

GROW MAKE BAKE RAISE BC

## Why BC Farmers' Markets?

- Fresh, local, always in season
- Invest in local people & communities
- Connect with local farmers & food



Photo by April Roberts

The BC Farmers' Market Trail is the definitive guide to 145+ farmers' markets, where you can find fresh, local, in season foods, and connect with growers and makers in each community. This is an initiative of the BC Association of Farmers' Markets, a non-profit that supports and promotes its member farmers' markets so local food continues to thrive.

LEARN MORE AT

**BCFarmersMarketTrail.com**

🐦 @BCFARMERSMARKET

📘 FB.ME/BCAFM

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## THE BC FARMERS' MARKET TRAIL

**Cariboo Chilcotin Coast**



DISCOVER LOCAL FARMERS' MARKETS

**BCFarmersMarketTrail.com**

Cover photo by Brad Kasselmann

WITH SUPPORT FROM



**MAY 2019 TO OCTOBER 2019**



## CARIBOO CHILCOTIN COAST

# A Land Without Limits

From the Rocky and Cariboo Mountains, west to the Great Bear Rainforest on the Pacific Coast, Cariboo Chilcotin Coast is truly a land without limits. Renowned for its natural beauty, history, culture and boundless outdoor opportunities, the area is comprised of three distinct regions, each with their own individual personality. The serene, lush Cariboo where the Gold Rush is still very much alive, the free spirited “wild west” appeal of the Chilcotin, and the wild Coast landscape defined by seemingly countless fjords, islands and forests of the Great Bear Rainforest.

Cariboo Chilcotin Coast is a region comprised of 117,000 km<sup>2</sup> of breathtaking beauty, ruggedness, incredible wildlife and outdoor adventure opportunities that will ensure you are actively enjoying nature throughout this great land. Your imagination will run wild and your opportunity to explore is truly limitless.



## Experience Local Flavours at the Farmers' Market

With endless expanses of farmland, rugged wilderness and coastline, you can imagine that this region's 7 farmers' markets serve as vibrant community hubs and gathering places, showcasing the passions and livelihoods of local farmers, ranchers and entrepreneurs.

Renowned for its variety of rolling grasslands, arid canyons and an inland rainforest, this region offers one-of-a-kind pasture-raised meats, craft beer, locally grown hops, birch syrup and the freshest veggies. Visit one of the region's farmers' markets and you will also find fresh baked bread, regional wines, honey, artisan crafts and more.

## More to do here:

- Follow the historic Gold Rush Trail
- Explore the Chilcotins by horseback
- Watch grizzly bears in Tweedsmuir Provincial Park
- Choose your own adventure: the landscape offers forests, fjords, peaks and plains



### 100 MILE HOUSE

- 1. South Cariboo Farmers' Market  
240 Third St • Community Hall  
FRI 9:00 AM – 2:00 PM • May 3 – Sep 27  
[southcariboofarmersmarket.org](http://southcariboofarmersmarket.org)  
Check website for monthly evening markets

### BELLA COOLA

- 2. Bella Coola Farmers' Market  
931 Hwy 20 • Lobelco Hall Grounds  
SUN 10:00AM – 1:00PM • Jun 16 – Sep 29

### LILLOOET

- 3. Lillooet Farmers Market  
620 Main St  
Parking lot beside KC Health & Gifts  
FRI 8:30AM – 1:00PM • May 10 – Oct 11  
[fb.me/LillooetFarmersMarket](http://fb.me/LillooetFarmersMarket)

### LYTTON

- 4. Lytton Two Rivers Farmers Market  
At 4th St and Main St  
FRI 10:00AM – 4:00PM • Jun 7 – Oct 25  
[tworiversfarmersmarket.ca](http://tworiversfarmersmarket.ca)

- This market participates in the BC Farmers' Market Nutrition Coupon Program, which makes fresh, healthy food more accessible to families and seniors. For more information on this healthy eating initiative, visit [BCFarmersMarket.org](http://BCFarmersMarket.org). This program is supported by The Province of BC and the Provincial Health Services Authority.

### MCLEESE LAKE

- 5. McLeese Lake Farmers Market  
Historic Visitor Information Park  
Across from general store  
SUN 9:00AM – 1:00PM • May 19 – Sep 15  
[fb.me/mcleeselakefarmersmarket](http://fb.me/mcleeselakefarmersmarket)

### QUESNEL

- 6. Quesnel Farmers Market  
At Carson St (Hwy 97) and Kinchant St  
SAT 8:30AM – 1:00PM • May 4 – Oct 19  
[quesnelmarket.net](http://quesnelmarket.net)

### WILLIAMS LAKE

- 7. Williams Lake Farmers' Market  
525 Proctor St • At 4th Ave, by Kiwanis Park and Cariboo Memorial Rec Complex  
FRI 9:00AM – 2:00PM • May 10 – Oct 11  
TUE 3:00pm – 7:00pm • Jul – Sep  
[williamslakefarmersmarket.com](http://williamslakefarmersmarket.com)

