

News

New book about Okanagan gets personal

PATTI SHALES LEFKOS

Special to The Morning Star

A self-described born-again Okanaganite, Laurie Carter knows a thing or two about the Okanagan, and loves to share her unique perspective with others.

An enthusiastic supporter of the Okanagan Valley since her arrival from Ontario's Niagara Peninsula in 1991, her latest book, *Grandma Wears Hiking Boots, A Personal Guide to the Okanagan*, is the culmination of a decade of experience of writing and shooting photos about the Okanagan for magazines, newspapers and online articles.

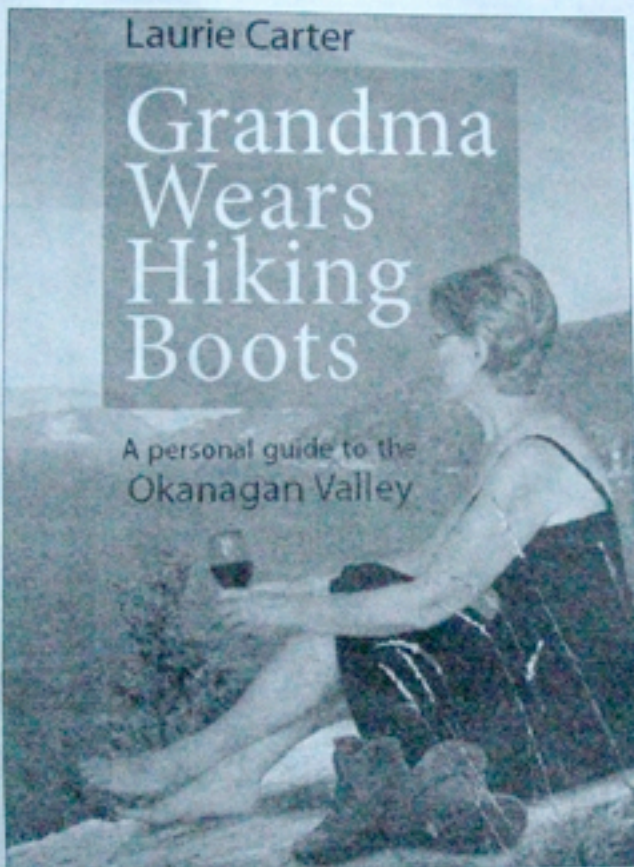
"I love exploring the valley. I felt it was time to collect many of my experiences and present them in a single book," said Carter, who will be at Vernon's Bookland Saturday from 1 to 3 p.m.

"The Okanagan is on the map. Wine tourism, the Olympics — many factors are coming together to give the valley a national and international profile," she said.

Carter insists this isn't a traditional guidebook.

"It's actually a hybrid — I'd say eight-parts travel lit, two-parts guidebook," she said.

"I want to give people a taste of what it's actually like to hike our trails, visit our farms and historic sites, meet



Laurie Carter, author of *Grandma Wears Hiking Boots*, will be signing books at Bookland Saturday from 1 to 3 p.m.

our winemakers and hear our symphony — more than the bare bones facts."

In the chapter *Prachland Trails and Jim's Trails*, Carter compares hiking with her bush-whacking father to following the terrestrial version of Captain Kirk, boldly going where no man has gone before.

through mine fields of hip-high waterfalls and across that face of all but perpendicular talus slopes.

These adventures are balanced with the section called *Laurie's Unofficial Wine Tour*, which takes us along on her quest to one day manage a credible wine and food pairing on her own and the energetic visits to attractions with her daughter Brandie, grandson Alex and Grandpa Bruce in the chapter entitled *Family Time*.

While the target audience is boomers

and older, this account of Okanagan adventures is sure to appeal to a wider readership, from those planning to visit the Okanagan to those who simply enjoy reading entertaining travel literature.

The text includes reviews of 85 trails, attractions, historic sites and activities, 36 wineries, 24 restaurants supplemented with 31 colour maps and 155 colour photos.

The self-described history buff has loved every moment of the exploration.

"I've met fascinat-

ing people. I've learned so much about the history and culture of First Nations people and European settlement as well as about animals, plants and geology of the region," said Carter.



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