

Useful Numbers

RCMP Police / Search and Rescue	911
RCMP Chase	250.679.3231
RCMP Salmon Arm	250.832.6044
Ministry of Highways	1.800.665.8005

Visitor Info Centres

Chase	250.679.8432
Enderby	250.838.4727
Salmon Arm	250.832.6247
Sicamous	250.836.3313

Bike Shops / Repair

Skookum Cycle, Salmon Arm	866.903.2453
Sport Chek, Salmon Arm	250.833.4082
Sunnybrae Cycles, Tappen-Sunnybrae	250.742.5601
Sunflower Cycle Repair, Chase	778.220.6790

The Cycle Touring Guide was developed through the collaboration of Shuswap Tourism and local cycling enthusiasts. Special thank you 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
PHOTOS: Karl Medig, Darren Robinson, George Zorn. DESIGN: Toliver Design.

SHUSwap
Beautiful. Casual. Down-to-earth.

Shuswap Tourism | Columbia Shuswap Regional District
555 Harbourfront Drive, NE | PO Box 781 | Salmon Arm, BC V2E 4P6
TEL: 250.832.8194 EMAIL: info@shuswaptourism.ca

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. Chose 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. Several bike repair shops are located in the area. 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	Hiking Area
Info Centre	Picnic Site
Community Hall	View Point
Grocery Store	
Farmer's Market	
Agritourism Attraction	
Museum	
Provincial Campground	
Swimming	
Golf Course	
Winery	
Micro Brewery	
Cycle Friendly Accommodation	

Hill Climb

- > 3 - 4% Grade
- 4 - 5% Grade
- > 5% + Grade

SHUSwap
Beautiful. Casual. Down-to-earth.

BIKE OUR ROADS

Outstanding scenery. Exceptional cafés. Sole soothing rides.



Shuswap - North Okanagan

CYCLE TOURING

SHUSwap
Beautiful. Casual. Down-to-earth.

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

ShuswapTourism.ca

#6 WHITE LAKE - NOTCH HILL TOUR

MODERATE - 600M 6.7% CLIMB; 4.3KM 3% CLIMB
Lake country, farms, White Creek Valley views, Sproklets Café, Blind Bay Village Grocer, 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)

