



Shuswap *Hiking, Biking* & Trail Riding Guide

Shuswap Tourism

British Columbia  Canada

www.shuswap.bc.ca

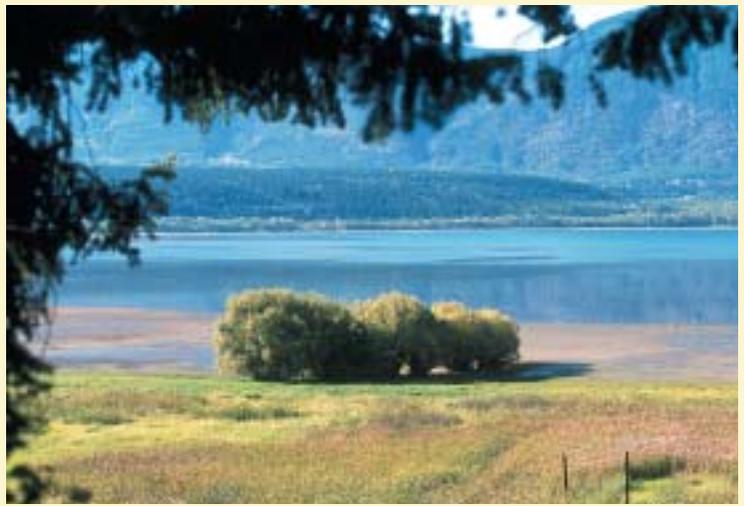


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DRIVING DISTANCES:

Salmon Arm to Sicamous	32 km/20 miles	25 min
Salmon Arm to Sorrento	33 km/21 miles	25 min
Salmon Arm to Falkland	51 km/32 miles	45 min
Salmon Arm to Scotch Creek	63 km/39 miles	55 min





The Shuswap

The Shuswap is situated in south-central British Columbia, midway between Vancouver, BC and Calgary, Alberta. Highway 1 (Trans-Canada Highway) and Highway 97 make it easily accessible from all directions.

The region is scattered with unique communities of various sizes, each with its own attractions. Although the Shuswap is generally rural, it has all the amenities residents and visitors expect. The stunning natural setting and pleasant four-season climate attracts visitors year-round.

Many trails throughout the Shuswap provide outstanding views of its centrepiece, Shuswap Lake, as well as numerous smaller lakes, waterfalls and rivers. The Shuswap Highland and the Monashee Mountains and their sub-ranges offer endless opportunities for adventure and are well known for hiking and biking.

The terrain varies widely, from mossy forest floors to alpine meadows to wetlands. Well developed logging road networks and boating routes provide access to remote backcountry. Diverse flora and fauna also await you. Numerous tree species, wildflower and mushroom varieties flourish in the Shuswap's temperate zone, while large and small animals thrive in its lush habitats. Large numbers of waterfowl and many other birds grace the skies and waterways of the region.

Whether you're looking for an enjoyable nature walk or challenging hike, thrilling mountain bike routes or horse riding paths, the Shuswap is the ideal location.

We would like to thank all of the persons and organizations who made contributions to this publication, especially: Estelle Noakes, Phil McIntyre-Paul, Skookum Cycle and Ski Ltd., Sicamous Chamber of Commerce, Salmon Arm Chamber of Commerce, Falkland Chamber of Commerce, South Shuswap Chamber of Commerce, John Coffey, Shirley Bates, Valerie Rogers, and Bruce Rea.

Use of this material is for the personal use of individuals wanting to use the trails in the Shuswap. Any reproduction for commercial or other purposes whether for profit or otherwise, is not authorized.



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Trail Descriptions



We have compiled information about trails in the Shuswap, including descriptions, levels of difficulty, appropriateness for biking, hiking, horse riding, and ATV use, driving maps, and detailed directions to each trailhead. However, this information should only be used as a guide, as road and trail conditions and availability change over time.

If you are unsure of a location or have questions regarding the trails, please reference the contact information on the back of this guide. If you are not comfortable heading out on your own, you might consider hiring a guide.

If there are any errors, additions or omissions please contact Shuswap Tourism and we will include the updates in the next publication of this guide. Updates to our website www.shuswap.bc.ca are also ongoing.

LEGEND FOR TRAILS			
LEVEL OF DIFFICULTY		ALLOWED USE	
●	Beginner	B	Bicycle
■	Intermediate	H	Hiker
◆	Advanced	E	Equestrian
◆◆	Extreme	M	Motorized Vehicles



!CAUTION!

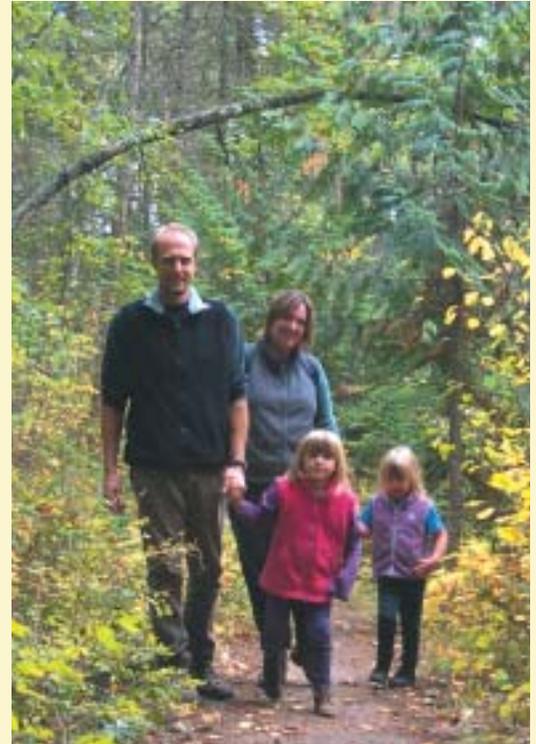
- **ALWAYS go prepared and use your common sense.**
- **ALWAYS tell someone where and when you are going.**
- **Many trails are NOT MAINTAINED – USE AT YOUR OWN RISK.**
- **Many trails are accessible only by ACTIVE LOGGING ROADS requiring 2-way radio communication, or DEACTIVATED LOGGING ROADS requiring four wheel drive or high clearance vehicles.**
- **WATCH FOR WILDLIFE and avoid areas showing recent signs of black bears, grizzly bears, and cougars.**
- **BEFORE heading out, check with local contacts to make sure the trails and roads are safe (see back cover page).**



The Columbia Shuswap Regional District assumes no responsibility for the safety of any persons, animals or equipment when using the trails as listed in this guide. Use at your own risk.

Tips for Trail Safety

- Bring applicable maps, along with a compass or GPS device.
- Wear appropriate footwear and clothing, and bring sufficient food and water.
- Carry identification (including name, phone number, and pertinent medical information), and record your bicycle serial number.
- Bring a portable phone or other communication device, along with pertinent phone numbers (see back cover page).
- Travel with a partner when possible.
- Stay alert, be observant about your surroundings, avoid areas where visibility is poor, and don't wear headsets.
- Avoid unfamiliar areas when on the trails alone and follow your intuition about unfamiliar people.
- Trails are shared by a variety of users at the same time. Please be courteous to all users, and remember that pedestrians have the right-of-way. Stay to the right on the trail.



- Bicyclists should pull off the trail when stopping, give a voice, bell, or horn warning when passing others, wear helmets, and ride at reasonable speeds.
- Horses should be kept on the grass shoulder when possible.
- Wear reflective material and carry a whistle or noisemaker.
- Where pets are allowed, keep them on a leash and clean up after them.



Rules of the Trail

- prepared by the International Mountain Biking Association

The way you hike, bike, or ride today shapes the trail access for tomorrow. Do your part to preserve and enhance by observing the following rules of the trail. These rules are recognized around the world as the standard code of conduct for trail users.

1. Ride On Open Trails Only.

Respect trail and road closures (ask if uncertain); avoid trespassing on private land; obtain permits or other authorization as may be required. The way you use the trails will influence trail management decisions and policies.

2. Leave No Trace.

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction. Wet and muddy trails are more vulnerable to damage. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

3. Control Your Vehicle!

Inattention for even a second can cause problems. Obey all speed regulations, guidelines and recommendations.

4. Always Yield Trail.

Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely.

