

Useful Numbers RCMP Police / Search and Rescue RCMP Chase _ 250.679.3221 RCMP Salmon Arm 250.832.6044 1.800.665.8001 Ministry of Highways **Visitor Info Centres** 250.679.8432 Enderby 250.838.6727 North Shuswap 250.955.2113 South Shuswap 250.515.0002 Salmon Arm 250.832.6247 250.836.3313 Bike Shops / Repair Skookum Cycle, Salmon Arm 866.903.2453

Golden Ears Bike Farm, Chase The Cycle Touring Guide was developed through the collaboration of Shuswar Tourism and local cycling enthusiasts. Special thank you to George Zorn for his ontribution. 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 PHOTOS: Kari Medig, Darren Robinson, George Zorn. DESIGN: Toliver Design.

> 555 Harbourfront Drive, NE PO Box 781 Salmon Arm, BC V1E 4P1 SHUSWAPTOURISM.CA

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 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 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

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.

42KM LOOP

- 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

Medical Clinic i Info Centre Community Hall Grocery Store

Farmer's Market

A Provincial Campground

Æ

Golf Course

Micro Brewery

Cycle Friendly

Winery

Hiking Area Picnic Site ★ View Point Agritourism Attraction

Restaurants

Parking Area Bike Route Distance --- Highway

— Paved Road Gravel Road ⊢ Rail Road

Creek Park Hill Climb > 3 - 4% Grade

> >> 4 - 5% Grade >>> 5% + Grade



BIKE OUR ROADS

Outstanding scenery. Exceptional cafés. Sole soothing rides.

SHUSWAP



84KM OUT & BACK

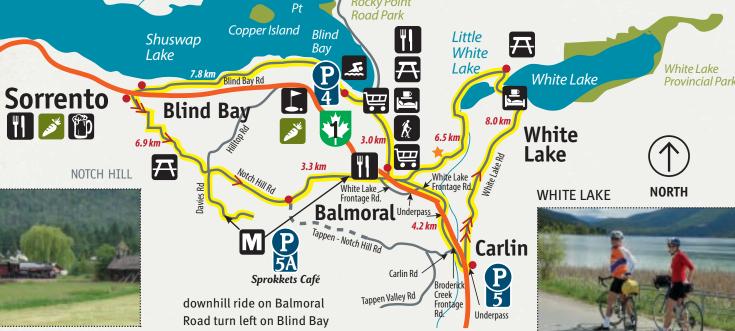
SHUSWAP

nuswap - North Okanagan

#6 WHITE LAKE - NOTCH HILL TOUR

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.

Carlin Elementary School or at Balmoral. (15 min. drive west of Salmon Arm)



Road. At Hwy. 1 turn right **NOTCH HILL CHURCH** and cycle 1km to Sorrento. Just past the shopping centre **ROUTE DETAILS** turn left on Notch Hill Road. A

Park at Carlin School, short steep climb followed by 15 minutes drive west of a gradual climb at 3% leads Salmon Arm. White Lake to the bench at Notch Hill. has excellent rainbow trout Enjoy the shade trees fishing. Enjoy the views of and picnic table in front of White Lake Valley and Mt. Ida the School House. History as you approach Balmoral Lesson: view the display Store. After a breezy 2km 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.

To Revelstoke,

Golden & Calgary

26KM OUT & BACK Sorrento Stuswap Loke Sicanjous

Eagle River

#17 SALMON ARM - YANKEE FLATS

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.

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 8oth 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 eroded Eocene volcanic rock. Notice the basalt cliffs above the road south of Branchflower Road. The Salmon River, which this route follows, flows

Canoe Point farms

north from the Douglas Lake plateau grasslands, through Westwold and Falkland before turning north to Salmon Arm

and Shuswap Lake.

Salmon Arm

₩.

YANKEE FLATS

Glenemma

36KM OUT & BACK

SUNNYBRAE

WINERY

SILVER CREEK STORE

i #H+M>

Beyond the Silver Creek Store turn right on Yankee Flats Road and begin the 4.5km climb to Yankee Flats. The first 1km 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.

Salmon Arm is full of fun: a twisting, rolling road passing through rich valleybottom farmland with great views along the river and the long straight sections north of Silver Creek.

