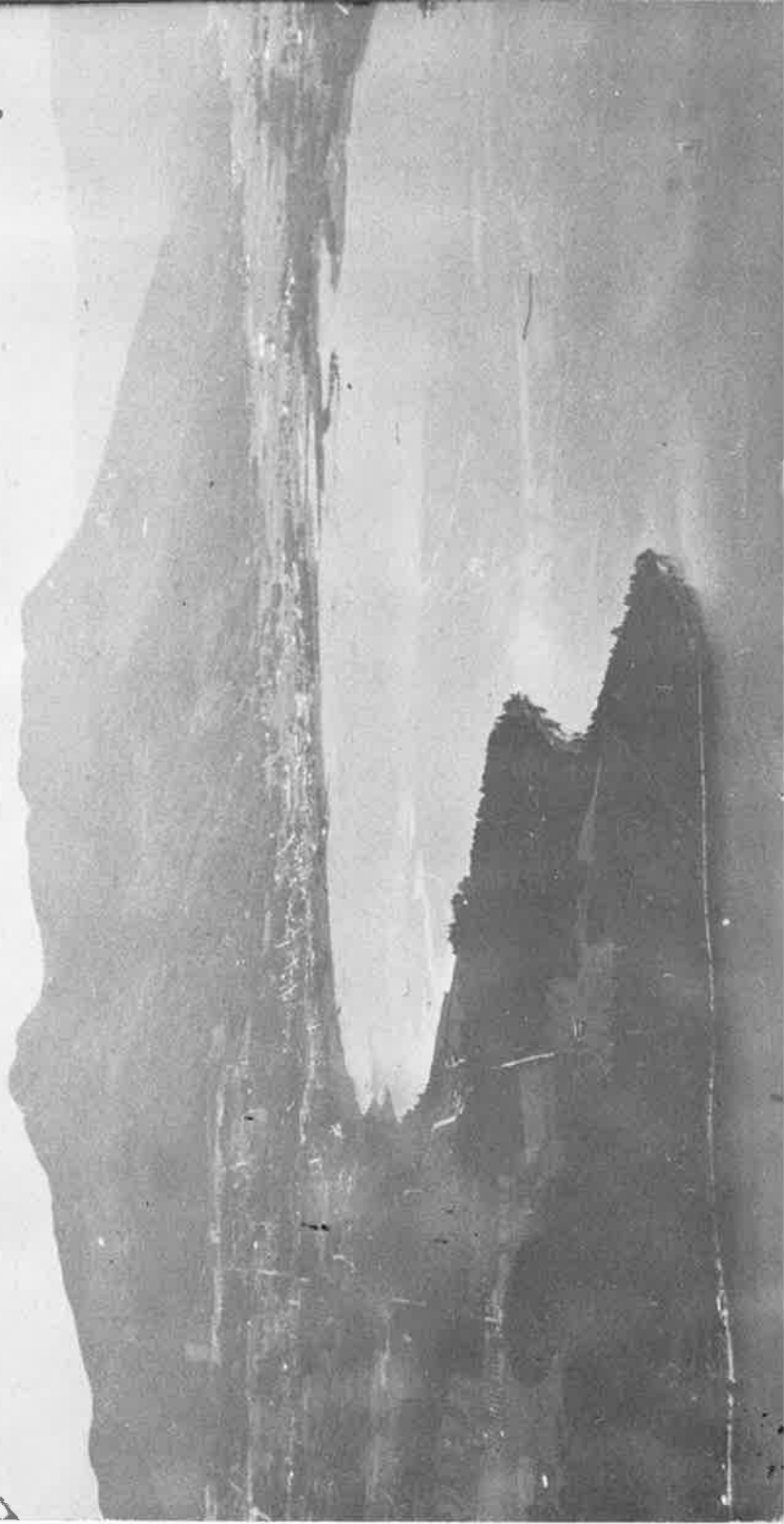


Trails to the Shuswap



**Front Cover: View of Salmon Arm, looking south from Bastion Mountain**  
**Back Cover: Celista Falls near Albas**

# Trails to the Shuswap

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Art Work by: *Joanne Boom*

Photos by: *Dean Landers, Don Barz*



**View of Salmon Arm and Shuswap Lake from west peak of Mount Ida**

## Preface

In recent years such outdoor sports as hiking, canoeing and cycling have enjoyed an unprecedented increase in popularity. However, the desire to get into the outdoors has not been without problems for many people. Owing to the increasingly technical nature of work, the reality of our times is such that the outdoors is becoming an unknown environment for most people. Thus we have people, concerned with the limitation of their free time, frequently spending more time actually finding a trail than hiking it. In addition, people are not as mentally equipped as they once were to cope with the rigours of the outdoors and it is only common sense that people should have some foresight about, say, a river that they had heard would make a good canoeing trip.

In answer to these problems, several of us got together in the spring of 1973 and acquired an Opportunities for Youth (O.F.Y.) grant to map and describe points of interest, hiking trails, canoeing and cycling routes and publish our findings in a pamphlet. Subsequently, we are hoping the pamphlet will serve as a guide for people who wish to enjoy the many-faceted experiences of the outdoors and also as a blueprint for an improved pamphlet in the future.

Unfortunately, this undertaking was not without its drawbacks. Apart from the fact that time simply ran out on us, other problems were: the snow level in the spring, the campfire ban and the cost of various expeditions. In addition, we did not get to every place we'd planned (as a result the Grace Mountain area, the Seymour Arm-Columbia River gold rush trail and the Pukeashun area, to mention a few, are not included) nor could we somehow fit in all the interesting information we'd received through many warm and rewarding conversations we'd had with the people of the Shuswap. Finally, readers may compensate for the generalization of the descriptions and maps by buying a large scale map of the area (available at the provincial government buildings) and/or a compass and have an adequate supply of insect repellent, suntan lotion, a first-aid kit and warm clothing — especially on the mountain hikes.

Naturally, the project wouldn't have gone as smoothly as it did if it hadn't been for the information and assistance given so freely by many of the Shuswap area residents. Of special merit, though, are Tom and Connie Crowley, who lent us some of their gear; Maurice Jones of the Salmon Arm Recreation Department; the Salmon Arm Naturalists — especially Bob Woods, the Tapson-Jones', the Higgins', and Jim and Mary Mack; the Daniels clan of Seymour Arm; Richard Jackson of the B.C. Forest Service; J. C. Villeneuve of Chase; Steve Lattey and Doug (whose last name I've unfortunately forgotten) who, incidently, are producing a similar pamphlet in Vernon; Phil Rathbone of the B.C. Parks Branch in Celista; Gordon Mackie of Sicamous; the E. P. Rileys of Celista; the Reedmans of Blind Bay; the Mowers of Notch Hill; Brian McDonald, Art Ritchie, Henry Wallenstein and Fred Wood, all of Salmon Arm; Clint Smith of the Salmon Arm Canoe Club; Maurice Landers, who lent us an overhead projector for mapmaking; Ernie Barz, who generously lent us his pickup; Bob Maynard and his Jeep; Len O'Neill, Audrey Sandnes and Gordon Redman, all of whom put up with us during our summer-long siege at Okanagan College; and lastly, the printers and staff at the Salmon Arm Observer.

Finally, I would like to thank all the project members for their enthusiasm and dedication in seeing this project through and whose only wish for this pamphlet is that it be deemed a useful and worthwhile addition in the community of the Shuswap.

*Don Barz*

August 30, 1973.

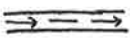










**View of Mount Ida, looking south from Little Mountain**



**Peaceful scene at base of Squilax Mountain**

## LEGEND

-  logging or dirt road
-  trail
-  Paved road or highway
-  river, stream, waterways
-  waterfall
-  railway
-  points of interest (see bottom of map).
-  bridge
-  rapids
- T. C. H.      Trans - Canada Highway  
CR.          CREEK

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**Alpine Meadows on Hunter's Range near Blue Lake**



**Alpine Meadows on Hunter's Range south of Cummings Lake**



**Shuswap River between Enderby and Grindrod**

## INDIAN FOLKLORE

Bastion Mountain used to be called Indian Leap because legend had it that an Indian maiden who was being forced into the wrong romance leaped over the cliff. On another occasion, a rock slide off Bastion was said to have caused a tidal wave which wiped out two Indian villages, one by Canoe and one by Sandy Point.

In the winter, the local Indians used to camp in Keewilly holes. These were holes in the ground, about six feet deep. Over the top, they were covered by poles with hides over them. There was an opening to go down and through which smoke escaped.

The Indians of the area used to write pictographs on rockfaces. Pictographs are found in lonely, remote mysterious places. It is said that the Indian hoped to gain power from the mystery. Pictographs are generally found where the Indians were in the habit of holding vigils and undergoing training during the time of their puberty ceremonials. The Indians went through exercises, purified, supplicated, slept, fasted, prayed and held vigils at these places or near these places so as to obtain as much power as possible. During this period, the Indians recorded any visions they saw on the nearby cliffs and rocks. When things were actually seen (especially connected with animals) during this vigil it was considered a good omen. By making these pictures the novice believed he would make spirits or powers more permanent and stronger.

One of these pictographs is located in between Hungry Cove and Quartsite Point. It was called Stiml-ma-lesh Ya by the Blackfeet, meaning "where the Blackfeet wrote upon the wall." This is one of the best known and earliest recorded Indian rock paintings on Shuswap Lake. The figures are ochre, depicting the legend of an invading party of Blackfeet braves from the Prairie and is a record of their raid and victories in the Shuswap area. Another pictograph is located just north of Beach Bay. It is approximately 20 feet long by 8 feet high and contains about 27 figures in fairly good condition.

## HISTORY OF SEYMOUR ARM

In April, 1865, William Downe led a party from Colville in Washington Territory to the Big Bend country on the Columbia River. They discovered gold at Carnes Creek. Gold was also discovered on the east side of Goldstream River, and on French Creek. Although the rush only lasted a few years (by the summer of 1866 the goldfields had played out), it brought the first settlers into the Seymour area. The city of Seymour was an important centre during this gold rush. The B.C. government constructed a 30-mile pack trail from Seymour Arm to Downie Creek. Thus people were going through Seymour to reach the goldfields.

The town had already been established as a Hudson's Bay Company outpost by a man named Martin in 1864. It was the gold rush, though, that brought settlers. There were at one time approximately 500 people living in Seymour.

After the goldfields played out, the Hudson's Bay Company store at Seymour was closed and people began leaving the town. Those who stayed were mostly lumbermen and loggers.

In 1910 an English company called Seymour Arm Estates tried to develop the town as a fruit-growing region. They advertised the land in England, and many new settlers bought plots and came out to Canada. Unfortunately, the area is not really suited to growing fruit and the town dwindled in population again.

The town of Albas on Seymour Arm was at one time a large logging community. It was named after Al Ball, a trapper who pioneered the area.

The Cottonbelt region north of Seymour Arm was named by an old Negro who had been a slave in the southern United States. A pioneer of the area, Forrest Daniels, took him up to see the area; they saw a limestone dike. The Negro said that it looked just like a belt of cotton. Thus, the Cottonbelt got its name. Grace Mountain, in the Cottonbelt, was named after Forrest Daniel's wife, Grace.

### **SALMON ARM**

The area where the townsite of Salmon Arm is today was homesteaded by John McGuire around the turn of the century. McGuire Lake is named after him. As the village started to grow, McGuire built a general store and a saloon dance hall over the store. In 1909, Salmon Arm's population had grown to about 300. Lumbering was the town's first industry; Grayden and Johnson had a sawmill out west of Salmon Arm at the Salmon River. The minimum wage at this time was 40 cents per hour. Later, the fruit industry began to develop and North Broadview started to be cleared for fruit orchards. The CPR also helped the progress of the town, as Salmon Arm was halfway between Vancouver and Calgary.

Salmon Arm takes its name from Shuswap Lake's southwest arm, which in turn was named back in the days when the salmon swarmed up its creeks and river in such numbers that the settlers pitchforked them out of the water and used them for fertilizer on their fields.

### **COPPER ISLAND**

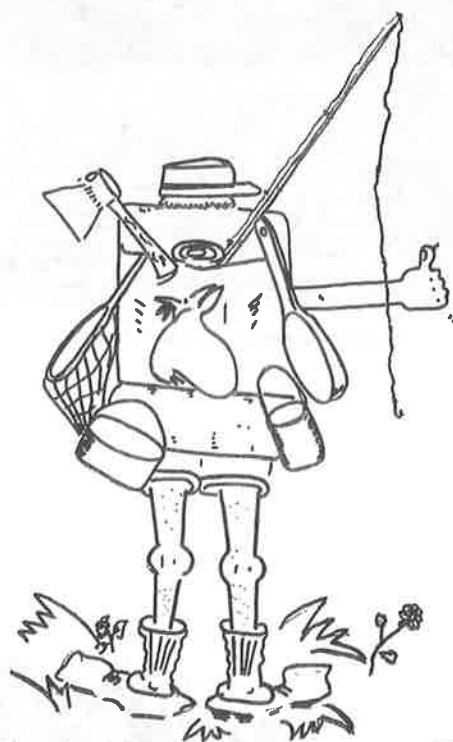
There was some copper picked up, off the point only. Not a great deal. There was a vein through the point up to White Lake.

Hoom-A-Tat-Kwa, "sitting in the water." Indian name for Copper Island.

### **BLIND BAY**

Reedman had the original store here in 1907. The hall was also built that year. The school, which is now a community centre, was built in 1914. In these early days, there were no roads; instead, the lake was used for travel. Reedman's Point is named after the Reedman family who were early settlers in Blind Bay. They came about 1905.

Since the Trans-Canada Highway was not yet built, early settlers had to blaze their own trails. There was an old trail going from Blind Bay to Notch Hill, but it has since grown over. Another old trail went from the end of the bay over the top of the mountain to White Lake. At that time, White Lake was a Finnish settlement made up mainly of milk farms. People would come from Blind Bay to White Lake for their dairy products.



