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WESTERN LIVING // MAY 2018

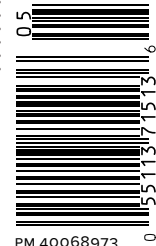
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Bring Home the Spa

PLUS In Praise of the Urban
Hike: the Grit and the Glory



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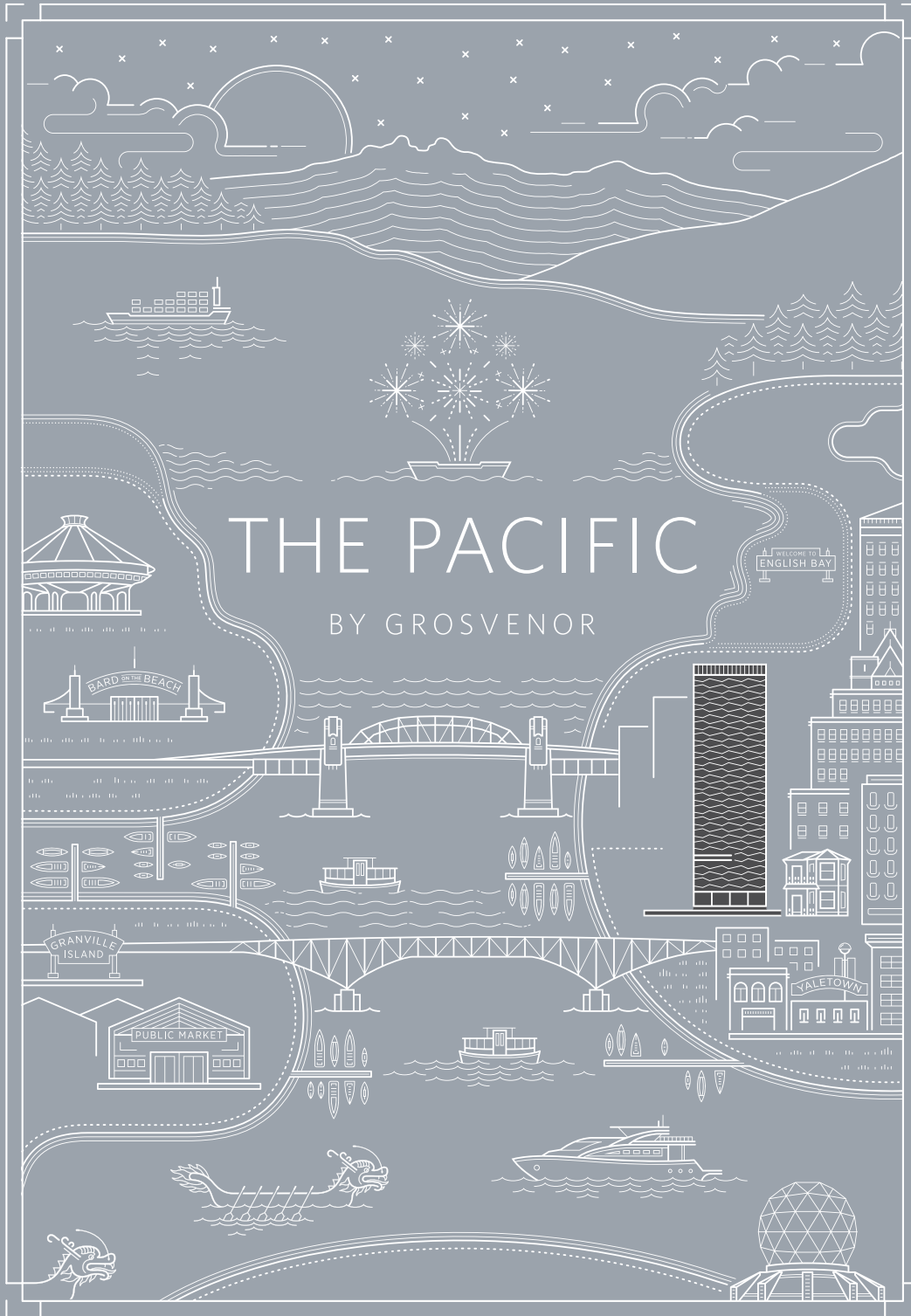
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Hello 2018, YOU'RE LOOKING QUITE LAVISH!

The trend toward maximalism is resplendent with luscious lavender, gorgeous geometrics, big, beautiful florals, and color-crazy kitchens.



Maximalism: more is more!

Make way for the luxury and elegance of violets and lavenders — Pantone named “Ultra Violet” as the color of the year. Try it in a single chair — or paint the town.



- Go for broke with color, collections, layers of window coverings, texture, embellishment, comfort and wildly eclectic style. A staunch minimalist? Try just one wall, fill it from floor to ceiling with art and objects.
- New kitchens move from white-on-white to color, with blue and green cabinetry taking center stage.



Advertisement



- Botanicals are breaking big, covering walls, furniture, and more.
- Geometrics are both retro and reinvigorating, with circles coming on especially strong.



Do-it-for-me!

Why do it yourself when having the experts do it for you has become so affordable? Some projects are great fun to DIY, but when it comes to precise measurements and installation, put a pro on the job. What a relief.

Stay flexible

One big trend is perfectly practical: overall interior flexibility. Stretch the space you have with furniture or design elements that serve two purposes, like a coffee table that pops up into a dining table, or a murphy bed that turns an office into a guest room.





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Splash Zone Architect Joanne Gates created the sound-cushioning texture on the walls of this white-on-white ensuite with a soup ladle mould. Find more beautiful bathrooms on page 39.

MAY 2018
B.C. & ALBERTA // VOLUME 47 // NUMBER 4

THE BATHROOMS ISSUE

39 // **Bathed in Light**

From modern architectural hideaways to marble-clad spaces with spa-like charm, these 11 smartly designed bathrooms might be the most beautiful in the West.

50 // **Rise and Shine**

Architect Cedric Burgers designs a modern concrete-and-glass home that somehow fits perfectly with the lush green West Vancouver landscape.



65



DESIGN

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Calgary developers RNDSQL create multi-family projects with bespoke charm.

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Stylish sound systems, stunning outdoor furniture and show-stopping lighting.

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Bold wallpaper patterns and paint colours that pop are hot for this spring.

FOOD

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Your new favourite burger, new restaurant openings and gadgets galore.

65 // **Next-Level Brunch**

You'll want to make these ultimate brunch recipes for every meal of the day.

TRAVEL

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Writer Tye Bridge sets off on foot to explore his own city from street level, Thoreau-style.

PLUS

82 // **Trade Secrets**

A mud room gets a chic makeover thanks to designer Janie Hungerford.



34



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READY TO RECHARGE

» For my 40th birthday a few years ago, my friends tricked me into planning the perfect day for myself by having me map out one for someone else. “My cousin’s been needing a break,” my friend asked me over email. “Where should I take her?” As requested, I advised her on what I would consider to be a fantasy day in Vancouver: brunch at Hawksworth, spa time at Miraj Hammam, some great Japanese food (Kingyo or Guu, preferably), a little karaoke (okay, a lot of karaoke), and then a night at the Fairmont Pacific Rim—the latter entirely because I knew that each suite had an incredible soaker tub with a view of the city.

And so she rallied a team, and the gang of them surprised me a few weeks later with that same perfect day—all of them coming along for the ride, naturally. (Yes, I do have some pretty excellent friends, and it was a more-than-excellent 36 hours or so.) We dined, we spa’d, we sang *so much* George Michael at the karaoke bar—and the next morning, before I checked out of the hotel suite they had booked for me, I had a lovely soak in that lovely tub.

While that final stop on my birthday tour was great, I likely could have skipped it (replacing the hotel soak with a few more hours of George, of course) if I’d had daily access to any one of the stunning bathrooms we’ve rounded up in this issue. From a Vancouver space that offers a creative solution for a quiet room (you’re going to love those walls) to a Calgary retreat created to be a moody, hotel-like escape, each one was designed for homeowners who now benefit from the best form of downtime: a space to relax and recharge.

In my own bathroom at home, the best view—at least for now—is still my memory of the cityscape during that post-40th soak at the Fairmont, but I’ll likely still find a few ways to incorporate some of the luxe ideas from this issue. Perhaps you’ll find some inspiration in these pages, too—to discover some other new ways to create that all-important feeling of rejuvenation. (Might I also suggest a little George Michael karaoke? If you have doubts, call me. We’ll duet. You’ll love it.)

ANICKA QUIN, EDITORIAL DIRECTOR
ANICKA.QUIN@WESTERNLIVING.CA

Q&A

This month we asked our contributors, What’s on your ultimate brunch menu?



Tyee Bridge,
“Walk, Don’t Run”
page 73

I get my favourite brunch only once every couple of years: organic blue-corn pancakes with honey pecan butter, maple syrup and a side of locally sourced, hopefully ethical bacon, as served at the Byways Cafe in Portland. Hearty, steeped in the traditions of the American hot breakfast, but reinvigorated with unexpected ingredients. Yum.



Alyssa Hirose,
“Ones to Watch”
page 29

This Richmond gal turns to Cimona Cafe in Steveston Village for a grilled-veggie omelette. The green-gabled local café serves up a cozy egg envelope packing squash, yams, sweet potatoes and feta cheese. It’s a hearty Sunday morning apology for Saturday night indulgence.



Behind the Scenes

Photographer Clinton Hussey gets in for the close shot of the banana bread doughnuts (!) we’re featuring this issue. And yes, you can make your own, too: “Next-Level Brunch” has more to-die-for recipes on page 65.

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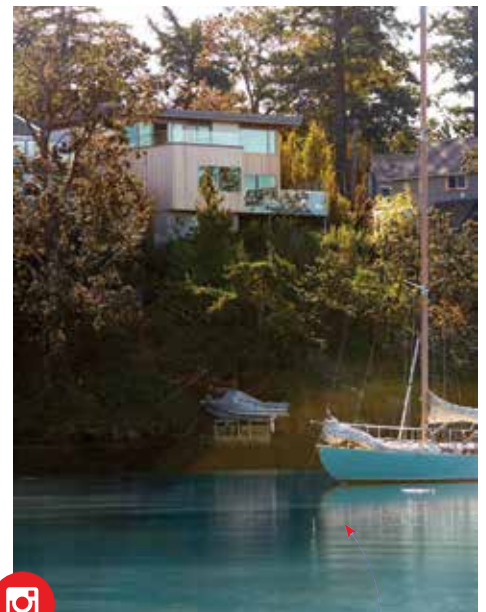
Tweet, message, 'gram or email (mail@westernliving.ca)—we love to hear from our readers!



DESIGN

Hide and Sleek

Take a cue from designer Kelly Deck and mount your TV in the kitchen; the clever storage hack was exactly what this 600-square-foot Vancouver condo needed. westernliving.ca/homes-and-design



COAST GUARD

» There's a lot to love about this modern family home (a joint project between Murphy Stewart Design Associates and 519 Design and Build), but it's the idyllic waterfront site on Cadboro Bay that really caught our readers' attention.