5. Never Scare Animals.

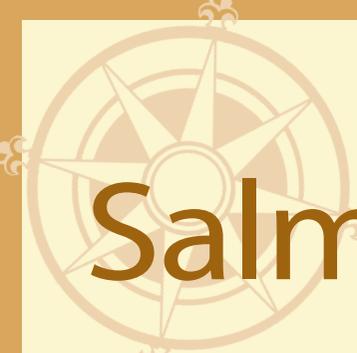
All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses use special care and follow directions from the horseback riders (ask if uncertain). Running cattle and disturbing wildlife is a serious offense. Leave gates as you found them, or as marked.

6. Plan Ahead.

Know your equipment, your abilities, and the area in which you are traveling, and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others.

Keep trails open by setting a good example of environmentally sound and socially responsible behavior while on the trails.





Salmon Arm



Located in the heart of B. C.'s famous Shuswap Lake recreational area, Salmon Arm is not only the Okanagan Valley's northern gateway, but also the Shuswap's bustling centre of commerce, government services and institutional facilities. It is located midway between Calgary to the east and Vancouver to the west.

Salmon Arm is the economic and service centre of the Shuswap. The diversified economy is driven by forestry, tourism, agriculture and the service sectors. A pleasant climate and vast outdoor opportunities ensure the continued growth of the tourism industry and the region in general.

Salmon Arm is the centre of a year-round recreational paradise. Experience everything from water related sports,

18-hole golf courses, to top rated cross-country ski trails, backcountry sleigh rides and carnivals, to snowmobiling, mountain biking and hiking.

Enjoy the wealth of recreational attractions, outstanding scenic beauty, and a vibrant downtown area. Salmon Arm boasts an excellent network of hospitable inns, hotels, and bed & breakfasts along with a wide range of restaurants, pubs and family dining experiences. Visitors can take advantage of the free summer entertainment at the wharf-side gazebo and experience the Western Grebe breeding habitat and other wildlife along the shoreline.

Salmon Arm's rural setting with world class services make this area one of the best for your hiking, biking, and horse riding adventures!



1. CANOE BEACH TRAIL ● H

Views of Shuswap Lake, birds.

DIRECTIONS: Approx. 9 km east of Salmon Arm on Hwy 1 turn left at Canoe onto 50th St NE. Go straight to Canoe Beach Drive just before the railroad tracks and turn left. Watch for the signs to the beach.

2. COYOTE PARK ● B/H

A variety of 1-3 km loop trails through forest.

DIRECTIONS: Access and parking at east Lakeshore Drive and 54th Ave NE in Salmon Arm. Another trailhead is at 60th Ave NE further along Lakeshore Drive.

3. FLY HILLS ■ B/H

Outstanding views of Salmon Arm, Shuswap Lake, and Salmon River Valley, wildflowers, birds, picnic tables, steep cliffs.

DIRECTIONS: Just west of Salmon Arm on Hwy 1 turn left onto Salmon River Rd. After 1 km the road curves left, becoming 50th St SW. After 0.5 km turn right onto 13th Ave SW which then becomes Christison Rd. Go 1.4 km and turn onto 5th Ave which turns left and joins 60th St. Proceed 0.7 km until the road becomes 15th Ave SW. After 1.3 km the road becomes Fly Hills Forest Service Rd #170. The Rotary Skyview Lookout at elevation 1220m

is approx. 8.5 km up the road. There is a trail down from the lookout, providing a good bike shuttle situation. Farther up the road is a network of snowmobile loop trails.

4. RJ HANEY HERITAGE PARK NATURE TRAIL ● H

2 km nature trail, interpretive signs, forest, ravine, creek, small bridges, wildflowers, picnic tables, museum, heritage village.

DIRECTIONS: East of Salmon Arm on Hwy 1, turn south on Hwy 97B and drive 0.8 km to RJ Haney Heritage Museum. The trail begins at Mount Ida Church. www.salmonarmmuseum.org

5. LITTLE MOUNTAIN PARK ● to ■ B/H/M

8 km of wide, smooth nature trails appropriate for families. Views of Salmon Arm, wildflowers, steep cliffs.

DIRECTIONS: East of Salmon Arm on Hwy 1, turn right on 30th St SE, then left at Okanagan Ave and proceed to the parking area at the end of the road. Also entrance on 10th Ave SE near 35th St.



6. MCGUIRE LAKE ● H

Small lake with fountain, wheelchair accessible paved paths, picnic tables, waterfowl viewing.

DIRECTIONS: At the east end of Hudson Ave NE in downtown Salmon Arm, just north of Hwy 1.

7. MOUNT IDA ■ to ◆ B/H/M

Outstanding views, forest, wildflowers, birds, steep cliffs. 1000 m elevation gain from Salmon Arm. The East peak is the longest distance and the most arduous climb. The West peak takes approx. 30 minutes from the parking lot.

DIRECTIONS TO EAST PEAK: Drive 10 km south of Hwy 1 on Hwy 97B to Deep Creek Rd. Follow Deep Creek Rd for approx. 3.7 km to the Forest Service Rd on the right just before the property at #496. (Watch for children and be respectful of the residence.) Follow the steep logging road up and then right onto the North Ida Forest Service Rd. Continue for 5.5 km staying to the main road, then park at the small road exiting on the right. Walk or drive with a high clearance vehicle this road for approx. 1.3 km, and watch for the trailhead on the left. A small parking area and pit toilet are located on the right.

CAUTION: Exposed scrambling near the summit. The area was subject to fires in 2003 and 1998 and there has been excessive blow down along the ridge.

DIRECTIONS TO EAST AND WEST PEAKS: From downtown Salmon Arm go south on Shuswap St which soon becomes Foothill Rd. After 3.4 km turn left onto the gravel road immediately prior to Mount Ida Cemetery. This becomes Forest Service Rd #825 in a few metres on the right, a deactivated road suitable for 4wd vehicles. Follow this road up approx. 7 km, staying on the right, then park or go 3.5 km further over rougher terrain to the "saddle".



8. RAVEN TRAIL ● B/H

4 km level trail along the Shuswap Lake bird sanctuary. Boardwalk and viewing platforms for excellent bird watching.

DIRECTIONS: Trailhead is on the east end of Harbourfront Drive in downtown Salmon Arm, on the north side of the railroad tracks. Alternate route starts in Raven subdivision at the foot of 47th Ave NE.
NOTE: No pets allowed.



9. RUBBERHEAD AND MEAT GRINDER ◆ to ◆◆ B

Rubberhead is a 3 km old school downhill with tight switchbacks, log pyramids, and small climbs. Meat Grinder is a 1 km well built technical stunt trail with ladders, A-frames, log-rides, and a "slot-machine".

DIRECTIONS: Travel approx. 7 km east on Hwy 1 from Salmon Arm. Approx. 4 km past the Federated Co-Op mill, turn right onto Forest Service Rd #110. Follow this road for approx. 2.5 km, where there is a narrow road that goes up to the left. Park here. Follow the Forest Service Rd up to where the trailhead is on the right side of the 3rd switchback.

10. SALMON RIVER - FOOTHILL ROAD LOOP ● B

An easy ride on paved road through countryside for approx. 18 km.

DIRECTIONS: Just west of Salmon Arm turn south onto Salmon River Rd. Turn left onto Foothill Rd and return to Hwy 1 in Salmon Arm.

11. SALMON ARM BAY NATURE TRAIL ● H

Short walk to a platform for viewing marshland and waterfowl nesting sites. Close to the Marine Peace Park and Raven Trail trailhead.

DIRECTIONS: Salmon Arm Marine Park on Marine Park Drive in downtown Salmon Arm, on the north side of the railroad tracks.

NOTE: No pets allowed.

12. SOUTH CANOE TRAIL SYSTEM ● to ◆◆ B/H/E

A large network of trails.

DIRECTIONS: East of Salmon Arm on Hwy 1, turn south on Hwy 97B and drive 1.9 km, then turn left/east onto 10th Ave SE. Follow to the end where it turns to gravel and park on the left. Follow the road up and watch for signs. Access to bike trails Prudential, Malibu, Paranoia, Katie Colin Memorial, Schizo, You May Be Right, the Cut, Lumpy, Mo'Butta, and Lee's Trail.

13. TURNER CREEK TRAIL ● B/H

Forest, creek, pond, birds, approx. 1.5 hr return. End of trail is close to Little Mountain Park.

