

OOLI OL MOMBLINO	
RCMP Police / Search and Rescue	911
RCMP Chase	250.679.3221
RCMP Salmon Arm	250.832.6044
Ministry of Highways	1.800.665.8001
Chambers of Commerce	
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
Bike Shops / Repair	
Skookum Cycle, Salmon Arm	866.903.2453
Ride Tech, Salmon Arm	250.832.9811

Shuswap Tourism
British Columbia, Canada

www.shuswap.bc.ca

Shuswap - North Okanagan

Cycle touring in the

WELCOME to the beautiful, diverse rural landscapes

sounds and smells of nature as you explore over 1500

highlighted by this road bike (or hybrid bike/slick tire mountain bike) cycling guide. It's yours to discover for

of the Shuswap - North Okanagan! Enjoy the sights,

kilometers of quiet, paved back roads in the area

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

swimming beaches, view points and hill climb

locations are among the features and services

identified to help you to plan your cycle tour.

(<20K) to long (>100K). Visitor Information Centres, parking spots, wineries, bird watching "hot spots",

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.

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

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

Most routes are ready to ride by mid-April if you

May from Armstrong.

are courteous to cyclists.

Salmon Arm and Armstrong each host an annual

a day, for a week or for a lifetime.

TIPS FOR SAFE CYCLE TOURING

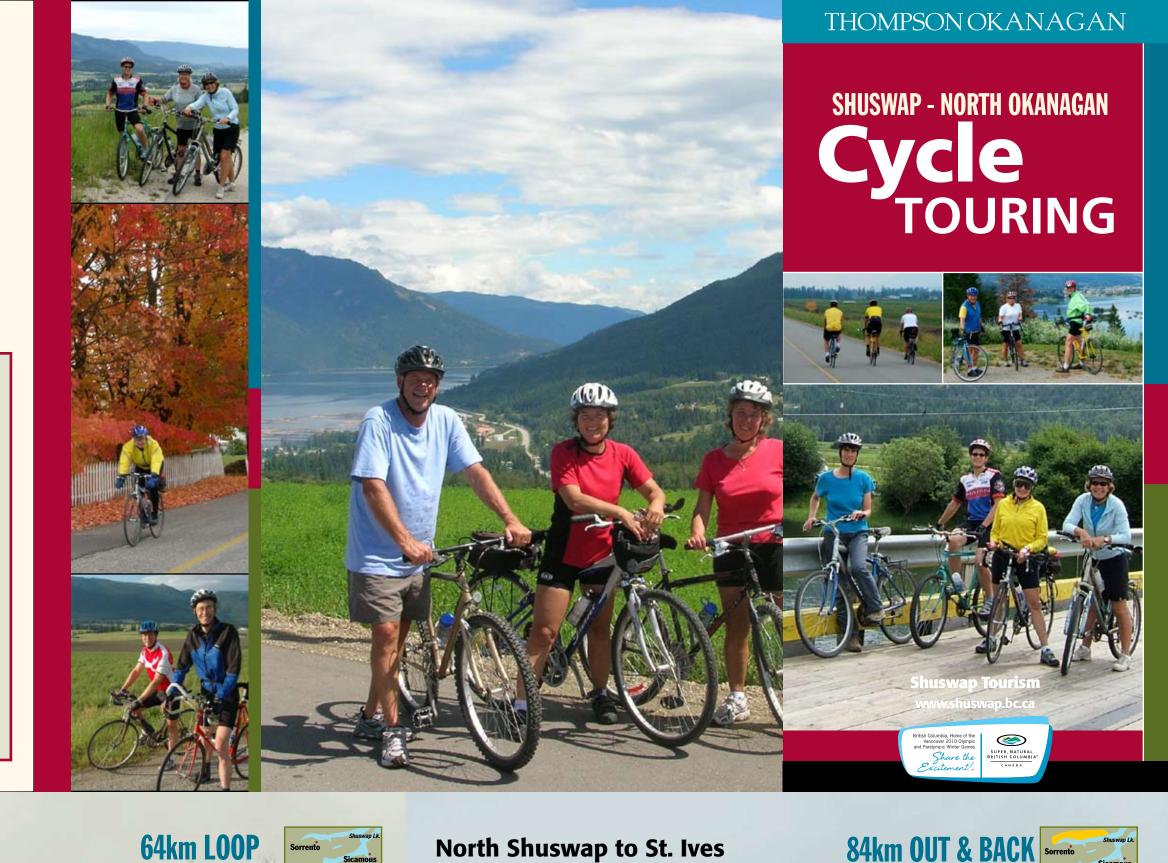
• Share the road in groups - don't hog it