Lovely.
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Awesome 🍷
[@ARLEIGHWOOD](https://www.instagram.com/arleighwood)

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SHOPPING

Stand by Me

Though a great bed frame is obviously the hero of the bedroom, the humble nightstand plays a vital role as side-kick—so we sourced 10 stylish bedside tables that are sure to inspire sweet dreams. westernliving.ca/shopping

WL AROUND TOWN



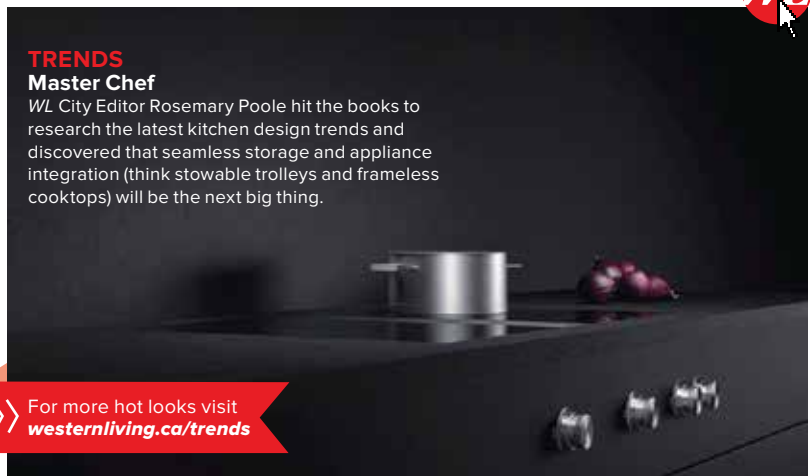
We were invited to check out the **Spa by JW Marriott** at Parq Vancouver, but WL Associate Editor Julia Dilworth and Online Editor Kaitlyn Funk were a little distracted by the views from their rooftop patio. It's a pretty sweet spot to relax post-massage, don't you think?

TRENDS

Master Chef

WL City Editor Rosemary Poole hit the books to research the latest kitchen design trends and discovered that seamless storage and appliance integration (think stowable trolleys and frameless cooktops) will be the next big thing.

» For more hot looks visit westernliving.ca/trends



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WLD DESIGN

SHOPPING // TRENDS // PEOPLE // SPACES // OPENINGS // INTEL

ONES TO WATCH

Community Creators

ALKARIM AND MAJIDA DEVANI,
RNDSQR, developers, Calgary

For RNDSQR's Alkarim and Majida Devani (co-founder and creative director, respectively), community, affordability and sustainability all start with design. The Calgary couple's multi-use inner-city development projects are created with their own needs in mind: after realizing that a suburban single-family house simply wasn't an option for most first-time homebuyers, the pair set out to make inner-city living more desirable for young families. Each of the multi-family buildings RNDSQR creates has an extra something special: a grand plaza for community gatherings, commercial spaces for small-business owners or even a bicycle or rooftop garden plot for each unit. The Devanis build with a legacy mindset, choosing neutral, earthy materials that will stand the test of time. "We want every project to feel like it's going to be here forever," says Alkarim. —*Alyssa Hirose*



Thinking Big
Alkarim (left) and Majida Devani with a model of their multi-family Grow residence.



Anicka's Pick



ACo4 Fruit Bowl
\$663, available at Inform Interiors, informinteriors.com

First designed in 1995, Achille Castiglioni's simple but beautiful fruit bowl for Alessi is back in its collection, this time in a special (and limited) copper edition. It's actually a pairing of two kitchen classics—colander and fruit display—but the warm copper update is all modern.

For more of Anicka's picks, visit westernliving.ca

A Good Yarn

Sien and Co. cushions (from \$295) are made from organic, ethically sourced alpaca or sheep's wool from South America and are woven by hand to luxurious, tactile effect. providehome.com



Throwing Shade

Now available at LightForm, Quebec-based Luminaire Authentik creates classically informed lighting with customizable components that come in dozens of colours. Our pick: the versatile **Compton wall sconce** (\$350). lightform.ca



Raising the Bar

Small-batch-made in Whitehorse with locally sourced botanicals and wrapped in artwork by Powell River-based artist Meghan Hildebrand, **Anto Yukon soaps** (\$10) elevate the morning bathroom routine. antoyukon.com



Daily Grind

At the Root Cellar, a design collective in Winnipeg, local artisans produce a thoughtful inventory of timeless household goods. In regular rotation: Karen Hare's low-profile **mortar and pestle** in curly maple (\$110). rootcellar.biz

NOTEWORTHY
New in stores across the West.

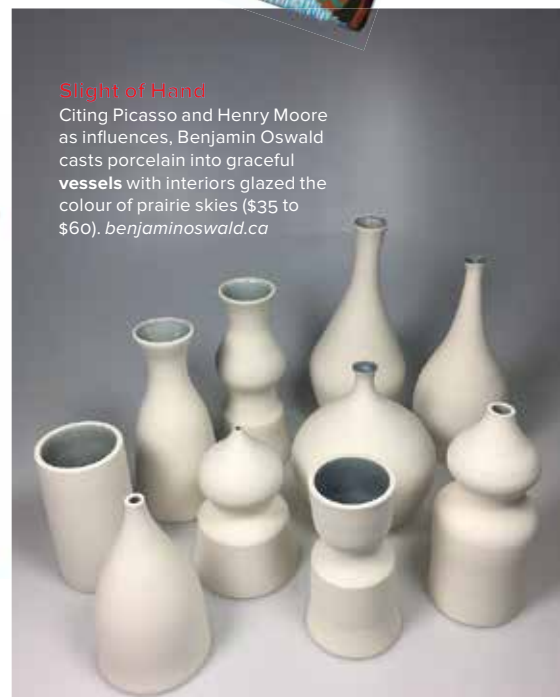
Into the Woods

Now available at SwitzerCultCreative, Jay Miron's furniture line emphasizes sculptural form, exquisite joinery and solid-wood construction—as seen with this oval **Franklin dining table** in walnut (\$9,145). switzercultcreative.com



Slight of Hand

Citing Picasso and Henry Moore as influences, Benjamin Oswald casts porcelain into graceful **vessels** with interiors glazed the colour of prairie skies (\$35 to \$60). benjaminoswald.ca





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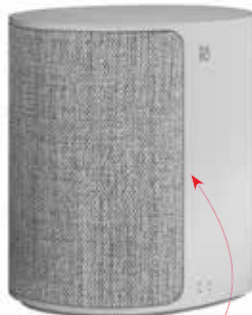
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Modern Classic
 Launched in 1964, litala's **Kastehelmi series** references dewdrops in its raised pattern. New for 2018: a centrepiece vase (\$75) for small spare bouquets. designhouse.com; informinteriors.com; kitinteriorobjects.com



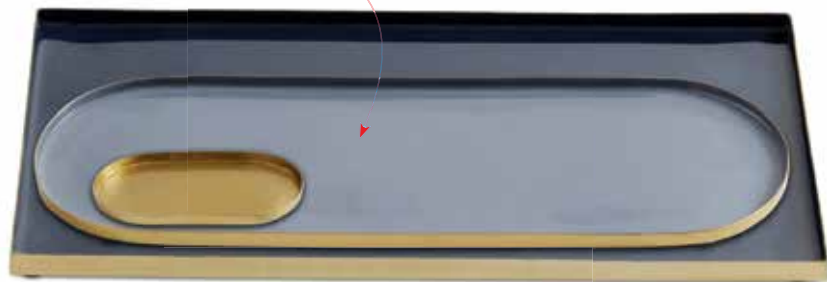
High Volume
 In an increasingly crowded marketplace, Bang and Olufsen has added **Beoplay M3** (\$399), a multi-room wireless speaker in the spirit, style and quality of its popular M5 system, but at a more accessible price point. bang-olufsen.com



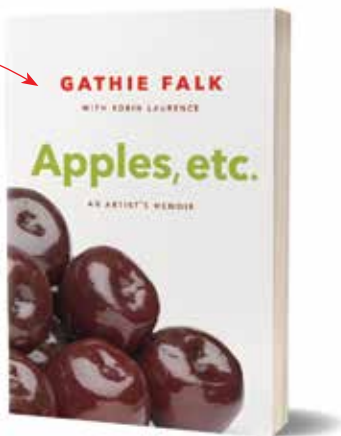
Sun Spot
 Destined to be imitated, LZP's show-stopping **Dandelion suspension lamp** (\$14,000) comprises a series of wood veneer florets and comes in 11 brilliant colours. grshop.com; sslighting.ca



Capsule Collection
 The **Manhattan series of trays** (\$30 to \$75) offers a sleek organization system for hallway consoles, dressers and desks. boconcept-vancouver.ca



The Still Life
 Memoir meets catalogue in **Apples, etc.** (Figure 1 Publishing, \$23), a new book by B.C. visual artist Gathie Falk about her decades-long work venerating everyday objects and scenes. [Booksellers across the West](http://booksellers.across.thewest.com)



Fresh Greens
 New stationery from Mezzaluna Studio's Vikki Wiercinski, our reigning Maker of the Year, sees a fresh palette of lavender, ochre and spruce on her familiar mid-century-influenced motifs (**notecards**, \$5; **calendars**, \$24). mezzalunastudio.ca



Take It Outside
 Minotti's **Colette outdoor armchair** (from \$8,359) is a stunning merger of powder coated metal and braided polypropylene fibre. Available in four colours (shown in rust). livingspace.com; shaunfordandco.com



Mezzaluna: Daniel Wood

OPENINGS

Hot new rooms we love.