DIRECTIONS: Begin at McGuire Lake and walk the path around the right/east side of the lake, then up alongside the Shuswap School. Staying right go through the underpass, then turn left onto the trail. The trail winds back and forth over Turner Creek. Approx. 1.3 km up, the path crosses 21st St NE to 6th Ave NE. Follow up a short way until 6th Ave ends and keep left. Cross the next street to reach Okanagan College. Circle around the front of the college to the pond. At approx. 2.6 km cross 5th Ave NE and carry on through the forest trail to the end at 30th St SE where Okanagan Ave intersects.

14. GARDOM LAKE PARK TRAILS ● H

Interpretive trail, old growth trees, wildflowers, birds. There are trails on the two islands in the lake, along the shoreline, and across the road from the park.

DIRECTIONS: East of Salmon Arm on Hwy 1, turn south on Hwy 97B and drive approx. 11.4 km to Gardom Lake Rd, then turn right. Travel 3.5 km and turn left onto Park Rd. Go 0.7 km to the parking lot.

The trailhead across the road winds through forest past the ball diamond and back onto Park Rd.

NOTE: No pets allowed.

15. GRANDVIEW BENCH LOOP ■ B

This paved 26 km route with fairly steep inclines winds through picturesque farms and countryside.

DIRECTIONS: East of Salmon Arm on Hwy 1 turn south on Hwy 97B and drive 8.7 km, then turn left/east onto Grandview Bench Rd. After approx. 5.4 km turn right/south onto Edgar Rd.

After 4.9 km join Hwy 97A just west of Grindrod. Turn right onto 97A, then right again onto Springbend Rd at the service station/store. At Hwy 97B turn right/north towards Salmon Arm.

16. LARCH HILLS TRAIL SYSTEM ● to ■ B/H/E

125 km of well marked trails, with approx. 50 km groomed for cross-country skiing. Short easy loops to more challenging day rides.

Woodlands, wildflowers, ponds, wildlife, interpretive trail.

DIRECTIONS: East of Salmon Arm on Hwy 1 turn south on Hwy 97B and drive approx. 8.7 km and turn left/east onto Grandview Bench Rd. After approx. 5.4 km turn left/north onto Edgar Rd. After another 3 km keep left at the junction and proceed another 3 km to the Larch Hills ski area parking lot. www.skilarchhills.ca





Falkland

Falkland and area communities are along Highway 97 in a long flat inland valley with rolling hills, rivers and mountains. This area includes the communities of Deep Creek, Falkland, Rancho, Salmon Valley, and Silver Creek.



The communities in this area are proud of their heritage and rural lifestyle. Homesteaders originally settled the area and built up the many productive farms. Ranching is still a predominant feature of the landscape.

The terrain of this area is unique, with countryside ambiance rather than the lakeside setting of the Shuswap's other areas. Agriculture and forestry are the two main economic industries.

Falkland's main annual event is its long-standing Falkland Stampede, established in 1918.

The area's scenic, pastoral and relatively quiet lifestyle makes it attractive to retirees and summer homeowners. The surrounding forested hills are full of accessible fishing lakes and offer excellent hiking and biking exploration.

1. ESTEKWALEN MOUNTAIN ♦ H

A well-maintained rigorous trail for fit, experienced hikers. Approx. 11 km (4-5 hr) return trip to alpine at 1550 m, best in summer. Tremendous views of Paxton Valley and the Monashee Mountains to the east, forest, wildflowers, steep cliffs.

DIRECTIONS: 1 km west of Falkland on Hwy 97, just past the Falkland Stampede grounds, turn right onto Wetaskawin Rd going to the landfill, and then turn left above the landfill site. Continue through switchbacks, going uphill for the next 7 km. The incline can be very slippery when wet, even for 4wd vehicles. A sign indicates parking and the trailhead. The start of the trail is well established through the forest and then climbs steeply through switchbacks. Eventually the trail opens onto an area of loose rock and follows the ridge line straight up (favoring the left side) to the edge of the summit ridge. Approx. 100 m below the ridge, another rough trail begins. This route is fairly well marked with ribbons and provides an alternate route back (though only recommended for those knowledgeable about the area). There may be a cattle gate so please remember to close it.



CAUTION: Route finding is required on the upper slopes and ridge, with some exposed scrambling. The round trip encounters serious rock hazards and route finding on the descent. The weather can change quickly so bring extra clothing.

2. THE PILLAR ■ H

6 min. steep walk up to a unique 18 m natural formation of eroded rock and clay capped with a flat rock.

DIRECTIONS: From Falkland travel approx. 12 km northwest on Chase-Falkland Rd to Pillar Lake. The Pillar is located on the right/east side of the road just south of Pillar Lake Resort. Park at the public access to the lake.

3. LISA ROAD TRAIL ● to ■ B/H

Old logging road that leads up for approx. 60 min. to a serene environment. Terrific views of the surrounding hills, valleys, and fields, wildflowers, berries, small pond.

DIRECTIONS: From Falkland travel approx. 12 km northwest on Chase-Falkland Rd to just past/north of the Pillar Lake Resort's main entrance, then turn right/east onto Lisa Rd, cross the cattle guard and turn back and park along the fence to the trail. Yellow ribbons mark where to turn left and then it dead ends.



4. TUKTAKAMIN MOUNTAIN ■ to ◆ B/H/E

Steep and fairly difficult well marked trail. Approx. 12 km (8 hr) return trip to alpine at 1770 m. Excellent views, wildflowers.

DIRECTIONS: 10 km west of Falkland on Hwy 97 turn left/south onto Old Pinaus Lake Rd, a deactivated logging road. After approx. 4 km turn left/east towards Tuktakamin Mtn and follow signs to the trailhead. The maintenance road can be driven to the top of the mountain and its lookout. An alternate route to the trailhead is 13.4 km west of Falkland on Hwy 97 turn left/south onto Ingram Creek Forest Service Rd. Drive 6.5 km on this active logging road then left onto Will Lake Forest Service Rd, following signs to the trailhead.

CAUTION: Some scrambling on the open ridges.

5. HAINES CREEK ■ H

Forest, creek.

DIRECTIONS FROM SALMON ARM: Just west of Salmon Arm on Hwy 1 turn south onto Salmon River Rd. After 1 km the road curves left, becoming 50th St SW. Follow it straight for 3.4 km to the junction with Foothill Rd at the base of Mt. Ida, then turn right. Follow this main road for 10.8 km to where the Silver Creek store is on the right, then for another 3.3 km, crossing over a bridge and passing the 7th Day Adventist Church on the left. Take the next left at the community field. Straight ahead is a gravel/sand pit at the T-intersection – park and walk (or drive) the deactivated Forest Service Rd to the left. At 3 km (not at 1 km) the trailhead is on the right.

DIRECTIONS FROM FALKLAND: 16 km east of Falkland turn left/north onto Salmon River Rd. Proceed on this main road for 13.9 km, passing the Salmon Valley Junction Store at the Heywood-Armstrong junction. Turn right just past the Silver Creek Fire Hall on the right, to the T-intersection described above.





SUNNYBRAE - SOUTH SHUSWAP



COPPER ISLAND, NORTH SHUSWAP

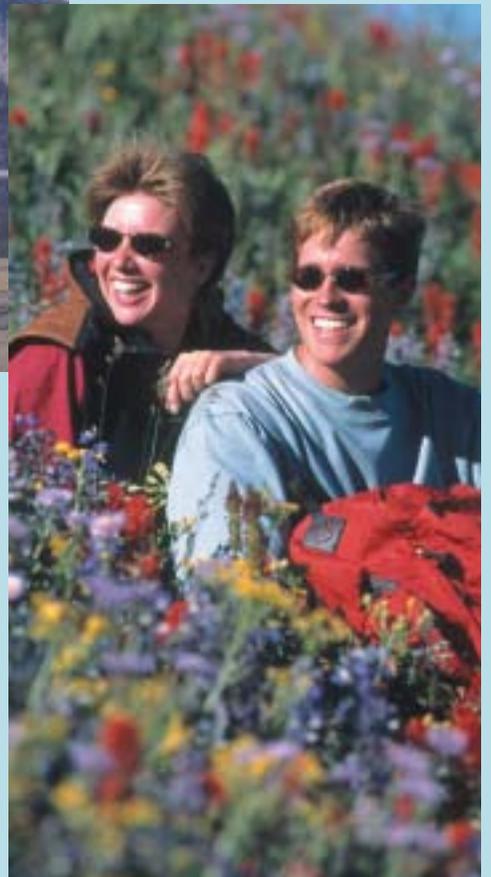




SHUSWAP LAKE



BASTION MOUNTAIN



LARCH HILLS

Sicamous and area

The district of Sicamous is strategically situated at the junction of Highway 1 and Highway 97A, located midway between Vancouver and Calgary and close to the Kelowna International Airport. The area includes Annis Bay, Malakwa/Yard Creek, Mara, Perry River, Solsqua/Cambie, Swansea Point, and Three Valley Gap.