HIKING



**View of Humamilt Lake looking west**



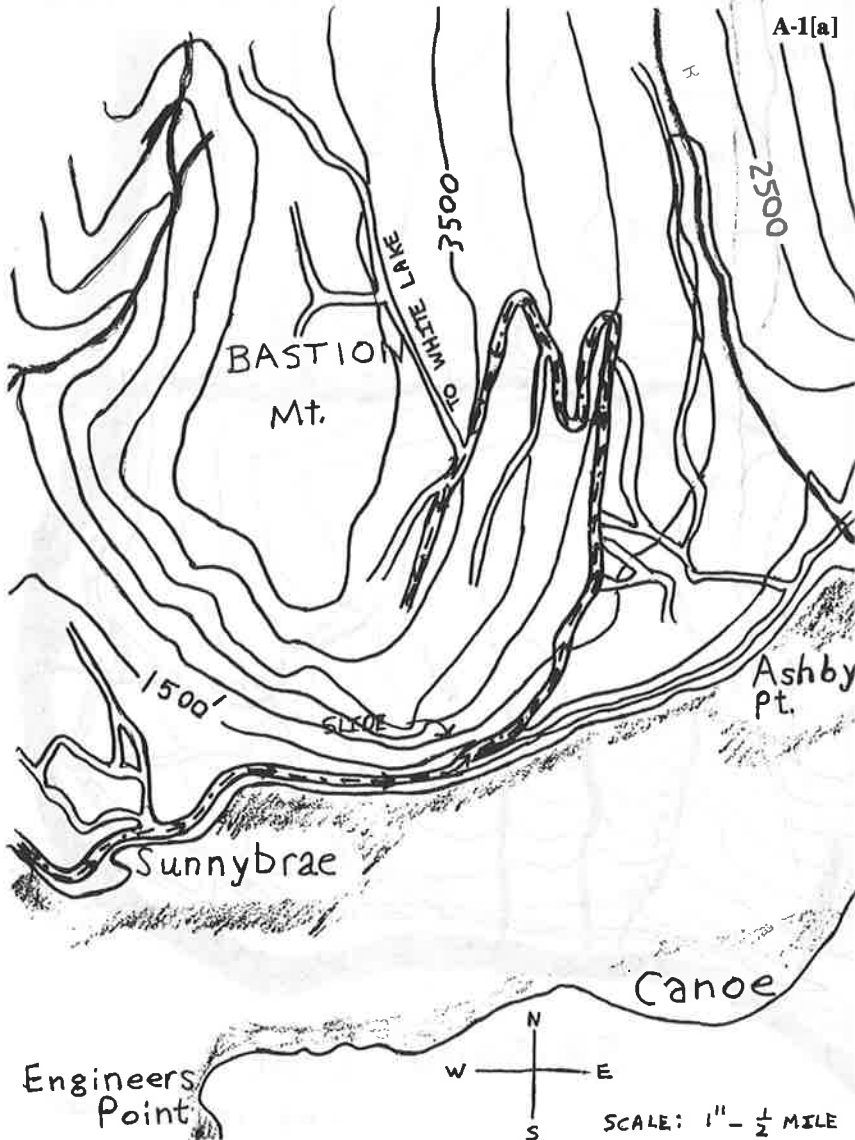
**View of Shuswap Lake shoreline near Wild Rose Bay**

# BASTION MOUNTAIN

A-1[a]

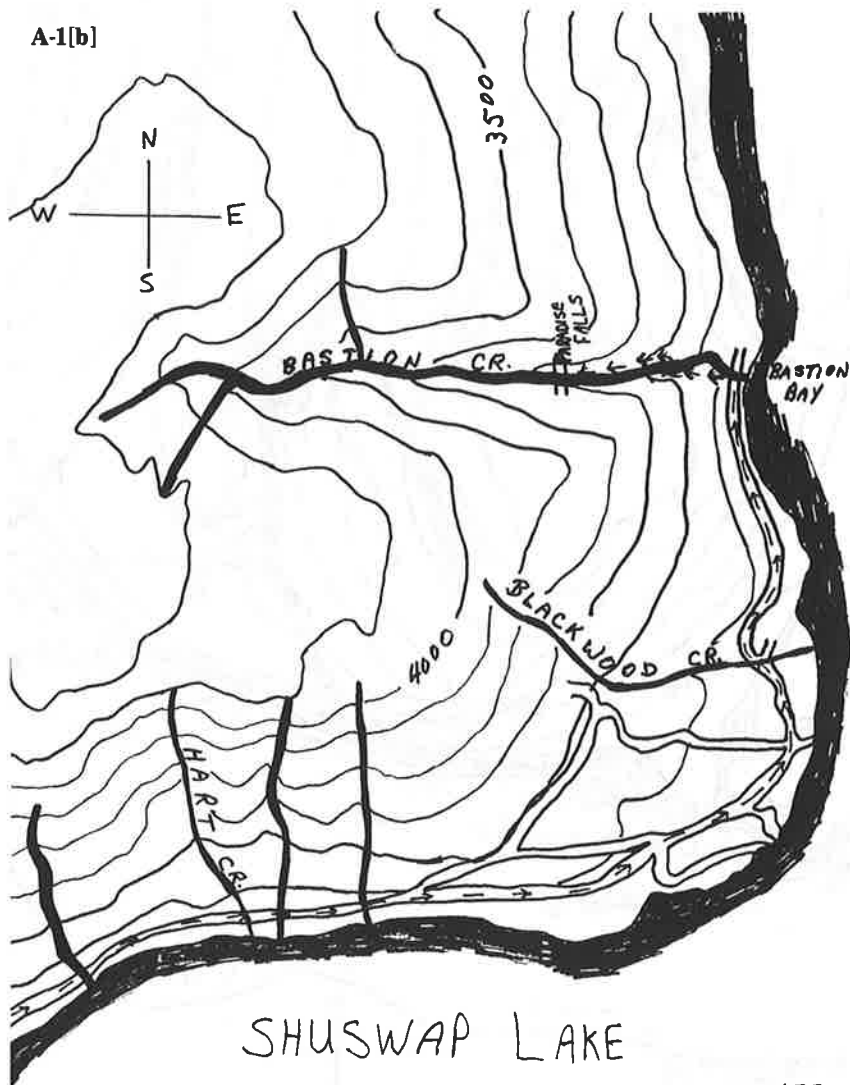
**Goal:** To drive and hike to the summit of Bastion Mountain overlooking Sunnybrae and Salmon Arm.

**Description:** A spectacular view can be had by the Sunday driver from the top of Bastion Mountain. From this point, 1,000 feet straight up from Shuswap Lake, one is afforded a fantastic view of the Salmon Arm area. In order to get to this spot one must turn off the Trans-Canada Highway onto the Sunnybrae road at Tappen and continue along this road for about 4½ miles until you come to a point at which you can see the Bastion cliffs looming above you with a slide at the base of the cliffs which comes nearly down to the road. Referring to the map on the opposite page you will see a



road starting up the mountain from the base of the slide. Continue on, following this rough gravel road up the mountain. There are small slides and washouts along the way which make it advisable to have a narrow, small vehicle, preferably four-wheel-drive, although a high centred two-wheel-drive vehicle can make it without too much difficulty. Keep following this most well travelled road until it forks; the right hand fork going to White Lake and the left hand fork, the one you take, going on for about one-half mile to the cliffs. Continue on until you reach the end of this road from which the edge of the cliff is about 100 feet to the left and is visible from this point. A trail follows the edge of the cliff and a picnic lunch can be eaten anywhere along it while one devours the remarkable view. The time involved in completing this trip could be anywhere from 12 to six hours, depending upon whether or not one travels all or just part of the way by

A-1[b]



SCALE: 1 INCH = .5 MILES



vehicle. Someone driving all the way up and down could do the trip in about 1½ to two hours.

**Remarks:** Rewarding day outing for camera buffs and people who just like a good view.

### PARADISE FALLS

A-1[b]

**Goal:** To hike to Paradise Falls.

**Description:** Go west of Salmon Arm approximately 12 miles until you come to the Sunnybrae turnoff. Drive along the Sunnybrae road for about 20 miles until you come to the end of the road. Hike up the left side of Bastion Creek until you come to a trail. The trail is clearly marked and easy going. It is about half a mile in to the falls.

**Remarks:** An enjoyable hike for everyone.

### REINECKER CREEK

A-1[c]

**Goal:** To hike from Pakka Road off from White Lake to Sunnybrae.

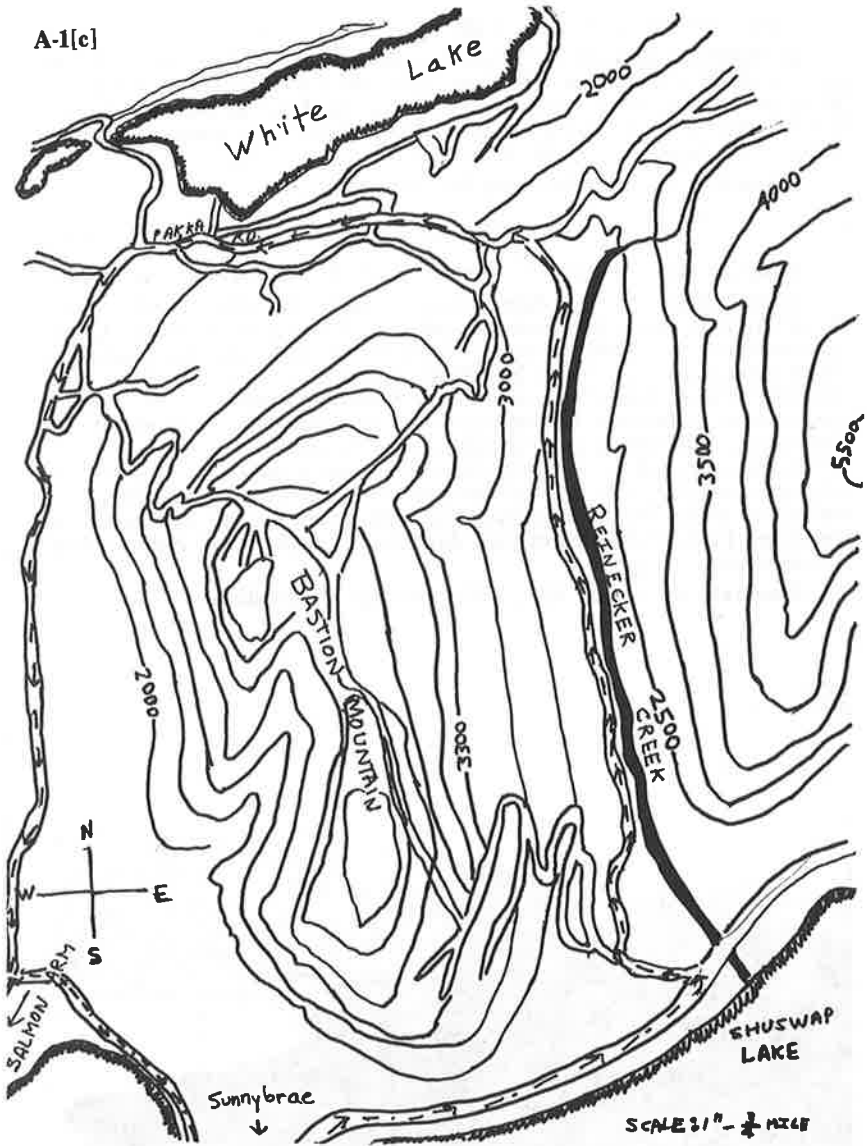
**Description:** Go west of Salmon Arm to the White Lake turnoff. Follow the White Lake Road for about four miles until you come to Pakka Road; turn down this road until you come to forks in the road. Take the south fork which turns off at right angles from Pakka Road. This road connects up with Reinecker Creek after about one mile and follows it a good part of the way. The road can be followed all the way with a four-wheel-drive automobile. It also makes a nice hike of approximately seven miles. When nearing the end of the hike, the road connects up with other roads along the way. Take the left fork each time. The lake can be seen about one-quarter mile from the end of the trail. The trail connects up with a larger road leading up to Reinecker Falls. Take a right turn down to the highway at Ashby Point (Sunnybrae).

**Remarks:** Nice, easy hike, with relaxing surroundings.



**View of Broadview and Salmon Arm looking south from Bastion Mountain**

A-1(c)



## CROWFOOT MOUNTAIN

**Goal:** To drive and hike to the Lookout on Crowfoot Mountain.

**Description:** Crowfoot derives its name from its three peaks which resemble the foot of a crow. The summit of Crowfoot is covered with beautiful alpine meadows fully in bloom during the warm summer months. In order to reach Crowfoot one must travel 30 miles west of Salmon Arm to the Squilax Bridge; turn off the Trans-Canada and cross the Squilax Bridge heading east. Continue along this road for about 15 miles until you come to Magna Bay. Upon reaching Magna Bay you will notice the United Church Camp. Continue past this and one-quarter mile before you come to the Twin Cedars Resort you will see a road leading off to the left. Follow this road for three miles until it forks; the left fork goes to the top of Crowfoot and the right fork continues on to Albas. Take the left fork and follow it for about seven miles, at which point you will have climbed into the alpine area. Continue on foot or by four-wheel-drive the last two miles to the lookout tower which is presently unoccupied. The lookout tower is on the highest peak, Mt. Mobley, which has excellent potential for camping as there are several small creeks scattered throughout the alpine area. Because of the elevation the snowpack is not usually gone until after the middle of July.

**Remarks:** One of the most easily accessible alpine areas available to the residents of the Shuswap. Worthwhile trip for one and all.

## ENDERBY CLIFFS AREA

A-3[a][b][c]

**Lambert Creek Falls** — Although this waterfall is nearly dry in the summer and not really on but adjacent to Lambert Creek, we still felt it was an ideal Sunday afternoon hike or just a great place to take a shower. To reach the falls one turns off North Enderby Road onto Inch-Logan Road, then left at Garret Road and right at Wheeler Road. Consequently one comes to an old dilapidated farm house at which point one follows the road towards the canyon in which Lambert Creek is situated. The trail crosses the creek and it takes about 30-45 minutes to reach the falls.

**Reeves Lake** — The trail to Reeves Lake begins at the waterfall adjacent to Lambert Creek (see Lambert Creek Falls hike for directions) and takes 2-4 hours to reach the lake. After crossing the creek from the waterfall one encounters a shale slide at which point one should cross Lambert Creek to avoid a steep cliff on the north side of Lambert Creek and then return to the original side again after having avoided the cliff. Consequently, the trail is well defined at this point but fades out near Reeves Lake at which point one should remain close to Lambert Creek. At Reeves Lake there is a camping spot and fishing is reported excellent.

**Enderby Cliffs Hike** — The trail to the top of Enderby Cliffs starts at the end of Brash-Allen Road and takes 2½-3½ hours. The Cliffs, which are 1,500 feet in height at one point, are noted for rockhounding (agates and jasper) and the view of the surrounding Shuswap and Okanagan regions.

## FALL CREEK FALLS

**Goal:** To hike to Fall Creek Falls.

**Description:** To find the road leading to the falls consult the Shuswap River canoeing map. The road from Mabel Lake Road is a dry weather two-wheel-drive road. After driving approximately 1½ miles up the road the hiker is advised to start in toward the falls at a place where he can hear them the loudest. Unfortunately, there is no trail and the hiker must bush-whack his way through moderate to dense underbrush for 30-45 minutes before coming onto a cliff face opposite the falls and overlooking a steep and rugged gorge between the face and the falls.

