

ACTIVITIES

# Kootenay Bean Scene

Four communities to cycle and sip in this fall

BY POWDER MATT

Unplug from your world. Be ready to say, "How you bean?" to the locals, as you sip the freshest coffee and saddle up in one of these four mountain towns along British Columbia's "fat tire trail." This vast mountainous region is full of mountain biking and is larger than many American states. Complete with communities snug below their protecting peaks, bike trails connect to the towns like veins, pumping out from the heart in all directions, waiting for you. Kootenay peeps love a great caffeine fix, and they know coffee is good medicine for the adventurous souls exploring and residing in their communities. Check out these coffee shops and nearby mountain bike trails for your next Kootenay Rockies adventure.



## 1 Rooftop Coffee Roasters

### Fernie

This historic building stands guard in classic brick and stone. The structure frames the mountains in a spectacular fashion in every direction. Founded by a six-year-old kid with a quaint plug-in oven on a rooftop, this café is aptly named Rooftop Roasters and has sprouted growth with its counter-roast style, taking lighter taste to new highs. That kid, Keegan, is now pursuing his environmental engineering degree and merging his expertise and keen interests in support of local farmers, his community and Earth. To taste, bike into a variety of must-go locations on 2nd Avenue, formerly known as old Main Street. My personal fave was Peru Norte. The nutty, chocolaty goodness of this single origin coffee will have you smiling as you pedal down the trail.

**Ride Here** A great sampler is to head to the old barn located on the Coal Creek trail system. Hit the Montane Trail for intermediate, easy

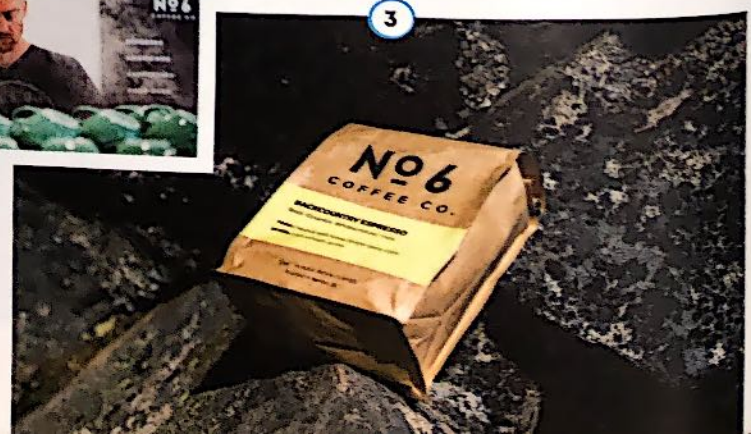
and flowy rides that lead to plenty of options to suit your taste. Fear not, the trails are all equipped with spectacular complimentary views out to the spine of rock known as the Lizard Range.

**Rest Here** Check out Snow Creek Cabin, nestled in a cedar forest or try the full-service Lizard Creek Lodge, within an easy pedal of the chairlift at Fernie Alpine Resort.

## 2 3 No6 4 5 Oso Negro

### Nelson

Artists and creatives love coffee, thus fueling the demand for two coffee roasters in Nelson, which features a stand-out downtown core with historic buildings crawling up the mountainside and shops for tastes and delights. Can't get better than **Oso Negro Fine Coffees**, the heart-beat of the West Kootenay region. Knowing it is going to be an uphill grind, go for deep goodness of the



**DUE WEST**



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Start at the Isadore Canyon Trailhead, and a ride from Pillist to Boneback and back, under the cover of this tall ponderosa forest.

**Rest Here** Comfortable, dog friendly and slopeside, Trickle Creek Lodge in Kimberley offers easy access to the trails of the Kimberley Nature Park.

**6 Seven Summits Coffee Company**

**Rossland**

Wheeling down the historic commerce district of Rossland is an absolute treat. You can't help but notice the locals are bike crazy too. Not only are mountain bikers heading out in all directions, but their art scene is full of nods to spoke and sprocket. End or begin at Seven Summits Coffee Company where a community-minded roaster extraordinaire named Thomas is happy to share his new digs. This refreshingly modern space akin to a



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Princess of Darkness. While it's very smooth, it packs a nice deep, rich and flavourful punch. Reflect on how this coffee crew cares, not only about the coffee but the surrounding trails and community. Now *that* is deep-rooted goodness.

You'll find modern décor and a welcoming space at **No6 Coffee Company**, find a place to sit, sip and taste. New to the scene, their Backcountry Espresso is a good start with earthy tones and a hint of juniper berry. This one slides nicely into the sidelines, revving you up for gear time.

**Ride Here** Park at Mountain Station and climb up Evening Ridge Road, which now has so much riding to choose from, including everything from gravel to hardcore. You can't

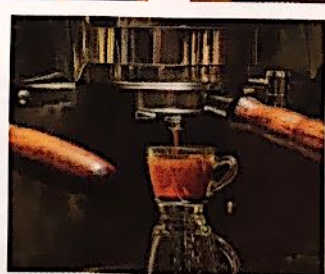
pass on the nod to coffee, so hit your descent on Oso Espresso for some steep, forested, rooty and technical trail and be ready to roast.

**Rest Here** The Adventure Hotel is modern yet simple and full of energy, making this your perfect basecamp for pioneering.

**Kootenay Roasting Company**

**Cranbrook**

There's something special about sipping a strong Italian roast on historic Baker Street at Kootenay Roasting Company. Let the coffee's warmth sink in while hitting its sharp notes. From most points in town you can view the namesake



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mountain of Fisher Peak Blend, which stands like

a sprocket tooth in the Steeples Range and provides an awe-inspiring backdrop for the city of Cranbrook. Skid into nearby Kimberley for its car-free, bike-friendly shopping in the downtown plaza, where mountain bikers can enjoy post-ride food at Pedal and Tap.

**Ride Here** For the perfect combo, right after coffee hit the downhill of the new Bootleg Mountain trail system. Catch the rollercoaster on dirt with the trail Snow Mexican, hitting your adrenaline highs, then in the afternoon do the speedy and smooth cruiser of the Cranbrook Community Forest trail system.

wine tasting boutique is where you can ask about the taste profile of each blend while you do your own cupping session. Fitting the mining theme, you can't resist The Flume, a medium roast with a perky aroma along with nutty and earthy notes to get your inner trail on.

**Ride Here** Choose to ride right out the door of The Josie Hotel on a classic. Hit Miners and connect to Red Top Upper for a caffeine-fueled climb, descending back on Red-head, a speedy and winding ripper back to base.

**Rest Here** Fall relaxation perfection is greeted by the new sleek and modern Josie Hotel. Behind every door you'll discover comfort and charm. And you'll need that coffee to get you out the door. ■