Sicamous is attractive and progressive, quiet and friendly, and offers a good selection of essential commercial services. The economy of the area is based largely on tourism, forestry and manufacturing. Known as the "Houseboat Capital of Canada", Sicamous is home to several large houseboat rental companies and manufacturers. At the east entrance to the area, Three Valley Gap is a main attraction with its lakeside historic western/ghost town, used by the film industry.



The scenery is spectacular and there is a multitude of year round activities to be experienced. Ideally located on the shores of both Shuswap Lake and Mara Lake, Sicamous provides easy access to all types of exciting water sports, boating routes, fishing, and lake cruises. The area offers two challenging golf courses, a multitude of attractions, and various excursion options. Situated in the sub ranges of the Monashee Mountains, the entire region offers limitless adventures for hikers and mountaineers, cyclists, hang-gliders and paragliders, skiers, and snowmobilers. "Back to nature" is what you will experience on the many trails leading to cascading waterfalls, picturesque farmland, subalpine lakes, nature parks, and rugged mountain bluffs.

The district of Sicamous is definitely the "recreation destination for all seasons".

1. SOLSQU/CAMBIE ROAD ● B

This route follows the Eagle River for 12 km through picturesque farmland.

DIRECTIONS: At Sicamous on Hwy 1, just east of the Hwy 97A junction, turn north onto the Solsqua-Sicamous Rd. Stay on this main road for approx. 12 km until it rejoins Hwy 1 again. Return the same way rather than along Hwy 1 back to Sicamous as traffic can be very heavy.

CAUTION: Watch for traffic as there is a very narrow shoulder and no bicycle path.

2. CARIBOU LAKE TRAIL ● H/E

This short 1.2 km trail leads to a pristine sub-alpine mountain lake with good fishing and a user maintained Recreation Site.

DIRECTIONS: Take Hwy 1 approx. 16 km east of Sicamous to the Malakwa Loop Rd. Turn south and then immediately right onto Oxbow Frontage Rd. Take first left onto Yard Creek Loop Rd and go 2.5 km to the end where the Yard Creek Forest Service Rd begins. Take this road for 10.6 km to a junction. Take the left turn and stay on the main road for another 14.4 km.

CAUTION: The Yard Creek Forest Service Rd can be very rough in places and subject to washouts and slides. A 4wd vehicle with high suspension is recommended.

3. CINNEMOUSUN NARROWS PROVINCIAL PARK ● H

Situated where the four arms of Shuswap Lake meet, this park has a camping area and a fairly extensive beach. Popular swimming, house boating and water-skiing area.

DIRECTIONS: On the south side of the narrows, Haven Point is an easy 1.5 km walk with good views of both Seymour and Anstey Arms. On the north side, Brock Point trail goes around the lake and past a little lighthouse.

NOTE: Water access only.

4. CRAZY CREEK WATERFALLS ● H

Soaring waterfalls, unique, deep water-polished rock funnels, wildflowers, ferns, mosses. A 73 m suspension bridge 26 m above the falls offers excellent views. Interpretive signs for the historic village of Taft.

DIRECTIONS: Approx. 31 km east of Sicamous on Hwy 1. Parking area is on the east side of the bridge over Crazy Creek.

NOTE: Admission charge.



5. CUMMINS LAKE ● B/H/E

This short 1 km trail leads to a remote sub alpine lake with fishing and a user maintained Recreation Site.

DIRECTIONS: Take Hwy 1 approx. 16 km east of Sicamous to the Malakwa Loop Rd. Turn south and then immediately right onto Oxbow Frontage Rd. Take first left

onto Yard Creek Loop Rd and go 2.5 km to the end where the Yard Creek Forest Service Rd begins. Take this road for 10.6 km to a junction. Stay to the right and continue for another 5.8 km to the trailhead sign.

CAUTION: Do not attempt to drive to the lake after the sign as the final 1 km has severe ruts.

6. EAGLE PASS MOUNTAIN ◆ B/H/E

A rigorous steep climb to a spectacular snowy peak visible to the north of Hwy 1 and east of Sicamous. This trail leads to pristine alpine country, providing fantastic views and ending at a historic Forest Lookout Site built at the turn of the century. Steep cliffs. Best in mid-summer to avoid snow and/or wet conditions.

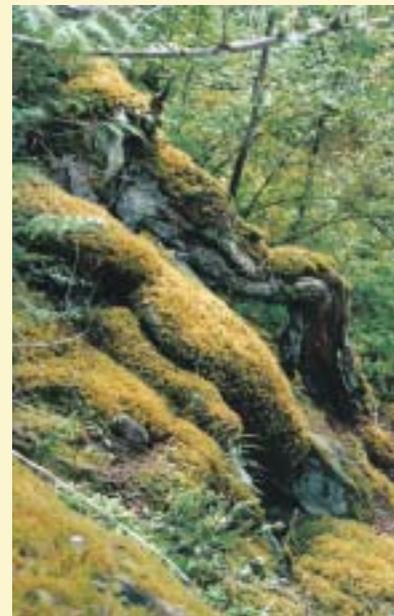
DIRECTIONS: Travel 29 km east of Sicamous on Hwy 1. A few km past the Perry River bridge, turn left/north onto Crazy Creek Forest Service Rd. Follow the road for 4.5 km to a major fork, stay left and above the creek. Follow the road for approx. 4.3 km until it branches again, then take the left fork and drive as far as possible (5 km to the trailhead). 4wd is recommended at this point as the road is rough and overgrown, though the Ministry of Forests has upgrade plans for Summer 2006. A second rigorous 1 hr return trail to Twin Lakes branches left at the bridge just above the treeline.

CAUTION: Be well prepared, as this is remote backcountry with grizzly habitat.

7. EAGLE RIVER NATURE PARK ● B/H

Approx. 6 km of attractive trails in a tranquil nature park, ideal for a family outing. Forest, including old growth cedars, interpretive signs, birds, picnic areas.

DIRECTIONS: Travel approx. 13 km east of Sicamous on Hwy 1 until near the west end of the 4-lane section. Turn left/north on Clifford Rd after the hiking sign on the highway (just past the KOA). Turn left on the access road and drive for approx. 300 m parallel to the highway before turning right into an old gravel pit. The parking area is near the entrance sign and trail map.



8. GORGE CREEK LOOP TRAIL ● H

Fabulous shady 2 km trails with waterfalls, old growth trees, ferns, berries. Return loop approx. 45 min.

DIRECTIONS: 25 km east of Sicamous on Hwy 1, park in the Craigellachie "Last Spike" parking area. The trailhead is on the north side of the highway.

CAUTION: The Hwy 1 crossing can be dangerous when traffic is heavy. The upper trail bridge may be in poor repair – take care when crossing.

9. HUNAKWA LAKE TRAIL ● H

A 1.5 km trail up to Hunakwa Lake through interesting old growth cedars and cottonwoods, good fishing.

DIRECTIONS: At the north end of Anstey Arm there are two creeks - the trail begins by the creek on the left. A small marker sign is at the trailhead on the west corner of the bay outside of the park.

NOTE: Water access only.

10. KAY FALLS ● H

A short 10 min. hike to plummeting waterfalls.

DIRECTIONS: 36.4 km east of Sicamous on Hwy 1. Park on the south/eastbound lane side of the highway immediately after the bridge. The falls are visible from the highway and there is a rough trail to the right of the falls leading up to a viewpoint at their base.

11. MALAKWA SUSPENSION BRIDGE ● H

This unique and historic swinging foot bridge spans the Eagle River. Originally built in 1915 by local farmers to connect their farms to the community and school on the other side. Rebuilt by the Dept. of Highways in 1940.

