

B.C. GETAWAYS

BOTH SHE AND HE FIND FUN IN VICTORIA | D4

ATLIN'S ATTRACTIONS | D15

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TUNEFUL TRAVELS

Sonora Resort has gone from manly-man fishing camp to deluxe upscale all-inclusive resort with fine cuisine, spa, multiple hot tubs, a covered tennis court and much more.

MUSICAL JOURNEY |

Whatever your taste in music, B.C. is sure to have you humming a happy tune

BY ANN CAMPBELL

You've got your motor runnin', ready to head out on the highway. You're looking for adventure, in whatever comes your way.

Cue your favourite summer traveling tunes.

Whether you're into Steppenwolf or Stravinsky, Black Eyed Peas or Michael Bublé, B.C. offers summer vacation spots that are sure to have you humming a happy tune.

So pull out your best-loved CDs, charge up your iPod or plug in your satellite radio and make tracks to one of these five B.C. vacation destinations.

Vancouver Island: Sonora Resort

As anyone who loves to fish knows, you can't always get what you want. But on a recent visit to Sonora Resort,

a de luxe escape on a remote island north of Campbell River, I'm reminded of another truth: If you try sometimes, you just might find, you get what you need.

No question, Sonora Resort is a place you need to visit. Long the domain of manly-men who wanted their salmon large and scotch neat, Sonora has recently gone upscale and, dare I say, a bit soft.

But it's a good soft. The resort is now all-inclusive, its functional fishing camp accommodations replaced with Whistler-style lodges. Guest rooms feature natural wood tones, luxurious linens, a fully stocked bar fridge (remember, all-inclusive) and expansive picture windows that overlook the swirling Yuculta Rapids.

The cuisine is upscale, too, with offerings such as butter-poached lobster, roasted veal tenderloin and duck breast with seared foie gras. When I comment to a waitress about the fine

cuisine, she whispers conspiratorially, "We get a bonus for every pound we fatten you up."

Thankfully, Sonora offers activities to counteract the decadence. Fishing is still a big draw, but there's now a spa with requisite health and soul-enhancing treatments, a fitness studio, covered tennis court, mineral pools and multiple hot tubs. Heck, you can even go virtual golfing (I play a round on the Mauna Kea course just so I can say I golfed in Hawaii on the weekend).

The not-to-be-missed excursion from Sonora is via high-speed boat, then van, to view the grizzly bears of Bute Inlet. This non-invasive adventure, offered mid-August to October by first nations outfitter Homalco Wildlife Tours, allows a spectacularly close viewing experience from five well-secured towers and two open areas on the banks of the Orford River.

On my visit, I spy nine grizzlies, including a mother and cub, lumber-

ing along the gravelly riverbanks. I watch silently as the bears wade into the shallows and swipe down to catch the salmon that are so critical to their winter survival. I'm reminded that these salmon are, in fact, Old Mother Nature's recipes, the bare necessities of life for these bears.

More: Sonora Resort, 1-888-576-6672; www.sonoraresort.com

Homalco Wildlife Tours, 1-866-234-2327; www.bearsobute.com



Song quest

The lyrics of 11 songs are shamelessly plagiarized or paraphrased in

this article. Can you find them? Answers, D14