

CASCADE**CLOTHING**

Mallard's Source for Sports
608 18 St.
sportscanada.com
10% off regular priced on clothing, footwear, and backpacks.

ENTERTAINMENT + RECREATION

Castlegar Golf Club
1602 Aaron Rd.
golfcastlegar.com
25% off regular 18-hole green fees.

FOOD

The Bombi Restaurant
1983 Columbia Ave.
10% off (excluding specials).

Canadian 2 for 1 Pizza
1004 Columbia Ave.
canadian2for1pizza.com
10% off regular priced pizza.

Cuisine of India
908 Columbia Ave.
cuisineofindia.ca
10% off the meal and 15% off on weekday lunch buffet.

Dairy Queen
604 18th St
15% off regular priced items only. Some exceptions may apply

McDonald's
1991 Columbia Ave.
10% off purchases.

Panago Pizza
102-1990 Columbia Ave.
panago.ca
10% off Monday to Wednesday.

HEALTH + BEAUTY

Dr. Jonathan Proctor and Dr Eli Mall
Optometric Corp
543 Baker St.
selkirkeycare.ca
15% off prescription glasses and contact lenses.

Glass House Optical
688 18th St.
glasshouseoptical.ca
10% off regular priced, prescription or non-prescription glasses and sunglasses.

Head 2 Toe Holistic Health Clinic
276 Columbia Ave.
\$15 off chiropractic services.

Pharmasave Castlegar
1128 3rd St.
pharmasave.com
10% off items (with restrictions).

Valhalla Physiotherapy
9-650 18th St.
valhallaphysiotherapy.com
20% off all physiotherapy services.

RETAIL + SERVICES

Kootenay Industrial Supply Ltd.
2181 Columbia Ave.
kootenayindustrialsupply.ca
20% of level 1 pricing.

The Brick
4445 Minto Rd.
thebrick.com
15% off regular priced items (excluding appliances and electronics).

CRANBROOK**FOOD**

Cuisine of India
202 Van Horne St.
cuisineofindia.ca
15% off on buffet Monday to Friday.

FRUITVALE**HEALTH + BEAUTY**

Valhalla Physiotherapy
1934 Main St.
valhallaphysiotherapy.com
20% off all physiotherapy services.

NELSON**FOOD**

AM Radio Café
711 Radio Ave.
10% off purchases.

Empire Coffee
616 Vernon St.
20% on purchases (excluding alcohol).

Oso Negro Café
604 Ward St.
osonegrocoffee.ca
10% off purchases.

Tandoori Indian Grill and Lounge
409 Kootenay St.
tandoorindiangrill.com
15% off on buffet Monday to Friday.

HEALTH + BEAUTY

Dr. Jonathan Proctor and Dr. Eli Mall
Optometry Clinic
543 Baker St.
15% off prescription glasses, and contact lenses.

Cameron Dunsmore, RMT
8-86 Baker St.
20% off massage treatments.

Dr. Steve Tucker
Chiropractor
8-86 Baker St.
drstvetucker.ca
\$5 off initial visit and \$7.00 off subsequent visits.

Glass House Optical
701 Front St.
glasshouseoptical.ca
10% off regular priced, prescription or non-prescription glasses and sunglasses.

Nature's Health
461 Josephine St.
10% off regular priced supplements.

Skin Bliss Medi Spa
101-466 Josephine St.
skinbliss.com
10% off treatments.

Symbiosis Massage Therapy Services
8-86 Baker St.
symbiosismassage.ca
20% off massage treatments.

RETAIL + SERVICES

Civic Auto Repair
714 Baker St.
civicautorepair.ca
15% off services.

Gerick Cycle and Sport
702 Baker St.
gerick.com
10% off selected clothing and accessories.

Hall Printing
471 Baker St.
10% off services.

Hipperson Hardware
395 Baker St.
homehardware.ca
10% off regular priced items or special orders.

Kootenay Industrial Supply Ltd.
323 Vernon St.
kootenayindustrialsupply.ca
20% of level 1 pricing.

Mountain Baby
636 Baker St.
mountainbaby.com
15% off purchases.

Otter Books
398 Baker St.
5% off purchases.

RIPPING GIRAFFE

3-502 Baker St.
rippinggiraffe.ca
10% off purchases.

Selkirk Veterinary Hospital
616 Railway St.
selkirkvet.com
15% off treatment.

Tribute Boardshop
556 Baker St.
tributeboardshop.ca
10% off pants or hoodies.

Valhalla Pure Outfitters
624 Baker St.
vpo.ca
10% off selected items.

Who Knew?
702 B Vernon St.
10% off purchases and free postcards from artist in residence with purchase over \$20.

TECHNOLOGY

Phoenix Computers
468 Baker St.
phoenixnelson.com
10% of cleaning and tuning.

ROSSLAND**ENTERTAINMENT + RECREATION**

Redstone Resort
400 White Tail Dr.
redstoneresort.com
25% off 9-holes and 18 holes green fees.

FOOD

Subway
1997 Columbia Ave.
10% off purchases.

HEALTH + BEAUTY

Alpine Drug Mart
2060 Columbia Ave.
15% off purchases (excluding prescriptions, lottery tickets, gift cards).

TRAIL**CLOTHING**

J.J.'s Fashion
1330 Cedar Ave.
jjfashions.com
10% off purchases.

FOOD

Café Americano
1425 Bay Ave.
10% off purchases.

Canadian 2 for 1 Pizza
1474 Bay Ave.
10% off regular priced items (some exceptions may apply).

McDonald's
799 Victoria St.
10% off purchases.

McDonald's
1601 Marcolin Dr.
10% off purchases.

HEALTH + BEAUTY

Pharmasave
1280 Cedar Ave.
pharmasave.com
/pharmasave-trail
10% off purchases (some exceptions apply).

Trail Vision Care Clinic
1370 McQuarrie St.
trailvisioncover.ca
10% off glasses.

RETAIL + SERVICES

Canadian Tire
8238 Hwy 3B
canadiantire.ca
10% off regular priced items, exceptions may apply.

Gerick Cycle and Sport
930 Rossland Ave.
10% off bike clothing and accessories.

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