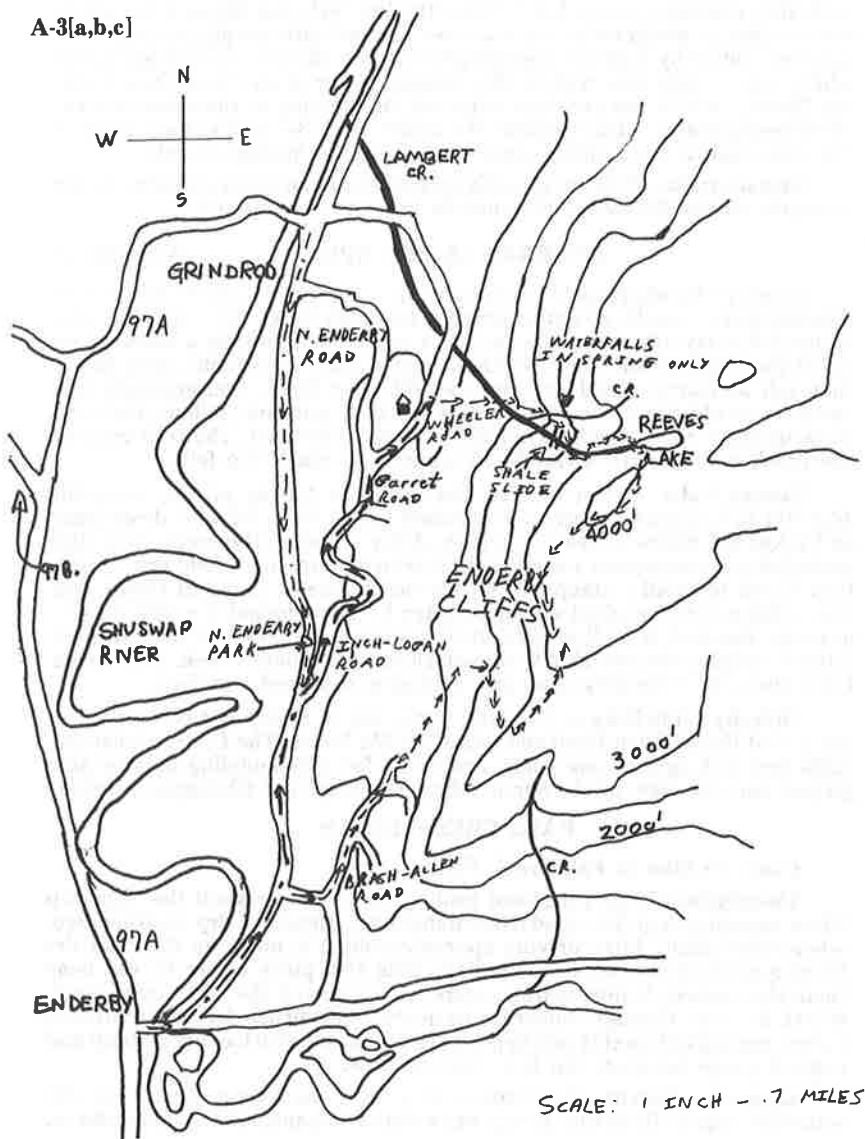
**Remarks:** Despite the absence of a trail the scenic beauty of the waterfall (especially in the spring) more than compensates for this absence.

## FLY HILLS LOOKOUT

**Goal:** To drive to the Fly Hills Lookout.

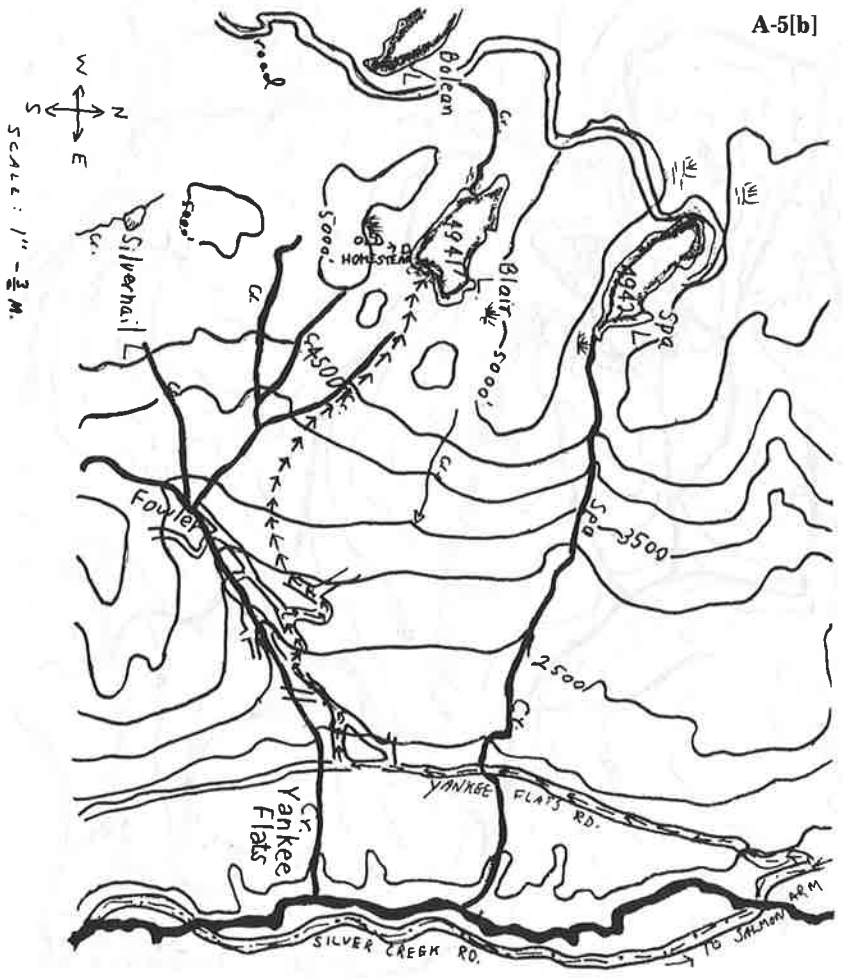
**Description:** A spectacular view of Salmon Arm and area can be had from the Fly Hills Lookout which rests 5750 feet above sea level and has on it a microwave relay station. In order to get to the lookout one must travel west on the Trans-Canada Highway from Salmon Arm for about one and three-quarter miles until you come to the Silver Creek road which goes off to the left from the main highway. Continue down the Silver Creek road for one-half mile, go around a sharp 90 degree bend and about 300 yards beyond this you will see a gravel road going up the mountain to the right. Follow this road for about one mile until it forks twice. Take the left fork both times

A-3[a,b,c]



and continue on up the mountain for about seven miles until you get to the top where the road forks again. Take the right fork and continue down it for about three miles until the road forks again. At this point you can see the relay tower on the right and it's obvious that you take the right hand fork to drive up to the tower. A short walk might be in order as this last section of road might be rough in places. The round trip would take about 2½ hours from Salmon Arm.

**Remarks:** Pleasant day trip for the family. It would be advisable to purchase a Shuswap Lake Map at the government office for this and other hikes.

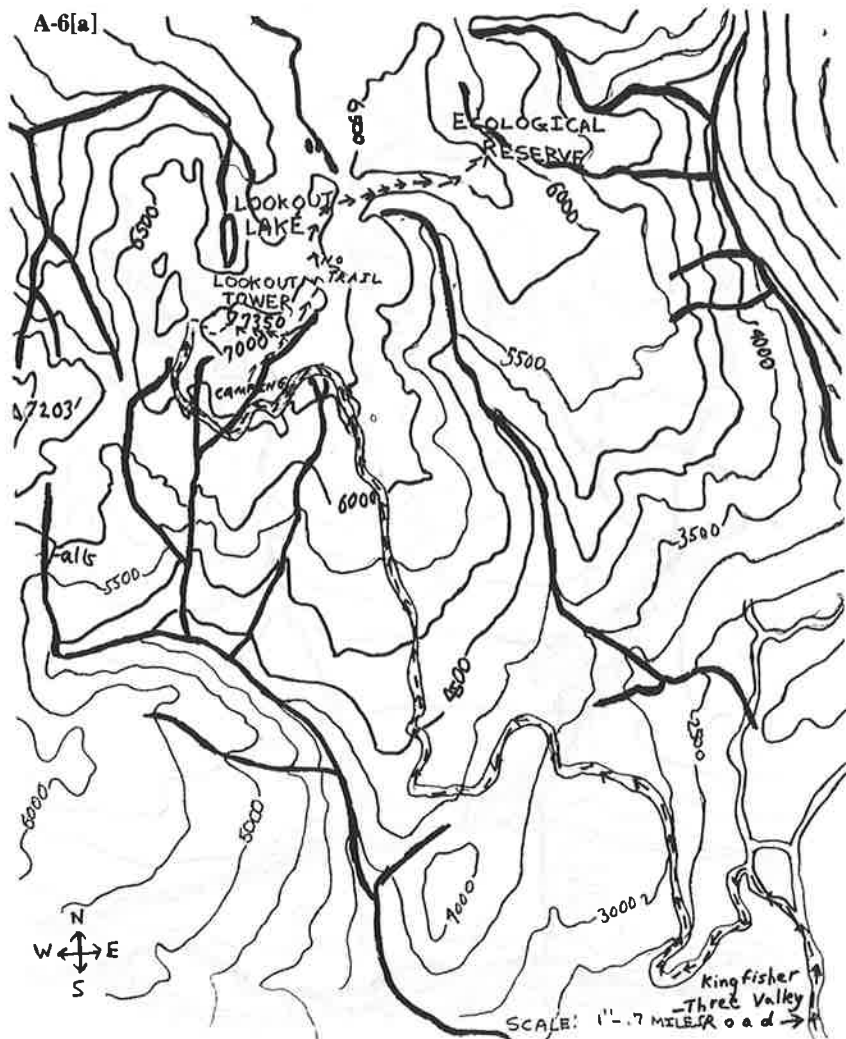


## ARTHUR LAKES FORESTRY TRAIL

**Goal:** Hike from a point above Yankee Flats Road to Arthur Lake via a trail north of Spa Creek.

**Description:** (See map for directions). For the first couple of miles the trail is well defined. It gets harder to distinguish as you go up so follow the orange trail markers. The last half mile is not marked so follow the stream to the east side of the lake. The hike takes approximately 3½ hours to go up.

**Remarks:** Most of this trail was easy but where it was overgrown the going was often difficult and the direction to travel was at times difficult to find. We hiked this trail in late May when there was still about one foot of snow above the 4,500-foot level. Blaire Lake is very beautiful and relatively untouched. There is an old homestead by the lake which makes a nice spot for camping.



## HUNTER'S RANGE

Hunter's Range offers the hiker almost unlimited alpine country with countless hiking routes, mountain lakes, streams, alpine flora, wildlife and unfortunately, insects.

Historically, the range was used for grazing sheep but currently the area is home for a D.O.T. radio directional tower on one peak, a manned forestry lookout during July and August on Mt. Mara (elevation 7,350) and several herds of cattle which graze the range in the summer months.

### MARA LOOKOUT

A-6[a]

From the forestry lookout on Mt. Mara one receives a commanding view of the Shuswap Highlands, Mabel and Shuswap Lakes and the Monashee Mountains. The alpine area around the lookout contains several ponds, streams and abundant firewood which make it ideal for camping.

The road leading to the Mara Lookout is 11.5 miles long and is marked by a sign at about seven miles off the Mabel Lake Road on the Kingfisher-Three Valley Road. Approximately three miles up the road there is a fork in the road at which point one takes the road to the left. The last five miles up the road is passable by two-wheel-drives only after prolonged hot dry weather.

At 9.5 miles there are several creeks near the road which make ideal locations for a base camp. From this point there is a trail to the lookout which takes 30-60 minutes to complete. In addition, a 3,600-acre ecological reserve (see map) has been established about two miles north of this base camp location or near the headwaters of Kingfisher Creek. (This reserve is off-limits to camping but hiking is allowed.)

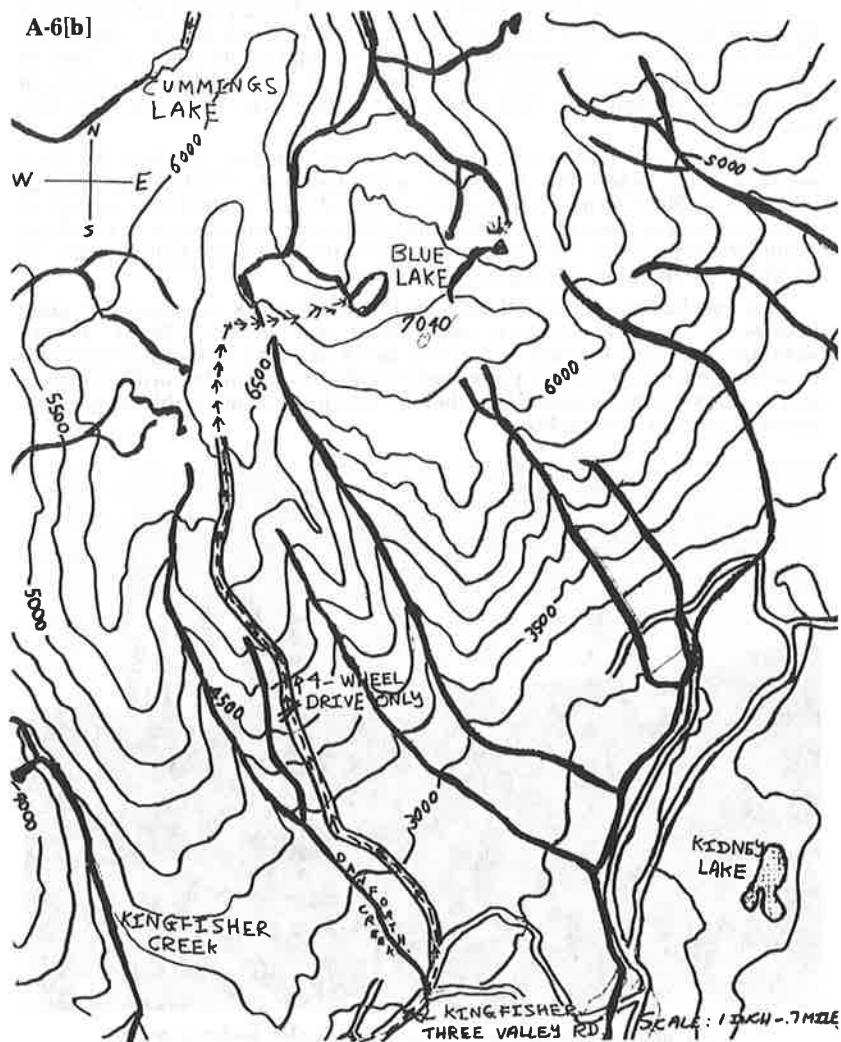
In conclusion, hiking all around the Mara peak is generally good because of the large tracts of open alpine and meadow. **Note:** Hikers wishing to explore the Mara area may do so in a day but considering the two-hour journey just from the Kingfisher Road and the beautiful sunrises and sunsets on the nearby Monashee Mountains it is advisable to prepare for at least one overnighiter.



View of Mara Meadows above Mara Lake looking north

Blue Lake is situated at the 6,500-foot level of Hunter's Range and is nestled at the head of a valley. The lake is fairly deep and is excellent trout fishing.