The return ride to

64KM LOOP Sorrento Shuswap #1 NORTH SHUSWAP TO ST. IVES

MODERATE - TWO 5% HILLS for 3.3KM Adams River Trails, Roderick Haig-Brown Prov. Park, Scotch Creek Prov. Park, public access beaches, Celista, 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

Sorrento Blind Bay **ROUTE DETAILS** Park at Roderick Haig-Brown Provincial Park. Watch for Eagles and Osprey and Sockeye Salmon as you walk

Provincial Park (12.8km) or at the mouth of Ross Creek (30.1km). There are several communities along the the Park trails. The next peak spawning is fall 2018 - but Scotch Creek (11.2km), salmon return every fall. Celista (20.5km), Magna Cycling east, Shuswap Lake Bay (30km), Anglemont comes into full view. Much of (35km) and St. Ives (41km). this cycling route follows the Northeast of Scotch Creek shoreline of the lake. Bring the road climbs at 5% grade a bathing suit and towel. to a high point of 450m

way: at the mouth of Scotch elevation offering views of the lake, Copper Island, Creek (5.4km), Scotch Creek Reedman Point and Blind Bay. About 1km past Celista School is the North Shuswap Community Hall built in route - some offer services: 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 42km. Enjoy the beaches and views along the route!

7.4 km

Back Enderby Rd

Lansdowne Rd

Heighton Rd

McLeod Rd

CELISTA ESTATE WINERY

#12 EAGLE RIVER VALLEY

Sicamous to Cambie. Farms & forest along lower Eagle River Parking:
Paws in Motion Dog Park just over Eagle River Bridge on Sicamous-Solsqua Rd. **SICAMOUS CHANNEL**

13.3 km

Sicamous

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

The river delta here was once

Blind Bay

Yard Creek camp during

a rich farming region.

World War II.

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.

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.

SICAMOUS / EAGLE RIVER

Head back to Sicamous the same way for locally made ice cream or gelato, and watch for Cambie Community Hall -built in in 1914 - and summer theatre productions.

50KM OUT & BACK Sorrento Strussap Stramo

NORTH

#7 SUNNYBRAE - CANOE POINT

Herald Provincial Park, beaches, Margaret Falls, Shuswap Lake views,

Park at the Tappen Co-op Gas Station on Highway 1,

10 -15 minutes drive west of Salmon Arm.

AA MT. BASTION ^eSunnybrae

Salmon Arm

ROUTE DETAILS 300m west along the paved

Tappen

shoulder on Highway 1 turn right on the Sunnybrae -Canoe Point Road. Stop for a swim and enjoy the view at Sunnybrae Provincial Park. you will see that this is a The route follows the north popular area for summer side of Shuswap Lake for 22.5km to Canoe Point. Shuswap Lake has more than cliffs of Bastion Mountain are 1,000km of shore line.

#19 BIKE FOR YOUR LIFE

SALMON ARM CENTURY RIDE

KNOCK YOUR SOCKS OFF CHALLENGING!

This route follows four valleys around Mount Ida.

Park at Blackburn Park in Salmon Arm.

For detailed start/finish: BikeForYourLife.com

PARKING

From Blackburn Park this

Route follows the Salmon

Arm - Yankee Flats Route

A K

highway. The park provides a The lake is fed by melting 25,000 sq km watershed area day use area, a sunny beach, including melting snow and campground and self-guided walking trails. Margaret Falls glacier ice in the Monashee Mountains to the east and Trail follows a creek through north. Cycling further east a beautiful old growth forest. It's a cool walk on a hot summer day. Free showers visitors and cabin owners. at the falls! Towering above the road, the

Provincial Park from the

The road is less travelled beyond the Park. Pavement visible for most of the 11.5km changes to gravel road at

Shuswap Lake improve as the road gains elevation (1.3km, 6.4% hill climb) to the bluff - the turn around point on a road bike. Beyond this point, if you are riding a hybrid bike, the route descends gradually to Canoe Point farms and fields on gravel road. Viewpoint and turn around at 21.6km from Hwy 1. Watch for summer

traffic.

100km LOOP

17.7km from Hwy. 1. Views of

#29 - 35 ARMSTRONG AREA ROUTES MULTIPLE ROUTES

Enjoy a swim along the

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

Park at Hullcar Hall

P PARKING Park at Armstrong Visitor Centre

ROUTE DETAILS

May is asparagus season.

