

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. 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



42KM LOOP

Restaurants Medical Clinic Hiking Area i Info Centre Picnic Site Community Hall ★ View Point Grocery Store Parking Area Farmer's Market Agritourism Attraction Bike Route Distance Highway A Provincial Campground — Paved Road Æ Gravel Road → Rail Road Golf Course Creek Park Micro Brewery

Tips for safe cycle touring:

· Watch for pot holes and loose gravel

Group Rides with Local Cyclists

or email shuswapbike@gmail.com

• Check calendar at: www.shuswapbike.com

• Carry one or two full water bottles

· Wear bright colour clothing

• Use hand signals

Legend

Cycle Friendly

• Share the road. Ride single file on group rides

BIKE OUR ROADS SHUSWAP Outstanding scenery. Exceptional cafés. Sole soothing rides.





Salmon Arm

#

YANKEE FLATS

Glenemma

36km out & back

SUNNYBRAE

WINERY

i #H+M>

64KM LOOP Sorrento Shuswap Lake

SILVER CREEK STORE







Shuswap - North Okanagan

ShuswapTourism.ca

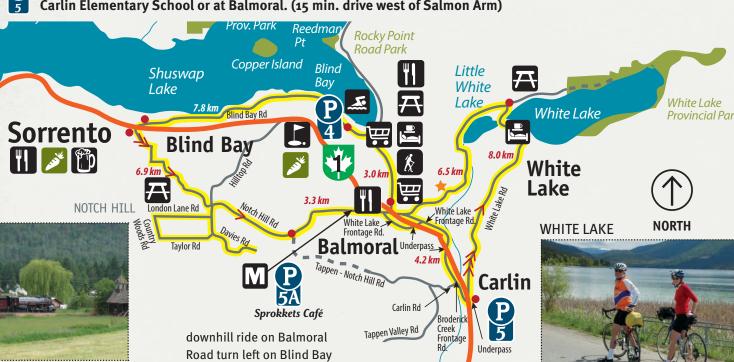
#6 WHITE LAKE - NOTCH HILL TOUR

ShuswapTourism.ca

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



NOTCH HILL CHURCH

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

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.

To Revelstoke,

Golden & Calgary

26KM OUT & BACK Sorrento Lake Stramjous

Eagle River

#17 SALMON ARM - YANKEE FLATS

Hill Climb

> 3 - 4% Grade

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

MODERATE to CHALLENGING - ONE AVERAGE 5% HILL for 6.5KM SOUTHBOUND.

Salmon River, Farms, 1998 Silver Creek Fire, valley views from Yankee Flats Bench, winery, Glenemma, and Silver Creek Store.

PARKING

Park at 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

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

Beyond the Silver Creek Store

turn right on Yankee Flats Road and begin the 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



Park at Roderick Haig-Brown Park

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

Sorrento Blind Bay

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

Enjoy a swim along the

salmon return every fall. Cycling east, Shuswap Lake comes into full view. Much of this cycling route follows the shoreline of the lake. Bring at 5% grade to a high point a bathing suit and towel. of 450m elevation offering

views of the lake, Copper way: at the mouth of Scotch Creek (5.4km), Scotch Creek Island, Reedman Point 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), Celista (20.5km), Magna Bay (30km), Anglemont (35km) and St. Ives (41km). Northeast of Scotch Creek the road climbs

and Blind Bay. About 1km past Celista School is the North Shuswap Community Hall built in 1934 by local pioneers. Across the highway from the Hall is the original pioneer cemetery - still in use. The North Shuswap Historical Society has signs along the route marking many pioneer homes,

including some built with

with information to go with signs, can be obtained at Sunnyside Super Mart in Celista. Continue along pavement's end at about

#12 EAGLE RIVER VALLEY Sicamous to Cambie. Farms & forest along lower Eagle River.

Parking:
Paws in Motion Dog Park just over SICAMOUS CHANNEL

Eagle River Bridge on Sicamous-Solsqua Rd. 13.3 km



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

EASY to MODERATE

lake views and short hikes.

Blind Bay Beach.