EDMONTON

The Colombian Coffee and Roastery

After huge success at Edmonton Farmers' Market, founding couple **Santiago Lopez** and **Kristin Panylyk** open their first bricks-and-mortar location, Colombian Coffee and Roastery. The shop features their signature ethically sourced brew, straight from the family farm in Colombia, and bean fiends can watch the roasting process firsthand while sampling house-made pastries and artisanal sourdough toasts. Custom-welded benches with live-edge hemlock slabs bridge the roastery's exotic offerings with its local surroundings. 1-10340 134 St. NW, thecolombian.ca



VANCOUVER

The Latest Scoop

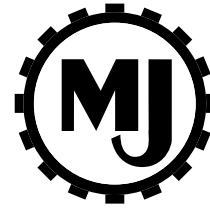
Locals have loved the seasonally refreshing nature of these pop-up-style concept stores for years, but now the brand cements its spot with a new flagship store right in the heart of Gastown. The palatial heritage walk-up is wall-to-wall brick and big windows (it used to house an art gallery), but the extra space means the Latest Scoop now has room to showcase expanded lines in all categories, particularly home decor and accessories—look out for wool wall hangings, thick-braided texture-rich cushions and poufs, ceramic planters, handmade rugs and scads of other finds you'll want to post on Instagram. 305 Water St., thelatestscoop.ca



VICTORIA

Zeitgeist Vintage

Recently opened on Fort Street's rapidly changing antiques row, Zeitgeist Vintage represents a new approach to vintage and collectible wares, similar to that of Vancouver's the Found and the Freed. Picture vintage schoolroom maps, transit rolls, salvaged industrial lighting, archival photographs—and typewriters! (During a recent visit, the window display was occupied by several gorgeous 1930s Smith Coronas. Who says letter writing is dead?) 833 Fort St., zeitgeistvintagestore.com **HL**



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Cover Story

Embossed with a horizontal pattern, the **Rivoli in the Vault** collection by Lanark (pricing upon request) is a modern take (3D-printed, LEED-qualifying vinyl in the sunny hue of "Spirit") on traditional wallcovering. odysseywallcoverings.com



Pattern Maker

Give walls a geometric vibe or arabesque-like swirl with **Comfort C glazed porcelain tiles** by Dom Ceramiche (\$10.95 per square foot). The dramatic contrast of dark against white is bold and beautiful indeed. domceramiche.it/en



Set, Match

Farrow and Ball's spring colours for 2018 are **Pitch Blue and Calke Green** (each \$110 per gallon): a vivid cobalt (a dash of purple and tar, after which it's named) and classic sage (originally found in Calke Abbey). Together they're a twinset. farrow-ball.com

Jewel Tone

Think purple, and amethysts, cassis and Prince come to mind. Playful yet powerful, Sherwin-Williams's **Wood Violet** (from \$31.49) is another such statement maker. sherwin-williams.com

Go for Gold

Dulux's **Liquid Metal paint in Golden Goose** (\$130 per gallon; \$43 per quart) brings fairy-tale luster to walls, whether feature or accent. Little wonder it's one of Dulux's two colours of the year (especially when paired with the other, Black Elegance). dulux.ca



Get Stoned

Meet the new neutral, **Malachite** (\$62 to \$68 per gallon). Part of General Paint's "Serenity" palette of the year, this rich slate can morph from lilac-tinged grey to inky mauve. generalpaint.com



DESIGNER'S PICK
Rochelle Cote

GREAT GREEN

“We are loving this rich green by Benjamin Moore. The colour is dynamic and pulls off a fresh, contemporary look when mixed with blacks, greys and white. Add in gold accents and you are set! Take a look at the 2018 Foothills Hospital lottery home to see how we implemented this great colour.”

Benjamin Moore Salamander [2050-10].

ROCHELLE COTE, ROCHELLECOTEDESIGN.COM



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Great Beginnings

Architects love a good puzzle, especially when it comes to a challenging property site. For this sloped spot in West Vancouver, architect Cedric Burgers flipped the typical arrangement: visitors enter from the basement level and work their way upward into the home—though it's anything but a typical cellar. "You're walking into a grand entrance," he explains, "like you're being lured upstairs to some great spectacle—and you're not disappointed when you get there." For more of this gorgeous home, turn to page 50.



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Bathed in Light

*Eleven beautifully designed bathrooms that
make for dreamy retreats.*

by ROSEMARY POOLE, ANICKA QUIN and BARB SLIGL

MAXIMIZE A **FOCAL POINT** WITH A GLAM CHANDELIER.

In a master bathroom blessed with high ceilings and a pitched roofline, designer Janie Hungerford of **Hungerford Interior Design** installed a large-scale chandelier to draw the eye in. Sourced from Currey and Company, it's as open and airy as the rest of the space. "The lines of the pitched roof lead to that focal point," says Hungerford. "It was important to make that impactful when you walk in." To continue the contrast of light and dark used throughout the extensively renovated 1920s Tudor home, Hungerford had the oak vanity stained a custom shade of dark brown to counter the gleaming porcelain feature wall and hexagonal marble floor tile.

MAKE AN IMPRESSION.

The mesmerizing bump detail in this master bathroom by Joanne Gates of **Gates-Suter Architects** was born of practicality: the homeowners sought a minimalist space that was easy to clean (no grout) and blissfully quiet (acoustic flaws in the 10-year-old home were an ongoing concern). “The shaping of the Corian wall panels came from the idea of muffling sound,” says Gates. Paragon Surfacing oversaw the fabricating process, heating eight-by-four panels and then pressing them into a layout of soup-ladle heads attached to plywood to achieve a precise, uniform look. Installed along the main wall of the 300-square-foot space and across sections of the ceiling, the net effect is an immersive experience like that of a contemporary art installation. “The light quality of the bumps was an added bonus,” says Gates. “They diffuse natural light in a beautiful way.”



Gates-Suter: Andrew Latrelle; Cabin Fever: Kristen McCaughey, Amanda Hamilton; Phil Crozier

WORK WITH YOUR NATURAL ASSETS.

The visible support structure in this master ensuite in Whistler was so striking—its angular fir beams creating the perfect frame for the view to Singing Pass outside—that designer Lynn Gentile of **Cabin Fever Interiors** wanted to enhance it with a quiet, neutral colour palette. Warm white marble on the “shower tower”—an inset into the room to help compensate for the sloping walls—pairs perfectly with the tiled Falda flooring. The latter is porcelain tile that’s made to look like board-formed concrete—a process that picks up the natural wood grain of the boards used in traditional home building, making for a natural twin to those fir beams. “With the minimal palette, the room feels really open,” says Gentile. “It’s just a really calming space.”





OPEN SHELVING LIGHTENS UP A **RICH** AND **MOODY** SPACE.

The hotel-like vibe to this gorgeous master ensuite is no accident. The homeowners wanted something a little different from their mid-century Palm Springs home; their Calgary space, they thought, should feel like a rich and moody retreat. Designer **Amanda Hamilton** brought in textured marble floors and a rich matte-black stain on the rift-cut white oak cabinets, but she kept the room from feeling too heavy with open display space and a vanity that floats off the floor. “We wanted to create opportunities for breathing room,” she says. The asymmetrical placement of the Santa and Cole pendant light overhead is designed to be perfectly aligned over the bather—no doubt finding a little breathing room herself with a book in the tub.



BRING A LITTLE CURVE INTO AN ANGULAR ROOM.

There's a lot to love about this Whistler powder room, designed to feel as though it's been there forever: the smart saw-cut reveals on the white oak panelling, the exposed fasteners on the walls, the post-and-lintel-like structure around the vanity itself. It's a room of geometric angles that works perfectly for this ski chalet—but it's great to add a little curviness, too. Designer Lynn Gentile of **Cabin Fever Interiors** opted for a circular mirror over the sink instead of the expected rectangle. "We put it in for softness," she explains, "and to reflect that curvilinear sink."



GO FOR DRAMATIC DETAIL.

This master ensuite in a new home in Vancouver's South Granville neighbourhood features large-scale, custom-built cabinetry, but it's a smaller design element that amps up its character. A different metal finish on plumbing fixtures—like the matte-black faucet used here—is another way to bring a custom feel to a space, say Jamie Hamilton and Greer Nelson of **Oliver Simon Design**. It's a small hit of big drama. "Sometimes it's just a matter of paying close attention to the little details, too," says Hamilton.



PLAY WITH **SHAPES.**

“We wanted it to feel modern and fresh, in keeping with the rest of the house, and to have some interest,” says Calgary designer Nyla Free of **Nyla Free Designs** of the basement bathroom she created for two brothers with architecture firm DeJong Design Associates. After addressing practical matters—creating separate enclosures for the shower and the toilet—she introduced a range of geometric forms that vary in perspective and scale. Among them: long 36-inch rectangular sinks from Wet Style, circular sconces from Schoolhouse Electric and that Magic Eye-like mosaic wall tile (Diamond Cube from Saltillo Imports). Is it a rhombus? A hexagon? It’s not saying. “The polished tiles are darker than the matte tiles,” says Free. “Depending on how you’re looking at them in the room, they give you that dimension and play on light.”

FLOAT MIRRORS TO KEEP STATEMENT TILE CONTINUOUS.

In this new custom-built home in Vancouver's Shaughnessy neighbourhood, designer Jennifer Heffel of **HB Design**, working with designers Alex McFadyen, Joel Trigg and the late Lesli Balagno, maximized the impact of the striking gold-glazed ceramic wall tile (sourced from Creekside Tile) by floating a pair of medicine cabinets within a frame that runs the length of a cantilevered vanity finished in walnut veneer. Pendant lights centred in front of the openings highlight both the framing detail and the tile. "The homeowner wanted the elegance the gold finish offered," says Heffel, who carried the finish over to the Aquabross bath fittings—a warm counterpoint to the Calacatta marble-like porcelain wall and floor tile used elsewhere in the space. "The porcelain product has advanced so much in its aesthetic quality," says Heffel. "It looks strikingly real and the slabs are thin, which makes the installation easier."



SIMPLE IS STRIKING.

When designer **Peter Wilds** renovated a 1,000-square-foot house in Lynn Valley, North Vancouver, the main bathroom had to service all three family members. He broke it into distinct zones (bath, toilet, sink, laundry), including this 33-inch-wide vaulted alcove with floating vanity, and created a neutral, black-and-white palette that's "dynamic and graphic and, at the same time, calm and serene." Big, white square wall tiles (staggered for effect) and small black hexagonal floor tiles (grounding the space) save on budget and juxtapose splurges: a statement-making black faucet and lighting (an Artemide Tolomeo sconce that highlights the soaring ceiling). "A Nordic quality was put into play," he says, "using relatively simple materials but in a dynamic way."

INCORPORATE A CUSTOM DRESSING AREA.

In this new riverfront home in Calgary, the owners opted for separate baths. (Why stop at separate sinks?) For his, designer Samantha LeSourd of **Cridland Associates** conjured the spirit of a traditional men's club using dramatic black marble countertops and rift-cut white oak cabinetry stained a warm grey-brown. Three different floor tiles delineate the generous 300-square-foot space, as does the centre island, an element the client requested to make quick work of packing for frequent travel. Planning custom storage is a detailed exercise, says LeSourd. Wardrobes are inventoried and measured to get the pullouts and cabinetry exactly right. "People are very particular about how they hang their clothes," she says, adding, "You find out exactly how they live."



TUCK THE VANITY INTO AN **ALCOVE**.