A number of growers have The Armstrong area has stands in the Knob Hill Road 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 1km to 3km as you ride north from Armstrong to Hullcar on Salmon River Road, Schubert Road or Sleepy Hollow-Lansdowne Roads, Schubert

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.

To Sicamous & Salmon Arm Enderby

Road has the easiest climbs of the three roads (4% hill for 1.2K). Salmon River Road Fortune R Canyon Rd has a couple of steep, short climbs. Lansdowne has longer but more gradual climbs. 5.0 km Park at Hullcar Hall or in Armstrong. 97A Rashdale Rd 9.3 km

#5 BLIND BAY - WILD ROSE BAY

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

Sorrento





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-

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 **600m** 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 19km from the Blind Bay Store and about 2.4km past the

ern Larch, Western Red

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.

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.

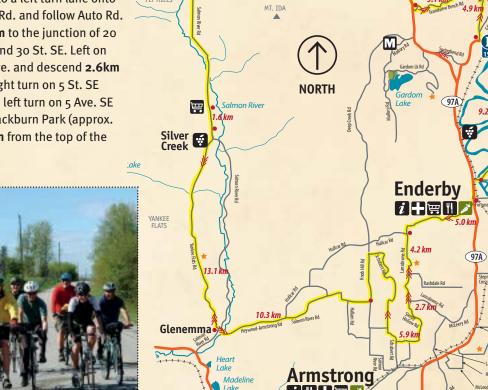
Cross the Shuswap River

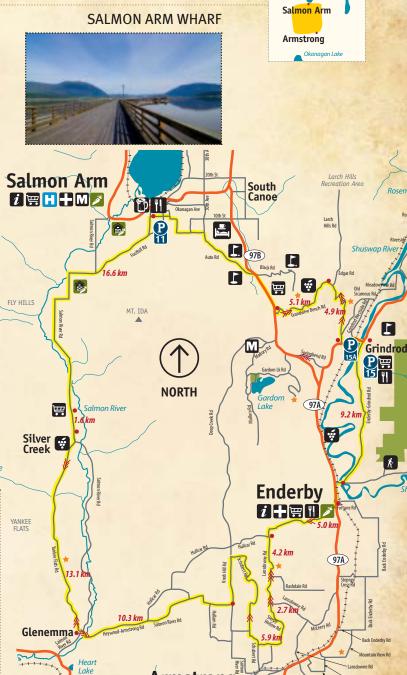
@ 6% climb on this route is up a switch back hill which #17 to Glenemma. Turn east summits just past Edgar Rd. on the Heywood Armstrong From the top of the hill the route descends to Hwy. 97 south of Salmon Arm. Turn right on Hwy. 97. Ride north **3km** to a left turn lane onto Auto Rd. and follow Auto Rd. 4.8km to the junction of 20 Ave and 30 St. SE. Left on 20 Ave. and descend 2.6km via right turn on 5 St. SE and a left turn on 5 Ave. SE to Blackburn Park (approx. **3.5km** from the top of the

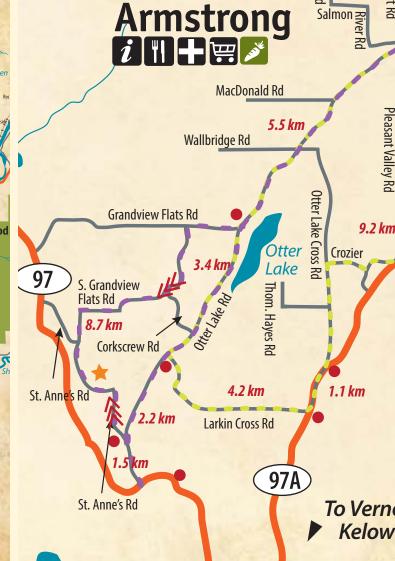
ride out to Herald

bridge and follow Hwy. 97 for 1.5km west to Grandview

Bench Rd. (right). The 5km









Lansdowne - McLeery - Stepney (North Loop) Hullcar-Sleepy Hollow-Schubert

To Vernon & Kelowna Hullcar - Lansdowne - Mtn. View Back Enderby - Canyon