Park in the CSRD Parking Lot at

Creek

P PARKING

#5 BLIND BAY - WILD ROSE BAY

Sorrento

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.

a rich farming region. Summer train passengers knew when they were in the valley by the smell of celery!

Beaches, Blind Bay Village Grocer, Eagle Bay Store, waterfront dining patios,

Minister of Public Works,

The river delta here was once

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.

50KM OUT & BACK

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 in 1914 - and summer theatre productions. Enjoy a locally made ice cream or gelato after your ride!

BLIND BAY

A K

SICAMOUS / EAGLE RIVER

#7 SUNNYBRAE - CANOE POINT

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

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

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 1,000km of natural shore out to Herald Provincial Park line fed by a 25,000 sq km

from the highway. The park

bridge and follow Hwy. 97

for 1.5km west to Grandview

Bench Rd. (right). The 5km

@ 6% climb on this route is

up a switch back hill which

summits just past Edgar Rd.

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

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

provides a day use area, a

The road is less travelled beyond the park. Pavement changes to gravel road at 17.7km from Hwy. 1.

at the falls.

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.

Views of Shuswap Lake

improve as the road gains

#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.

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

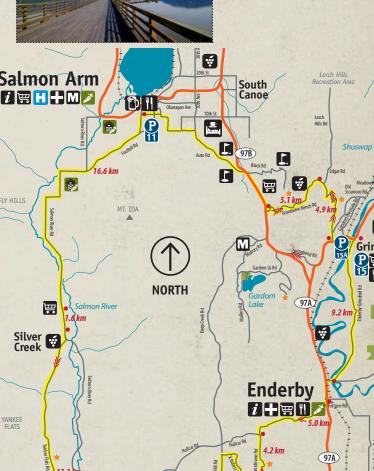
Extend your ride 15.6km on and out and back route to the town of Sorrento. 7.8km one-way.

100km LOOP





SALMONARM



#29 - 35 ARMSTRONG AREA ROUTES **EASY TO MODERATE**

17 Park at Hullcar Hall

ROUTE DETAILS The Armstrong area has hundreds of kilometres of quiet paved back road cycling

routes through beautiful farm country. 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 Road has the easiest climbs of the three roads (4% hill for 1.2K). Salmon River Road has a couple of steep, short climbs. Lansdowne has longer but more gradual climbs. Park at Hullcar Hall or in

Armstrong.

MULTIPLE ROUTES Rolling farmland with lots of route options and side-road exploration.

SALMON VALLEY

P PARKING Park at Armstrong Visitor Centre

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 Street for more information.

Information Centre on Bridge Armstrong can be part of many enjoyable rides between Salmon Arm, Enderby, Grindrod and Vernon.

To Sicamous

Fortune R Canyon Rd 7.4 km 5.0 km 97A Rashdale Rd 9.3 km

Armstrong McLeod Rd

Wallbridge Rd **Grandview Flats Rd** 9.2 km 97 Route Legend . Grandview Flats Rd

Kelowna

Roads Corkscrew Rd 4.2 km Larkin Cross Rd 97A

St. Anne's Rd

Cycle Tours - - Otter Lake - Grandview Flats

Highway

Paved Roads

Gravel Roads

Pleasant Valley - Larkin - Otter Lk.

Lansdowne - McLeery - Stepney (South Loop) Lansdowne - McLeery - Stepney (North Loop) Hullcar-Sleepy Hollow-Schubert Hullcar - Lansdowne - Mtn. View

Back Enderby - Canyon

To Vernon &

84km out & back

CELISTA ESTATE WINERY

logs. Historical brochures

the lake side highway past Magna Bay and Ross Creek to Anglemont, St. Ives and 42km. Enjoy the beaches and views along the route!

NORTH

ARMSTRONG



& Salmon Arm Enderby

Back Enderby Rd Lansdowne Rd Heighton Rd

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

Blind Bay

slopes above the road along the bay. Toward Wild Rose Bay, the forests are dominated by

Western Larch, Western Red

Watch for Rocky Point Road Park about 3.1km from Blind Bay Store. Follow the

Cedar, Western Hemlock

and Douglas-fir, reflecting

the cooler wetter climate.