DIRECTIONS: Travel 17 km east of Sicamous on Hwy 1 and turn left/north onto Malakwa Rd just past the Malakwa Cafe. Follow this road for approx. 1.5 km until it meets the railroad tracks. Turn left on Summerville Husted Rd and cross the tracks. Continue straight ahead on the Malakwa Suspension Bridge Rd for approx. 100 m to the end where there is a sign and a small parking area.

12. MARA MOUNTAIN (OWLHEAD) LOOKOUT ■ H

A full day hike in alpine/subalpine terrain. This 8.2 km trail leads to a Forest Lookout Tower and features rugged mountain bluffs, alpine meadows, spectacular views of Mabel and Shuswap Lakes as well as the Monashee Mountains. Additional hiking and exploring is possible in the Mara Meadows.

DIRECTIONS: Traveling east of Sicamous, turn right onto McLean-McPherson Rd, and go to its end where the Owlhead Forest Service Rd. starts. Drive to just before the 17 km marker where a sign (not highly visible) on the right/south side indicates the trailhead. The Snowmobile Club's chalet is approx. 1.5 hr from the trailhead. An alternate road is at the 15 km marker at the old Forestry Station. It provides access to a shorter hike, though by passes the chalet.

CAUTION: There has been very active logging use of the road and so a sign at km 0 may indicate a temporary road closure. 2-way radio use is recommended. Contact the Ministry of Forests for road updates. Be well prepared, as this is remote backcountry.



13. MARBLE POINT TRAIL ● H

Unusual marble/limestone outcroppings, set in a lush, mossy forest.

DIRECTIONS: Midway between Sicamous and Cinnemousun Narrows on the eastern side of Shuswap Lake, linking the north and south camping areas.

NOTE: Water access only.

14. OLD SICAMOUS HIGHWAY ● B/H

Easy level trail follows the old, historic highway for approx. 6 km until it meets the existing Hwy 1. Cool shade, excellent views of Shuswap Lake, wildflowers, birds.

DIRECTIONS: On Hwy 1, approx. 500 m west of the bridge across Sicamous Narrows, turn north onto the Old Sicamous Hwy. Paved road turns to dirt, with the trailhead approx. 3.6 km up the road.

CAUTION: Use extreme care when entering or exiting Hwy 1.

15. PERRY CANYON ■ H

Breathtaking view of Perry River through the canyon, mosses, ferns, steep cliffs. Wet in spring.

DIRECTIONS: Travel 0.2 km east of Beardale Castle Miniatureland on Hwy 1, then turn left onto Bowolin Rd. Cross through the gravel yard at the end of Bowolin Rd and take the first road on the left after entering the forest. Take the next right to turn around. The footpath continues directly ahead into the trees and heads to the river. The trail follows the east side of the Perry River, getting rougher as it gets closer to the canyon.

NOTE: This is private property and a small sign requests hikers enjoy themselves but to be respectful.

CAUTION: Exercise extreme caution near edge of canyon. Some blowdown across the trail and scrambling in steeper sections.

16. QUEEST MOUNTAIN ■ B/H/E

Superb views, alpine meadows, avalanche slopes, wildflowers. Full day or overnight stay.

DIRECTIONS FROM SICAMOUS: At Sicamous on Hwy 1, just east of the Hwy 97A junction, turn north onto the Solsqua- Sicamous Rd. Travel approx. 1.4 km over the bridge and the railroad tracks to the start of the #1800 Queest Mountain Forest Service Rd on the left/north side. Stay on this main road until just past the 14 km marker where there is a parking area and trail map to the right. The Snowmobile Club's chalet is approx. 12 km from this point. The road to the old forest lookout is deactivated but accessible to 4wd vehicles. There is also a logging road at the 17 km marker on the #1800 Forest Service Rd that accesses the area.

CAUTION: These logging roads can be rough and may be actively used by logging trucks.

DIRECTIONS FROM MALAKWA: Travel 17 km east of Sicamous on Hwy 1 and turn left/north onto Malakwa Rd just past the Malakwa Cafe. Follow this road for approx. 1.5 km until it meets the railroad tracks. Turn left on Summerville Husted Rd, crossing the tracks and curving right, then left across the Eagle River bridge. Continue straight onto the deactivated Queest Mountain Forest Service Rd directly ahead (Mizon Rd is on the right.) Driving a 4wd vehicle with good clearance, follow the road to the right, staying on the main road for 10.5 km straight through the next two junctions. Begin hiking on the road ahead and at the next fork take the right hand road up. At the ridge saddle, follow the track left toward the communication towers and to the Queest Recreation Site.

CAUTION: Be well prepared, as this is remote backcountry with grizzly habitat.

17. RIVERFRONT NATURE PARK ● B/H

Several kilometers of pleasant trails near the mouth of the Eagle River. Wonderful river and Shuswap Lake views, giant cottonwood trees, wildlife. Wet in spring.

DIRECTIONS: Access and parking is at the end of Silver Sands Rd in Sicamous, on the north side of Hwy 1 just east of the bridge over Sicamous Narrows.

18. SICAMOUS CREEK FALLS ● to ◆ B/H

Short scenic loop trail leads to the foot of Sicamous Creek Falls where the creek cascades over huge boulders. Steep cliffs. Also



“The Lizard” challenging 2.5 hr mountain bike trail, with spectacular views of Sicamous Creek Canyon and Mara Lake.

DIRECTIONS: Travel approx. 3.6 km south from Sicamous on Hwy 97A along the east side of Mara Lake. Turn left onto Two Mile Rd. and go 400 m to the parking lot on the right. A sign with a map is posted at the parking area. The bike trailhead is the first on the left as you enter the parking area. Hikers can also use this route for approx. 1.5 km to view the canyon.

19. SICAMOUS LOOKOUT ● B/H

Outstanding views of the Sicamous Channel, Shuswap Lake, and Mara Lake. Hang gliding ramp, steep cliffs.

DIRECTIONS: At Sicamous on Hwy 1, just east of the Hwy 97A junction, turn north onto the Solsqua-Sicamous Rd. Cross the bridge and the railroad tracks, and at 1.4 km turn left up the #1800 Forest Service Rd. Stay on this well traveled road for 6.2 km then turn left onto #1800-300 Rd for 1.6 km to the lookout. Hike or bike from the bottom or drive all the way. Continue past the lookout for 1 km to an old logging road that cuts back and rejoins the #1800 Forest Service Rd.

20. SIMM CREEK LOOP TRAIL ■ to ◆ B

Approx. 38 km in length though one can cycle shorter sections of it.

DIRECTIONS: At Sicamous on Hwy 1, just east of the Hwy 97A junction, turn north onto the Solsqua-Sicamous Rd. Cross the bridge and the railroad tracks, and at 1.4 km turn left up the #1800 Forest Service Rd. Take the #1800 Forest Service Rd to the start of the Simm Creek Trail at approx. 14 km, where there is a directional sign. Go approx. 7 km and then take the road joining on the right for approx. 1.6 km to an old logging landing. Follow the directional arrow to the right to an old rough trail (the sign and trail are not obvious). Take this trail for approx. 1 km until it connects to an old logging road at the clear cut. Follow this road for approx. 11 km until it joins the #1800 Forest Service Rd near the bottom. An alternate but longer route (approx. 55 km) is to take the Simm Creek Trail all the way to Malakwa and then follow Hwy 1 back to Sicamous.

CAUTION: There has been active logging along the lower section of the road. Be prepared as the trail routes are long and steep.

21. YARD CREEK PARK ● B/H

Popular day-use area and campground, with trails along Yard Creek in either direction through cedar and hemlock forest.

DIRECTIONS: 15 km east of Sicamous on Hwy 1.





North Shuswap



Located along the north shoreline of Shuswap Lake, the communities in the North Shuswap include Lee Creek, Scotch Creek, Celista, Magna Bay, Anglemont, St. Ives and Seymour Arm.

The North Shuswap is renowned for its long stretches of unspoiled shoreline. With warm summer temperatures, ample sunshine, and beautiful beaches, this area is a recreation and vacation paradise.

Tourism is the main economic activity, with the area offering numerous campgrounds, recreational vehicle parks and other outstanding tourism developments. The area is also home to many artists, artisans, and authors, creating a diverse and culturally rich region.