The integrated look of this remodelled bathroom by Victoria McKenney of **Enviably Designs** with **Marino General Contracting** was achieved with layers of stone that read as one: the vanity area is clad entirely in slabs of porcelain (Statuario Bianco by Antolini); the floors and walls are a large-format marble tile (Bianco Pearl from Aeon Stone and Tile); the shower floor is an intersecting white-and-grey Carrara marble tile by GL Stone. "The space is a blend of a few different design aesthetics," says McKenney, "but the overall look is quite transitional." Integrating the vanity keeps the design light and streamlined. "Floating shelves inside the niches is a nice way to bring up the warmth of the rift-cut white oak," she explains, "and create opportunities for display." *HL*

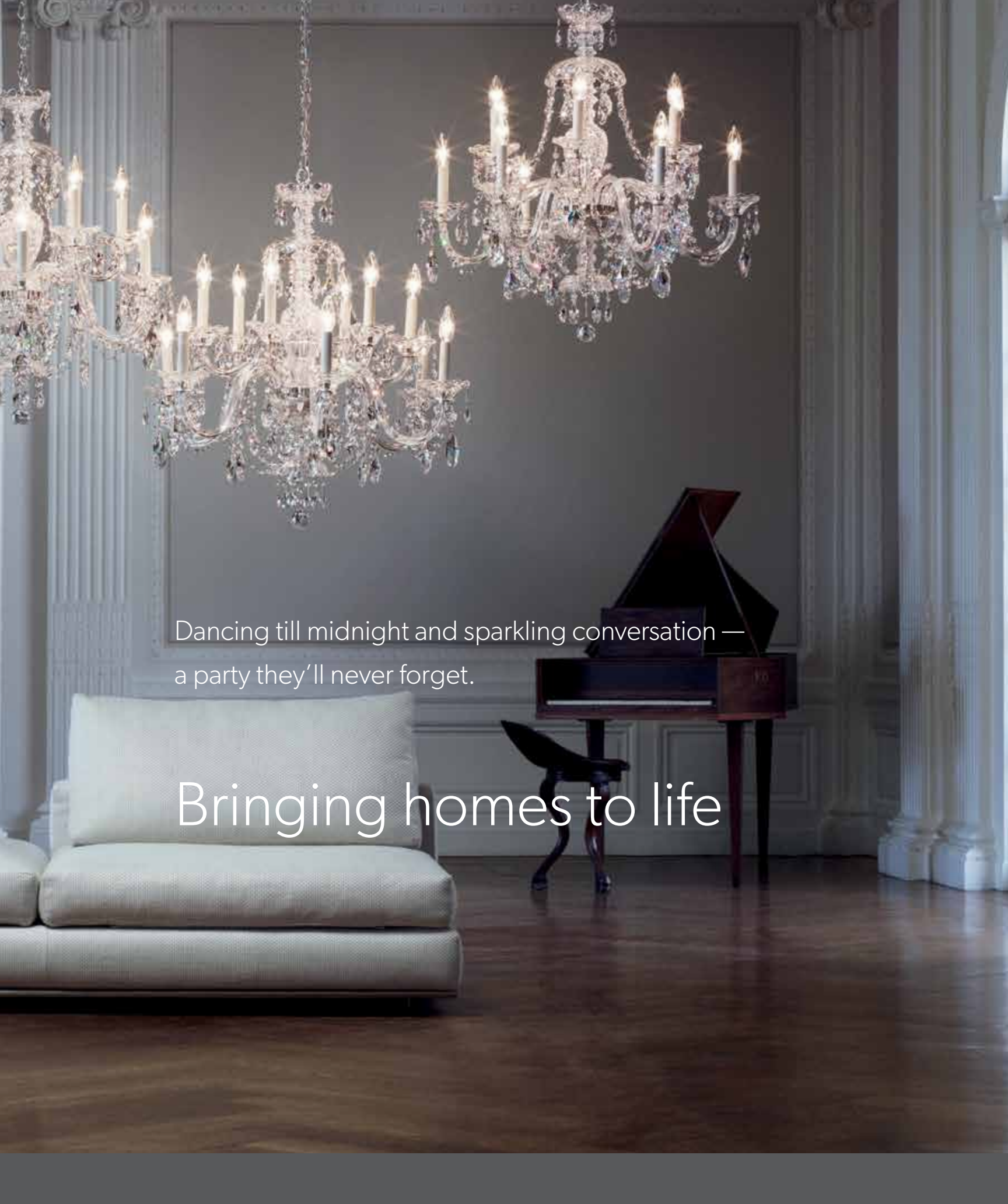




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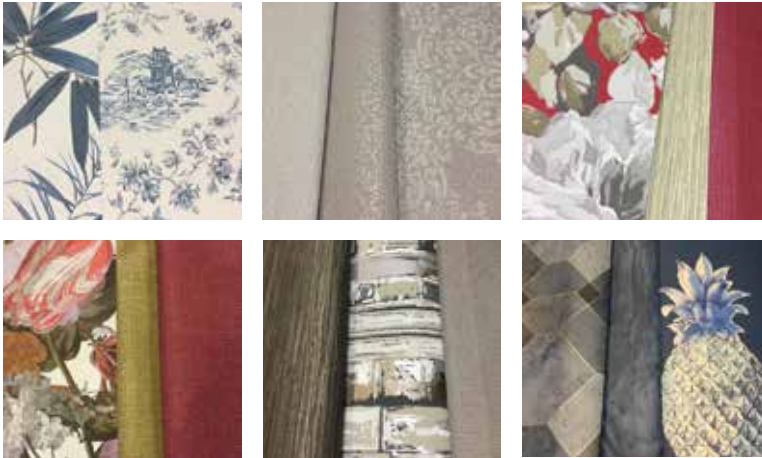
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A photograph of a modern, multi-level house with large glass windows and concrete surfaces. The house is set in a lush, wooded area. In the foreground, there is a swimming pool with a concrete deck and several lounge chairs. The interior of the house is visible through the glass, showing a living area with a sofa and a fireplace. The sky is a deep blue, suggesting dusk or dawn. The overall atmosphere is serene and sophisticated.

RISE AND SHINE

On paper, this gorgeous glass-and-concrete house seemed at odds with its natural surroundings. But in practice, the Cedric Burgers-designed West Van home feels like it's somehow always been part of the landscape.

by LAWRENCE KAROL // photographs by EMA PETER



Inside Out Retracting glass doors open up onto a 1,000-square-foot patio that overlooks the pool and plays host to an outdoor kitchen space designed for post-swim entertaining.



T

he idea that a concrete, steel and glass structure can be at one with nature is a rather contradictory notion. Yet architect Cedric Burgers of Burgers Architecture has performed just such a sleight of hand with a 7,000-square-foot home terraced into a steep, rocky site in a rugged corner of West Vancouver.

“The thing that makes the house unique is that it actually steps up with the landscape,” he says. The property slopes up about 30 feet from the end of the driveway (where a discreet entrance brings you into a basement level with exposed white concrete walls) toward the back of the lot. “It’s such a counterintuitive entrance, but somehow it works so well. You don’t enter the great room, you enter through the basement, but you feel as if you’re walking into a grand entrance, like you’re being lured upstairs to some great spectacle—and you’re not disappointed when you get there.”

But the road to the home’s completion was not without a bump or two. Burgers designed it originally for clients back in 2009, who began construction and then decided not to proceed. “It sat for three years as a concrete ruin in this landscape that was engulfed in blackberry bushes,” he says. Then along came the current owners—a peripatetic couple with two sons: a nine-year-old and a 16-year-old—who understood Burgers’s imaginative concept to traverse the land with the house and how well the floor plan would suit their needs. “We love the fact that we use all of the house,” says the wife. “There is no dead space.”

The practical nature of the layout is no accident. The





From Below Burgers describes the home's entrance, which opens up into the basement, as "counterintuitive...but it works so well." (The sleek glass-and-steel elements certainly don't hurt the entryway's charm.)



home was one of the last projects that Burgers worked on with his late father, Robert, who, with his wife, Marieke, founded Burgers Architecture in 1981. (Burgers the younger now runs the firm.) “He always felt that design should be about comfort and lifestyle and how people live,” says Burgers. “Don’t think about how things look, think about the way they function. Think about how people want to actually live in a house rather than thinking about the object and the sculpture.”

Wide open from front to back, the main level is

one large, continuous space, with retracting glass doors that open the living area onto a 1,000-square-foot patio. “The trick is to make that feel grand and open but also comforting and cozy—that you’re not just sitting in a vast space,” says Burgers. “We try to use millwork, stairs and glass to create the impression of enclosure without actually creating one.”

That main hub revolves around an enormous kitchen with two islands—a nine-foot bar and an 18-foot cooking area that are divided by a three-foot walkway to form a 30-foot expanse. A dropped

All Together Now A built-in ceramic fireplace (top left) makes for a cozy gathering spot during cooler months, but when the sun’s out, the seamless glass doors slide (top right) to let the outdoors in. The oversized kitchen island (bottom right) has ample room for storage.



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ceiling creates a sense of intimacy and provides a focal point for the long space, as well as discreetly hosting task lighting for the chefs in the kitchen.

Living and dining rooms flank the kitchen, the latter receiving a cool blue ombré palette with Saarinen Executive side chairs around a smoked glass Saarinen Tulip table and an impressive glassed-in wine cellar along one wall. The former is set for family time, with cozy grey B&B Italia Ray sofas and a pop of colour from two ultraviolet-shade Cassina Utrecht chairs. “There are constant rhythms and

themes in the space [and] there is a spine running through it that connects the living room on one end to the stairs on the other,” says Burgers. “I’m sure you’ve heard the ‘architecture is music’ metaphor before, but it’s true.” The “melody” of the main floor, he explains, are those distinct finishes specific to each area (Marieke expertly handled the interior design on the project). “Each room has a theme,” he continues. “The dining room has the Japanese-style garden beside it, the living room has sweeping views and a ceramic fireplace, the kitchen has

Secret Garden Gathered around the smoked glass Saarinen Tulip table, the Japanese garden is visible in its full glory through the floor-to-ceiling windows (bottom left). B&B Italia sofas provide a place to crash during a family Netflix binge.

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the stacking glass doors, and the den is cozier with plush furniture.”

A half-flight set of steel stairs tucked behind the living room fireplace leads to a rear garden—each level of the home has its own distinct garden—that serves as the kids’ play area, complete with a mini-golf course. Up another short flight of stairs inside are the bedrooms—the master suite and its surrounding terrace on the south side, and three bedrooms in the north wing. “The siting of the house has the majority of it facing south,” says Burgers.

“In our climate, [it’s] the number one pragmatic and ecological choice. You need full south-facing glass to emit the most light and the most amount of passive solar heat gain.”

In fact, the siting of the house is the magic trick that ultimately makes every aspect of this property work so well. “It’s like a chess game because you have to get the moves right,” says Burgers. Once perfected, this concrete, steel and glass home became a fluent, natural part of the rugged terrain surrounding it. Checkmate. ///

Right Place, Right Time

The siting of the house, along with the waterfall pool, makes this modern home feel perfectly connected to the landscape. Royal Botania patio chairs offer a comfortable spot to drink in the stunning West Coast views.

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Burger King

Maybe we're jumping the gun on barbecue season, but after we saw this towering beef burger in Corbin Tomaszewski's new cookbook—topped with glistening cheddar cheese, onion jam and slathered in roasted garlic mayo—it's hard to want anything else. The Food Network chef's *In Good Company* is all about celebrating those meals that bring the family together, with easy everyday recipes pulled from his Polish-Canadian upbringing in rural Alberta (Baba's Pierogi, Tomaszewski Family Borscht) along with his time working in Toronto restaurants (Four Season Tartines, fennel-and-pistachio-crust rack of lamb). So set the table, fire up the grill and get ready to tuck into your first phenomenal burger of the year. This CT burger recipe starts on the next page.