To get to the lake one must possess a four-wheel-drive or a pair of healthy legs. The road to the lake (which ends at a 30-45-minute hike from the lake) starts 11 miles from Mabel Lake Road on the Kingfisher-Three Valley Road. Take the road on the left immediately past Danforth Creek and some cattlepens. The length of the road is about nine miles, of which only the first four or five may be considered two-wheel-drive. Upon reaching the end of the road, take the trail heading due north upon the height of land until one can see the lake on the right. From here the terrain is quite steep and hiking-type boots are advisable.







again. Take the right hand fork again and from this point on the road is four-wheel-drive only. For this reason, people with two-wheel-drive vehicles are advised to leave their vehicles at this fork and continue on foot. Continue up this road for two miles until you see a rough road going off to the right from the road you are on. Follow this road for one-third mile and you will be at the lake. The lake and its surrounding area is quite beautiful, although the mosquitoes do everything in their power to make one think otherwise.

**Remarks:** Good camping, fishing and hiking spot requiring good four-wheel-drive vehicle or a strong pair of legs.

A-7

### MOUNT IDA TRAIL

**Goal:** To hike over the Mount Ida Trail from its starting point on Boutwell Road to its termination point at the intersection of Foothill Road and Silver Creek Road.

**Description:** Signs have been posted on Boutwell Road at the start of the trail and the trail itself has been marked at varied distances with pink and orange surveyor's ribbon. The trail is about 17 miles long and is characterized by a variety of topography and vegetation. The eastern side of the mountain receives more rain than the western side and as a result is more lush and thickly wooded. The western side, as it is drier, has an assortment of vegetation characteristic of drier climates. The complete trail is really a two-day affair although an exceedingly ambitious hiker in excellent shape could make it in one day. From the start it is about a three to four-hour hike to the first peak where there is an excellent place to camp for the night, although people intending to break the trail into two equal parts are advised to make it at least to the second peak before making camp. The view from the top is excellent and well worth capturing on film. Rockhounds would do best to bring their hammers as agate and agate-related rocks can be found on the Silver Creek side of the trail. Please close all gates when through.

**Remarks:** Part or all of the Mount Ida Trail is a must-do for all residents of Salmon Arm and area.



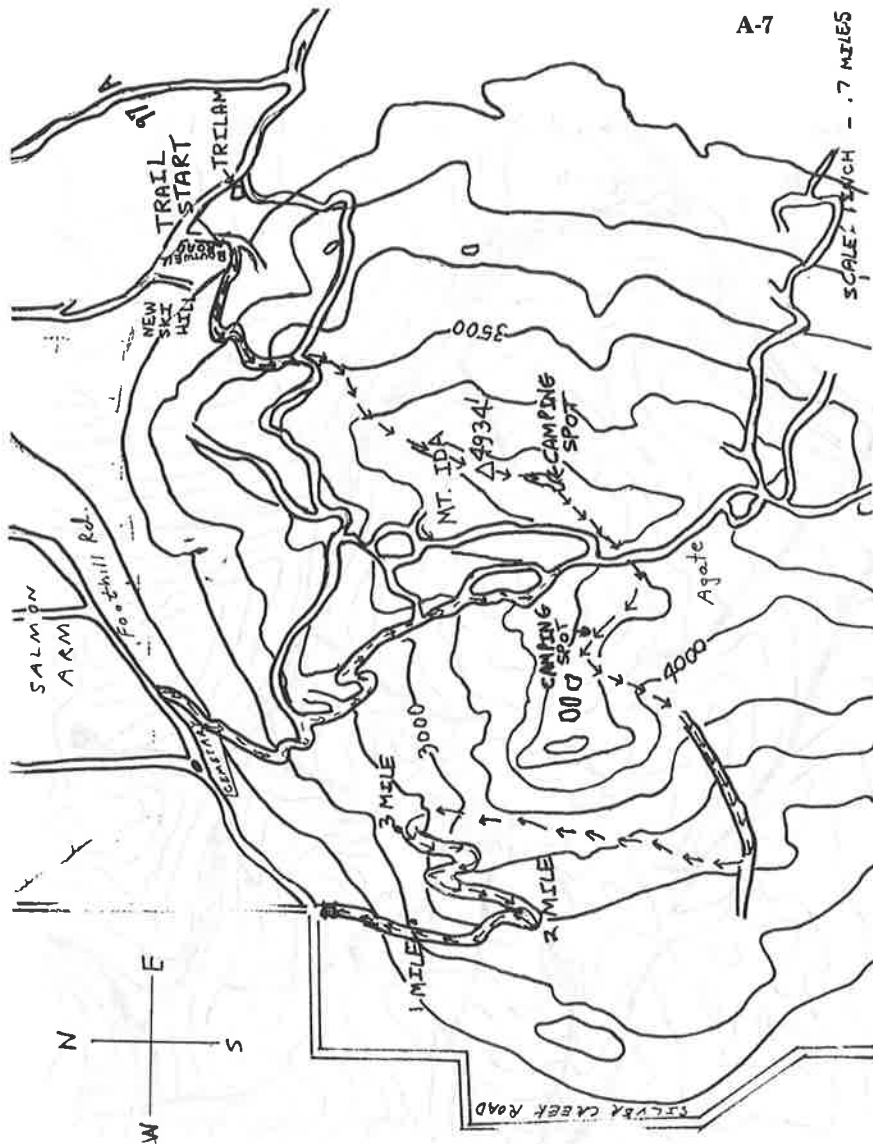
**View of Salmon Arm looking south from Bastion Mountain**

# JOSS MOUNTAIN

A-8

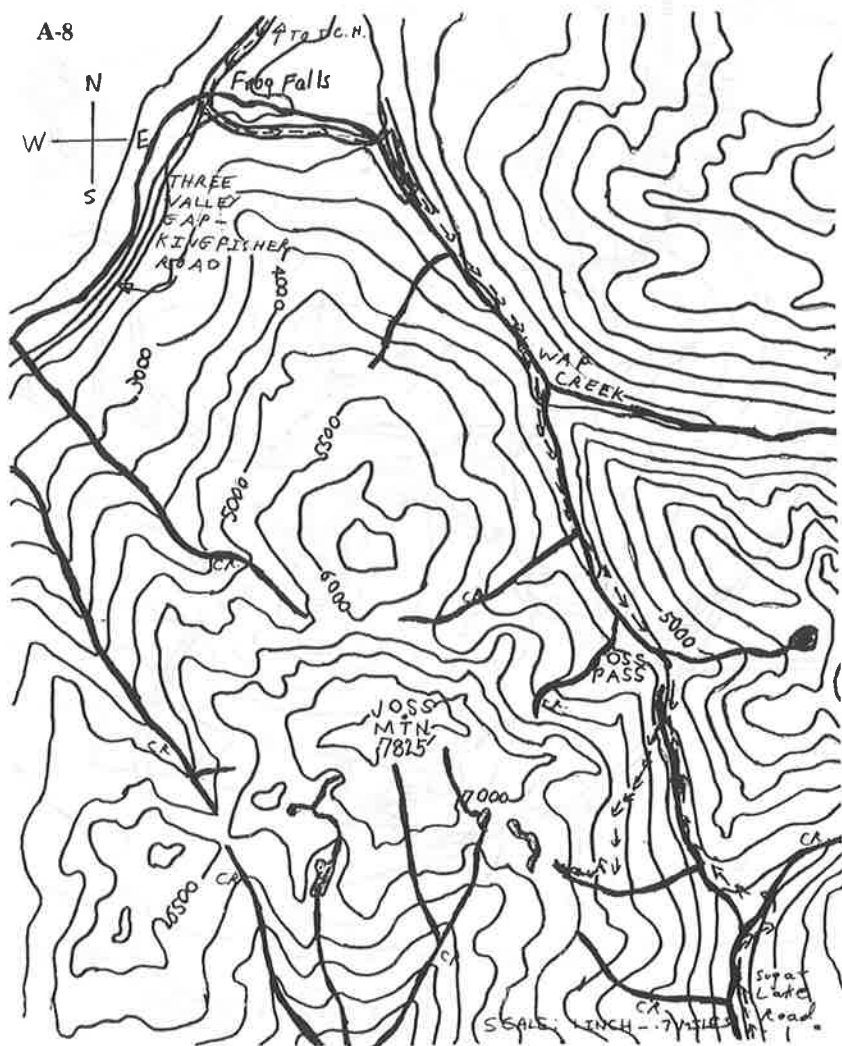
Joss Mountain is located northwest of Greenbush Lake and southeast of Three Valley Gap. In the past the mountain was used as a forestry lookout and thus commands a fine view of the surrounding Monashee Mountains. Currently, in the summers of 1972 and 1973, work is being done by juvenile delinquents to improve the Joss trails. There are two trails leading to the trail to the summit — one starting near Greenbush Lake and the other near Wap Creek (Three Valley Gap).

The trail from Greenbush starts at mile 31 on the Sugar Lake Road. However, at mile 30 a bridge has been washed out and the hiker must start from this point. The hike to Joss Pass from mile 31 is two to three hours long.



The trail from Wap Creek starts on the east side of the creek (the first four miles may be driven by VWs or four-wheel-drive vehicles) and it takes 1-1½ hours to reach the pass. To reach this trailhead, turn south off the Trans-Canada at Three Valley Gap and then turn left four miles past the turnoff. Drive three miles on this road until one crosses a bridge over Wap Creek and the trail begins immediately on the right.

The trail to the summit takes 1½-2 hours, starts near Joss Pass and is marked by a cairn on the west side of the path. Near the summit are alpine meadows and shadows of a trail south to Tsuis Mountain. In addition, there is a short hike to Twin Moon Lake south of the summit.



## THE KNOB

**Goal:** To hike to the summit of the Knob.

**Description:** Turn off the Trans-Canada at Broadview onto the South Broadview road. Continue along this road for one mile and turn left on Martin Road. Follow Martin Road for one-third of a mile until you come to a gravel cutting on the left. Park your vehicle here and the trail starts above the east side of the cutting. Follow the trail for about 250 feet until it forks. Take the path to the left which will take you to the summit of the Knob from which you will have a beautiful view of the whole area. It might also be interesting to follow some of the other well travelled paths which crisscross the Knob.

**Remarks:** An easily accessible yet worthwhile hike which can be completed in one-half hour at the most.

## LARCH HILLS

A-10

**Goal:** To drive and hike up the Larch Hills near Annis Bay to the site of an old mine.

**Description:** In order to get to the site of the old mine one must first travel 14 miles east of Salmon Arm on the Trans-Canada Highway, one mile past mile post 429. At this point there is a road going up the Larch Hills onto which you turn and follow for about two miles until you come to the mine buildings on the right hand side. The mine shaft itself is about one-quarter mile up the road from here on the left hand side. Two-wheel-drive vehicles can make it right up to the mine but people with two-wheel-drive vehicles would be well advised to drive their vehicles part way up and walk the rest of the way. The whole trip would not take more than half a day hiking or driving.

**Remarks:** Another interesting Sunday outing for the family.



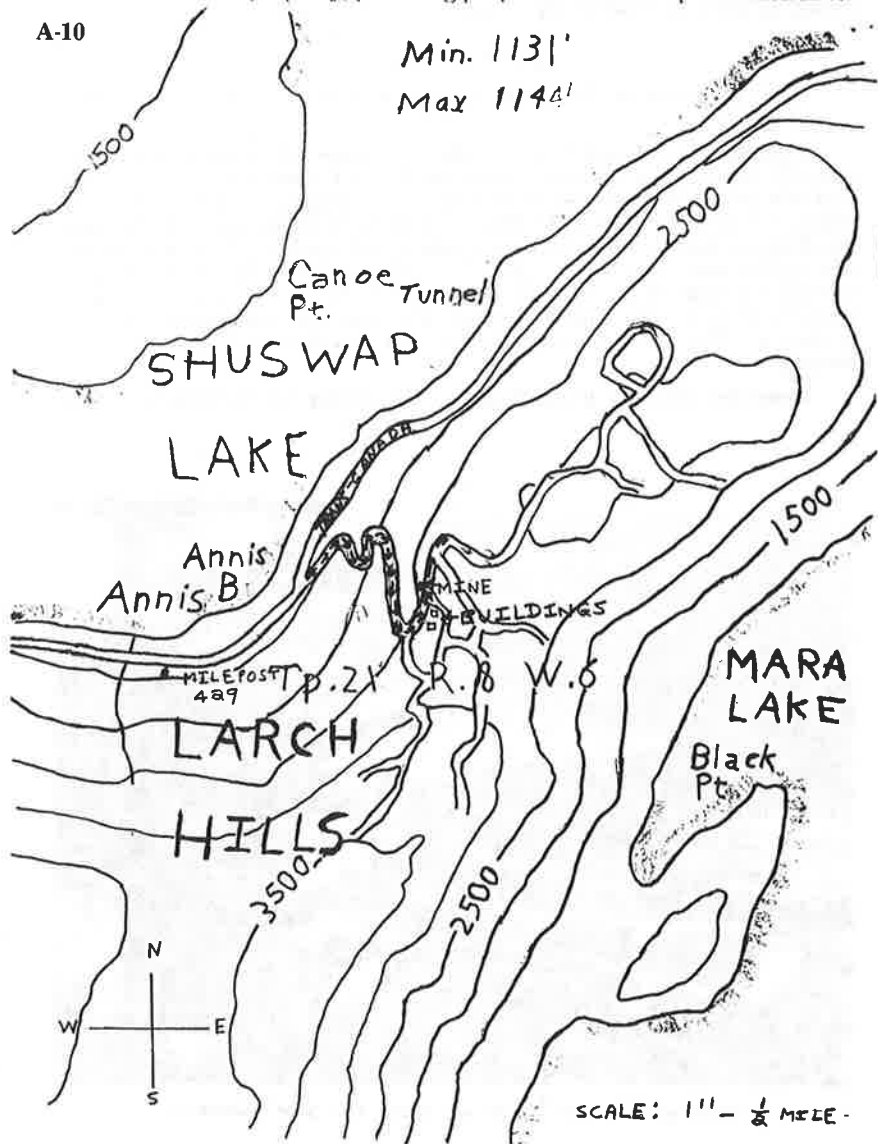
View of Sicamous from mountain north of Sicamous

## NOTCH HILL FALLS

**Goal:** To drive and hike to Notch Hill Falls.

**Description:** Notch Hill Falls are found by first travelling 15 miles west on the Trans-Canada to Balmoral and turning west at Balmoral onto the road to Notch Hill. Continue along this road for five miles until you come to Notch Hill from which there is a gravel road which crosses the tracks and goes directly south. Follow this road for one-half mile until you come to a point where the road forks east and west. Take the right fork and follow it for one-half mile whereupon there is a side road going south. Follow this side road for one-quarter mile until you see a house on the left. These people are the Mowers and they have been kind enough to let people see the Falls, which are on their property, providing people ask for their permission first.