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

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

NORTH

right) watch for the park

sign on the left. This 18

hectare park with over

line is managed by the

400m of beach and shore-

end of the pavement at Wild Rose Bay. Stop in for a cold beverage and bite to eat at one of the many waterfront

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

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

Armstrong



OKANAGAN



SHUSWAP - NORTH OKANAGAN Paved Back Road Bike Routes. Grey background designates Signature Route. See reverse for detailed

Grindrod Recreation Park - west side of Grindrod Bridge. E4

Armstrong Visitor Centre 119°11'49.02"W

Adams River Trails, Roderick-Haig Brown Park, Scotch Creek Park, winery, Adams River - St. Ives public beaches. Route details (over). Watch for summer traffic & no paved shoulders. THREE 5% - 6% HILLS FOR 3.9K TOTAL - OUT & BACK. LOOP 21K Celista Bench Loops Two loops with great views. From Celista School ride 2km east on Squilax Anglemont Rd. Turn left/up Beguelin Rd past Celista Estate Winery. **LOOP 1**: Left on Line 17 Rd (packed gravel with a short paved section back down to Celista), 10.5km. LOOP 2: Right on Line 17 Rd (paved with sections of packed gravel) to Magna Bay Wharf Rd. / Community Park, then west and back along Squilax-Anglemont Rd to Celista School, 10.5KM. TWO BEGUELIN RD CLIMBS TOTAL 3KM AT AVG. 8%. O&B 26K North on Squilax-Anglemont Rd 2.8km, left on Holding Rd. following 3. Squilax - Adams Lake Adams River, Adams Lake with views of the river. Historic Flume Trail. Store at south end of lake. Turn around Industral Site sign at 13km. 4. Squilax - Little Shuswap Lake
Skwlax Service Station
B2 13K West on Little Shuswap Lake Road to end of pavement. Quaaout Resort, Talking Rock Golf Course, Band Office, dry pine forest. Watch for beach access on Little Shuswap Lake and bat houses at former church site. 5. Blind Bay - Wildrose Bay
Blind Bay Beach Parking Lot
C2 O&B 54K Watch for beach access points. Dry Douglas-fir, Ponderosa Pine forest changes to moist Cedar-Hemlock, White Pine, Larch forest along route. 6. White Lake - Notch Hill LOOP 42K Lake country, farms, White Creek Valley views, Balmoral Store, Sorrento, Carlin School or Sprokkets Cafe, Balmoral D2 historic Notch Hill Church, school house & hall. See route details (over). A 600M CLIMB AT 6.7% FROM THE UNDER-HIGHWAY TUNNEL. AVG. 3% CLIMB FOR 4.3KM TO WHITE LAKE BENCH. Sunnybrae - Canoe Point 23K From Tappen Co-op: Herald Prov. Park/Margaret Falls trail 11.5km, end of 36K pavement 17.7km, Canoe Point farms 21.6km (4km gravel road). 43K Shuswap Lake views, winery and beaches. See route details over. ONE AVG. 6.4% HILL FOR 1.3KM BEYOND HERALD PARK. 8. Skimikin Lake - Turtle Valley Hybrid bikes! Pavement end at **6.7km** then packed gravel. Watch for Recline Ridge Winery C3 Skimikin Forest Tree Nursery & Seed Orchard, Skimikin, Fleming, Phillips, and Chum Lakes, turtle crossings, and valley ranches. ONE AVG. 6.4% HILL FOR 1.3KM. O&B 27.6K 9. Tappen Valley - Notch Hill Hybrid/road bikes. North on Tappen Valley Rd past Carlin Rd at 5km to Recline Ridge Winery C3 start of packed gravel at 6.7km on Tappen Notch Hill Rd. 4km of gravel to Notch Hill Rd junction. Right turn to Balmoral. Avoid hwy. via White Creek Frontage Rd 3.7km to Carlin Rd. Up Carlin Rd 1.2km & left on Tappen Notch Hill Rd left at 20.9km; right at 24.2km on Tappen Valley Rd to parking. Farm, valley and lake views. TWO HILLS FOR 1.5KM AVG. 6%. 10. Balmoral - White Lake 0&B 33K From parking, cycle east on White Lake & Broderick Frontage roads. Follow Sprokkets Café, Balmoral C2 Trans Canada Hwy. thru three tunnels; turn north on White Lake Rd, 4.3km to White Lake Bench. Back to Balmoral, 20km via tunnel to parking. Follow-up with a 13km O&B tour to Notch Hill Community Hall and picnic shelter. AVG. 3% CLIMB FOR 4.3KM TO WHITE LAKE. LOOP 94K