Biking, hiking, and horseback riding expeditions are linked to mountain ranges to the north, including Crowfoot, Mobley, Fowler, Pukeashun and Lichen Mountains through to Seymour Arm, as well as the trails along the scenic Adams River.

The North Shuswap provides the amenities and the cultural experiences as well as some of the best back country adventures in the region.



1. ALBAS (OR CELESTA) FALLS ■ H

This approx. 3 km loop trail follows both sides of Celesta Creek up from the shores of Shuswap Lake through a series of five impressive waterfalls.

DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and follow it for approx. 46 km to St. Ives. Continue along the Forest Service Rd far up the west side of Seymour Arm to the Albas Provincial Park sign and turn right. The falls drop in a series to the left of the road, with parking at the bottom of the road at the campsite. For water access, dock at Steamboat Bay, located on the other side of the creek from the campsite.

CAUTION: The falls and canyon area can be very dangerous - fatalities have occurred. Observe signs and stay well back from the edge.

2. COPPER ISLAND ■ H

This approx. 3 km loop trail to the summit of the sole island in the Shuswap Lake provides panoramic views of the lake and Blind Bay. Steep cliffs.

DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and follow it for approx. 18 km to Scotch Creek and to the Shuswap Lake Provincial Park. Copper Island is part of the park and is located 2 km offshore. Boat to the east side of the island where there is a small beach and trail signs.

NOTE: Water access only. No camping or fires permitted on the island.

3. CROWFOOT MOUNTAIN ◆ B/H/E/M

Trail leading to the meadows on Crowfoot and Mobley Mountains. Outstanding views, wildflowers.

DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and follow it approx. 26 km to Celista. 2 km east of Celista, turn left onto Begulin Rd and up the hill for 1.5 km. Turn right at the stop sign at the top of the hill onto Line 17, then left onto Garland Rd. Proceed 2.6 km until Garland Rd becomes #730 Forest

Service Rd at the first corner. Watch for logging trucks. Turn right and follow the main road for approx. 1.7 km, then take the right fork. At 2.2 km cross a bridge and continue up the hill. At 2.8 km stay on the main road (passing a road on the right) then stay right (passing a fork on the left). At approx. 3.1 km find the start of the old sheep trail (now a wide ATV track) on the left. The 8 km trail starts at this point. Optionally continue to drive high up the Forest Service Rd until a Deactivated Road sign, where a 4wd track on the right labeled "East Way" is the continued trail to the meadows.

NOTE: Protect the delicate flora and fauna of this area by staying on the trails. Area is heavily used by ATVs in the summer.

CAUTION: Be well prepared, as this is remote backcountry with grizzly habitat.

4. MAGNA BAY - CELISTA LOOP ● B

Approx. 17.5 km on a good dirt road winding through farms and forest, and along creeksides.

DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and follow it for approx. 35 km to Magna Bay. Turn left at Stevens Rd then immediately left again onto Line 17. Turn left onto Meadow Creek Rd and return to the Squilax-Anglemont Rd at Celista.

5. PUKEASHUN MOUNTAIN ◆ B/H/E/M

13 km to alpine meadows and outstanding views.

DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and follow it for approx. 12 km towards Scotch

Creek. Turn left/north on the Scotch Creek Forest Service Rd #670 - watch carefully for the road at the top of a long hill. Travel 12.5 km along this road to the Kwikoit Recreation Site. Stay on #670 and at 22 km the road takes a sharp turn where it crosses a creek. Stay left. At 27.5 km the Adams Forest Service Rd joins on the left. Keep right and stay on #670. Just before the 35 km marker turn off to the right onto #680 - from here it is 4wd or hike. Cross a creek and take the next road to the left, going steeply up the mountain through several switchbacks. Keep right. At 3.7 km from the #670 turn off watch for an ATV quad trail into the trees on the left. This is the beginning of the trail.

NOTE: If you reach a point where the road narrows due to land sliding you've gone too far. Back track, looking for the ATV track.

CAUTION: Be well prepared, as this is remote backcountry with grizzly habitat.

6. QUAABOUT RESORT ● B/H/E

A variety of trails on First Nations land on the shores of Little Shuswap Lake, accessible by guests of the resort.

DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and cross the bridge to the north shore. Turn left after the bridge, following the signs to the Quaaout Resort. www.quaaout.com

7. RODERICK HAIG-BROWN PROVINCIAL PARK ● to ■ B/H

A network of trails along the Adams River, located between Adams Lake and Shuswap Lake. Wonderful river views, forest, wildflowers, mosses, ferns, wildlife, salmon run.





DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and follow it for approx. 5 km towards Scotch Creek. The park is located on both sides of the Adams River. The main parking lot is on the right/south side of the road.

LOWER TRAIL SYSTEM

The Lower Trail System encompasses all the trails south of the Squilax-Anglemont Rd and provides access to the viewing areas during the October salmon runs.

- **Forest** - Meanders for 1.5 km from the main parking lot through the forest to the river mouth. Return along the river via the Cottonwoods Trail. A section of the trail connects the parking lot to the overflow parking lot and the Roderick Haig-Brown Dedication Plaque.
- **Cottonwoods** - Follows the east bank of the river for approx. 3.5 km, linking the river mouth with the main parking lot and the overflow parking lot with the Adams River bridge. This trail offers superb views of spawning salmon.
- **Island Loop** - Approx. 1.5 km loop around a small island by river channel, providing one of the most appealing salmon viewing areas. This channel is dry during the winter months.
- **Phil Rexin Memorial** - Approx. 1.5 km trail from the main parking area to the river mouth parking area or the top of the groundwater spawning channel. In summer it offers a shaded walk through a mixed forest. Parking is also available on Squilax-Anglemont Rd just east of the Adams River Bridge.

UPPER TRAIL SYSTEM

The Upper Trail System encompasses all of the trails north of Squilax-Anglemont Rd. These trails offer an impressive array of human and natural history, scenic beauty, and distinctive trail structures.

- **Packer** - Traverses attractive, dry forest above the river along an old horse packer's trail for most of its length. Park on Squilax-Anglemont Rd just east of the Adams River Bridge.

- **Adams** - The trail starts out as an old road and turns into a trail at the canyon area, following the Adams River for the most part until it ends at Gold Creek. The trail is linked with the Packer Trail at the power line, providing a loop back to the old road. The canyon and its pools are a favorite area on this trail for anglers and picnickers. It is also a good place to view rafters and kayakers as they test their skills through the canyon section of the river. Below the canyon is a large pool with a sandy beach. Park on the Squilax-Anglemont Rd just east of the Adams River Bridge.

NOTE: Bikes are not permitted in the canyon area. Steep cliffs.



- **Flume** - This 8.5 km trail follows a historic flume used to transport logs to the Adams River. There are seven unique bridges and the impressive Bear Creek Falls on this scenic and interesting route. The parking area is on the southwest side of Adams River - turn left/west off Squilax-Anglemont Rd onto Holding Rd just before the Adams River Bridge.

NOTE: Bikes are not permitted in this area.
www.salmonsociety.com

8. SEYMOUR RIVER FALLS ● H

A fabulous spot with old growth forest, spectacular falls and a canyon.

DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and follow it for approx. 46 km to St. Ives. Continue past St. Ives and all the way up the west side of Seymour Arm, following the Forest Service Rd #1100 past the Seymour Arm townsite. At the 15 km marker cross the Seymour River. Go approx. 0.2 km to the wide spot in the road. Park and follow the short trail down to the falls. The falls can be heard from this site.

CAUTION: Exercise extreme caution and stay back from edges.

9. SHUSWAP LAKE PROVINCIAL PARK ● B/H

There are numerous trails in the park, including an interpretative trail. See also the Copper Island trail.

DIRECTIONS: Approx. 9.4 km west of Sorrento on Hwy 1, turn left onto Squilax-Anglemont Rd and follow it for approx. 18 km to the park. Many of these parks trails are suitable for crosscountry skiing and snowshoeing in the winter.

NOTE: For your own safety and the preservation of the park, obey posted signs and keep to designated trails. Shortcutting trails destroys plant life and soil structure. Only specific trails are open to bike use.



10. WRIGHT LAKE ● H

Approx. 2.5 km of easy hiking. Wet in spring.