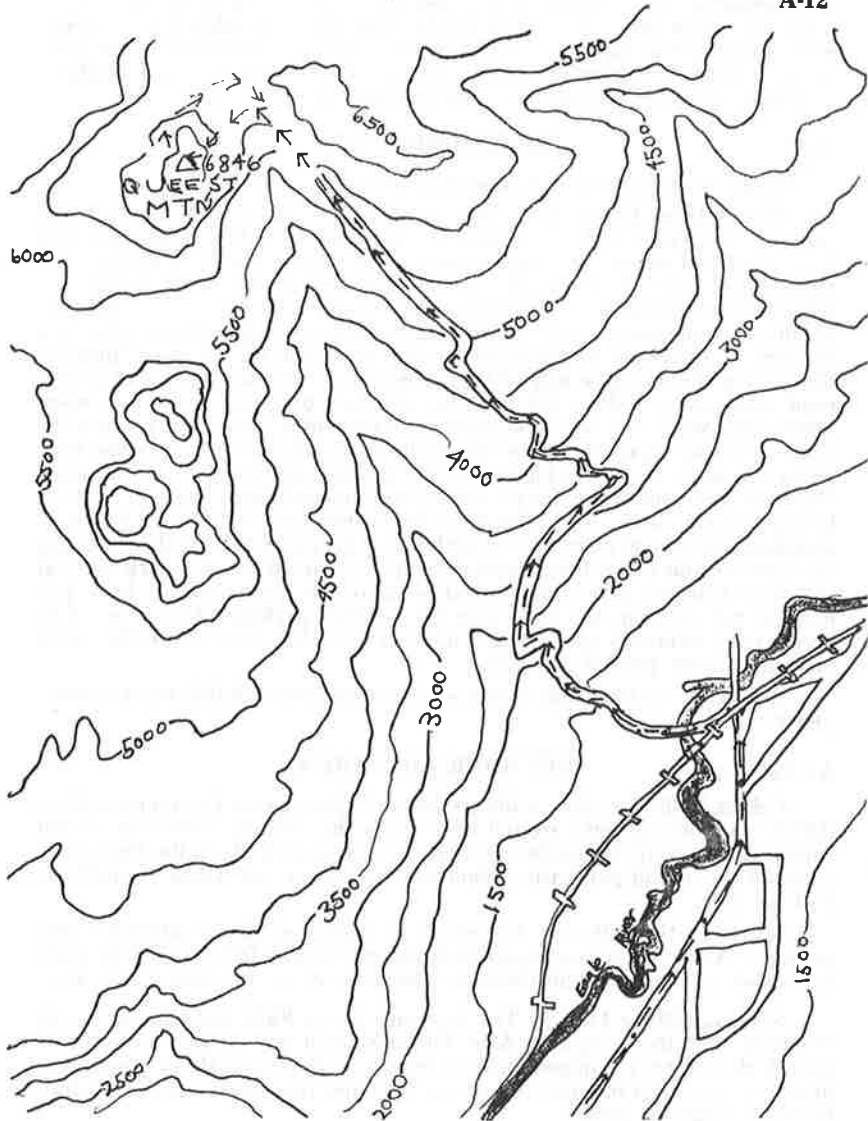
A-10



Once you have been granted permission to see the Falls, continue up the road you were previously following for about 100 yards, at which point the road forks. Take the left fork and follow it for about one-quarter mile until you come to a little bridge. Park your vehicle on the far side of this bridge and follow the creek up from this bridge for about 300 yards until you come to the Falls. The Falls are about 50 feet in height and it is possible for one to climb to the top of them without too much difficulty.

**Remarks:** Very interesting Sunday outing for the family or group not wanting a strenuous outing. An excellent spot for a picnic.

A-12



## A-12 QUEEST MOUNTAIN LOOKOUT [Altitude 6,846 feet]

**Goal:** To hike to Queest Mountain Lookout.

**Description:** Drive on Highway 1E to Malakwa and follow the road through Malakwa until the road parallels the railway tracks on your left. Turn left at the railway crossing and follow the road back; crossing a bridge over the Eagle River. A bit further on the road forks in three directions. Take the one straight ahead. The road climbs fairly steeply for about eight miles, at which point a sign warns that only four-wheel-drive vehicles are advisable from there on. The entire walk from the sign to the lookout is approximately one hour. Four-wheel-drive vehicles can be taken further up the road to a point where the road has been washed away. From this point it is a half-hour walk to the lookout.

**Remarks:** The walking is easy and the view is beautiful. There were still a few snow patches as of mid-July. The alpine meadows are covered with beautiful wild flowers and plants. Hikers are advised to wear suitable clothing for cool weather due to the altitude. Overnight camping potential is excellent as there are several small streams in the area.

## A-13 ROSEMOND LAKE

**Goal:** To hike around Rosemond Lake.

**Description:** Rosemond Lake, which is situated just beyond the southern extremities of Mara Lake, is a beautiful little lake about one mile long, bordered on one side by farmland and on the other by woodland. An enjoyable yet not difficult hike can be had by walking around this lake following the directions given on the opposite page. In order to get to Rosemond Lake one must travel to a point three miles south of the southern tip of Mara Lake where you will see on the east side of the road "Bunny's Store." On the opposite side of 97A from this store you will see a gravel road going west. Follow this road for one mile until you come to a point where the road forks; one fork going across a bridge over the river and the other fork staying on the same side of the river going south. Take the road going across the bridge and once over the bridge turn right. Continue along this road for about two miles at which point you will be in the area covered by the map opposite. The hike will take a leisurely 1½ to two hours to complete and a good place to stop for lunch is the point about half-way along the western side of the lake. People can drive their cars in and park them at the place marked, providing they close all of the gates behind them. For general information, the road into the marked parking place is a public access road although people are reminded that they must close the gates once they have passed through.

**Remarks:** An excellent family outing especially suitable for a Sunday picnic.

## A-14[a] [b] [c] SEYMOUR ARM AREA

**Celista Falls** — Celista Falls are located about two miles up-river from Albas — an old mill town around the turn of the century. The falls are not complete waterfall but rather a whole series of step-like falls. Presently, remnants of an old generating plant used to power the Albas sawmill can still be seen.

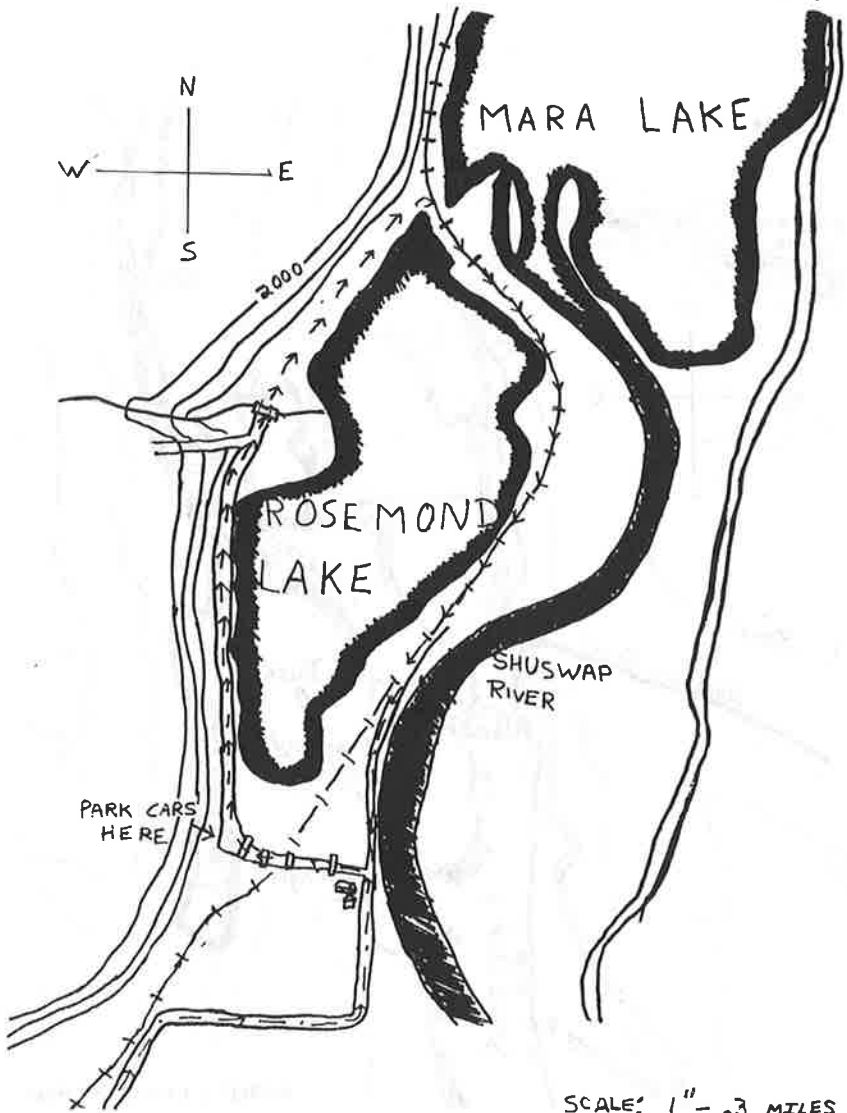
To reach the falls one travels from Albas on the Humamilt Lake-Seymour Arm road for approximately two miles. The falls are on the right hand side of the road and there is a short trail in the area of the falls.

**Seymour River Falls** — The Seymour River Falls are approximately five road miles from Seymour Arm. The falls, most spectacular in the spring runoff, derive their rugged beauty from the Seymour River's apparent desire to rest itself in a pool above the falls and then take a 40-foot plunge through a narrow gorge.



To reach the falls, follow the road past the Seymour Arm sawmill for one-quarter mile until one comes to a road branching off to the right and marked by a sign saying "Falls." Follow this road for one-half mile until one comes to a fork in the road. Turn left and proceed north along a well used logging road. The trail to the falls is difficult to find and the best method of finding the trail is to listen for the falls and then hunt along the roadside for the trailhead. The walk from the road to the falls takes no more than five minutes.

A-13



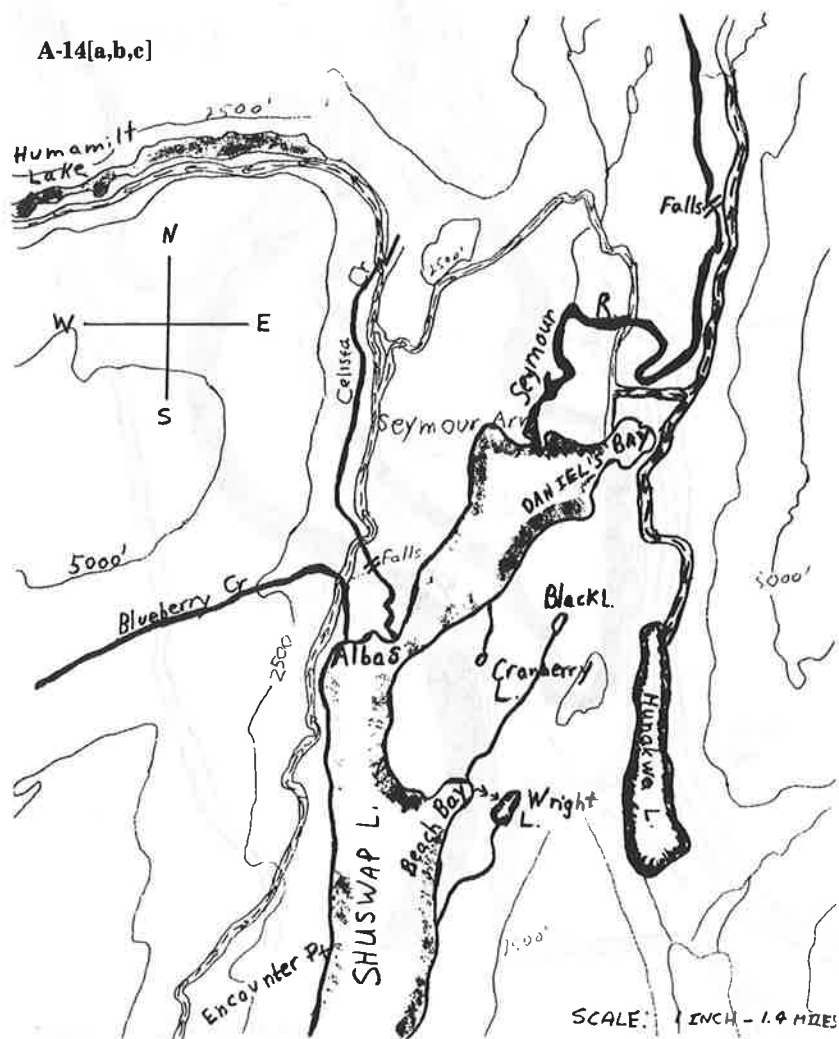
SCALE: 1" = .3 MILES

## BEACH BAY TO WRIGHT LAKE TRAIL

**Goal:** To hike from Beach Bay to Wright Lake.

**Description:** The only way to get to Beach Bay is by water. The trail starts just up from the pier in Beach Bay. For a short time, the trail parallels the bay so if you cannot find the trail right away you will come across it by just walking up into the woods. The trail is well marked and easy to follow. It is about a mile to the lake.

**Remarks:** This lake is unique and very beautiful for there are 100 feet of floating moss to cross before reaching the lake. It is a nice lake for swimming in for the water is very warm in late May.



## SICAMOUS LOOKOUT

**Goal:** To drive to the Sicamous Lookout.

**Description:** A beautiful view of Sicamous and area can be had from the mountain just north of Sicamous. The trip to the lookout is short and can easily be made by two-wheel-drive vehicles. In order to get to this lookout, travel one mile east of the Sicamous Narrows bridge on the Trans-Canada Highway until you come to the Gulf station on the left. Turn off the Trans-Canada at the Gulf station onto a paved road going north. Continue on this road over the bridge and railway tracks and about one-quarter mile beyond. At this point you will see an old road going up the mountain to the left. Do not take this road; instead continue up the main paved road for about one-third of a mile until you see a new, heavily used road going up the mountain. Take this road and follow it for about three miles until it forks. Continue on the left fork for about four miles until you can see Sicamous and area to the left. Stop here and enjoy the view. The whole trip would not take more than one hour to complete.

**Remarks:** An excellent Sunday drive.

## SQUILAX MOUNTAIN

A-16

**Goal:** To hike to the Squilax Mountain Lookout.

**Description:** From the Squilax Mountain Lookout a good view can be had of the surrounding area for miles around. The complete hike is about 10 miles round trip and would take a good day to complete. Although the route follows a road it is not possible to drive a vehicle up as two solid fences block the route. In order to get to the start of the hike one must first travel 30 miles west of Salmon Arm to the Squilax Bridge at which point you turn left up the hill on a paved road. Continue along this paved road for about one-quarter mile and keep left onto a gravel road which you follow for 1.9 miles and then turn left or east onto a smaller gravel road which you turn off to the left as soon as you get to it, and park your car here. After you have parked your vehicle, continue on foot up the road for about 100 yards until you come to a point where the road forks. Take the right fork and continue on it for about four miles until it forks again; one road going straight through the valley and the other road going up the mountain to the left. At this point you will notice an old shack about 150 feet on the other side of the stream. Continue on the left fork up the mountain until you reach the Lookout.

