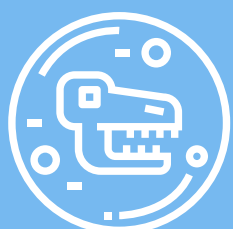


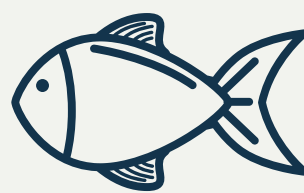
# EXPLORING THE COMOX VALLEY



Dig deep into coal mining history at the Cumberland Museum and Archives, or hunt for fossils with the Courtenay Museum.



**ENJOY FRESH FISH SOLD AT THE COMOX WHARF.**



**EXPLORE STRATHCONA PROVINCIAL PARK, BRITISH COLUMBIA'S OLDEST PROVINCIAL PARK.**



Enjoy mountain bike trails through Cumberland's surrounding forests.



**PEOPLE-WATCH IN VIBRANT DOWNTOWN COURTENAY.**

**JOIN THE 19 WING COMOX YACHT CLUB AND TAKE ADVANTAGE OF RENTALS OF EQUIPMENT FROM THE GOOSE SPIT CLUBHOUSE.**

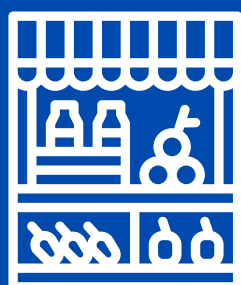


Become a streamkeeper or wetlandkeeper with the Comox Valley Project Watershed Society and get involved with the restoration of the K'ómoks Estuary and Puntledge River Watershed.

Visit I-Hos Gallery on Comox Road for a stunning collection of traditional and contemporary Northwest Coast artwork and crafts, produced by featured First Nation artists.

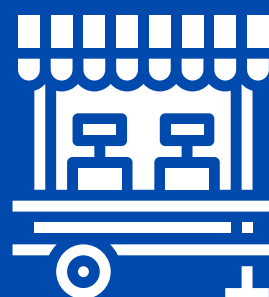


**DIVE IN THE WATERS OF THE COMOX VALLEY, RATED ONE OF THE TOP COLD-WATER DIVING DESTINATIONS IN THE WORLD. BE SURE TO CHECK WITH THE 19 WING COMOX SCUBA CLUB FOR DETAILS.**



Visit Sieffert's Farm Market, just minutes past YQQ, for fresh, locally-grown veggies.

Pick up farm fresh, organic and speciality products at the Comox Valley Farmers' Market in Courtney and Cumberland.



[www.cfmws.ca/comox](http://www.cfmws.ca/comox)