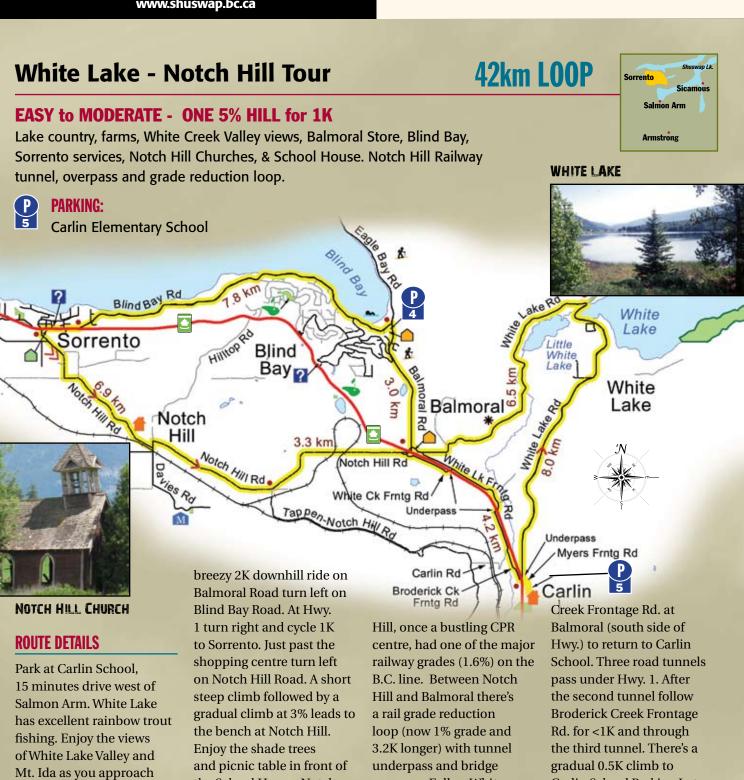
Wear bright colour clothing

 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 **PARKING** HIGHWAY **PAVED ROAD FARMER'S MARKET GRAVEL ROAD MUSEUM RAILROAD *** VIEW POINT CREEK **RECREATION SITE HILL CLIMB** SWIMMING > 3 - 4% GRADE GOLF >> 4 - 5% GRADE







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.

>>> 5% + GRADE

ROUTE DETAILS

Salmon River Road.

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

WINERY

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

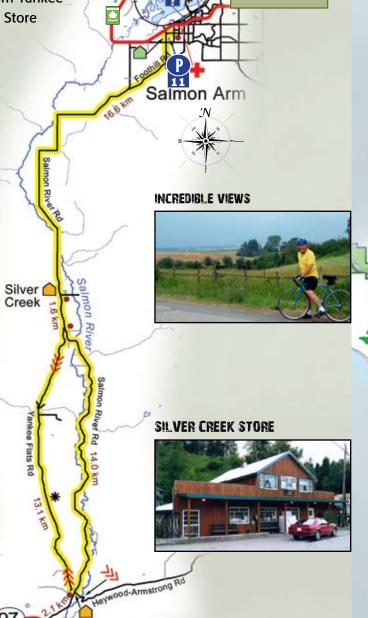
Mt. Ida is an old volcano. Notice the basalt cliffs above the road south of Branchflower Road. The Salmon River, which this

plantations.

route follows, flows north from the Douglas Lake plateau grasslands, through Westwold 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

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.

Glenemma.



36km 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.

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 peak spawning is fall 2010. Cycling east, Shuswap Lake comes into full view. Much of this cycling route follows the shoreline of the lake. Bring

a bathing suit and towel.

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%

Enjoy a swim along the

way: at the mouth of Scotch

grade 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

MULTIPLE ROUTES

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!

RURAL SCENES

ANGLEMONT

26km OUT & BACK Sorrento **Eagle River Valley** Sicamous to Cambie. Farms & forest along lower Eagle River. Park in Sicamous at the Visitor Centre, on Finlayson St. near the lake channel **EAGLE RIVER VALLEY** SHUSWAP LAKE Sicamous meandering flood plain by Japanese who were interned at the Yard Creek and oxbows of the Eagle ? River heading upstream camp during WW II. The

overpass. Follow White

the School House. Notch

Balmoral Store. After a

and heads north towards the base of the mountain and the CPR railway line - completed in 1886. The **ROUTE DETAILS** road we're cycling was built for railway construction. The Solsqua-Sicamous It wasn't until 1922 that Road is about 1.4K east the old tote road was of the Visitor Centre, upgraded and named after 200 meters east of the

the then Minister of Public Highway 1 – Highway 97 A Works, Dr. Sutherland. The junction on the north side Trans Canada Highway of Highway 1. Within 200 section on the south side meters the road crosses the of the river was first built Eagle River Bridge

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

built in 1914. Enjoy the for locally made ice cream or gelato, and watch for Cambie Community Hall built in 1914 - and summer

theatre productions.

