

SHUSWAP - NORTH OKANAGAN Cycle TOURING



Shuswap Tourism
www.shuswap.bc.ca



Cycle touring in the Shuswap - North Okanagan

WELCOME to the beautiful, diverse rural landscapes of the Shuswap - North Okanagan! Enjoy the sights, sounds and smells of nature as you explore over 1500 kilometers of quiet, paved back roads in the area highlighted by this road bike (or hybrid bike/slick tire mountain bike) cycling guide. It's yours to discover for a day, for a week or for a lifetime.

Over thirty out & back and loop cycling routes are identified with an average distance of 40 to 50 kilometers. Choose from easy, moderate or challenging routes varying in distance from short (<20K) to long (>100K). Visitor Information Centres, parking spots, wineries, bird watching "hot spots", swimming beaches, view points and hill climb locations are among the features and services identified to help you to plan your cycle tour.

The towns of Salmon Arm, Sicamous, Chase, Sorrento, Enderby, Armstrong and Falkland offer a variety of services for the touring cyclist. Two bike repair shops are located in the area, both in downtown Salmon Arm: Ridetech Enterprises and Skookum Cycle & Ski. Salmon Arm and Armstrong each host an annual community bike ride: "Bike For Your Life" is held on a Saturday in early June in Salmon Arm. The "Okanagan Shuswap Century Ride" is held on the last Sunday in May from Armstrong.

Most routes are ready to ride by mid-April if you dress for it. Cycling may extend to mid-November in some years. Traffic volume on some back roads may increase slightly during July and August. Local drivers are courteous to cyclists.

- TIPS FOR SAFE CYCLE TOURING:**
- Share the road in groups - don't hog it
 - Wear bright colour clothing
 - Watch for pot holes and loose gravel
 - Carry one or two full water bottles
 - Use hand signals

GROUP RIDES WITH LOCAL CYCLISTS:

- May - Oct. Call Skookum Cycle: 866-903-2453

LEGEND

- | | | | |
|--|------------------------|-------------------|--------------------|
| | HOSPITAL | | BIKE ROUTE |
| | MEDICAL CLINIC | | GRAVEL |
| | INFO CENTRE | | DISTANCE |
| | COMMUNITY HALL | | PARKING |
| | GROCERY STORE | | HIGHWAY |
| | FARMER'S MARKET | | PAVED ROAD |
| | MUSEUM | | GRAVEL ROAD |
| | VIEW POINT | | RAILROAD |
| | HIKING | | CREEK |
| | RECREATION SITE | | PARK |
| | SWIMMING | HILL CLIMB | |
| | GOLF | | > 3 - 4% GRADE |
| | WINERY | | >> 4 - 5% GRADE |
| | | | >>> 5% + GRADE |



USEFUL NUMBERS

RCMP Police / Search and Rescue 911
RCMP Chase 250.679.3221
RCMP Salmon Arm 250.832.6044
Ministry of Highways 1.800.665.8001

Chase 250.679.8432
North Shuswap 250.955.2113
South Shuswap 250.675.3515
Salmon Arm 250.832.6247
Sicamous 250.836.3313
Armstrong Spallumcheen 250.546.8155

Skookum Cycle, Salmon Arm 866.903.2453
Ride Tech, Salmon Arm 250.832.9811

The Guide was developed with input from local cyclists by the team of Robyn Cyr, Columbia Shuswap Regional District (CSRD) Economic Development Officer, Don Richmond, CSRD GIS Mapping Dept., Tolbert Advertising & Design, and George Zorn. If you have comments or suggestions for improvement of this Guide, call 1-888-248-2773 (toll free within BC) or email: enquiries@csrd.bc.ca

Shuswap Tourism
British Columbia, Canada

Economic Development Office | Columbia Shuswap Regional District
781 Marine Park Drive, NE | PO Box 781 | Salmon Arm, BC V1E 4P1
TEL: 250.832.8194 | EMAIL: enquiries@csrd.bc.ca

www.shuswap.bc.ca

White Lake - Notch Hill Tour

42km LOOP

EASY to MODERATE - ONE 5% HILL for 1K

Lake country, farms, White Creek Valley views, Balmoral Store, Blind Bay, Sorrento services, Notch Hill Churches, & School House. Notch Hill Railway tunnel, overpass and grade reduction loop.