Butter Is Better
For a moist and flavourful burger, chef Corbin Tomaszewski cuts extra-lean ground chuck with chilled butter so the patty self-bastes during the cooking process. Recipe on page 62.



RECIPE

CT Burger with Onion Jam

Onion Jam

- 1 tbsp butter
- 2 large onions, chopped
- 1 tsp granulated sugar
- 2 tbsp red wine vinegar
- Salt and pepper, to taste

Garlic Mayonnaise

- 1 head roasted garlic (recipe at westernliving.ca)
- 2 cups mayonnaise

Patties

- 1½ lb extra-lean ground chuck beef
- 2 shallots, finely chopped
- 1 clove garlic, finely chopped
- 2 tbsp cold butter, cut into ¼-inch cubes
- 2 tbsp finely chopped rosemary
- 1 tbsp finely chopped thyme
- Salt and pepper, to taste

TO SERVE

- 4 (½-oz) slices cheddar cheese
- 4 large brioche-style buns
- 4 large leaves green leaf lettuce
- 1 tomato, cut into ½-inch slices

1. To make the onion jam, in a skillet over medium heat, melt butter. Add onions and sauté for 10 to 12 minutes, until softened and caramelized. Add sugar and vinegar and season with salt and pepper. Cook for another 2 minutes. Remove from heat and set aside to cool. (Jam keeps up to 2 weeks in the refrigerator.)
2. To make the garlic mayonnaise, using your thumb and index finger, squeeze out garlic cloves into a medium bowl. Add mayonnaise and mash.
3. To make the patties, in a medium bowl, combine all ingredients and mix well. Form 4 equal-sized patties, about 1-inch thick. Heat a grill pan over medium-high heat or preheat the barbecue to 375°F. Place patties in grill pan or on barbecue and cook for 4 minutes. Flip and cook for another 4 minutes, until nearly cooked through. Top each patty with a slice of cheese and cook for another minute, until cheese is melted.
4. Meanwhile, toast the buns on the hot grill.
5. To serve, brush the bottom half of each bun with 1 tsp garlic mayonnaise. Line with lettuce and sliced tomatoes and top with the patties. Spoon 1 tbsp of onion jam on each patty and top with the other half of the buns. Serves 4.

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IN THE KITCHEN

COMMAND STATION

Kitchen power-users will love this sink series from **Blanco Quatrus**, which comes with everything—even kitchen sinks, if you're in the market, complete with ash cutting board (\$294), slotted workstation (\$152) for tools and knives, plus racks (\$184) for washing veggies with ease. robinsonlightingandbath.com



BITES

What we're eating and drinking.



OKANAGAN WINE SCHOOL LESSON #21:

B.C. Bubbles, Italian-Style

» B.C. has now hit peak bubble, with almost 90 of our wineries making some sort of sparkling wine. And while the pioneers in the field—Blue Mountain, Steller's Jay, Summerhill—were all devotees of the classical method, whereby bubbles are created by a secondary fermentation in the bottles, there's a new breed of upstarts—like **Unsworth's Charme de l'Île** and JoieFarm's Plein de Vie—that look to reference Italy rather than France in how they get their fizz. In the charmat, or tank, method—the standard in Prosecco—the fermentation is done in a pressurized tank rather than in single bottles, and while one benefit is cost savings (both above-mentioned wines are \$25), the true driver here is the charmat's ability to deliver a clean freshness, so it works like a damn with aromatic varietals. So less of those Champagne-y toast notes and more bright, clean fruit—just in time for summer.



Neal McLennan's Wine Pick

OPENINGS



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Why we're excited Proprietor Noble is elevating his upscale fare beyond the restaurant with fully customizable menus, plus drop-off and full-service options. noblefarecatering.com

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Who Earls vets Andrew Partridge (GM) and Head Chef Simon Zanotto

Why we're excited This is the brand's second concept restaurant since Earls.67 in Calgary (where they teamed up with Ste. Marie Design), and the waterfront location is going to be hard to beat. earls.ca

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Who Ian McIntosh, Jay Sparrow, Pete Nguyen, Taylor Falk, Ben Sir, Justin Berryman and Ryan Shields

Why we're excited A group of punk-musicians-turned-diehard-craftspeople bands together to open an independent brewery, complete with a tasting room for you and 43 of your closest friends to try their hefty 9% ABV Tripel. seachangebeer.com

EVENTS BY ALLIE TURNER

Beerfest

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MAY 4 AND 5

More than 500 international beers on offer and two days to try them all? Challenge accepted! Local favourites such as Blindman Brewing are side by side with newcomers like Devil's Canyon. Brewmaster and cooking-with-beer seminars will increase your knowledge and have you sampling like a cicerone while live distillery demos and beer quizzes will keep you entertained. Tickets from \$19. showpass.com



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MAY 10 TO OCTOBER 1

Kicking off its sixth season, the popular summer event has become a must-stop venue for Edmontonians looking for a unique shopping experience, fresh produce and groceries, and a great meal from one of its many local food trucks. 124grandmarket.com

Cheese and Meat Festival

CRYSTAL GARDEN, VICTORIA
MAY 12

Upon walking into the clear-domed tasting hall, you will promptly be handed an empty charcuterie board and glass for a sampling session of Pacific Northwest meats and cheeses (with all the accompaniments), plus your choice of local wine, beer and cider. Need we say more? There will also be seminars throughout the day on curing meat, the topic of port, and those lovably pungent cheeses. Tickets start at \$35. cheeseandmeatfestival.com



Cork and Canvas Winemakers Dinner

PETROLEUM CLUB, CALGARY
MAY 10

Browse fine art auction items by the likes of monochrome artist Keith Andrews with beverage in hand from Tuscan winery Avignonesi before sitting down to a five-course dinner by chef Andre Zimmerman, all while listening to the stylings of the Calgary Philharmonic—it's a full night of indulgence in support of their music. Tickets, \$300. calgaryphil.com

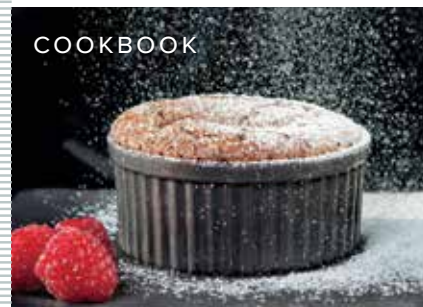
THE INGREDIENT



TREND ALERT: JUN

This fermented kombucha-like tonic is made from honey (usually raw) and fermented green tea. You might have spotted it before at Moonbrew Tonic Co. in Vancouver (the brand's specialty), and now it's being prepared and sold in Victoria by **Babe's Honey Farm**. Jun is reported to be full of probiotics and antioxidants; Babe's Honey Farm's take comes in eight bright flavours, including ginger and peach, all in refillable bottles. Available in Victoria at Ageless Living Market and Fresh Coast Health Food Bar. moonbrewtonic.ca

COOKBOOK



ROAD TRIP

Get to know B.C.'s backyard of farmers, producers and chefs with Angie Quaal's **Eating Local in the Fraser Valley**. Packed with scene-setting photos and more than 70 farm-to-fork recipes like these Truffle-Stuffed Molten Chocolate Cakes, it's like a guided tour of the Lower Mainland's bread basket.

Find this chocolate cake recipe online at westernliving.ca/recipes. **ILL**



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Photo by Trudie Lee

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BIBIMBAP WAFFLES

See recipe on page 68

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BANANA
BREAD
DOUGHNUTS

See recipe on page 69

No doughnut pan? **No problem.**

Simply divide batter among 12 cups of a standard-sized muffin tin and bake until puffed and cooked through (about 15 to 20 minutes). And for a pretty finish, top doughnuts with edible rose petals.



GARDEN SHAKSHUKA

A popular breakfast dish throughout the Middle East, shakshuka is traditionally made by poaching eggs in a spicy tomato sauce. Here, we've shaken things up by forgoing the tomatoes altogether and instead using a garden's worth of green vegetables.

- 8 cups packed chopped mixed greens such as kale, Swiss chard and/or spinach, divided
- 1 fresh serrano pepper, chopped
- 1 tsp ground cumin
- 1 tsp salt
- ¼ cup chopped fresh dill, plus extra for garnish
- 1 cup ice cubes
- 1 tbsp grape seed oil
- 1 large leek, trimmed, white and tender green part thinly sliced into rounds
- 1 garlic clove, minced
- 8 to 10 asparagus spears, trimmed and chopped into 1-inch lengths
- ½ cup fresh or frozen green peas or fava beans
- 6 large free-range eggs
- 1 tbsp chopped fresh mint leaves, for garnish
- 2 tbsp crumbled feta cheese, for garnish
- 2 tbsp chopped pistachios, for garnish
- 2 tsp za'atar, for garnish

Preheat oven to 325°F. Blanch 2 cups mixed greens in a saucepan of boiling water for about 10 seconds. Immediately transfer blanched greens to blender along with serrano pepper, cumin, salt, dill and ice. Purée until smooth before setting aside.

Heat grape seed oil in large ovenproof skillet over medium heat. Add leeks to skillet and cook, stirring often, until softened (about 5 minutes). Add garlic, asparagus and peas and continue to cook another 2 to 3 minutes. Stir in remaining chopped greens a handful at a time, letting each addition wilt slightly before adding more. Cook, stirring and tossing often, until all leaves are wilted (about 2 minutes). Stir in purée.

Using a wooden spoon, create 6 small wells in mixture and crack an egg into each well. Transfer skillet to oven and cook until eggs are just set (about 15 to 20 minutes). Garnish with mint, feta cheese, pistachios, za'atar and extra dill sprigs. Serve with warm pita or other flatbread. Serves 6.

Why we love za'atar: It's a blend of dried herbs, sesame seeds and sumac, and it pairs with pretty much everything. Try it as a dry rub on meat or fish, stirred into yogurt or olive oil as a dip for flatbread, or dusted on roasted vegetables or buttered popcorn.

BIBIMBAP WAFFLES

Bibimbap is Korean comfort food. Simply translated, it means “mixed rice with meat and assorted vegetables.” By turning the rice into an amazingly delicious (gluten-free!) crunchy waffle, it becomes the perfect vehicle to pile high with fresh savoury toppings. Since the waffle mixture can be made ahead, you might even find yourself whipping this up on a weeknight.