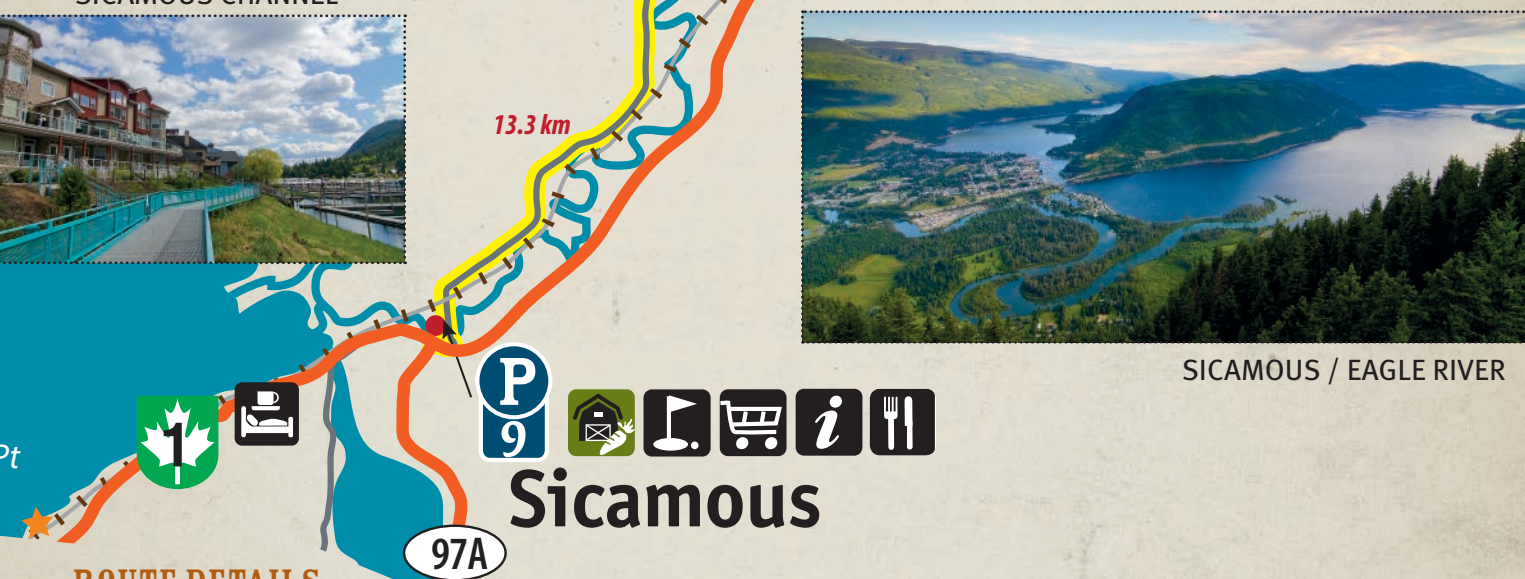


ROUTE DETAILS
Park at Carlin School, 15 minutes drive west of Salmon Arm. White Lake has excellent rainbow trout fishing. Enjoy the views of White Lake Valley and Mt. Ida as you approach Balmoral Store. After a breezy 2km downhill ride on Balmoral Road turn left on Blind Bay Road. At Hwy. 1 turn right 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 and White Lake Frontage Road 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.

#12 EAGLE RIVER VALLEY

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 Sicamous-Solsqua Road is 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. Watch for Cambie Community Hall - built in 1914 - and summer theatre productions. Enjoy a locally made ice cream or gelato after your ride!

#5 BLIND BAY - WILD ROSE BAY

EASY to MODERATE
Beaches, Blind Bay Village Grocer, Eagle Bay Store, waterfront dining patios, lake views and short hikes.