A 3.8km climb, average 6.5% through grasslands leading to Chase Creek

Turtle Valley ranches. 21km south (pavement ends for 6.4km). Pillar Lake, Joyce Lake and Estekwalan Mountain views. Falkland at 43km. Head east on Hwy. 97 for 17km to Salmon Valley Rd. Turn left at the junction and head north 34km to Salmon Arm. (Silver Creek Store at 77.5km).

Follows historic pre-1886 CPR Railway Tote Road past fertile valley farms

and forest. See route details and parking (over).

0&B

84K

North Shuswap

11. Around the Fly Hills

12. Eagle River Valley

P Shuttle drop-off on TCH, 2.1km west of Petro-Canada station at Shuswap-Chase Creek Rd. A3

0&B 26K

Tappen Co-op

119°19'47.07"W

| ROUTE / PARKING | TYPE | KM | RATING | DIRECTIONS & HIGHLIGHTS |
|---|------|-------|-------------------------------|---|
| 13. Old Spall. Rd - Mara Lake Pyde Mountain Golf Course E3 | O&B | 8K | • | From Sicamous drive cross the Trans Canada Highway bridge west of towr Turn left/south on Old Spallumcheen Rd. Park at Hyde Mtn Golf Course. Cycle north to Highway 1 and back to golf course. |
| 14. Around Larch Hills Park D4 | LOOP | 84K | ~ | East on Highway 1 from Salmon Arm to Sicamous. Turn right after the bridge on Gill, left on Finlayson past grocery store, museum and Visitor Centre. Right on Paradise Ave. merge onto Hwy. 97A south to Grindrod. At 55km turn right/west on Riverside Rd for 5km past Mara along Shuswap River then back on Hwy. 97A west of Grindrod bridge 1.3km, then right at 63.7km on Grandview Bench Rd. Climb 4.8km to hill top and down to Hwy. 97B. turn right/north back to Salmon Arm. Avoid Hwy 1/ Hwy 97A in summer tourist season or ride route early morning. ONE AVG. 6.6% CLIMB FOR 4.8KM. |
| 15. Salmon Arm - Salmon Valley P Blackburn Park D4 | O&B | 35K | • | From Salmon Arm follow Foothill Rd. southwest to Salmon River Rd. and out to Silver Creek Store (turn around). See route details (over) for Salmon Arm - Yankee Flats Route #17. Map & elevation profile at BikeFor YourLife.com |
| 16. Salmon Valley - Glenemma Blackburn Park D4 | O&B | 64K | • | Same as above (35km route #15) but cycle further south to Glenemma junction along the Salmon River and return. Farms, ranches, winery. |
| 17. Salmon Valley - Yankee Flats Blackburn Park D4 | LOOP | 63K | ✓✓ | Salmon River, farms, 1998 Silver Creek Fire, valley views from Yankee Flats Bench, Silver Creek Store. See route details (over). ONE 1.9KM CLIMB AT AVG. 7%; ONE 3.5KM CLIMB AT AVG. 3% (SOUTH BOUND). |