2 cups medium-grain white rice
 2½ cups cold water
 1 cup chopped kimchi
 1 tbsp toasted sesame oil
 2 tbsp toasted sesame seeds, plus extra for garnish
 2 tsp granulated sugar
 2 large eggs, beaten
 1 tbsp grape seed oil
 1 tsp minced garlic
 8 baby bok choy, trimmed and cut in half or quarters
 1 tbsp + 1 tsp soy sauce, divided
 ½ lb ground beef
 2 tbsp chili garlic sauce
 1 tbsp dark brown sugar
 1 Persian cucumber, sliced into thin rounds
 1 medium carrot, shredded
 4 sunny-side-up fried eggs, cooked to your liking
 1 green onion, trimmed and sliced into thin rounds

Special equipment: waffle iron

Place rice in strainer and rinse under cold water until water runs clear. Drain well. Transfer rice to a medium saucepan along with water. Bring to a boil before reducing heat to low. Cover and cook until water is absorbed and rice is just tender (about 15 minutes). Remove from heat. Let stand, covered, for 15 minutes. Transfer rice to a large bowl and stir in kimchi, 1 tbsp sesame oil, sesame seeds and sugar. Refrigerate, stirring occasionally, until completely chilled (about 1 hour). Rice may be made up to 2 days ahead. Store in an airtight container in the refrigerator until ready to use.

To finish dish, start by preheating waffle iron. If it has a temperature control, set it to medium high.

Stir beaten eggs into kimchi rice mixture, then mound large portions of the mixture onto waffle iron. Close and cook until rice is crisped and brown (about 8 to 10 minutes). Transfer to a wire rack or keep warm for up to an hour in a 200°F oven.

In a large frying pan, warm grape seed oil over medium-high heat. Add garlic and sauté for 10 seconds before adding bok choy. Sauté until bok choy is just wilted (about 1 minute). Stir in 1 tsp soy sauce just before removing bok choy to a bowl. Wipe out frying pan and set back on the heat.

Add beef to frying pan and cook, stirring often, until no longer pink. Add chili garlic sauce, remaining 1 tbsp soy sauce and brown sugar. Cook, stirring constantly, until beef is completely cooked through and well coated in sauce (about 1 to 2 minutes).

To serve, divide rice waffles among serving plates. Top with sautéed bok choy, beef, some cucumber, carrot and a fried egg. Garnish with green onion and some extra toasted sesame seeds. Serves 4.



Just like traditional bibimbap, this recipe is easily customized to suit your preferences. Waffled rice may be topped with any assorted vegetables or meat.



BANANA BREAD DOUGHNUTS

(Photo, page 66). These doughnuts are something special to linger over during brunch. Light and fluffy, these vegan and gluten-free treats are a bit less guilt-inducing since they're baked instead of fried. The maple-roasted almonds here add a great crunch and textural contrast to the cakey doughnut, but feel free to garnish with whatever nuts, seeds or sprinkles you have on hand.

1 cup raw almonds
 5 tbsp maple syrup, divided
 1¼ tsp ground cinnamon, divided
 1 cup brown rice flour
 ½ cup almond meal
 ⅓ cup coconut sugar
 2 tbsp flax meal
 1 tsp baking soda
 ¼ tsp ground nutmeg
 ¼ tsp ground cardamom
 ⅔ cup mashed ripe banana (about 2 large bananas)
 1 cup unsweetened almond milk or other plant-based milk of choice, divided
 1½ tsp vanilla extract, divided
 ⅓ cup grape seed oil
 ½ tsp apple cider vinegar
 1 cup raw cashews, soaked in water at least 4 hours and drained

Special equipment: doughnut pan (optional)

Preheat oven to 350°F. Start by making maple-roasted almonds for garnish. Cover a baking tray with parchment paper and spread out almonds into a single layer. Bake for 5 minutes.

Transfer warm almonds to a bowl and stir together with 1 tbsp maple syrup and ¼ tsp cinnamon until evenly coated. Spread out once again on parchment-lined baking tray and bake, stirring once or twice, until glossy and toasty brown (about 12 to 15 minutes). Set aside to cool completely before roughly chopping.

To make doughnuts, in a large bowl whisk together rice flour, almond meal, coconut sugar, flax meal, baking soda, nutmeg, cardamom and remaining 1 tsp cinnamon.

In a medium bowl, whisk together banana, ¾ cup almond milk, 1 tsp vanilla extract, oil and vinegar until well combined. Add wet mixture to dry mixture and whisk until well combined. Spoon or pipe batter into cavities of a non-stick or lightly greased doughnut pan (or muffin tin), taking care to fill each cavity only three-quarters full. Bake until a wooden toothpick inserted in a doughnut comes out clean (about 12 to 15 minutes). Let doughnuts cool in pan for 15 minutes before turning out onto a cooling rack to cool completely. Doughnuts may be made ahead and refrigerated in an airtight container up to 3 days before serving. Makes 12 doughnuts.

While doughnuts are cooling, make icing. In a blender, combine drained cashews with remaining ½ tsp vanilla extract, 4 tbsp maple syrup and ¼ cup almond milk until creamy and smooth.

Once doughnuts have cooled completely, spread with icing and sprinkle with chopped maple-roasted almonds. Best served within an hour of assembling.

CUSTARDY BAKED ORZO

This spin on the classic strata swaps the bread for pasta. Orzo, a type of pasta that looks a lot like long-grain rice, is popular in Greece and is often baked into casseroles. Warm, creamy and comforting, this recipe is perfect accompanied with a simple green salad.

1 cup orzo
10 oz pancetta, cut into ½-inch pieces
2 medium leeks, trimmed, white and tender green part thinly sliced into rounds
10 oz fresh baby spinach
4 large eggs
½ cup plain Greek yogurt
½ cup whole milk
1 tsp dried oregano
½ tsp salt
½ tsp freshly ground black pepper
6 oz fresh goat cheese, crumbled
Fresh basil, for garnish


Preheat oven to 375°F. Bring a large saucepan of salted water to a boil and cook orzo according to package directions until al dente. Drain and place in a large bowl.

Place pancetta in a large frying pan before placing over medium heat. Cook, stirring pancetta frequently, until browned and some of its fat has rendered into the pan (about 5 minutes). Add leeks and continue to cook until tender (another 5 minutes). Transfer leek and pancetta mixture to bowl containing orzo, leaving a teaspoon or two of rendered pancetta fat in frying pan. Return pan to heat and add spinach, tossing until wilted (about 2 to 3 minutes). Transfer spinach to a colander and press out as much excess liquid as possible. Add spinach to bowl with orzo, and stir until everything is well combined.

In a medium bowl, whisk together eggs, yogurt, milk, oregano, salt and pepper. Stir egg mixture into orzo mixture before folding in goat cheese. Pour into a 13-by-8-inch baking dish and bake until set and top is lightly browned (about 40 to 45 minutes). Let stand 10 minutes before garnishing with some fresh basil. Serve warm. Makes 6 servings.



Not a fan of fresh goat cheese? Swap it for crumbled feta or queso fresco.



The pickled carrots and radishes, also known as do chua, may be made up to two days ahead and refrigerated in an airtight container along with their pickling liquid.

BREAKFAST BÁNH MÌ

At once spicy, salty, sour, sweet and aromatic, a Vietnamese bánh mì might just be sandwich nirvana. A product of French colonialism in Vietnam, it has risen from humble street food to international fame. This riff on the classic makes for a substantial sandwich.

1 cup unseasoned rice vinegar
2 tbsp granulated sugar
1 tsp salt
1 cup matchstick-cut daikon radish
1 cup matchstick-cut carrot
1 lb thick-cut bacon
2 tbsp honey
2 tbsp soy sauce
1½ tsp Chinese five-spice powder
½ tsp garlic powder
¼ tsp freshly ground black pepper
¼ cup mayonnaise
1 tbsp Sriracha sauce
4 bánh mì baguettes or crisp-crust sub rolls, split and lightly toasted
¼ English cucumber, cut into ¼-inch rounds
2 radishes, very thinly sliced
1 jalapeno or Fresno chili, sliced into thin rounds (optional)
4 sunny-side-up fried eggs, cooked to your liking
8 cilantro sprigs

Start by making pickled vegetables. In a small saucepan, bring rice vinegar, sugar and salt to a boil. Remove saucepan from heat, stir in daikon and carrot matchsticks and let cool to room temperature.

Preheat oven to 375°F. Arrange bacon slices in a single layer on a rimmed baking sheet lined with parchment paper. In a small skillet, combine honey, soy sauce, five spice and garlic powders, and pepper over high heat. Once mixture is at a boil, cook, stirring, for 1 minute before removing from heat. Brush mixture on one side of bacon before transferring to oven to bake for 10 minutes. Flip bacon, brush with remaining sauce and bake until browned and crisp (about another 10 to 15 minutes).

While bacon is cooking, stir together mayonnaise and Sriracha sauce in a small bowl.

When ready to serve bánh mì, spread inside surface of baguettes with spicy mayonnaise. Top with warm bacon, pickled carrots and daikon, cucumber, radish, chili (if using), a fried egg and some cilantro. Enjoy immediately. Serves 4. *ILL*

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Have Tilley, Will Travel
The writer outfitted himself—floppy hat and all—for function, not so much for style.

Walk, Don't Run

What is a trip? Writer **Tyee Bridge** skips the airport and eschews the train station in favour of lacing up a pair of old runners and setting out to walk the Trans Canada Trail that begins in his own backyard.

illustrations by **AMANDA SIEGMANN**

OUR TRANS CANADA TRAIL WALK began near Douglas Coupland's pixelated *Digital Orca* sculpture in Vancouver's Coal Harbour. I've always found it mesmerizing and I wanted to linger for a few minutes, but I felt the clock ticking. We were going to put in over 30 kilometres that day, and we were behind schedule.

It was a perfect morning in late May. Cool but cloudless, the sun already well launched into pale blue sky. The kind of

The photos Mark took that Tuesday morning show me geared up with a backpack and sensible attire: lightweight nylon T-shirt, abundantly pocketed cargo shorts and a full-brimmed canvas hat borrowed (reluctantly) from a retired neighbour.

Vancouver day that announces the end of seven months of moisture. Bare legs can be seen once again; the winter-beaten soul peeks out like a groundhog and dares to think that summer is not too far away, and things might work out after all. It felt good to be outside.

A nice long walk. Mark the advent of spring by going off-screen. Get out from under the domestic roof. The sky as my ceiling! Fresh air and fitness! Profundity at every turn!

This was the idea. Coinciding with the mild sesquicentennial buzz that accompanied its 2017 “completion”—a word I have to put in quotation marks, for reasons I’ll explain—I would take a two-day urban hike on the Trans Canada Trail. Begun as a national project in 1992, the TCT was recently renamed the Great Trail. This is part of a government rebrand that also bills it as the longest trail in the world at 24,000 kilometres, running from Vancouver Island to the Northwest Territories to Newfoundland. However, unlike other long-distance routes that are actually trails in the way we understand the word—the Pacific Crest Trail, for instance, which runs the backcountry from Washington’s Cascade Range to Baja California—the trail is a patchwork stitching of roads, canoe routes, and biking and hiking paths. The route is more of a bureaucratic fantasy than a reality, and in some spots is nothing more than tagged highways no safer, nor any more scenic, than any other road.