**Remarks:** For the moderately experienced and ambitious hiker. Not recommended as a family outing.

## HIKE TO WHITE LAKE

A-17[a]

**Goal:** To hike along the northeastern side of White Lake.

**Description:** Turn off the Trans-Canada on to the road leading to White Lake. This road is just beyond Tappen and is clearly marked. Continue along the road until you reach the end. The non-drivable section of the route around the lake is approximately four miles long. The trail is very good for walking. This trail more or less follows the lake shore. The vegetation along the route is quite dense and is varied in type and size.

**Remarks:** During late June, July and August the trail is in very good condition; however, at any other time of the year some spots will be rather wet.

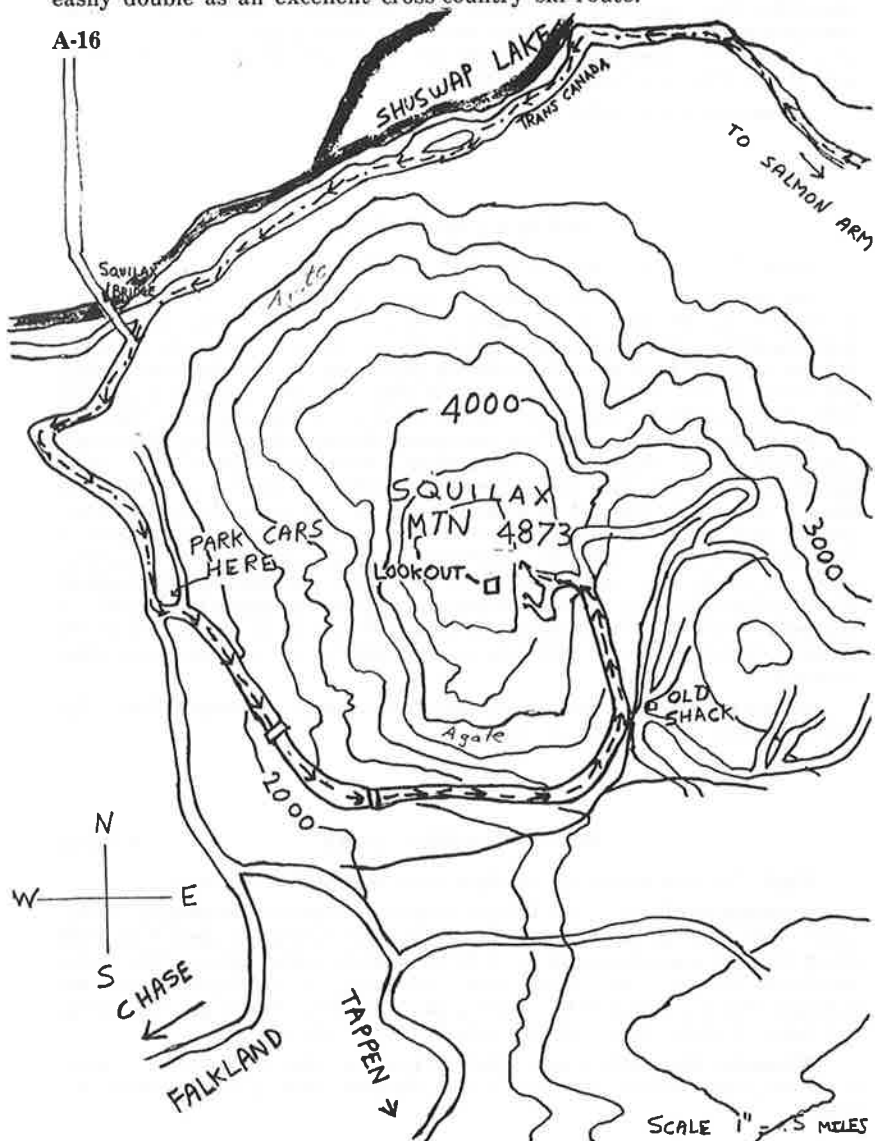
## HIKE TO BLIND BAY - EAGLE BAY ROAD

**Goal:** To hike from White Lake to Shuswap Lake near Blind Bay.

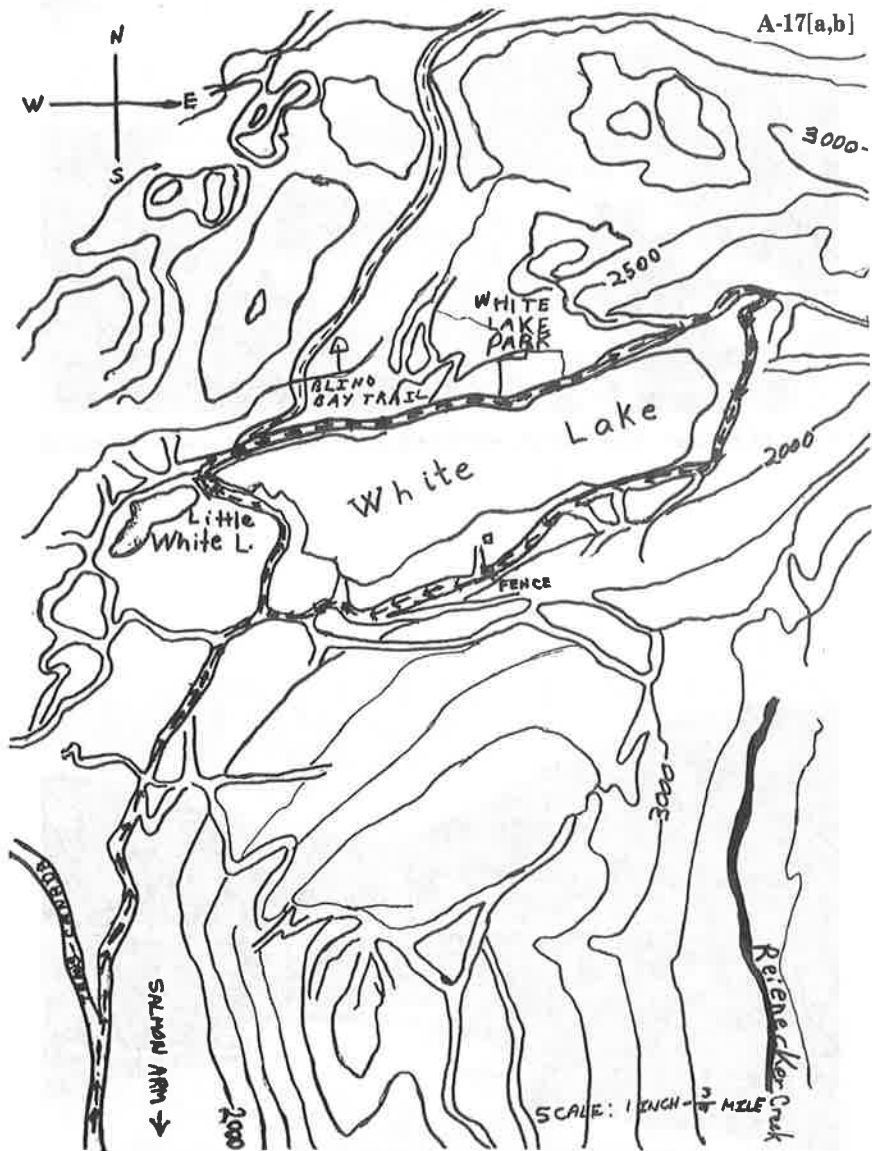
**Description:** Although this lake is along a road there is a gate on the Shuswap Lake side which prevents vehicle traffic from going through. For directions to the start of the road, consult the map on the White Lake hike. The hike is approximately 45 minutes to one hour long and over fairly level terrain.

**Remarks:** The trail passes through an area where large quantities of slate may be found. The area has recently been logged and consequently the trail may be muddy in wet weather. Since the terrain is generally level and there is transportation access at both ends of the route, this trail would easily double as an excellent cross-country ski route.

A-16



A-17[a,b]





**View of Salmon Arm looking southwest from mountain above Sicamous**



**View of Shuswap Lake near Wild Rose Bay**

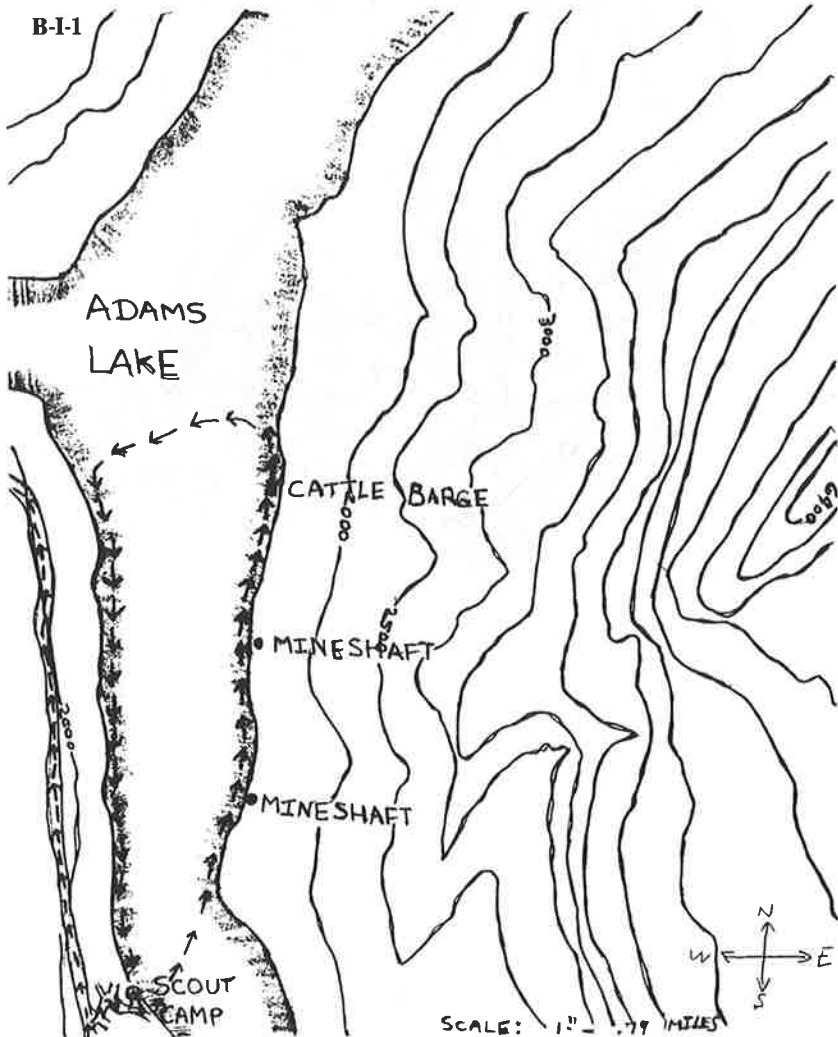
# CANOEING ?



**B-I-1****ADAMS LAKE**

**Goal:** To canoe from the Scout Camp on Adams Lake, across to the eastern side of the lake, up that shoreline in a northerly direction for about three miles, back across to the other side of the lake and down the lake in a southerly direction to the Scout Camp.

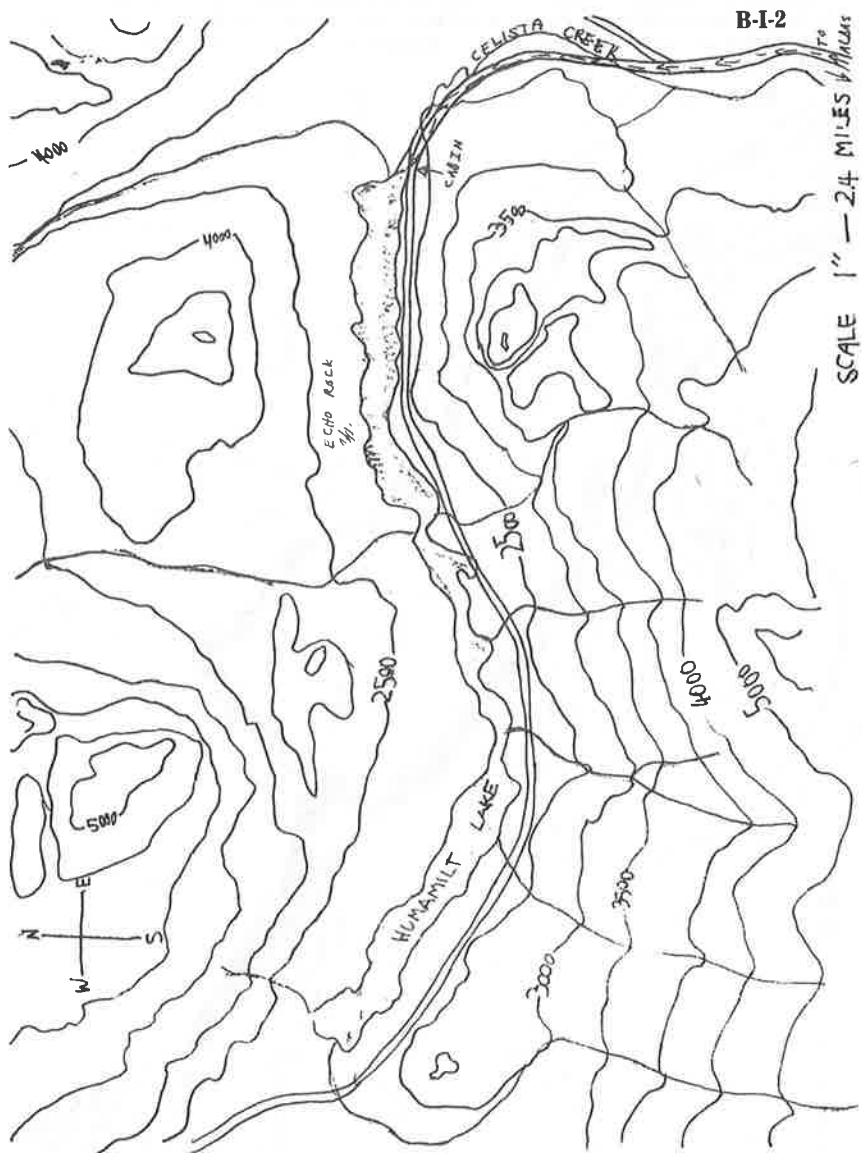
**Description:** In order to reach the Scout Camp on Adams Lake, one must turn off the Trans-Canada Highway at Squilax, proceed across the Squilax Bridge and travel about two or three miles along this road until you reach the clearly marked Adams Lake turnoff on the left. Continue on the Adams Lake road for about five miles until you are at a point within about one-quarter mile of the Adams Lake Sawmill. At this point you will see a well travelled gravel road going up the mountain from the left hand side of the road. Follow this road as it parallels the lake for about two miles until you come to a sign on the right hand side of the road which says "Scout Camp." Turn off on this road and continue down to the Scout Camp as it is marked on the map opposite and put your canoe in to the right of the Scout Camp. The route itself is

**B-I-1**



quite scenic as there are relatively few cabins and other signs of civilization along the shoreline. On the eastern shoreline of the lake there are two mine-shafts just above the shore, the southernmost of which is about 100 feet in length and the other one which is about 50 feet in length. Both of these shafts are difficult to spot from the water and a person interested in finding them should keep a very close watch on the shoreline. The material that the miner who dug the shafts seemed to be looking for was gold, as much iron pyrite material is in evidence on the inside and in areas surrounding the shafts. **Time:** Four hours' paddling.