| 18. Around Mt. Ida: Salmon Valley - Deep Creek Blackburn Park D4 | LOOP | 74K | ~ | Same as above Route #16 to Glenemma then left/east on Heywood - Armstrong Rd. 10.3km to left/north turn at Salmon River/Knob Hill Rd. junction. Watch here for local asparagus (May). Pass Hullcar Hall and continue north on Deep Creek Rd. past School House Rd to Hwy. 97B. Left back to Salmon Arm. Watch for Deep Creek Tool Museum. ONE 7% HILL FOR 800M SOUTHBOUND. |
| 19. Salmon Arm - 100km Century Ride Blackburn Park D4 | LOOP | 100K | ~ | See route details/map (over). Local info. at Salmon Arm or Enderby Visitor Centres. Route follows four scenic valleys. For more details visit BikeForYourLife.com FOUR +5% CLIMBS TOTALLING 8.5 TO 9KM. |
| 20. Salmon Arm In-Town Orchards & Lake Views Salmon Arm Fieldhouse, 30th Ave. SE D 4 | LOOP | 20K | ~ | South 550M on 30 St. SE; left on 10 Ave. SE, 2.45km east across Hwy 97, left on 60 St. SE, 2.42km north on 60 St, 2.45km west across Hwy 97, right on 30 St. NE, 2.42km north, right on 50 Ave. NE, left on 35 St. NE, right on 60 Ave. NE, 1.67km west to sharp left on to Lakeshore Rd. and down hill. 3.43km south above the bay, left on 20 Ave NE & first right on 20 St NE. 740M south to 4-way stop. Left on 11 Ave NE, left thru pedestrian tunnel. Left/up 70M to right (by Toyota) on 22 St NE, left on 8 Ave NE, right on 24 Ave NE past Rec. Centre back to 30 St. SE, right back to the Field House |
| 21. Shuswap River - Mara - Rosemond Lake Junction of Riverside Rd. and Highway 97A. E 4 | O&B | 17K | • | Follow Riverside Rd to bridge at Mara, over to Rosemond Lake Rd. and north to the end. Add a side trip to end of Riverside Rd, past church (junctions w/ Hwy 97A). Farms, Shuswap River bridge at Mara, historic church, wildlife along river and lake. |
| 22. Deep Creek 90 metres south of Mallory Rd. / Deep Creek Rd. junction. 13 D 5 | O&B | 29.4K | • | South on Deep Creek Rd. 4.1km to School House Rd. & 14.7km to Deep Cree Hall, farms and forest views. Some rough pavement sections mixed with good sections. Turn back at Hullcar Hall at south end. |
| 23. Grindrod Flats - Old Sicamous Rd. | LOOP | 13K | | From the park ride Hwy. 97 for 1.1km west to Grandview Bench Rd (right). 440M turn right onto Old Sicamous Rd and follow past Carlin Orchards, |