But I was curious what the trail’s route would show me of the city. One day with my friend Mark—a boat captain and engineer who works on heritage sternwheelers—and one day solo. The perfect balance of solitude and community. By the second afternoon I would be in Port Moody, celebrating my 2,000-plus calories burned with something indulgent. Lobster bisque. A banana split. Steak. Something.

The photos Mark took that Tuesday morning show me geared up with a backpack and sensible attire: lightweight nylon T-shirt, abundantly pocketed cargo shorts and a full-brimmed canvas hat borrowed (reluctantly) from a retired neighbour. There is something briskly humiliating in wearing a Tilley hat in downtown Vancouver. You are instantly an assumed part of the cruise-ship crowd. This belittlement, actual or imagined, is given an added twinge when—assuming you’re in your mid-40s or above—you realize you are now closer to retirement age, and cruise-shipdom, than you are to your university years.

What Mark’s photos do not show is that I was wearing overused five-year-old running shoes. Despite good intentions, and despite the fact that one’s feet are the crucial equipment on a long walk, they were not bulked up with the prescription orthotics I’d been promising to get for years, either. One rather obvious bit of advice to the would-be urban walker: purchase exceptional footwear.

Our easterly route on the trail began by heading west and using Vancouver’s most famed chunk of walkability—the seawall—to circumnavigate Stanley Park. As we walked down to the seawall path, I checked the time: 9:45 a.m. Still in good shape. I was sure we could bag our distance in seven hours. If you do some light research on average walking speed, the figure that tends to come up is five kilometres an hour. If that was what ordinary mortals could do, surely we could do better. Thirty kilometres in a day. Easy! An extreme saunter. Put in three hours before

lunch, then another three or four after that: we’d be at the odd little motel I’d booked on Boundary Road by late afternoon.



I had several motives for the trip. One was the ambient unease that has set in now that we're all aware of sitting as the new smoking. I sit a lot. Sometimes I stand while working at my computer, but most of my life is shockingly sedentary. Walking several times a week has become my reaction to grim research about such niceties as heart failure and deep vein thrombosis. Another, less hypochondriacal, motive was my long-held hope that when my son reaches the right age—12? 16?—we would walk together from where I live in New Westminster to the summit of Mt. Baker and back. Doing so would be a fairly epic trek of probably 250 to 300 kilometres, with no clear route. I figured a 55-kilometre walk would help me ballpark my odds of being able to do it in years to come, should it actually be possible.

Another catalyst was Thoreau, always a likely suspect for inspiring walks (and walking narratives, a literary canon of surprising abundance). In his writings on the subject, he advises readers of the benefits of a long daily stroll. "I cannot preserve my health and spirits," he writes, "unless I spend four hours a day at least—and it is commonly more than that—sauntering

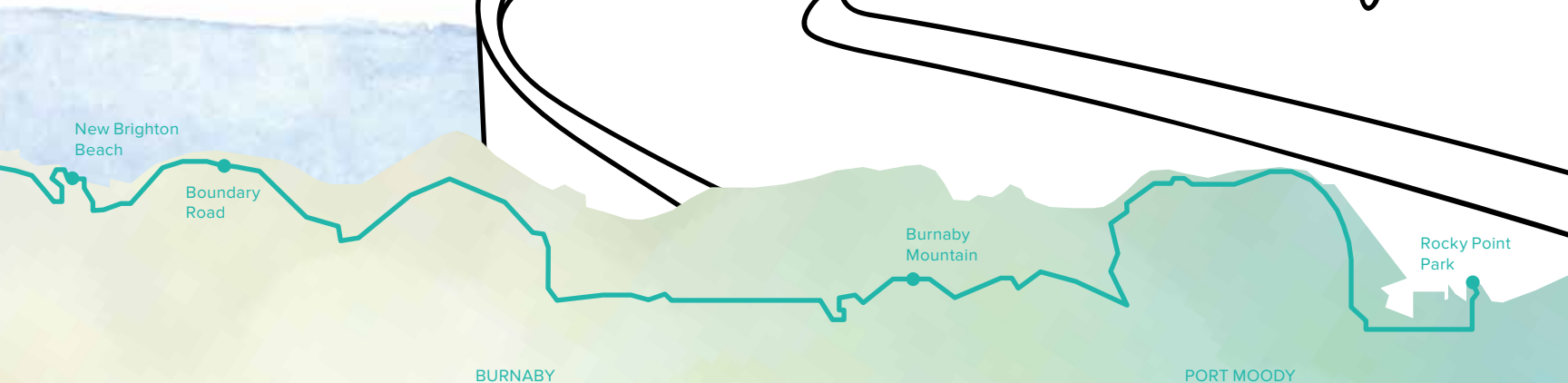
through the woods and over the hills and fields, absolutely free from all worldly engagements."

Easy, of course, for an unemployed, childless bachelor like Thoreau to prescribe a spiritual regimen of four-hour walks. But no doubt he was right: that would be a hell of a nice way to spend your time if you had no job, mortgage or dependents. Still, I felt I had to find room in my calendar to be more Thoreau-esque, for the sake of living to 60 if nothing else. I also loved his idea of walking as a form of pilgrimage. In this vein, he claimed the word "saunter" arose from the phenomenon of "idle people who roved about the country, in the Middle Ages, under pretense of going *à la Sainte Terre*, to the Holy Land, till the children exclaimed, 'There goes a Sainte-Terrer; a Saunterer, a Holy-Lander. They who never go to the Holy Land in their walks, as they pretend, are indeed mere idlers and vagabonds, but they who do go there are saunterers in the good sense, such as I mean.'"

Walking, in other words, is a move toward the sacred. The etymology is spurious, but it's a stirring point. The Holy Land—the

The Route

The path taken by the writer hits many of the area's greatest hits—Stanley Park, Granville Island—with a healthy dose of the sort of forgotten urbanity that makes up daily life in Vancouver.





Quiet Respite

One of the things that walking provides is time. Not just time to get there, but time to stop and smell the roses (or at least the diesel fumes) all around us.

world made new, a realm of reverence and reverie—lies just out your back door. It very much reminds me of the saying attributed to Jesus in the Gospel of Thomas: “The kingdom of God is already spread out over the Earth, but people do not see it.”

Most of my early revelations, thanks to Mark, were historical. Amid the glass towers and white masts of Coal Harbour, I learned about the rum-runners who made boatloads of cash off America’s Prohibition. The trade ran via cargo schooners like the 246-foot *Malahat*—a ship owned by Vancouver’s Reifel family, who made their fortune in contraband booze and gave our city the Commodore Ballroom, the Vogue Theatre and the Reifel Migratory Bird Sanctuary.

By the time we exited Stanley Park, we had discussed the following: the Squamish village of *Xwáy̓xway*, which occupied the Lumberman’s Arch area for at least 3,000 years; the squatter community that used to exist near Hallelujah Point; and the fact that, in the early 1960s, afternoon commuters were occasionally forced to stop their cars on the Second Narrows Bridge because smog from burning sawdust made it impossible to see two feet in front of your car.

Mark is that rare type of well-read Renaissance man who sheds historical tidbits like these the way a plum tree drops ripe fruit. He also reads (and writes) contemporary poetry and can fix a Cummins diesel. His unique fusion of craftsman, historian and aesthete was summed up by a moment at Granville Island when, after nearly four

hours of walking, we were sitting down to lunch. I caught him staring at the ceiling joists above the Blue Parrot coffee shop.

“What are you looking at up there?” I said. I thought there might be a pigeon about to crap in my butter chicken.

He was rapt; he didn’t look down. “Just admiring the hypnotic symmetry of these old trusses.”

Talking history passes the time, but it doesn’t make you walk faster. It was 1:30 p.m. when we got to Granville Island. It had taken us three hours and 45 minutes to go about 16 kilometres. So much for five kilometres an hour. But weren’t worried: at this rate, we figured, we’d be to the motel by early evening. We set off, the trail wending us down False Creek and through Chinatown, Strathcona and Hastings-Sunrise.

It was a sunny day in Vancouver after months of cloud-crowded skies and chill drizzle, so a certain amount of transcendent joy was inevitable. I—and I think Mark, too—had a few such moments. For me, most were in Hastings-Sunrise, backyard of poet Bren Simmers. As she wrote in a book named for her neighbourhood:

Put aside excuses, income-to-rent
calculations, and start
living the life you want.

By the time we got to Hastings-Sunrise, we’d left history behind us and were walking mostly in the moment. It was an afternoon of strong, leaf-flashing winds and warm sunlight. The wind came rushing at us from over the silhouetted shoulders of the North Shore mountains, whistling through the treed avenues. It was a perfect moment, heightened by endorphin-induced grace notes. When we stopped near the perfectly named Dusty Greenwell

The wind came rushing at us from over the silhouetted shoulders of the North Shore Mountains, whistling through the treed avenues. It was a perfect moment, heightened by endorphin-induced grace notes.

Park—perched on the edge of the railroad and overlooking Burrard Inlet and an industrial lot of empty shipping containers—I felt like we were at the centre of the world.

Our earlier time calculations turned out to be optimistic. We didn't arrive at the motel—a place remarkable for being completely unremarkable, and offering a view of a massive intersection—until close to 9 p.m. This was after a beautiful, windswept rest on driftwood logs at the New Brighton beach and after the very long, torturous and terrible last four kilometres down the radically unscenic Boundary Road.

I had come into the walk with low-grade foot pains—the kind that, as a computer-bound sedentary, you can generally ignore completely. They had begun to flower hours before, somewhere in Strathcona. By the time we got to Boundary I was visibly hobbling and experiencing a novel sensation: burning needles zinging out laterally from my ankle joints. My left knee hurt, and I thought I might have a hairline fracture in the arch of my right foot. My pace was slowed by seeking out forgiving

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Usually the cityscape that surrounds our homes is something to be involuntarily navigated by car or transit and overcome.

patches of grass on which to tread instead of the punitive, hateful sidewalk. Minus our leisurely 90-minute lunch on Granville Island, we'd been walking for nine and a half hours. There is not much to say about the discomfort of walking on concrete in subpar footwear for that amount of time, except that it sucks and you should avoid it.

At a nearby Chinese restaurant Mark and I gratefully collapsed into chairs and ate a huge dinner, toasting our epic day: 33 kilometres on foot. He caught transit home, and I slept the sleep of the truly exhausted back at the motel.

The next morning I set out boldly, blessed with good weather and feeling no pain. I enjoyed walking the slightly surreal neighbourhood at the top of Boundary, where well-manicured lawns part like the Red Sea to make way for an army of power line towers marching up the hill.

There, a few blocks from Montrose Park, I stopped for a few minutes—and lo, it was quiet. Chirps of chickadees and blackbirds, and the distant *ssshhh* of bridge traffic. It was midweek and no one was around; they were all below, working, commuting, computing. I felt a bracing, Wordsworthian sense of apartness.