**Remarks:** Pleasant day trip for the get-away-from-it-all canoeist and an especially interesting route for the amateur prospector.



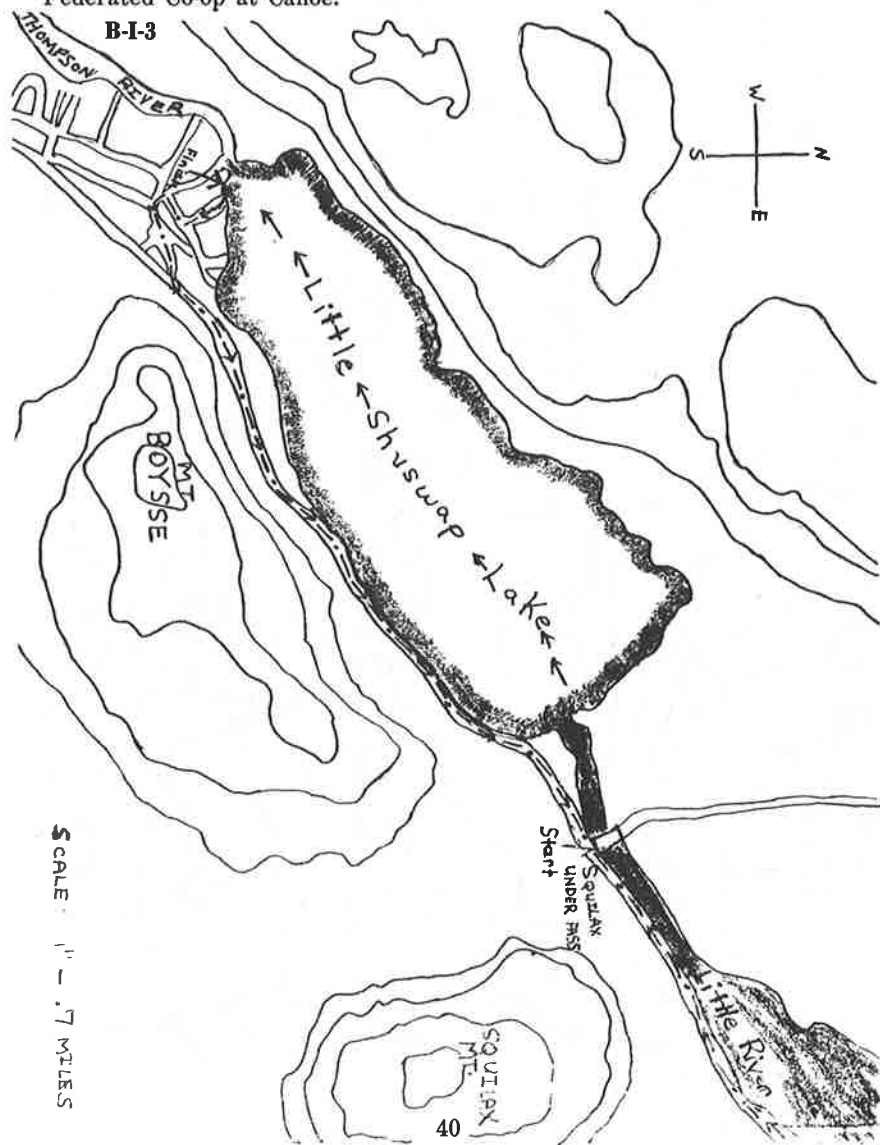
## HUMAMILT LAKE

**Goal:** To canoe from the headwaters of Celista Creek up Humamilt Lake to the north-western end.

**Description:** (See map for directions to Celista Creek.) From the creek, about one-third of a mile up the lake, there is a maze of islands which divide the lake into many channels. The canoeist should keep to the left or southern channel. The lake narrows down in two or three sections but passage is still fairly easy. The entire canoe trip takes about three and a half hours.

**Remarks:** The area surrounding Humamilt is fairly wild country. The vegetation is dense and wildlife is present. At the east end of the lake, the Canoe Federated Co-op has made a cabin available to members of the public free of charge. To avoid double bookings, make reservations by phoning the Federated Co-op at Canoe.

B-I-3

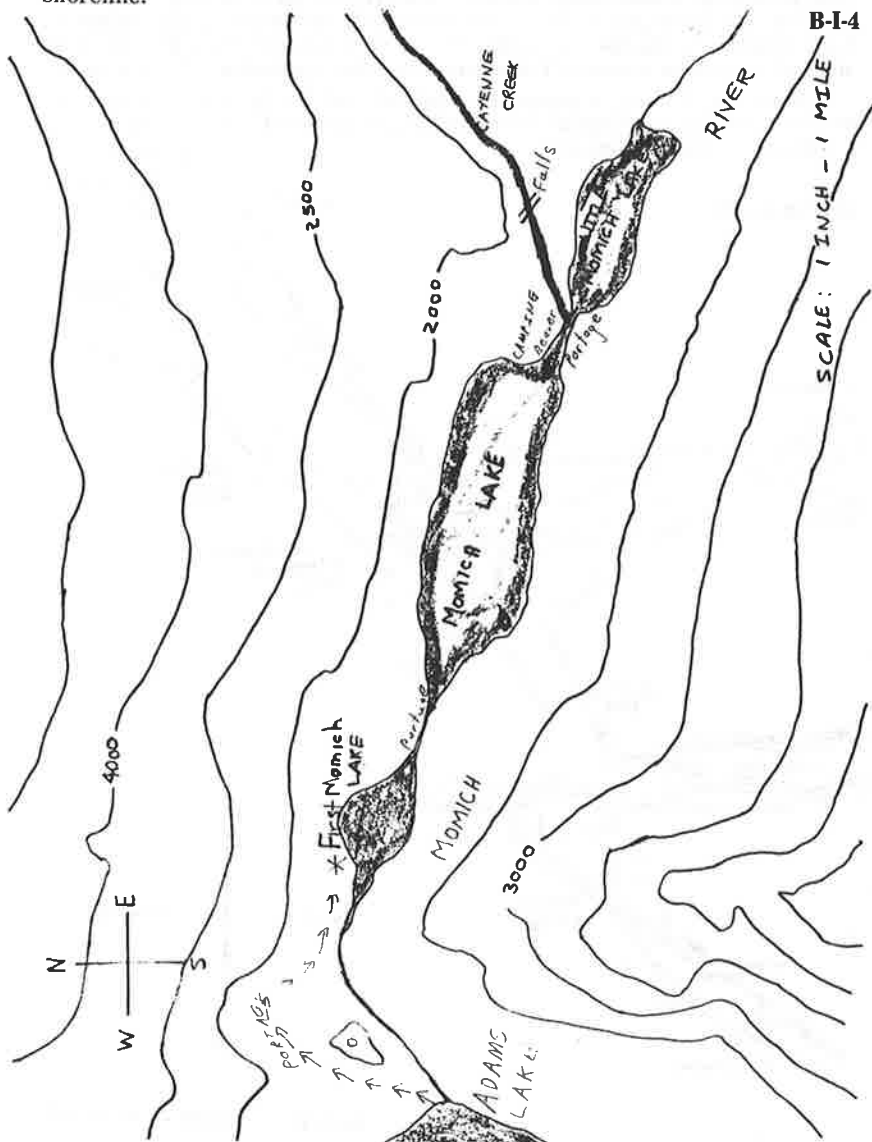


**B-I-3****LITTLE RIVER AND LITTLE SHUSWAP**

**Goal:** To canoe down the "Little River" and across the "Little Shuswap Lake."

**Description:** From Salmon Arm, travel west along the Trans-Canada Highway for approximately 30 miles. Look for sign advertising "Little River Lodge." One or two miles past this lodge you will come to a bridge crossing the Little River. It is fairly easy to launch a canoe here. Once in the canoe, the entire trip down the river and across the lake can be completed within three or four hours.

**Remarks:** This would make an enjoyable family outing as the river current is not very strong and there are many stopping places along the shoreline.

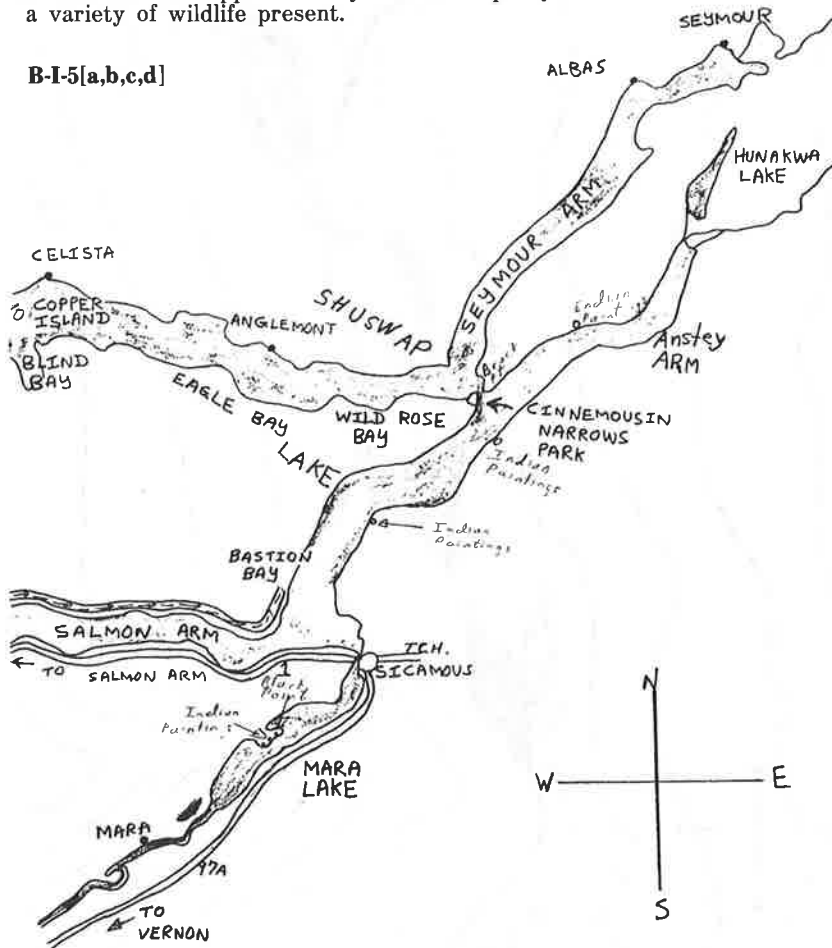


## MOMICH LAKES ROUTE

**Description:** To reach the start of the Momich Lakes route, drive along the west side of Adams Lake until arriving at a log-dumping camp immediately across from Momich Creek. This is an excellent point to launch the canoe as it is only two miles across the lake to the portage trail situated 100 yards north of Momich Creek. The portage trail from Adams to First Momich Lake is 1½ miles and takes five hours to complete. At the start of First Momich Lake there is a cabin and a suitable campsite which would make an excellent first day campsite if one did not wish to reach Momich Lake the first day. After canoeing First Momich one encounters a 200-yard portage between First Momich and Momich Lake. On the east end of Momich there are three excellent campsites (see map) and would make an ideal location as a base camp. Between Momich and Little Momich Lake are a series of beaver ponds which are apparently navigable. Little Momich Lake represents the last navigable stretch of water and thus signifies the start of the return journey. The entire trip takes approximately five days.

**Remarks:** Fishing is reported excellent and for the hiker there is a 60-foot waterfall approximately two miles up Cayenne Creek. There is also a variety of wildlife present.

**B-I-5[a,b,c,d]**



SCALE: 1 INCH - 4 MILES

## SHUSWAP LAKE

B-I-5[a]

**Goal:** To canoe from Bastion Bay to Wild Rose Bay with an overnight stopover at the Cinnemousin Narrows Provincial Park.

**Description:** In order to get to Bastion Bay where one puts one's canoe in, it is necessary to turn off the Trans-Canada west onto the Sunnybrae Road about eight miles west of Salmon Arm. Continue along Sunnybrae Road for about 20 miles until you come to the end of it at Bastion Bay. Here you will see a house on the right by the lake with a large garden in front of it. Ask the kind people who live in this house for permission to put your canoe in and park your car here. Once you have put your canoe in, proceed up the lake in a northerly direction towards the Narrows which is about 14 miles from your starting point and about four to five hours of paddling. At the Narrows there is a Provincial Campsite which is a good place to stop for the night for those people who don't want to do the whole trip in one day. From the Narrows it is about three miles to Wild Rose Bay and about one hour of paddling. The whole route is quite scenic and a slight detour can be made to look at the Indian paintings just south of Quartzite Point. These small, red Indian paintings are about 12 feet off the water at the low water mark and are on the first bluff south of Quartzite Point which is marked by a lighthouse. It should also be noted that a close examination is necessary to find the paintings, especially when one is trying to find them for the first time.

**Remarks:** A very pleasant and enjoyable two-day canoeing trip with an excellent overnight stopover spot.

## SHUSWAP LAKE

B-I-5[b]

**Goal:** To canoe from Blind Bay over to Copper Island, across to Scotch Creek and back to Blind Bay.

**Description:** In order to get to the vacant beach on Blind Bay where canoes can be put in, one must turn off the Trans-Canada on the Blind Bay road at Balmoral which is about 15 miles west of Salmon Arm. Travel about two miles down this road and you will find an intersection. Take the road to the left and continue down it for about one-half mile and you will see a vacant beach on the right. Put your canoe in here and strike a course for Copper Island. Copper Island is an excellent place to stop as there is a trail around the north side of the island, an excellent view from the top and numerous camping and picnicking spots. The next stop on this canoeing trip is the Scotch Creek campground which is a short paddle in a northwest direction from Copper Island. At this campground one has the opportunity to sunbathe on the sandy beach, swim or enjoy a picnic lunch. From the campground one can then head straight back to Blind Bay. **Time:** Three to 3½ hours' paddling.

**Remarks:** Easy and enjoyable day trip for the not-so-ambitious canoeist.

## WILD ROSE BAY - ANSTEY ARM CANOE ROUTE

B-I-5[c]

**Goal:** To canoe from Wild Rose Bay to Anstey Arm via the Cinnemousin Narrows.

**Description:** From Salmon Arm drive west approximately 15 miles until you come to the Balmoral Store. Turn right on the Blind Bay Road just after the store. Go along to a sign that says "Wild Rose Bay Resort." This is a good place to launch your canoe. You may leave your car here for a minimal fee of 50 cents. The route is approximately 14 miles and can be covered in about five hours of paddling by the average canoeist.