51km OUT & BACK Sorrento

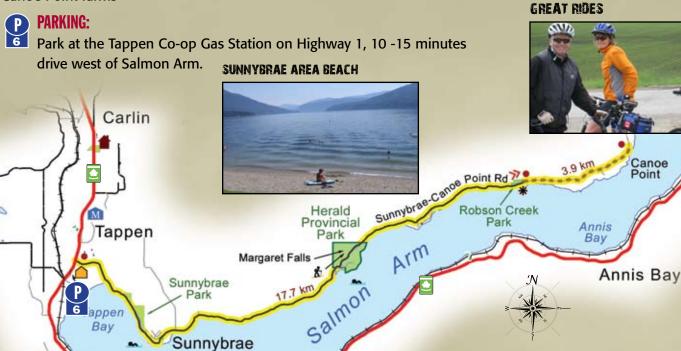
LOCAL RIDERS

to a left turn on Cambie-Solsqua Road. Watch for Cambie Community Hall 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

Carlin School Parking Lot.

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

Sunnybrae - Canoe Point



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

Park provides campsites, a sunny beach and selfguided 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

from the highway. The

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

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

17 Park at Hullcar Hall

ROUTE DETAILS The Armstrong area has hundreds of kilometres of quiet paved back road cycling routes through beautiful farm country. here along with all the

Six routes are highlighted 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

Park at Armstrong Visitor Centre

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,

Grindrod and O'Keefe

Enderby





Blind Bay - Wild Rose Bay

EASY to MODERATE Public access beaches, Eagle Bay Store, lake views. For a 1:250,00 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 Park at the Blind Bay Store.



ROLLING FARMS

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

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 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 Shannon

Beach Park. About 19K

from the Blind Bay Store

and about 2.4K past the

Ivy Road junction (on the

Eagle Bay ...

Eagle Bay

road along the bay. Toward 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 Eagle Bay Road to the end of the pavement at Wild Rose Bay. By canoe it's approximately 6.5K from here to Cinnemousun Narrows Marine Park, one of 26 sites located around the perimeter of Shuswap Lake, part of the Shuswap Lake Marine Park.

Wild Rose

Bay Wild Rose Bay

CHALLENGING- FOUR +5% HILLS TOTAL 9KM OF CLIMBING This route follows four valleys around Mount Ida.

Salmon Arm Century Ride

Park at Blackburn Park in Salmon Arm.

ROUTE DETAILS

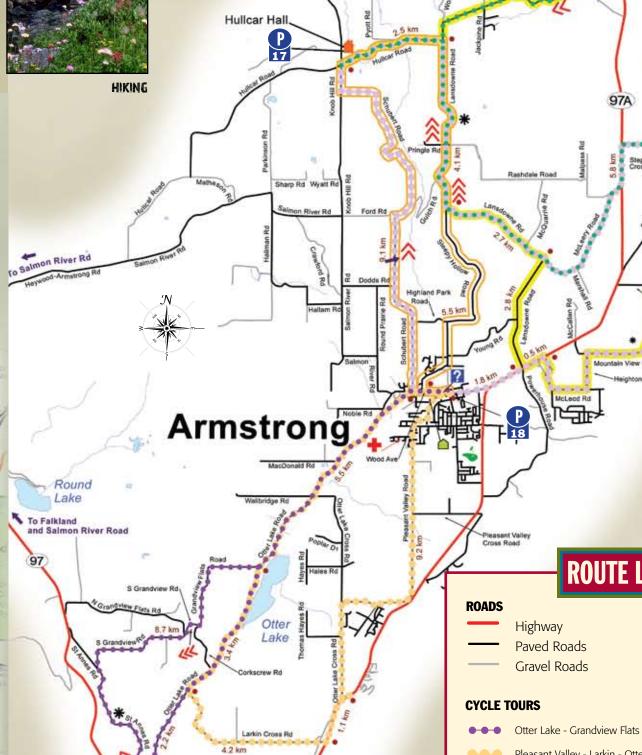
From Blackburn park this Route follows the Salmon Arm - Yankee Flats Route to Salmon Valley Store at Glenemma. Turn east on the Heywood Armstrong Rd. - Salmon River Rd. Stop at the 80 acre Caravan Farm Theatre, one of Canada's premiere professional outdoor theatre companies. Breeze down the Salmon River 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 En-

derby. Find local informa-

tion at the Visitor Centre

near the Shuswap River Bridge. The route continues on the east side of the river to Grindrod on the Enderby – Grindrod 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 Edgar Rd (right). From the top of the hill the route descends to Hwy. 97 south of Salmon Arm. After a 9K ride north Creek 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.





To Vernon

ROUTE LEGEND

Pleasant Valley - Larkin - Otter Lk. Lansdowne - McLeery - Stepney (South Loop) Lansdowne - McLeery - Stepney (North Loop)

Hullcar-Sleepy Hollow-Schubert Hullcar - Lansdowne - Mtn. View Back Enderby - Canyon