PARKING:
Carlin Elementary School

ROUTE DETAILS
Park at Carlin School, 15 minutes drive west of Salmon Arm. White Lake has excellent rainbow trout fishing. Enjoy the views of White Lake Valley and Mt. Ida as you approach Balmoral Store. After a breezy 2K downhill ride on Balmoral Road turn left on Blind Bay Road. At Hwy. 1 turn right and cycle 1K to Sorrento. Just past the shopping centre turn left on Notch Hill Road. A short steep climb followed by a gradual climb at 3% leads to the bench at Notch Hill. Enjoy the shade trees and picnic table in front of the School House. Notch Hill, once a bustling CPR centre, had one of the major railway grades (1.6%) on the B.C. line. Between Notch Hill and Balmoral there's a rail grade reduction loop (now 1% grade and 3.2K longer) with tunnel underpass and bridge overpass. Follow White Creek Frontage Rd. at Balmoral (south side of Hwy.) to return to Carlin School. Three road tunnels pass under Hwy. 1. After the second tunnel follow Broderick Creek Frontage Rd. for <1K and through the third tunnel. There's a gradual 0.5K climb to Carlin School Parking Lot.

Salmon Arm - Yankee Flats

64km LOOP

MODERATE to CHALLENGING - ONE AVERAGE 5% HILL for 6.5KM SOUTHBOUND

Salmon River, Farms, 1998 Silver Creek Fire, Valley views from Yankee Flats bench, Salmon Valley Store at Glenemma, Silver Creek Store

PARKING:
Park at, or cycle to Blackburn Park in Salmon Arm.

ROUTE DETAILS
Cycle via 5th Street, SW, 10th Avenue, SW and 10th Street, SW along Foothills Road west (via 50th Ave, SW, 70th St., SW and 80th St. SW) to Salmon River Road. On both sides of the Salmon Valley the 1998 Silver Creek Fire destroyed thousands of hectares of mature forest. A portion of the area was salvage logged and planted between 1998 and 2001. The 1972 Eden Fire at the north end of the Fly Hills is also evident along with recent Mountain Pine Beetle impacts (red & gray trees) on the 30+ year old Pine plantations. Mt. Ida is an old volcano. Notice the basalt cliffs above the road south of Branchflower Road. The Salmon River, which this route follows, flows north from the Douglas Lake plateau grasslands, through Westwood and Falkland before turning north to Salmon Arm and Shuswap Lake. Beyond the Silver Creek Store turn right on Yankee Flats Road and begin the 6.5K climb to Yankee Flats. The first 2K rises at 6% followed by 4.5K at 4% through Douglas-fir and Ponderosa Pine forest. Hill climbers are rewarded with a very sweet ride across the Flats to the 1K, 7% descent to Salmon Valley Store at Glenemma. The return ride to Salmon Arm is full of fun: a twisting, rolling road with great views along the River and the long straight sections north of Silver Creek.

North Shuswap to St. Ives

84km OUT & BACK

MODERATE - TWO 5% HILLS for 3.3 KM

Adams River Trails, Haig Brown Prov. Park, Scotch Crk Prov. Park, public access beaches, Celista, Magna Bay, Anglemont Watch for summer traffic (mid June - end of August). Paved shoulders are narrow and infrequent so be very cautious of motorists during the summer.

PARKING:
Park at Roderick Haig-Brown Park

ROUTE DETAILS
Park at Roderick Haig-Brown Provincial Park. Watch for Eagles and Osprey and Sockeye Salmon as you walk the Park trails. The next 2K opening is full view. Much of this cycling route follows the shoreline of the lake. Bring a bathing suit and towel. Enjoy a swim along the way: at the mouth of Scotch Creek (5.4K), Scotch Creek Provincial Park (12.8K) or at the mouth of Ross Creek (30.1K). There are several communities along the route - some offer services: Scotch Creek (11.2K), Celista (20.5K), Magna Bay (30K), Anglemont (35K) and St. Ives (41K). Northeast of Scotch Creek the road climbs at 5% to a high point of 450 meters elevation offering views of the lake, Copper Island, Reedman Point and Blind Bay. About 1K past Celista School is the North Shuswap Community Hall built in 1934 by local pioneers. Across the highway from the Hall is the original pioneer cemetery - still in use. The North Shuswap Historical Society has signs along the route marking many pioneer homes, including some built with logs. Brochures, with information to go with signs, can be obtained at Sunnyside Grocery Store in Celista. Continue along the lake side highway past Magna Bay and Ross Creek to Anglemont. St. Ives and pavement's end at about 42K. Enjoy the beaches and views along the route!

