

Regions of British Columbia



Vancouver Island/Coast

Regional District	Key Cities
Alberni-Clayoquot	Tofino, Ucluelet, Port Alberni
Capital	Victoria
Central Coast	
Comox Valley	Courtenay, Comox
Cowichan Valley	Duncan
Mount Waddington	
Nanaimo	Nanaimo
Powell River	Powell River
Strathcona	Campbell River

Lower Mainland Region

Regional District	Key Cities
Fraser Valley	Chilliwack, Mission, Abbotsford
Greater Vancouver	Vancouver, Burnaby, Surrey, Richmond, Delta, Langley, North Vancouver
Squamish-Lillooet	Squamish, Whistler
Sunshine Coast	Gibsons, Sechelt

Thompson-Okanagan Region

Regional District	Key Cities
Central Okanagan	Kelowna
Columbia-Shuswap	Golden, Revelstoke
North Okanagan	Vernon
Okanagan-Similkameen	Oliver, Osoyoos
Thompson-Nicola	Merritt, Ashcroft, Kamloops

Kootenay Region

Regional District	Key Cities
Central Kootenay	Nelson, Castlegar, Slocan, Creston
East Kootenay	Fernie, Cranbrook, Kimberly
Kootenay Boundary	Trail, Rossland

Cariboo Region

Regional District	Key Cities
Cariboo	Williams Lake, Quesnel, 100 Mile House
Fraser-Fort George	Prince George, McBride

Northcoast and Nechako Region

Regional District	Key Cities
Bulkley-Nechako	Burns Lake, Houston, Vanderhoof, Smithers
Kitimat-Stikine	Kitimat, Terrace
Skeena-Queen Charlotte	Masset, Prince Rupert, Queen Charlotte

Northeast Region

Regional District	Key Cities
Northern Rockies	Fort Nelson
Peace River	Dawson Creek, Fort St. John, Tumbler Ridge, Chetwynd