

Local author publishes family-friendly guidebook

By Breanne Massey
Pioneer Staff

Julie McDonald has penned an outdoor recreation guide for families that work, play and stay in the Columbia Valley.

The self-published book titled “Kidding Around the Columbia Valley: Making the Most of Your Family Time in the Valley” was recently released and is available in stores from Fairmont to Radium.

“It’s definitely written with both tourists and local residents in mind,” said Mrs. McDonald. “It will help (people) take advantage of all the activities the valley has to offer.”

Her decision to create an all ages-oriented guidebook for the Columbia Valley was inspired by raising a young family in the area and trying to stay active in a manageable way. It includes recommendations for family-friendly bike rides and hikes, beach recommendations, playgrounds and sports.

“As a parent, you’re always looking for ways to get outside and enjoy all that your surroundings offer,” Mrs. McDonald said. “This valley has so much opportunity and provides so many fantastic resources for kids and families.”

In addition, there is a listing of annual events taking place



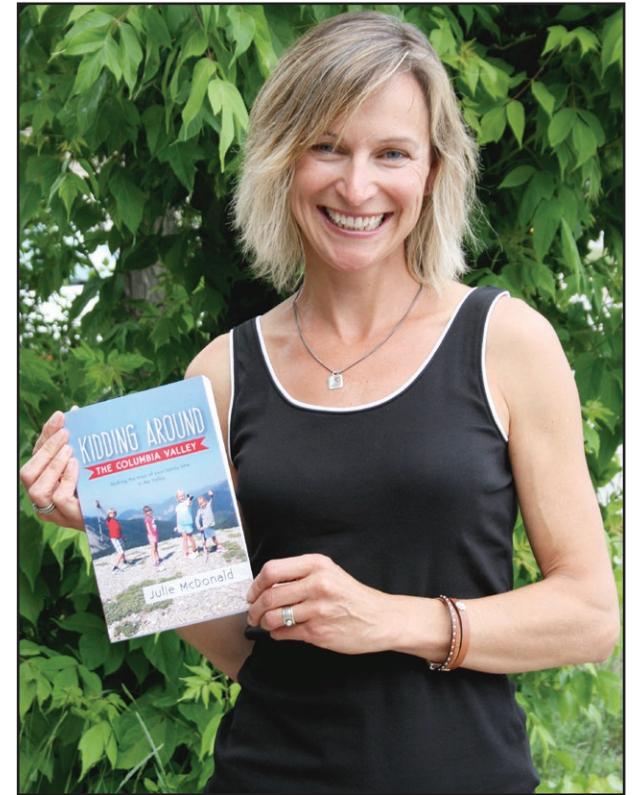
all over the Columbia Valley, favourite meal suggestions for families, and even childcare options.

“I think the Columbia Valley is unique in all that it has to offer,” said Mrs. McDonald. “I don’t think there are many places that have such a variety of outdoor activities as we do here, with the mountains, lakes, rivers, wetlands. There’s something for everyone, and there’s something for every age group. This book was written for families that have kids as young as two and three years old and can be used by seniors as well.”

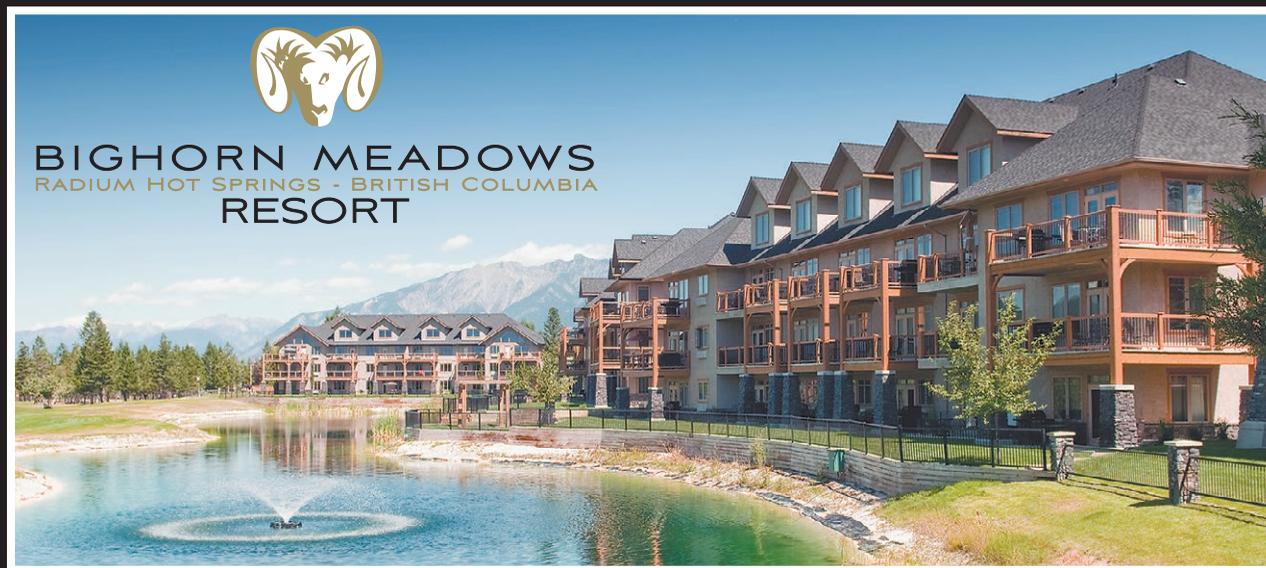
The guidebook would also be suitable for grandparents, she added.

“I’m happy with the look of the book,” she said. “I think it came together well.”

Kidding Around the Columbia Valley is now available in Fairmont at the Fairmont Mountainside Market, Smoking Waters Coffee Co. cafe and the two Fairmont Hot Springs Resort shops (poolside and in the lobby); in Invermere at Bavin Glass, Valley Foods, Crazy Soles, Rainbow Donkey Kids Clothing and Bishop’s Book Store and Coffee Lounge; and in Radium at the Radium Mountainside Market. For more information, visit www.kiddingaround.ca.



FAMILY TIME MADE EASY — Local Julie McDonald was inspired by her own experiences to write a detailed guide to help families make the most of their time in the Columbia Valley. Photo by Nicole Trigg



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