Eagle River Valley

26km OUT & BACK

EASY

Sicamous to Cambie. Farms & forest along lower Eagle River.

PARKING:
Park in Sicamous at the Visitor Centre, on Finlayson St. near the lake channel.

ROUTE DETAILS
The Solsqua-Sicamous Road is about 1.4K east of the Visitor Centre, 200 meters from the Highway 1 - Highway 97 A junction on the north side of Highway 1. Within 200 meters the road crosses the Eagle River Bridge and heads north towards the base of the mountain and the CPR railway line - completed in 1886. The road we're cycling was built for railway construction. It wasn't until 1922 that the old tote road was upgraded and named after the then Minister of Public Works, Dr. Sutherland. The Trans Canada Highway section on the south side of the river was first built by Japanese who were interned at the Yard Creek camp during WW II. The river delta here was once a rich farming region with celery as the principle crop (summer train passengers knew when they were in the valley by the smell of celery!). Turn right and follow the road past the large open areas which have served as pole yards for the valuable Cedar poles that have been harvested from the interior wet belt forests near Sicamous for many years. The road skirts the meandering flood plain and oxbows of the Eagle River heading upstream to a left turn on Cambie-Solsqua Road. Watch for Cambie Community Hall built in 1914. Enjoy the quiet ride past farms and valley bottom forest to the turn around at the second Eagle River Bridge crossing near Highway 1. Head back to Sicamous the same way for locally made ice cream or gelato, and watch for Cambie Community Hall - built in 1914 - and summer theatre productions.

Sunnybrae - Canoe Point

36km OUT & BACK

EASY

Herald Provincial Park, beaches, Margaret Falls, Shuswap Lake views, Canoe Point farms

PARKING:
Park at the Tappen Co-op Gas Station on Highway 1, 10 - 15 minutes drive west of Salmon Arm.

ROUTE DETAILS
300 meters west along the paved shoulder on Highway 1 turn right on the Sunnybrae - Canoe Point Road. Stop for a swim and enjoy the view at Sunnybrae Provincial Park. The route follows the north side of Shuswap Lake for 22.5K to Canoe Point. Shuswap Lake has more than 1000K of shore line. The lake is fed by melting snow and glacier ice in the Monashee Mountains to the east and north. Cycling further east you will see that this is a popular area for summer visitors and cabin owners. Towering above the road, the cliffs of Bastion Mountain are visible for most of the 14K ride out to Herald Provincial Park from the highway. The Park provides campsites, a sunny beach and self-guided walking trails. Margaret Falls Trail follows a creek through a beautiful old growth forest. It's a cool walk on a hot summer day. Free showers at the Falls! The road is less travelled beyond the Park. Pavement changes to gravel road at 17.7K from Hwy. 1. Views of Shuswap Lake improve as the road gains elevation (2.5K, 4.5% hill climb) to the bluff - the turn around point on a road bike. Beyond this high point, if you are riding a hybrid bike, the route descends gradually to Canoe Point farms and fields on gravel road. Watch for summer traffic. There are no paved shoulders on the road.

Armstrong Area Cycling Routes

MULTIPLE ROUTES

EASY TO MODERATE

For a 1:250,000 scale map (16MB) showing the ecological zones of the North Okanagan that you are riding through go to:
www.for.gov.bc.ca/hre/becweb/resources/maps/field_map_download.html

PARKING:
Park at Hullcar Hall

ROUTE DETAILS
The Armstrong area has hundreds of kilometres of quiet paved back road cycling routes through beautiful farm country. Six routes are highlighted here along with all the paved roads to create your own routes. Keep in mind that there are some short hill climbs of 4-6% for 1K to 3K as you ride north from Armstrong to Hullcar on Salmon River Road, Schubert Road or Sleepy Hollow-Lansdowne Roads. Schubert Road has the easiest climbs of the three roads (4% hill for 1.2K). Salmon River Road has a couple of steep, short climbs. Lansdowne has longer but more gradual climbs. Park at Hullcar Hall or in Armstrong or wherever it's safe to do so. Enjoy the scenery. May is asparagus season. A number of growers have stands in the Knob Hill Road area. Check out the Armstrong Farmer's Market on Saturday mornings. It's a colourful highlight along with several coffee shops that cater to cyclists in town. Stop in at the Visitor Information Centre and Museum on Bridge Street for more information. During the spring and fall the Armstrong Explorer steam train makes scheduled runs from Kamloops to Armstrong with a two hour lay-over in town. Armstrong can be your start point or turn around point for many enjoyable rides between Salmon Arm, Enderby, Grandrod and O'Keefe Ranch.



