
- Creek/River
- Highway
- Lake/Pond
- Paved Road
- Park
- Railway

SEE ARMSTRONG MAP ON THE OTHER SIDE!

McLeod Subdivision

THOMAS HAYES ECOLOGICAL RESERVE

- Chipmunk Cut-off 0.25 KM
- Coyote Loop 4.26 KM
- White Tail Wander 0.74 KM

ARMSTRONG & SPALLUMCHEEN
EXPERIENCE
GUIDE

GETTING HERE

Vancouver, BC 5.0 hrs
Kelowna, BC 1.0 hrs
Kamloops, BC 1.5 hrs
Calgary, AB 6.0 hrs
Edmonton, AB 9.0 hrs
Seattle, WA, USA 7.0 hrs

250.546.8155

OUTDOOR ADVENTURE

HIKING, BIKING, PADDLING, GOLF AND MORE!

Enjoy the sights, sounds, and smells of nature as you explore by hiking, biking, paddling, golfing or simply strolling throughout the Armstrong and Spallumcheen area.

CYCLING - There are 213 km of quiet back-roads in the Spallumcheen Township that will lead you to downtown Armstrong and many new places to visit. As you meander through the beautiful countryside you will also find farms with locally grown products unique to this area.

Our back-country roads are known throughout BC as some of the best places to ride — and they are also so much fun on an e-bike!

HIKING - The City of Armstrong, surrounded by the Township of Spallumcheen, offers visitors and residents a host of recreational hiking choices. There are challenging hikes and easily accessible hikes that meet the needs of all abilities. These are just a few of the trails to enjoy:

Mount Rose Swanson - This 9km trail network, medium difficulty, is a variety of forested trail loops, to several smaller summits, and rock bluffs. Access is year-round, and a trail map is posted at the trailhead and each junction. Dogs are welcome but must be kept on leash.

Overview Lookout and Tower Viewpoint - Hike to Turner's Terrace near the summit for the best view to the north. The Overview lookout takes in Armstrong, the Spallumcheen Valley farmlands and the Monashee Mountains to the east. Tower Viewpoint looks south over Otter and Swan lakes with Okanagan Lake in the distance.

Thomas Hayes Ecological Reserve Walking Trail - A great place to watch birds and see a diverse variety of plants and animals. From the trailhead on Hayes Road, the easy 4.3km Coyote Loop circles the reserve. Two more easy trails, White Tail Wander (1.7km) and Chipmunk Cut-off (0.25km) connect with Coyote Loop to create shorter loops that all lead to a peaceful scenic picnic area. No dogs please.

Otter Lake Lookout - This path is short but steep. It's a great choice for bird watchers to look out over the wetlands surrounding Otter Lake. This is also a favourite with locals who carry in a canoe or kayak and paddle the tranquil lake to quiet picnic spots.

GOLF! - **Overlander Golf and Events Centre** is Armstrong's first choice for golf, food, and fun. New upgrades in 2022 will make them the Okanagan's only 10-hole par 37!

Spallumcheen Golf & Country Club located across from the historic O'Keefe Ranch, just north of Lake Okanagan, offers two distinct challenges — a 9-hole, par 34 course (2643 yards), and an 18-hole championship, par 71 layout of 6423 yards. You will also find a fully stocked golf shop, driving range and a fully licensed restaurant.

Visit www.aschamber.com/tourismarmstrong for more details on things to do, or stop by the Visitor Centre.



BLOOM FLOWER FESTIVAL PHOTO: CRICKET IN THE THICKET



PHOTO: O'KEEFE RANCH

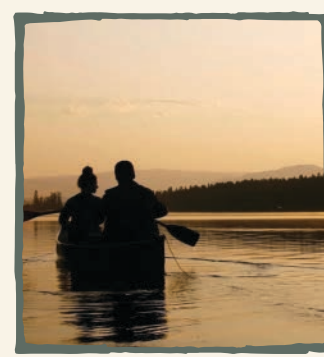


PHOTO: JENNA CHURCHILL



PHOTO: YOGADONICS



PHOTO: JENNIFER KASPER

ROOTED IN HISTORY

EXPLORE HISTORIC MARKETS, UNIQUE ANTIQUE STORES, AND MORE

Historic downtown Armstrong will take you to a place where you will have memories of times you will think you have forgotten. There are many unique stores where you will find a display of antique items that are rare and distinctive. Markets where you will find local artisan and locally grown products and local art galleries and shops where you will find products created by many local artisans.

Farmers' Market - Established in 1973, the Armstrong Farmers' Market is the oldest continuously running market in BC. In true country atmosphere you may enjoy a coffee and a muffin, ethnic foods, conventional and organic vegetables and fruits, local honey, homemade bread and other baked goods, jams and jellies, cheeses, free range eggs, snacks, gorgeous flower arrangements, plants, home and garden accessories, beautiful wooden bowls, jewellery boxes, wooden planters and garden furniture, unique clothing for kids and adults, fabulous handmade jewellery, fashion accessories, soaps and body products, and numerous other items produced by the vendors.



PHOTO: JENNA CHURCHILL



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PHOTO: JENNA CHURCHILL



PHOTO: LINDSAY ADAIR



PHOTO: ARMSTRONG SPALLUMCHEEN MUSEUM & ART GALLERY

Vintage Finds - Going antiquing is kind of like going on a treasure hunt. There are several antique stores in downtown Armstrong - loaded with vintage finds from yesteryear. Set some time aside to peruse the offerings including clothing, toys, dishes, furniture, cameras, glassware, pottery, planters, stoneware, dolls, signs and more.