Dangle and Pollock Roads. Right on Meadowview, left on Riverbend to the

end of the road near the Shuswap River. Back via Grindrod Westside Rd.

| ROUTE / PARKING | TYPE | KM | RATING | DIRECTIONS & HIGHLIGHTS |
|--|------|------------------|--------|---|
| 24. Gardom Lake -Enderby Cliffs View 90 metres south of Mallory Rd. / Deep Creek Rd. junction. D5 | LOOP | 18K | ~ | Left on Mallory Rd, 3.5km left turn on Musgrave Rd, north/right on Park Rd . Gardom Lake Reg. Park on right. North to Gardom Lake Rd 25om. Right on Gardom Lake Rd to Crossman, up Saltwell and Glenmary Roads to Enderby Cliffs view. Back via Gardom Lake Rd and Mallory Rd. |
| 25. Grandview Bench - Shuswap River - Deep Creek P Junction of Hwy. 97B and Grandview Bench Rd. 14 D4 | LOOP | 47K | ~ | Cycle 5km up and across Grandview Bench and descend 5km to Hwy. 97A for 1.5km across the bridge. Right on to Enderby-Grindrod Rd, 9km south to bridge into Enderby. South on Vernon St. to right on Fortune Rd. 100 m to Hwy. 97A. Left/south 300m to right on Canyon Rd up 7.5km to Hullcar Hall via Hullcar Rd (right turn). Follow Deep Creek Rd and Highway 97B back. EGLI'S MILL HILL 700M @ 5.7% + 400M @ 5.5% CANYON RD HILL 3KM @ 4.5%. |
| 26. Grandview Bench - Springbend Road Junction of Hwy. 97B and Grandview Bench Rd. D 4 | LOOP | 17K | ~ | Same route as Route #25 above but at the bottom of the hill on Hwy. 97 turn right and ride south 2K to Springbend Rd. Climb Springbend Rd to Hwy. 97B and return. EGLI'S MILL HILL 700M @ 5.7% + 400M @ 5.5% SPRINGBEND HILL 2.3KM @ 6%. |
| 27. Grindrod - Armstrong Hullcar East side of Grindrod Bridge SE Pullout E5 | O&B | 59K | ~ | South on Enderby-Grindrod Rd. to Enderby. South on Vernon St, left on Back Enderby Rd. left on Mountain View Rd, left on Heighton Rd, right or McLeod Rd. to Hwy. 97A. 1.4km on hwy. to Armstrong then cycle back via Schubert Rd, Hullcar Rd, Canyon Rd to Enderby and Enderby-Grindrod Rd SCHUBERT HILLS 300m @ 7% + 300M @ 9%. |
| 28. Enderby - Shuswap River Mabel Lake Enderby Visitor Centre E5 | O&B | 18K 70K | N | Shuswap River Valley and farm views. From parking, Ashton Creek Store 9km, Mabel Lake 35km. Ride past Isobel Falls, Kingfisher Hall, Shuswap River access at Cook Creek for swimming. Campsites. Rivermouth Marina Store on the lake. Follows Enderby-Mabel Lake Rd. TWO HILLS: EASTBOUND 700M @ 6.3%; WESTBOUND 800M@8.8%. |
| 29. Hullcar - Lansdowne - Sleepy Hollow - Armstrong - Schubert Hullcar Hall D 6 Hwy. 97B/Deep crk Rd. junction. D 5 | LOOP | 25K or 55K | ~ | Enjoy the cafés, museum and Visitor Centre, Saturday morning Farmers' Market, and a cheese shop. Schubert Rd. is the most gradual of the three climbs back to Hullcar from Armstrong. SCHUBERT ROAD HILLS: 300M@7% + 300M @ 9%. |
| 30. Hullcar - Mtn View - Canyon Pullcar Hall D 6 | LOOP | 38K | ~ | Great valley views from Mountain Vew Rd and Back Enderby Rd. CANYON ROAD HILL 3KM @ AVG. 4.5%. |
| 31. Hullcar - McLeery Stepney Cross - Canyon PHullcar Hall D 6 | LOOP | 31K | ~ | Farm and valley views. Enderby cafés, museum and Visitor Centre. CANYON ROAD HILL 3KM @ AVG. 4.5%. |
| 32. Hullcar - Armstrong- Schubert PHUIlcar Hall D 6 | LOOP | 37K | 0 | Farm and valley views. Enjoy Armstrong Visitor Centre, museum, cafés, Farmers' Market, cheese shop and bakeries. SCHUBERT ROAD HILLS: 300M@7% + 300M @ 9%. |
| 33. Otter Lake - Grandview Flats Armstrong Visitor Centre D 6 | LOOP | 33K | | Farm and valley views. Enjoy Armstrong Visitor Centre, museum, cafés, Farmers' Market, cheese shop and bakeries. SCHUBERT ROAD HILLS: 300M@7% + 300M@9%. Farms, lake and valley views south to Okanagan Lake. GRANDVIEW FLATS HILL 600M@8%. |
| 34. Pleasant Valley - Larkin - Otter Lake Parmstrong Visitor Centre D 6 | LOOP | 24K | | Historic School House on Pleasant Valley Rd., Tolko Saw Mill, Roger's Grain Mill on Larkin Rd. |
| 35. Armstrong Century Armstrong Visitor Centre D 6 | LOOP | 100K | ~ | Route follows four scenic valleys. Print off the Route map at: www.oscr.ca/routemap.php HILLS: SALMON RIVER RD 1.9KM @ 4.6%; OKANAGAN AVE 800M @ 7% + 1.2KM @ 8.2% |

>>> 5% + Grade