

Many adventures in the North Shuswap

While outsiders classify the North Shuswap as a single area, it is made up of several communities including Anglemont, Celista, Lee Creek, Magna Bay, Scotch Creek, Seymour Arm and St. Ives.

The North Shuswap is always busy in the summer months because there are lots of great beach fronts, a couple of provincial parks and the Squilax Pow Wow.

The North Shuswap is the place to be if you love outdoor adventure: parasailing, camping, hiking, biking, horseback riding, golfing, fishing, cross-country skiing, snowmobiling, river rafting, nature trails, and wildlife viewing. And, of course, there are boating and swimming in the beautiful waters of Shuswap Lake.

This landscape, which attracts so many visitors, also inspires a lot of the local inhabitants. The North Shuswap is home to many well-known artists, published authors and musicians. So check out the stores, galleries and outdoor markets for local arts and crafts. And you're welcome to the monthly coffee houses and be entertained with the great music.

In **Anglemont** you will enjoy beautiful views of Shuswap Lake and Copper Island. The area is known for its spectacular summer sunrises, Crowfoot Mountain snowmobiling trails and Anglemont Estates Golf and Country Club.

Celista has the finest sunsets. There are lots of parks and easy access to the warm lake waters, and winter snowmobiling right to your back door.

Lee Creek can be described in two words: tranquil and pastoral. If you haven't been reading any English novels lately and can't picture pastoral, think country lanes, waterfalls and a picnic in the woods. This small community is right by the mouth of the Adams River, adjacent to Roderick Haig-Brown Provincial Park, home to the world's largest salmon spawning ground.

Magna Bay is lovely. Sandwiched in-between Celista and Anglemont, they're right at the mouth of Ross Creek. This community can boast of their wide sandy beaches that are perfect for a hot summer day.

Scotch Creek has the bulk of all the businesses in the North Shuswap, yet it remains a small and friendly community. There is a lot of traffic in the summer because the very popular Shuswap Lake Provincial Park is located there. If you're not camping at one of the provincial park's 272 campsites, the Scotch Creek area offers accommodation along with restaurants and pubs, seasonal interest shops and galleries.

The small community of **Seymour Arm** has roots that date back to the gold rush. A community park, waterfalls, and nature trails can be found there or nearby, as the community is located in relative wilderness where everything is surrounded by forests and water.

You have to go to the end of the paved Squilax-Anglemont Road to get to **St. Ives**, making it almost 50 km off the Trans Canada. There's a public beach, plus great fishing, a park, and hiking trails.

While you're in the North Shuswap you might want to stop by the North Shuswap Chamber of Commerce at 3871 Squilax-Anglemont Highway to find out all the current events.

Colourful Pow Wow

The annual Squilax Pow Wow is being held July 16, 17 and 18 in 2010 and everyone is welcome. This is your chance to see First Nations culture up close. In all their exquisitely crafted regalia the dancers show their traditional dances. Watch the dancing and drumming competitions, try some bannock and enjoy a day of local First Nations culture. It takes place on the Squilax Pow Wow grounds on Little Shuswap Lake Road. For more information go to any local Visitor Info Centre.

Roderick Haig-Brown Provincial Park is the site of the largest sockeye salmon run on the West Coast. Every four years the run is especially big and 2010 is one of those years. The salmon return in the fall with the Thanksgiving weekend being a peak time.

The North Shuswap has a number of particularly good hiking trails, which range in difficulty and the time it will take you to do. Most of the trails are listed as easy: Magna Bay- Celista Loop, Talking Rock Resort, Roderick Haig-Brown Provincial Park, Seymour River Falls, Shuswap Lake Provincial Park and Wright Lake.

A few of the trails in the North Shuswap offer a little more challenge with steeper slopes or narrower with poor traction. These include: Albas Falls, Copper Island, Grizzly (Fowler) Mountain,

The Crowfoot Mountain and Moberly Lookout trails are a combination of more difficult to most difficult. The one trail listed as most difficult is the Pukeashun Mountain trail.

For a complete guide to these trails and trails around the Shuswap pick up a Trail Guide brochure at any local Visitor Centre or go online to www.shuswaptrails.com.



Rafting on the Adams River



Salute to the Salmon

This year summer won't have the monopoly for visitors and tourists, because people come from all over the world to the sockeye salmon run in the fall.

Every four years there is a dominant run with millions of fish making their way up the Adams River. This is one of the largest runs in North America. One of the best viewing spots for this natural phenomenon is Roderick Haig-Brown Provincial Park in the North Shuswap.

The best time to see the run is from October 2nd to the 24th with the Thanksgiving weekend usually the peak time. The fish are thick in the water and you see the bright colours of the salmon that have come home to spawn and die. By the time they reach the Adams River, they have travelled over 400 kilometres of raging currents and obstacles. This miracle of nature is awe-inspiring.

Besides the fish, the park is home to whitetail and mule deer, black bears, beavers, river otters and mink. The salmon run also brings many eagles to the area.

In the past the Adams River Salmon Society has organized a celebration known as 'Salute to the Sockeye' and this year those events are expected to be back.

To get to the park turn off the Trans-Canada at Squilax and take the overpass. Roderick Haig-Brown Park is located just a few kilometres after the turn off. Just follow the signs (or the crowds).