



PEDAL PARADISE

SHARING CYCLING ADVENTURES IN OUR BACKYARD!

Head down. Feet up. Bike 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 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 (20km) to long (100km). Visitor Information Centres, parking spots, wineries, bird watching "hot spots", swimming beaches, view points and hill climb locations are 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, one in Salmon Arm: Skookum Cycle & Ski; and Golden Ears Bike Farm in Chase. Bikes are available for rent in Salmon Arm.

Salmon Arm and Armstrong each host an annual community bike ride: "Salmon Arm Bike For Your Life Century Ride" is held mid-September (BikeForYourLife.com). The "Okanagan Shuswap Century Ride" (OSCR.ca) is held on the last Sunday in May.

Most routes are ready to ride by late March. Cycling may extend to mid-November in some years. Traffic volume on all roads increases during July and August. Local drivers are generally courteous to cyclists.

Tips for safe cycle touring:

- Share the road. Ride single file on group rides
- 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

- Check calendar at: www.shuswapbike.com or email shuswapbike@gmail.com

Legend

Hospital	Restaurants
Medical Clinic	Hilling Area
Info Centre	Picnic Site
Community Hall	View Point
Grocery Store	Parking Area
Farmer's Market	Bike Route
Agri-tourism Attraction	Distance
Museum	Paved Road
Provincial Campground	Highway
Swimming	Gravel Road
Golf Course	Rail Road
Winery	Creek
Micro Brewery	Park
Cycle Friendly Accommodation	

Hill Climb
 > 3-4% Grade
 > 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

Visitor Info Centres

Chase	250.679.8432
Enderby	250.838.9727
North Shuswap	250.955.2113
South Shuswap	250.515.0002
Salmon Arm	250.832.6247
Sicamous	250.836.3333

Bike Shops / Repair

Skookum Cycle, Salmon Arm	866.903.2453
Golden Ears Bike Farm, Chase	250.679.8421

The Cycling Tourist Guide was developed through the collaboration of Shuswap Tourism and local cycling enthusiasts. Special thanks go to George Zorn for his contribution. If you have comments or suggestions for improvement of this guide, call 1-888-248-2773 (toll free within BC) or email info@shuswaptourism.ca



SHUSWAP BIKE OUR ROADS

Outstanding scenery. Exceptional cafés. Sole soothing rides.



Shuswap - North Okanagan CYCLE TOURING

HIGHWAYS • BI-WAYS • BACK-ROADS
 And everything in between... plan your route!

ShuswapTourism.ca

#6 WHITE LAKE - NOTCH HILL TOUR 42KM LOOP

MODERATE - 600M 6.7% CLIMB; 4.3KM 3% CLIMB
 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 or at Balmoral. (15 min. drive west of Salmon Arm)

downhill ride on Balmoral Road turn left on Blind Bay Road. At Hwy. 1 turn right and cycle 1km 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. History Lesson: view the display about the former route of the

Trans Canada Highway as it travelled through Notch Hill (located in 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 3.2km longer). Use tunnel

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 a short distance, then through the third tunnel. There's a gradual 500m climb to Carlin School Parking Lot.

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 2km

#17 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, winery, Glenemma, and 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 turning north to Salmon Arm and Shuswap Lake.

Beyond the Silver Creek Store turn right on Yankee Flats Road and begin the 4.5km climb to Yankee Flats. The first 3km rises at 7% followed by 3.5km at an average 4% through Douglas-fir and Ponderosa Pine forest. Hill climbers are rewarded with a very sweet ride across the Flats to the 1km, 7% descent to Glenemma.

The return ride to Salmon Arm is full of fun: a twisting, rolling road passing through rich valley-bottom farmland with great views along the river and the long straight sections north of Silver Creek.