DIRECTIONS: Approx. 2/3 of the way up Seymour Arm on its east side. Begin on the south side of Wright Creek, crossing to the north side. There may be a trail sign.

NOTE: Water access only.



South Shuswap



The South Shuswap area has a tremendous historic background and a number of very distinct communities, including Sorrento, Tappen, Sunnybrae, Blind Bay, Eagle Bay, Notch Hill, White Lake, Carlin, Reedman Point, and Skimikin. This area is the smallest geographically, but the most populated of all the Shuswap's rural areas. In the summer the population more than doubles due to tourists and summer residents.

The main attraction here is the relaxed lifestyle, not readily available in larger urban areas. Boating, fishing, hiking, biking, and a first-class 18-hole golf course are all found in this area.

This area is also home to organic farms, an organic brewery, award winning wineries, a reforestation nursery, log home builders, and other forest related industries such as window and door manufacturing.

The quiet country setting and the spectacular views of the Shuswap Lake will make your trail experiences in this area some of the best ever!

1. BASTION MOUNTAIN ■ B/H/E/M

Approx. 11 km journey up the logging roads plus a 1 km walk along the cliffs for great views of Shuswap Lake and surrounding mountains.

DIRECTIONS: 15 km west of Salmon Arm on Hwy 1 or 14 km east from Sorrento turn east onto Sunnybrae-Canoe Point Rd. Follow this road for approx. 6.5 km and at the base of a slide that comes nearly to the road, turn left onto the rough gravel road leading up to Bastion Mountain. Go to the parking lot a short way up the road. Follow the road up the mountain to the top of the cliffs near the relay tower, keeping to the best traveled road.

CAUTION: Active logging road - use a 2-way radio or follow a radioed vehicle or logging truck.

2. BLIND BAY LOOKOUT ■ H

A modestly challenging hike with steep sections to a spectacular lookout over Shuswap Lake and toward Salmon Arm. Approx. 60 min. one way.

DIRECTIONS: Approx. 9.3 km east of Sorrento or approx. 24 km west of Salmon Arm, turn north onto Balmoral Rd and travel north to Reedman Point Rd, approx. 2 km past the Blind Bay Rd junction. Turn right and then take the next left onto McBride Rd. Follow McBride Rd winding up

through the McArthur Heights subdivision to the end of the road and park. The trail starts 10 m up the ATV track on the left (private property is on the right). Return via the same route or scramble down the slope south of the lookout on an indistinct wildlife trail to make a loop.

3. BRYDEN AND PEMENT LAKES ■ B/H/E

Two small quiet fishing lakes in the Ptarmigan Hills with small Recreation Sites.

DIRECTIONS FROM HWY 1: Follow Hwy 1 for 13 km west of Salmon Arm or 13 km east of Sorrento and turn west onto Tappen Valley Rd. After approx. 4 km turn left/west onto Skimikin Lake Rd, then travel for 6.1 km to Skimikin Lake. Continue 0.6 km west of Skimikin Lake and turn left/south onto China Valley Rd. Travel approx. 14.6 km and keep right at the junction with #180 Charcoal Creek Forest Service Rd. 4 km further, turn right immediately after a switchback over a small creek. Continue 2.2 km to the parking area. Follow the trail east for approx. 2 km to Pement Lake on the right fork, and another 1.5 km on the left fork to Bryden Lake.

DIRECTIONS FROM FALKLAND: From Falkland travel approx. 18 km northwest on Chase-Falkland Rd, past Pillar Lake, and turn right/east onto #180 Charcoal Creek Forest

Service Rd. Travel approx. 13 km and turn left at the junction. See above for final directions.

CAUTION: The final 2.2 km of the road to the parking lot can get seriously water trenched at the start so a 4wd vehicle may be required.



4. EAGLE BAY TO WHITE LAKE ■ B

A scenic ride along Shuswap Lake with several beach access points for swimming. Optional loop ride past Herman Lake and White Lake.

DIRECTIONS: Approx. 9.3 km east of Sorrento or approx. 24 km west of Salmon Arm, turn north onto Balmoral Rd and travel north past the Blind Bay Rd junction onto Eagle Bay Rd. Rather than returning the same route, turn right/south onto Ivy Rd just beyond Eagle Bay and go up to Herman Lake. Take the White Lake Forest Service Rd, which is in good condition, just south of Herman Lake to the NE shore of White Lake and then back along White Lake Rd west to Balmoral Rd.

5. HERMAN LAKE ● H/E

Small fishing lake with numerous trails, a boardwalk, wildflowers, birds. There is a small Recreation Site with walk-in camping and a pit toilet.

DIRECTIONS FROM WHITE LAKE: Travel on Hwy 1 approx. 9.3 km east of

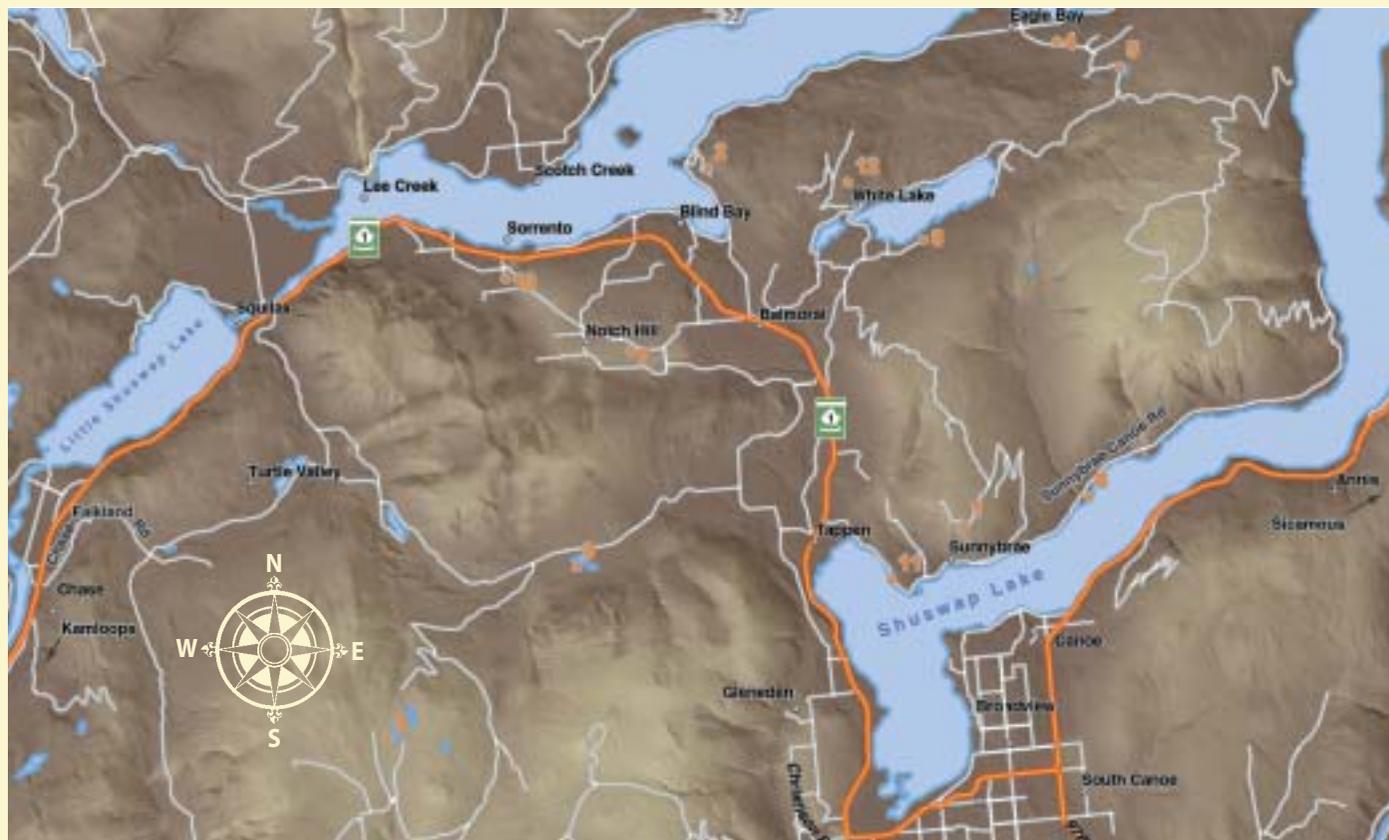
Sorrento or approx. 24 km west of Salmon Arm and turn north onto Balmoral Rd. Turn right immediately onto White Lake Rd and eventually turn left/east onto Parri Rd at the west end of White Lake. At the end of the pavement on Parri Rd, turn left/north onto the White Lake Forest Service Rd and go approx. 8.3 km to Herman Lake. Keep left at the corral and watch for a sign on the right.