Armstrong Spallumcheen Museum and Art Gallery - Step into the past and experience yesterday's adventures today. Relive history by exploring replicas of a railway station, schoolroom, general store, and a blacksmith shop. The Art Gallery features local artists in various shows throughout the year. Open Tuesday through Saturday, 10AM - 4PM. Closed on statutory holidays.

North Okanagan - Shuswap Barn Quilt Trail - Barn Quilt Trails inspire communities across Canada to appreciate and market their beautiful rural landscapes with art replicating beautiful handmade quilts. Throughout the North Okanagan/Shuswap region you will find over 40 Barn Quilts on display with many more being created. Stop in at the Armstrong Visitor Centre on Bridge Street to pick up a map to lead you along beautiful back-country roads to view these spectacular works of art.

There are also many other visual and performing arts throughout the region. Wander through downtown Armstrong stores to find many unique forms of art.



BARN QUILT TRAIL PHOTO: JENNA CHURCHILL

OUTDOOR ADVENTURE

Armstrong Spallumcheen Trail Society — a community-based non-profit society working for the development, improvement, and safe use of trails in the area.
astrailsociety@gmail.com
www.astrailsociety.com

Monashee Outdoors — Retail store with a full line of outdoor adventure products.
2595 Pleasant Valley Road, Armstrong, BC
info@monasheehighlands.com
250-546-9025 | www.monasheehighlands.com

Okanagan Bike Co. — bringing the best brands to our customers, along with quality service and exceptional support.
11-3300 Smith Drive, Armstrong, BC
info@okanaganbike.ca
250-556-4792 | www.okanaganbike.ca

Overlander Golf & Events Centre — bringing family fun and golf together. 10 hole, par 37 golf course and restaurant.
flojo.inc@outlook.com
2440 York Avenue, Armstrong, BC
250-546-9700 | theoverlander.ca

ROOTED IN HISTORY

Armstrong Antiques — unique antiques and collectibles, tiffany style lamps, reproduction hardware, and garden trellises.
armstrongantiquesdecor@gmail.com
250-938-1962 | www.armstrongantiques.com

Armstrong Spallumcheen Museum — fun, informative and interactive, our colourful displays honour the historical diversity of the peoples who have lived and worked in the communities of Armstrong and Spallumcheen.
3415 Pleasant Valley Road, Armstrong, BC
250-546-8318
www.armstrongspallumcheenmuseum.com

Canadian Royal Antiques Post — antique, vintage and collectibles. Eclectic variety of wares, furnishings, toys, clothing, vinyl records, glass and china, diecast cars & books.
2520 Pleasant Valley Road, Armstrong, BC
trustma@yahoo.ca | 250-307-4908
www.canadian-r-antiques-post.business.site

Frugal Frocks — bursting with quality pre-owned clothing, jewelry, and collectibles.
3450B Okanagan Street, Armstrong, BC
sgagnon11@gmail.com | 250-546-3448
Instagram: frugalfrocksarmstrong

O'Keefe Ranch — historic O'Keefe Ranch tells the story of early BC Ranching and endeavours to preserve the history and culture of the early ranching era.
info@okeeferanch.ca
9380 Highway 97N, Vernon, BC
250-542-7868 | www.okeeferanch.ca

The Guy Next Door — clothing consignment shop with an admiration for all things vintage. Located in the heart of downtown, directly beside Frugal Frocks.
3450 Okanagan Street, Armstrong, BC
250-546-0950
Facebook: theguynextdoorvintage



CARAVAN FARM THEATRE PHOTO: CODY CLYBURN



ARTS & CULTURE

Armstrong Spallumcheen Art Gallery
The Art Gallery supports local artists by exhibiting their work for visitors and residents to enjoy. They also supply the venue for a drop-in painting group, sponsor art related workshops, and offer other programs for children and adults.
3415 Pleasant Valley Road, Armstrong, BC
250-546-8318
www.armstrongspallumcheenmuseum.com

Caravan Farm Theatre — located on an 80-acre farm, Caravan Farm Theatre stands as one of the nation's most beloved outdoor entertainment venues.
4886 Salmon River Road, Armstrong, BC
boxoffice@caravanfarmtheatre.com
Administration: 250-546-8500
Box Office: 1-866-546-8533
www.caravanfarmtheatre.com

The Twisted Purl Yarn Studio — this store will help you to create wonderful things with different types of yarn.
2541 Pleasant Valley Blvd., Armstrong, BC
the.twistedpurl.yarnstudio@shaw.ca
boxoffice@caravanfarmtheatre.com
Administration: 250-546-8500
Box Office: 1-866-546-8533
www.caravanfarmtheatre.com

FAMILY PLAY TIME THINGS TO DO WITH THE KIDS!



PHOTO: ALEXA ANN

Farm animals, music concerts, playgrounds, a skate park, a swimming pool, splash parks, hiking trails, pumpkin patches, ice cream, the IPE and more. Keeping the kids entertained isn't hard!

Watch for pop-up outdoor movie nights in Memorial Park or take the family to enjoy Music in the Park on the warm summer evenings. Make sure you pack a picnic and claim a spot near the playground or come a bit early and take the kids for a swim.

The Interior Provincial Exhibition is held at the Armstrong Fair grounds each year just before and during the Labour Day long weekend. There is a parade, 4H animal displays and competitions, food vendors, local artisan market, rides, and of course a rodeo!

Every season has something special to do.