#1 NORTH SHUSWAP TO ST. IVES 84KM OUT & BACK

MODERATE - TWO 5% HILLS for 3.3KM
 Adams River Trails, Roderick Haig-Brown Prov. Park, Scotch Creek Prov. Park, public access beaches, Celistra, winery, 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 peak spawning is fall 2018 - but salmon return every fall. 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. Enjoy a swim along the

way: at the mouth of Scotch Creek (5.4km), Scotch Creek Provincial Park (12.8km) or at the mouth of Ross Creek (30.1km). There are several communities along the route - some offer services: Scotch Creek (11.2km), Celistra (20.5km), Magna Bay (30km), Anglemont (35km) and St. Ives (41km). Northeast of Scotch Creek the road climbs at 6% grade to a high point of 450m

elevation offering views of the lake, Copper Island, Reedman Point and Blind Bay. About 4km past Celistra 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 Celistra. Continue along the lake side highway past Magna Bay and Ross Creek to Anglemont, St. Ives and pavement's end at about 42km. Enjoy the beaches and views along the route!

#12 EAGLE RIVER VALLEY 26KM OUT & BACK

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

PARKING:
 Paws in Motion Dog Park just over Eagle River Bridge on Sicamous-Solsqua Rd.

ROUTE DETAILS
 The Solsqua-Sicamous Road is about 1.4km east of the Visitor Centre, 200m east of the Hwy 1 - Hwy 97 A junction on the north side of Hwy 1. Within 200m 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 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 World War II.

The river delta here was once a rich farming region.

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 Rd.

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.

#7 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
 300m 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 22.5km to Canoe Point. Shuswap Lake has more than 1,000km of shore line.

The lake is fed by melting 25,000 sq km watershed area including 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 lake, the cliffs of Bastion Mountain are visible for most of the 11.5km ride out to Herald

Provincial Park from the highway. The park provides a day use area, a sunny beach, camping 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

#29 - 35 ARMSTRONG AREA ROUTES MULTIPLE ROUTES

EASY TO MODERATE
 Rolling farmland with lots of route options and side-road exploration.

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 3km to 3km 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 1.2km). Salmon River Road has a couple of steep, short climbs. Lansdowne has longer but more gradual climbs. Park at Hullcar Hall or in Armstrong.

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 on Bridge Street for more information. Armstrong can be part of many enjoyable rides between Salmon Arm, Enderby, Grindrod and Vernon.

#5 BLIND BAY - WILD ROSE BAY 50KM OUT & BACK

EASY to MODERATE
 Beaches, Eagle Bay Store, lake views and short hikes.

PARKING
 Park in the CSRD Parking Lot at Blind Bay Beach.

ROUTE DETAILS
 Views of Shuswap Lake with its 1,000km shoreline, Copper Island and access to several public beaches are the highlights of this route. Park at the Blind Bay Beach 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 West-

ern Larch, Western Red Cedar, Western Hemlock and Douglas-fir, reflecting the cooler wetter climate. Watch for Rocky Point Road Park about 3.1km from Blind Bay Store. Follow the road to the public beach and shoreline is managed by the Columbia Shuswap Regional District. The Park has a vault toilet, picnic tables and a swim raft. The route continues along the Eagle Bay Road to the end of the pavement at Wild Rose Bay. Stop in for a cold beverage and bite to eat on the water at Finz Restaurant.

Ivy Road junction (on the right) watch for the Park sign on the left. This 18 hectare Park with over 400m of beach and shoreline is managed by the Columbia Shuswap Regional District. The Park has a vault toilet, picnic tables and a swim raft. The route continues along the Eagle Bay Road to the end of the pavement at Wild Rose Bay. Stop in for a cold beverage and bite to eat on the water at Finz Restaurant.

#19 BIKE FOR YOUR LIFE SALMON ARM CENTURY RIDE 100KM LOOP

KNOCK YOUR SOCKS OFF CHALLENGING!
 This route follows four valleys around Mount Ida. For detailed start/finish: BikeForYourLife.com

PARKING
 Park at Blackburn Park in Salmon Arm.

ROUTE DETAILS
 From Blackburn Park this route follows the Salmon Arm - Yankee Flats Route #17 to 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. Turn left on Knob Hill Rd and cycle 2.9km north over rolling hills past the Armstrong Asparagus Farm to right on Schubert Rd, left on Highland Park Rd and straight to Sleepy Hollow Rd. From the bridge crossing climb the next 5km. 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 Grindrod on the Enderby - Grindrod Rd. below the Enderby Cliffs. Cross the Shuswap River

Route Legend

Roads
 - Highway
 - Paved Roads
 - Gravel Roads

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

