



## Multiple trails

The natural beauty of the Shuswap draws people here year after year. The mountains, trees, rivers and lakes have their own awe-inspiring majesty and indescribable charm. Local governments and community groups work hard to augment the natural beauty by putting in a trail network that will allow everyone easy access to the forests, the alpine meadows, the backcountry and lakes. The Shuswap trail network grows each year as crews build kilometres of trails in the North, South and West Shuswap, Salmon Arm, Falkland, Sicamous and area and North Okanagan.

There are almost 100 distinct trails that range from easy to technically challenging. Some can be completed in 15 minutes and some take many hours for a round trip. The Visitor Centres have a booklet listing the 89 trails complete with descriptions of difficulty, the time it will take, easy to follow directions to the trail head and what kind of user groups can use the trails: hikers, cyclist, cross county skiers, and those on horseback. It's called the Shuswap - North Okanagan Trail Guide. Or you can look up on line at [www.shuswaptrails.com](http://www.shuswaptrails.com).

In the Salmon Arm area you have your choice of: Canoe Beach, Coyote Park, Rotary Sky view Lookout (Fly Hills), Gardom Lake Trails, Grandview Bench Loop, Larch Hills Nordic Trails, Larch Hills Traverse, RJ Haney Heritage Park Nature Trail, Little Mountain Park, McGuire Lake, Mount Ida East/West, Salmon Arm Waterfront Raven Trail, Park Hill Trail System, Syphon Waterfall Trail (Gleneden), Pileated Woods, Rubberhead, Salmon River - Foothill Road Loop, Salmon Arm Bay Nature Trails & Interpretative Centre, South Canoe Trail System, and Turner Creek Trail.

To access the Turner Creek Trail from McGuire Lake go to the hospital end and take the trail past playing fields and a school and through a pedestrian highway underpass. Follow the trail past the Podollan Inn and up through woods and a creek ravine. When you come to the road, you can loop back or carry on past Okanagan College, several ponds, and up Okanagan Avenue to Little Mountain Park. For detailed instructions pick up the trail guide brochure.

# Beaches of the Shuswap

In the hot Shuswap sun there's nothing like a relaxing day at the beach. Fortunately there are many spots where you can take your blanket, book, water toys and spend the kind of day that refreshes the body and mind. The beaches have handy boat launch facilities.

This is by no means a complete list of beaches, as there are several private campgrounds on the lake. The Columbia Shuswap Regional District, which covers the area from Falkland, the North and South Shuswap to Salmon Arm, Mara, Sicamous, Revelstoke and Golden, is busy adding more public accesses to the lake all the time. Drop by any of the Info Centres to get more information.



### CANOE PUBLIC BEACH

This is one of the most popular beaches. It's only about a 10-minute drive from downtown Salmon Arm. Just head east on the Trans Canada and turn left just past the golf course and go-karts. Head straight to the end of the road and turn left onto Canoe Beach Drive and follow the signs. Because it's so popular, the city put in a second parking lot. Just off the overflow parking lot are about 6 kms of new hiking and biking trails. If you feel like a stroll before heading to the water you'll enjoy the wooded trails. At the beach there are covered picnic tables, a concession, BBQ pits, bathrooms, a play area and change rooms.

### GARDOM LAKE PARK

Gardom Lake beach is slightly off the beaten track and not fully appreciated although it is within a short distance of Salmon Arm. It's more grassy than sandy, but there's a lot of opportunity for bird watching here, a fun play area for the kids and the nice size lake makes for a scenic paddle for canoeists or kayakers. You can paddle over to small islands and tour around or even take the picnic basket.

Turn at Gardom Lake Road off Highway 97B, drive about 4 km and turn left on

Park Road. The entrance is on the left about half a kilometre down.

### SUNNYBRAE PARK

Sunnybrae Park is a popular family choice. Going west on the Trans Canada from Salmon Arm you turn just past Tappen Co-op (you might want to stop for ice cream first - lots and lots of flavours). It's a six-kilometre drive from the highway, but the road is narrow and curvy (but scenic) so it takes a little more time. The beach has more pebbles and rocks than the other beaches but it's a fun day-use park with lots of room and picnic tables.

### HERALD PROVINCIAL PARK

There is a day use area as well as a camping area. Enjoy beachfront, forest, and open space. The beach has a nice combination of sunny and shady spots. The sand is lovely and there is a huge grassy area, which is often used for friendly, join in team games. Just across the road is one of the most popular hiking trails. It's an easy walk so even little ones or seniors can enjoy the interesting hike to Margaret Falls.

### BLIND BAY

Blind Bay beaches are jam packed on sunny days. There are two beaches close together, one shallower and the other deeper. The sand is nice and there are handy picnic tables and washrooms. If you're going you might as well plan to spend the day here because the kids won't want to leave.

To get there go west from Salmon Arm, turn off the Trans Canada at Balmoral Road, (right at Balmoral Store), and travel 2.8 km. to Blind Bay Road. Turn left on Blind Bay Road and go another 1.3 km until you see the signs for the beach.

### SHUSWAP LAKE PROV. PARK

This is simply one of the most perfect spots in the entire region. Some parts of the beach are sandier and some have more pebbles but it is one kilometre long and very beautiful. There are nice bathrooms and change facilities, a great adventure playground, a large grassy picnic area, picnic tables, and a nature trail that makes for a pleasant stroll or bike ride. Kayakers and canoeists can paddle out to Copper Island.

The park was established in 1956. There is a large camping area but the day use area is popular with tourists and locals alike.

To get there take the Trans Canada Highway going west from Salmon Arm, and leave the highway at Squilax. There's a turn off lane just before the overpass and lots of signs for the North Shuswap. The park is 19 km from the highway.