On the other side of the power lines, Trinity Street fell away to the west. I walked over for a wide-angle view of the harbour cranes and high-rise towers of downtown. A viewpoint like this on the urban periphery is rare, at least for me, and looking to the city centre I could sense its gravitational pull. That irresistible force—maybe part of the ancient pull to join the tribe in the village core—is what builds cities and keeps them growing century after century. Our sense that there, at least, we're safe and in the middle of the action. Things are happening. We won't miss out. Lots of us do find community, purpose and a good life there. But others get drawn into that urban density and end up losing themselves in its rules and habits, trapped, unable to leave—orbiting it like regolithic moons, a life and death spent going in tethered circles.

Thoreau wrote, "Two or three hours' walking will carry me to as strange a country as I expect ever to see. A single farm-house which I had not seen before is sometimes as good as the dominions of the king of Dahomey. There is in fact a sort of harmony discoverable

between the capabilities of the landscape within a circle of 10 miles' radius, or the limits of an afternoon walk, and the three-score-years and 10 of human life. It will never become quite familiar to you."

This is definitely true. But 150 years after he wrote those sentences, more than 80 percent of Canadians live in cities—and globally, by 2050, we will be over six billion urbanites. These cities are not, for the most part, the woody, wetland environs that Thoreau loved, haunted by foxes and mink. They are landscapes of damage. The vast grids of incursion we call cities include green-space parks and prim neighbourhoods, but also at least as many stinking alleys, traffic-choked arterials and industrial wastelands—populated with abundant evidence of our dependence on chemicals, fossil fuels, international shipping and plastics.

So the pastoral contentment Thoreau sought in his walks is not quite the same for us urban moderns. But along with a degree of ecological radicalization, there is still that chance, while out on foot, of being charmed by where you live—to have your wait for the angel satisfied by a transcendent glimpse or two. In a world drowning in novelty, most of it digital, there is something to be said for finding the unfamiliar in one's non-virtual backyard. A slant of light strikes a street you've driven but never strolled and turns it into something new. You talk with the owner of a local store for 10 minutes about music, local architecture, where to buy fresh fish. You spot a faded mural on the backside of an old brick building, or a fresh and arresting work of graffiti.

Usually the cityscape that surrounds our homes is something to be involuntarily navigated by car or transit and overcome—on a commute to work, the children's school or a grocery run—and finally something to escape whenever possible. Straying beyond these ruts on an agenda-free walk gives us a chance to hold where we are, and even our own lives, at arm's length for a little while.

It's a peculiar sensation: standing apart from your life while amid it. The feeling can be like stepping into a painting or a photograph, into a rendering of your own life made temporarily strange. It's orientation in a true and deep sense, deep enough that it feels disorienting—and it's one of the great benefits of Thoreauvian sauntering. By definition, it's a sensation you can't get from a trip to Hawaii or the Mexican Riviera.

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My various foot and joint pains returned with vigour not long after I crested Boundary Road, blunting my enjoyment of Confederation Park and the Burnaby Mountain woods. But after the hike up through big-leaf maples and Douglas firs, SFU's summer-session campus was, like the heights of Boundary, quiet and deserted. I got a sweeping view of Indian Arm, then took off my pack and sat on a bench for a traditional European road lunch—crackers, cheese, dry sausage. (Or rather, to be honest about my fussy urbanite tastes: some gluten-free crackers, Mt. Lehman goat beer cheddar, caraway landjäger sausage from Oyama's on Granville Island in Vancouver.)

When I stood up from the bench, I saw it was dedicated to one Bernie Savage, who died at age 50 in 1998. Fifty? Yes, my math was right. Poor Bernie. A memento mori. I would be blowing out 50 candles in less than five years. Hopefully.

As I made my way to Port Moody, I was struck by the industrial developments along the route—the odorous refinery, a sulphur transfer facility—and depressed by the ubiquitous plastic garbage cluttering the roadsides. But I became increasingly elated the closer I got to Port Moody. When I finally peeled off my backpack (and my shoes) at the Boathouse Restaurant in Rocky Point Park, I celebrated with a solid steak dinner and a perfect dram of whisky.

I did feel victorious, but the dominant feeling was relief. The punishment was over! As a recon walk for a

possible longer trek, I'd been forewarned. If I were going to saunter to Mt. Baker with my son, I would need the right shoes, likely something expensive and custom. And more regular walking. And some rehab.

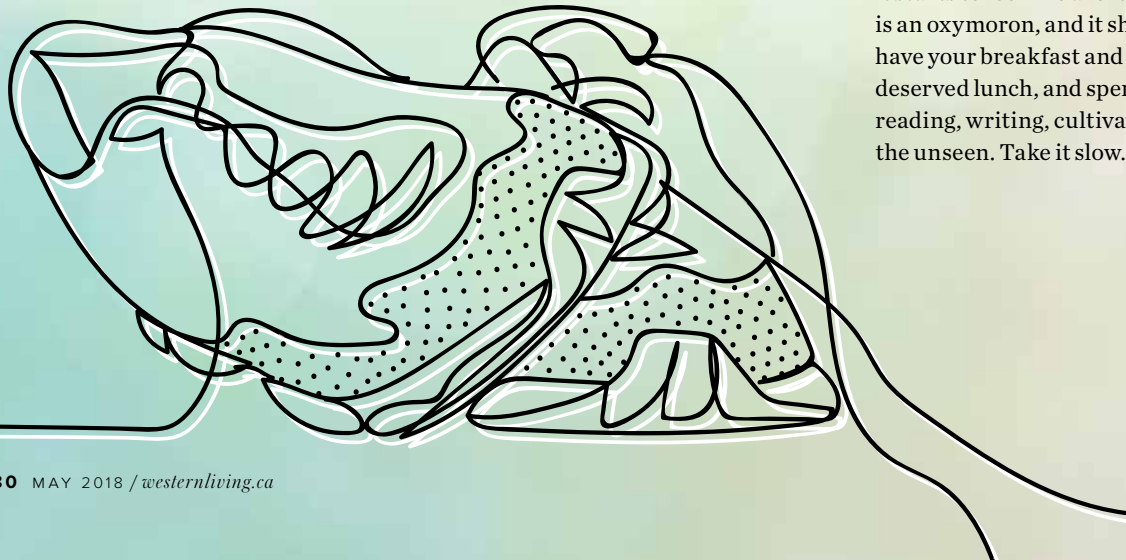
A couple of weeks after the trip, when I described my panoply of newly discovered foot aches to my newly discovered podiatrist, he looked at me and nodded. "Right," he said. "Disneyland syndrome."

This, he explained, was his term for a phenomenon he saw weekly: middle-aged parents who had just spent several eight- to-10-hour days wandering asphalt and concrete in bad shoes. So besides getting the good footwear (this repeat message brought to you by your future metatarsal stress fracture), here is another tip for those considering pilgrim-length walks: whether tramping the Camino de Santiago or the outskirts of Burrard Inlet, allow yourself to saunter.

Limit yourself to under 15 kilometres a day—at least in your first few days, if you're doing a multi-week trip like the Camino. Walking five kilometres an hour is definitely possible, particularly as your shanks regain some of their vigour. But don't press yourself into that kind of stride and purposefulness if it runs against the spiritual grain.

Thoreau had it right: four hours is optimum. And walking 15 clicks or less in that amount of time allows for the kind of soulful saunter that, in the end, should be the point. It allows for conversation if you can get it and reflection if you can't. More distance than that and it starts to feel like a forced march. Extreme sauntering is an oxymoron, and it should stay that way. Wake up, have your breakfast and hit the road. Then have a well-deserved lunch, and spend the rest of the day in repose—reading, writing, cultivating the civic virtues. Allow for the unseen. Take it slow. *UL*

Whether tramping the Camino de Santiago or the outskirts of Burrard Inlet, allow yourself to saunter.

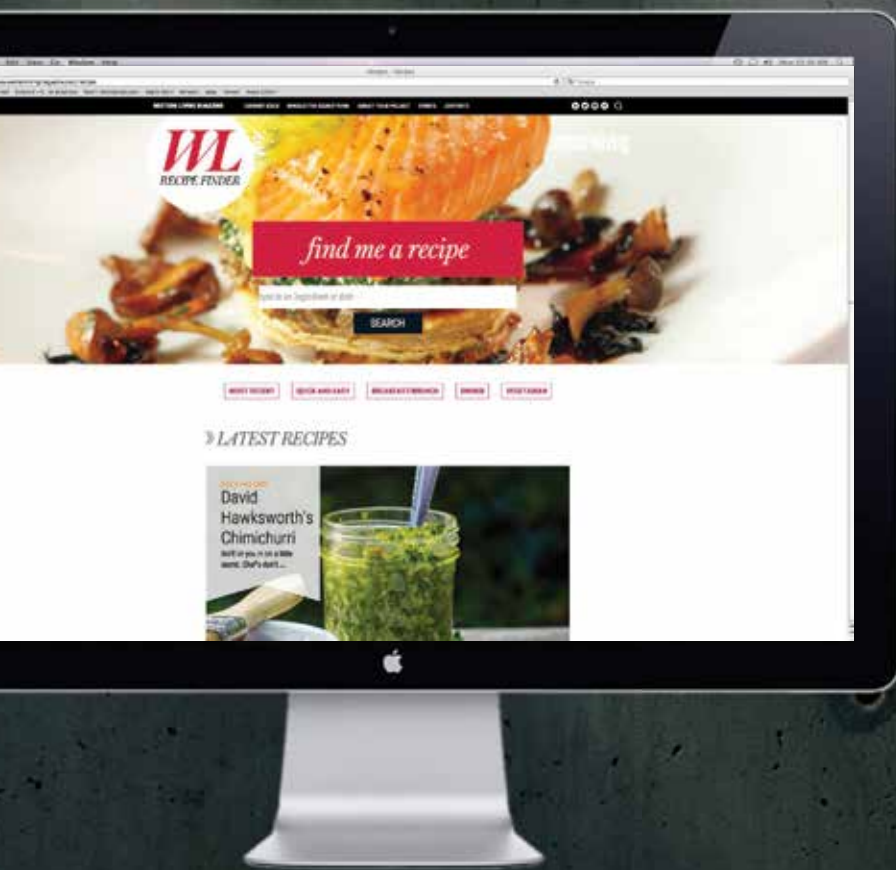


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» Just because a mudroom is intended to house the clutter and the mess doesn't mean you can't have a little fun with it—or at least that's the angle designer Janie Hungerford took when she gave this back entryway a makeover. Wrought iron hooks from Cantu add dramatic pops of black against grey-blue beadboard—chic-yet-casual details that can withstand the wear and tear of an active family; the same goes for the gorgeous patterned Ann Sacks tiles underfoot. Made from concrete, the tiles will patina beautifully over time. “It's all kid friendly, but there's a design edginess to it,” says Hungerford. “Low maintenance, pretty and fun.”



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