Blind Bay - Wild Rose Bay

51km OUT & BACK

EASY to MODERATE

Public access beaches, Eagle Bay Store, lake views. For a 1:250,000 scale map (21MB) showing the ecological zones of the Shuswap you are riding through go to:
www.for.gov.bc.ca/hre/becweb/resources/maps/field_map_download.html

PARKING:
Park at the Blind Bay Store.

ROUTE DETAILS
Views of Shuswap Lake with its 1000K shoreline, Copper Island and access to several public beaches are the highlights of this route. Park at the store at Blind Bay and follow Eagle Bay Road along the north side of the bay. Ponderosa Pine and Douglas-fir appear on warm, dry south-facing slopes above the road along the bay. Toward Wild Rose Bay the forests are dominated by Western Larch, Western Red Cedar, Western Hemlock and Douglas-fir, reflecting the cooler wetter climate. Watch for Rocky Point Road about 3.1K from the Blind Bay Store. Follow the road 0.6K to the public beach. Beyond Reedman Point the route heads east following the shoreline to Eagle Bay. Watch for Eagle Bay Store on the right. Enjoy a swim at Shamon Beach Park. About 19K from the Blind Bay Store and about 2.4K past the Ivy Road junction (on the right) watch for the Park sign on the left. This 18 hectare Park with over 400 meters of beach and shoreline is managed by the Columbia Shuswap Regional District. The Park has a vault privy, picnic tables and a swim raft. The route continues along the road to the end of the pavement at Wild Rose Bay. By canoe it's approximately 6.5K from here to Cinnemous Narrows Marine Park, one of 26 sites located around the perimeter of Shuswap Lake, part of the Shuswap Lake Marine Park.

Salmon Arm Century Ride

100km LOOP

CHALLENGING - FOUR +5% HILLS TOTAL 9KM OF CLIMBING

This route follows four valleys around Mount Ida.

PARKING:
Park at Blackburn Park in Salmon Arm.

ROUTE DETAILS
From Blackburn park this route follows the Salmon Arm - Yankee Flats Route to Salmon Valley Store at Glenemma. Turn east on the Heywood Armstrong Rd. Stop at the 80 acre Caravan Farm Theatre, one of Canada's premiere professional outdoor theatre companies. Breeze down the Salmon River Road hill to Dodd's Road. Turn left and traverse east across rolling farm country north of Armstrong via Schubert Rd., Highland Park Rd. and Sleepy Hollow Rd. From the bridge crossing climb the next 5K. Continue north to the top of the hill on Lansdowne Rd. across the flats to Canyon Rd. past Hullcar Rd. (left). Canyon Rd. drops to Enderby. Find local information at the Visitor Centre near the Shuswap River Bridge. The route continues on the east side of the river to Grandrod on the Enderby - Grandrod Rd. below the Enderby Cliffs. Cross the Shuswap River bridge and follow busy Hwy. 97 for 1.5K west to the Grandview Bench Rd. (right). The big climb on this route is up a switch back hill which summits just past Edger Rd (right). From the top of the hill the route descends to Hwy. 97 south of Salmon Arm. After a 9K ride north on Hwy. 97 and the light at Hwy. 1, ride 0.5K to 20th Ave. NE, turn left on 20th. Climb then drop for 2.8K to Lakeshore Drive and left turn in to downtown Salmon Arm. Complete the 100K distance on the town roads near Blackburn Park.

ROUTE LEGEND

ROADS

- Highway
- Paved Roads
- Gravel Roads

CYCLE TOURS

- Outer Lake - Grandview Flats
- Pleasant Valley - Larkin - Otter Lk.
- Lansdowne - McLeery - Stepmey (South Loop)
- Lansdowne - McLeery - Stepmey (North Loop)
- Hullcar-Sleepy Hollow-Schubert
- Hullcar - Lansdowne - Mtn. View - Back Enderby - Canyon