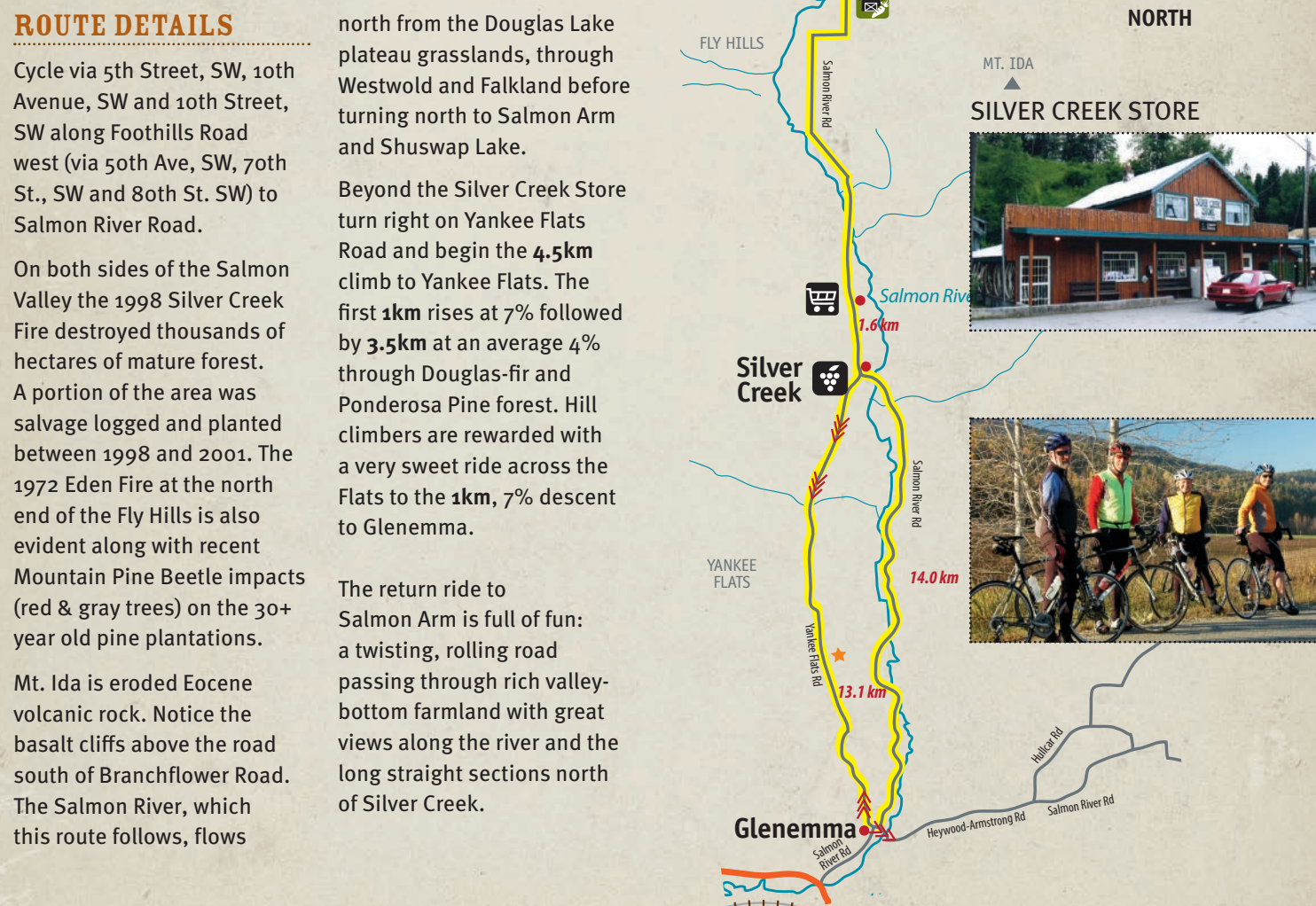


ROUTE DETAILS
Views of Shuswap Lake, Copper Island and access to several public beaches are the highlights of this route. Park at the Blind Bay Beach and follow Eagle Bay Road along the north side of the bay. Ponderosa Pine and Douglas-fir appear on warm, dry south facing slopes above the road along the bay. Toward Wild Rose Bay, the forests are dominated by Western Larch, Western Red Cedar, Western Hemlock and Douglas-fir, reflecting the cooler wetter climate. Watch for Rocky Point Road Park about 3.1km from the Blind Bay Beach. 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 about 2.4km past the 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 at one of the many waterfront patios. Extend your ride 15.6km on and out and back route to the town of Sorrento, 7.8km one-way.

#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.

PARKING
Park at Blackburn Park in Salmon Arm.



#7 SUNNYBRAE - CANOE POINT

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 Regional Park. The route follows the north side of Shuswap Lake for 22.5km to Canoe Point. Shuswap Lake has more than 1,000km of natural shore line fed by a 25,000 sq km watershed area. Melting snow and glacier ice in the Monashee Mountains to the east and north feed this impressive body of water. Cycling further east you will see that this is a popular area for summer visitors and cabin owners. Towering above the road, the cliffs of Bastion Mountain are visible for most of the 11.5km ride out to Herald Provincial Park from the highway. The park provides a day use area, a sunny beach, campground and self-guided walking trails. Margaret Falls Trail follows a creek through a beautiful old growth forest. It's a cool walk on a hot summer day. Free showers at the falls. The road is less travelled beyond the park. Pavement changes to gravel road at 17.7km from Hwy. 1. Views of 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.

#19 BIKE FOR YOUR LIFE SALMON ARM CENTURY RIDE

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.



#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, winery, Celistia, Magna Bay, Anglemont and St. Ives. Watch for summer traffic (mid June - end of August) and one-way bridge over Scotch Creek. Paved shoulders are narrow and infrequent so be very cautious.

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), Celistia (20.5km), Magna Bay (30km), Anglemont (35km) and St. Ives (42km). Northeast of Scotch Creek the road climbs at 5% grade to a high point of 450m elevation offering views of the lake, Copper Island, Reedman Point and Blind Bay. About 1km past Celistia 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. Historical brochures, with information to go with signs, can be obtained at Sunnyside Super Mart in Celistia. 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!

#29 - 35 ARMSTRONG AREA ROUTES

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

PARKING
Park at Hullcar Hall

PARKING
Park at Armstrong Visitor Centre