DIRECTIONS FROM EAGLE BAY: From the Balmoral Rd junction at Hwy 1, travel north past the Blind Bay Rd junction onto Eagle Bay Rd, curving to the east. Travel to Ivy Rd on the right just beyond Eagle Bay and go up to Herman Lake.

6. HERALD PROVINCIAL PARK AND MARGARET FALLS ● to ■ H

Views of Shuswap Lake, creek, waterfalls, forest, mosses. Lower trails are wheelchair accessible and appropriate for all ages.

DIRECTIONS: 15 km west of Salmon Arm on Hwy 1 or 14 km east from Sorrento turn east onto Sunnybrae-Canoe Point Rd and travel 12 km. Park in Herald Provincial Park's day use area on the right/south side of the road or at the Margaret Falls parking lot on the left/north side. Trails are along Shuswap Lake in the park and to the waterfall over bridges and through a magical old growth forest in the moss-



covered Reinecker Gorge. To reach the upper falls, go east of the Margaret Falls parking lot on Sunnybrae-Canoe Point Rd just past the gravel bank, watching for a trail on the left. Or go west of the parking lot and begin at the yellow gate. The trail crosses Reinecker Creek on a bridge at the top of the falls and returns back to the road. At the top on the east side of the little bridge a trail leads up beside the creek to another waterfall.

NOTE: Parking fees.

7. NOTCH HILL LOOP ● B

Approx. 19 km of paved roads through rural countryside and rolling hills.

DIRECTIONS: Turn south from Hwy 1 at Sorrento onto Notch Hill Rd, following the road to the Balmoral Rd junction with Hwy 1. Return the same way or via Hwy 1.

8. REINECKER CREEK TO MARGARET FALLS ■ B/H

A lengthy day or overnight hike. A car shuttle may be required for pickup if traveling one way.

DIRECTIONS: Approx. 20 km west of Salmon Arm on Hwy 1, turn right just past Carlin Elementary School onto White Lake Rd. Travel 5.1 km, turn right onto Pakka Rd, then right on Settle Rd after 0.9 km. Drive 1.3 km to the end of the road to the private campground entrance and park in the turn around. Walk through the campground keeping to the right of the first "registration" hut. At the second larger storage shed take the trail on the right side of the shed. Continue up the trail for approx. 600 m to an old forestry road. Turn left/uphill and continue for 2 km - watch for the road to the right with a removable barb-wire gate. Replace gate after passing through. Continue for 1 km to the upper end of Reinecker Creek. Follow the old road/ATV track parallel to the creek for 5-6 km to the junction with a newly constructed logging road. Leave the new road in approx. 1 km at the first left and follow the trail/ATV track for 5-6 km to the junction with Sunnybrae-Canoe Point Rd at Herald Provincial Park. To start in the reverse direction, go west of the Margaret Falls parking lot on Sunnybrae-Canoe Point Rd to the yellow gate. Uphill past the gate take the first left and keep right to the junction with the trail to White Lake.



9. SKIMIKIN LAKE ● B/H/E

Extensive trail network around the lake through fairly dry forest and open terrain with gentle inclines. Approx. 100 km of marked trails, including several short loops near the lake. Excellent horse riding area, with pull-thrus and corrals at the campground/day use

area. Birds, turtles, other wildlife.

DIRECTIONS: Follow Hwy 1 for 13 km west of

Salmon Arm or 13 km east of Sorrento and turn west onto Tappen Valley Rd. After approx. 4 km turn left/west onto Skimikin Lake Rd, then travel for 6.1 km to the lake. Trail junctions are signed, with the higher numbers further away from the lake.

www.bchorsemen.org/Shuswap.htm

10. SORRENTO - BLIND BAY PARK TRAIL ● H

A 15 min. walk by a creek under the trees along the edges of the community park.

DIRECTIONS: Turn south from Hwy 1 at Sorrento onto Notch Hill Rd. Take the first right onto Dilworth Rd and then the next left onto Davidson Rd. The park entrance is up on the left.

11. SUNNYBRAE BLUFFS ● to ■ H

Spectacular views of Shuswap Lake, birds, steep cliffs.

DIRECTIONS: Approx. 15 km west of Salmon Arm on Hwy 1, turn right/east onto Sunnybrae-Canoe Point Rd. Travel 4 km and park at the Sunnybrae Recreational Site. The narrow trail begins across the road. 400 m up the trail take a right turn for 0.5 km, on an easy trail through open area to Braelynd Rd. Or turn left at the same intersection onto Scarp Trail which is narrow and ascends steeply for 0.9 km to the top of the cliffs. Another trail leaves the north end of the parking lot and goes along the lake for 1 km before joining the main road.



12. WHITE LAKE LOOKOUT TRAIL ■ B/H/E

A short 20 min. moderately steep trail to a lookout with wonderful views of White Lake, Little White Lake, the Tappen Valley and towards Mt Ida in Salmon Arm.

DIRECTIONS: Approx. 9.3 km east of Sorrento on Hwy 1 at the Balmoral Rd junction, White Lake Rd forms a loop, returning to Hwy 1 at Carlin 4 km farther east, approx 20 km west of Salmon Arm. At the Parri Rd intersection on White Lake Rd, at the west end of White Lake, take the Little White Lake Forest Service Rd up the hill for 1.1 km. At this point, just before the creek, park then hike the old road track on the right, looking for the foot trail a little further up on the left.

Contacts

Emergency

RCMP Police/Search and Rescue	911
RCMP North Shuswap, Sorrento	(250) 679-3221
RCMP Salmon Arm, Tappen	(250) 832-6044
RCMP Sicamous	(250) 836-2878
RCMP Falkland	(250) 379-2311

Additional Trail and Road Information

Back Country Horsemen Society of BC	(250) 835-4496	www.bchorsemen.org/Shuswap.htm
BC Parks		www.env.gov.bc.ca/bcparks
City of Salmon Arm Parks & Recreation	(250) 832-4044	www.salmonarm.ca
Columbia Shuswap Regional District, Parks	(250) 832-8194	www.csrd.bc.ca
Falkland Chamber of Commerce	(250) 379-2687	www.falklandbc.ca
Larch Hills Ski Club		www.skilarchhills.com
Ministry of Forests, Okanagan-Shuswap		www.for.gov.bc.ca/dos
North Shuswap Chamber of Commerce	(250) 955-2113	www.northshuswapbc.com
Recreation Sites & Trails (Ministry of Tourism)	(250) 558-1728	www.tsa.gov.bc.ca/publicrec
Salmon Arm Chamber of Commerce	(250) 832-2230	www.sachamber.bc.ca
Shuswap Trails		www.shuswaptrails.com
Sicamous Chamber of Commerce	(250) 836-3313	www.sicamouschamber.bc.ca
Skookum Cycle & Ski	(250) 832-7368	www.skookumcycle.com
South Shuswap Chamber of Commerce	(250) 675-3515	www.southshuswapchamberofcommerce.org

Guided Tours

ShuswapWild Interpretive Guide Service	(250) 833-1830	www.geocities.com/shuswapwild
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Other Related Businesses and Organizations

High Country Trail Rides, Salmon Arm	(250) 832-1020	www.highcountrytrailrides.ca
International Mountain Biking Association		www.imba.com/canada
John's Bike Repair, Sicamous	(250) 833-2811	
North Shuswap Naturalists Club, Celista	(250) 955-2155	
Ridetech Enterprises, Salmon Arm	(250) 832-9811	
Salmon Arm Nature Bay Society		www.sabnes.org
Shuswap Hut-to-Hut Trails & Waterways Initiative		www.shuswaptrails.com/huttohut.htm
Shuswap Mountaineering Club, Salmon Arm		www.geocities.com/smccanada
Shuswap Naturalists Club, Salmon Arm		www.shuswapnaturalists.org
Southwind Ranch, Tappen	(250) 835-4486	www.southwindranch.ca

www.shuswap.bc.ca