**Remarks:** At the end of the Arm there are numerous camping spots on the sandy beaches there. The Anstey River Trail starts on the east side of the Arm at the base of the mountain by the lake. The trail is in excellent

shape for the first three miles. There is evidence of a trail to Hunakwa Lake on the west bank of Hunakwa Creek which has been overgrown and does not provide easy passage. The fishing is excellent at the mouths of Hunakwa Creek and Anstey River.

**History:** Anstey Arm was named after F. S. Anstey who settled on this arm of the Shuswap Lake in 1889.

## **B-I-5[d] WILD ROSE BAY - SEYMOUR ARM CANOEING ROUTE**

**Goal** To canoe from Wild Rose Bay to Seymour Arm.

**Description:** From Salmon Arm drive west approximately 15 miles, until you come to the Balmoral Store. Turn right just past the store onto the Blind Bay Road. Go along the Blind Bay Road for about 20 miles until you come to a sign that says "Wild Rose Bay Resort." This is a good place to launch your canoe. You may leave your car here for a minimal fee of 50 cents. The route is approximately 22 miles and takes about seven-eight hours. There are numerous places to stop along the way for a swim and a rest. One being the Cinnemousin Narrows campground. Just before Beach Bay there is a rock bluff with Indian pictographs on it. There are numerous places to camp along the beach at Seymour Arm. Supplies are available at Daniels' Store.

**Remarks:** This trip is not for the weak at heart and involves some hard and heavy paddling. People not already discouraged by the previous remark and still want to complete the trip are in for some spectacular scenery and a worthwhile visit to the sparsely populated informal atmosphere of the town of Seymour. At least three days should be set aside for the trip although one can take the ferry back from Seymour to Sicamous thus shortening the trip considerably.

## **WHITE LAKE CANOEING**

**Goal:** To canoe around White Lake.

**Description:** The shore of the lake is quite thick with weeds, but it is easy to manoeuvre the canoe through any of those if necessary. To get to a place to launch your canoe you turn off at Highway 1 on White Lake Road about a quarter of a mile past Carlin School, continue along this road for about four-five miles until you come to White Lake. Keep following the road around the lake for about a quarter of a mile past the bridge, until you come to an intersection. Keeping to the right, go about 100 feet beyond the intersection and turn to the right on a little road which leads down to the edge of the lake at which place you can launch your canoe. It takes about 2-2½ hours to canoe around the lake.

**Remarks:** The scenery is extremely pleasant and there are beaches in places at which to stop for lunch.

## THE INTERNATIONAL RIVER CLASSIFICATION

**Grade 1** – Suitable for novices in closed canoe, kayak and Open Canadian. Easy. Waves small and regular, passages clear; occasional sand banks and artificial difficulties like bridge piers.

**Grade 2** – Suitable for intermediate paddlers in closed canoes, kayaks and Open Canadians. Quite easy. Rapids of medium difficulty; passages clear and wide. Occasional boulders in stream. Open canoes may ship water in places.

**Grade 3** – Suitable for experienced paddlers in closed canoes and kayaks, and expert paddlers in Open Canadians. Medium difficulty. Waves numerous, high, irregular. Rocks and narrow (clear) passages. Considerable experience in manoeuvring required. Advance scouting usually needed. Canoes will ship water, and unless equipped with spray covers will require frequent emptying. Kayaks **must** be equipped with spray covers.

**Grade 4** – **Not** suitable for Open Canadian canoes. Suitable for expert closed canoes and kayaks only. Difficult. Long rapids, powerful irregular waves; dangerous rocks, boiling eddies; passages difficult to reconnoitre; advance scouting mandatory; powerful and precise manoeuvring required. Spray decks mandatory.

**Grade 5** – **Not** suitable for Open Canadian canoes. Suitable for expert paddlers only in closed canoes and kayaks with specific white water training under expert leadership only. Very difficult. Extremely demanding, long and very violent rapids, following each other almost without interruption. River bed extremely obstructed; big drops; very steep gradient; advance scouting mandatory and usually difficult due to nature of terrain.

**Grade 6** – **Not** suitable for Open Canadian canoes. Suitable for teams of expert paddlers only in closed boats at favourable water levels and only after careful study with fully trained and experienced rescue team in position. Extraordinarily difficult. The difficulties of Grade 5 carried to extremes. Nearly impossible and very dangerous.

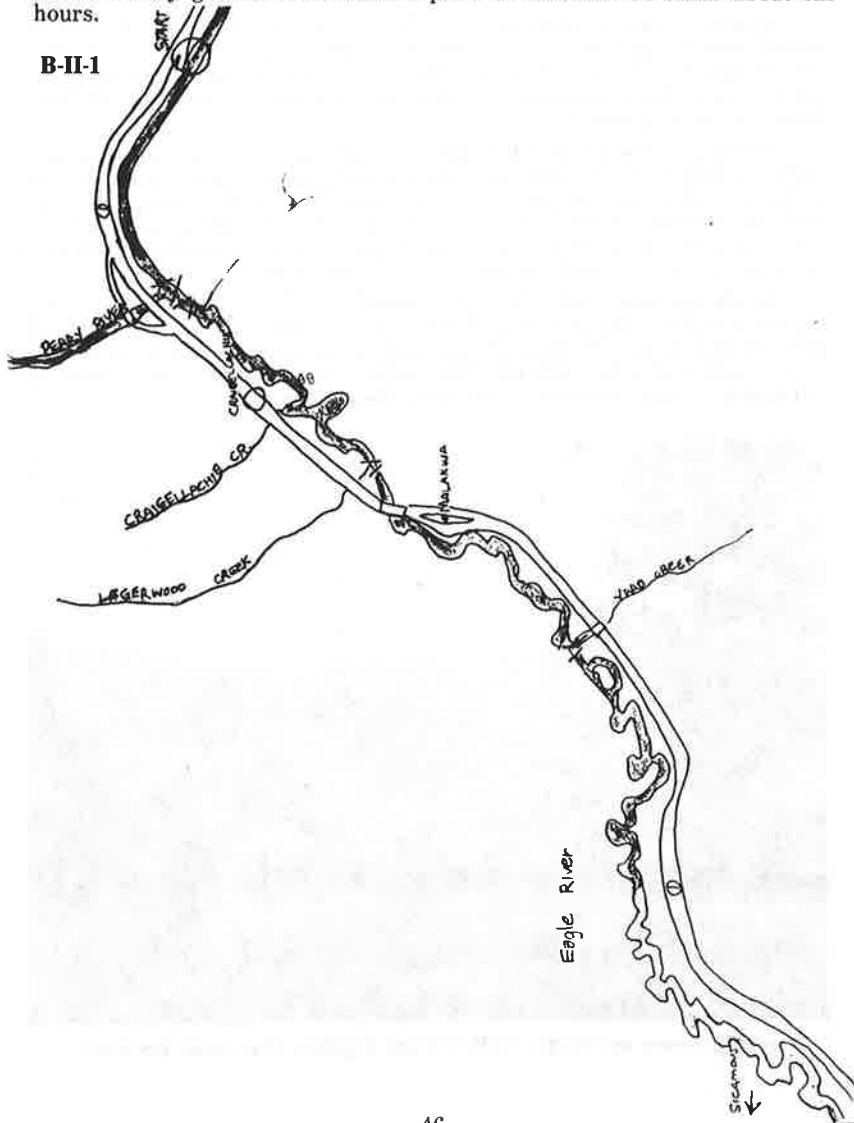


**Looking down on Turtle Valley from Squilax Mountain Lookout**

**B-II-1****EAGLE RIVER CANOEING ROUTE**

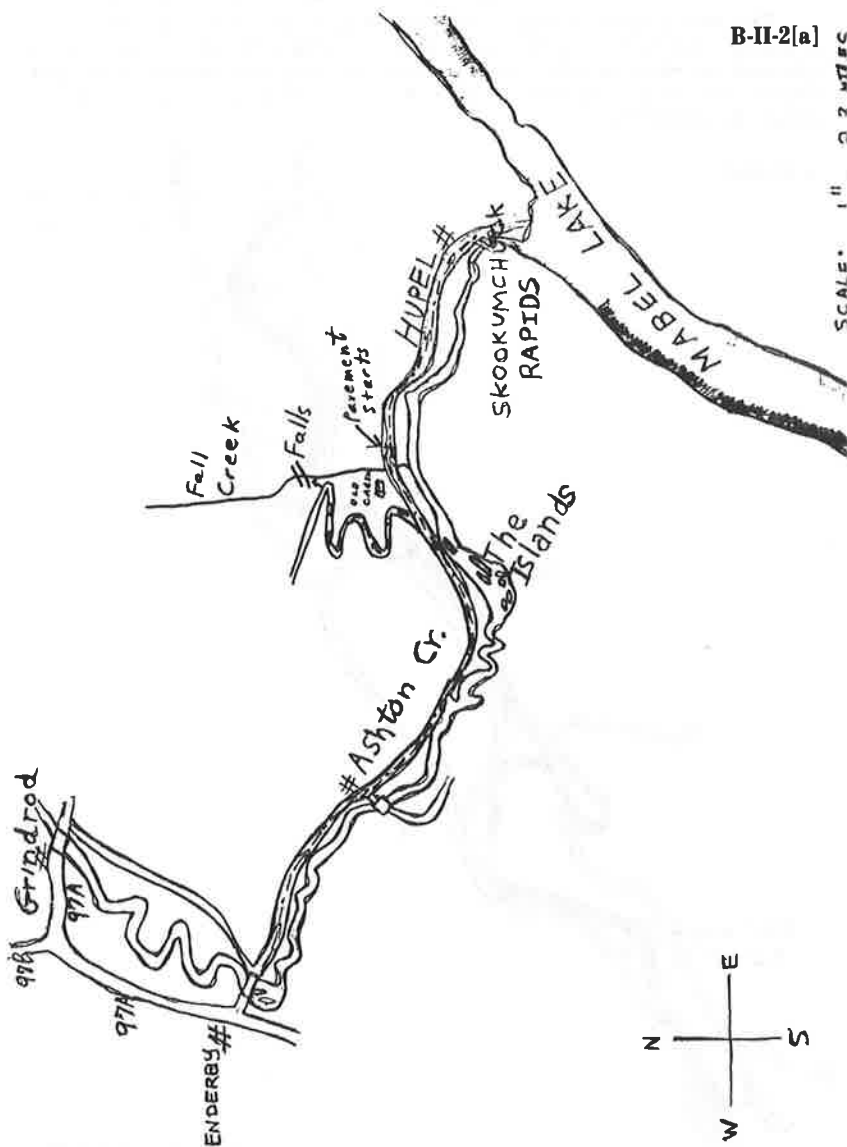
**Goal:** To canoe the Eagle River.

**Description:** How to get to the river: travelling from Salmon Arm, one goes east 20 miles to a town called Sicamous. Travel through Sicamous towards Revelstoke on the Trans-Canada Highway about 21 miles. Immediately over the Taft overhead bridge there is a good area to launch your canoe. The river here is slow and meandering. There are various places other than this one where you can launch your canoe. There are stops of interest along the way which one could put in at, depending on how long a trip you wish to make. As the river follows the highway for a good distance it is not difficult to find these areas. Above Craigellachie view point along the Trans-Canada Highway the river is fairly narrow (approximately 20 feet wide) and grades one and two with a few log jams and sweepers. The river bed is mostly gravel. The entire trip down to Sicamous takes about six hours.

**B-II-1**



**Remarks:** One must use his or her own judgment as to which side of the river to canoe on as it winds the entire distance. The strongest current is on the outside of the curve; this is also the deepest area. In spring the river is high and fast above Craigellachie but is easier as any obstructions are too deep to cause damage. However, one must be alert as there are many back eddies and sweepers. In late summer and fall, obstructions are numerous and the canoeists involved should be capable of turning their canoe very quickly. The lower part below Craigellachie is quite calm with no serious obstructions. If one is interested one can stop at Craigellachie viewpoint on the left bank and look over an old homestead.

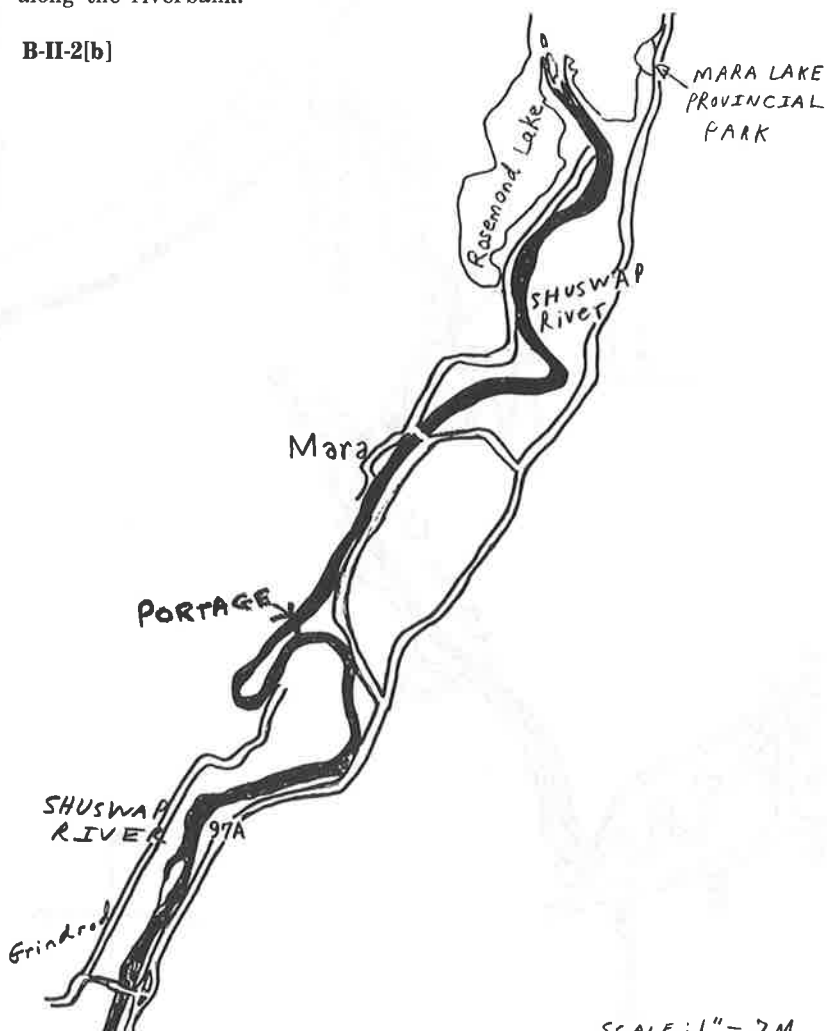


**B-II-2[a]****SHUSWAP RIVER**

This 4-5-hour 20-mile canoe trip on the Shuswap River from Hupel to Enderby is suited for the first-time river canoeist who has had some experience with handling a canoe. The trip should be started near the Hupel store or where the road parallels the river at Hupel, and completed at the Enderby bridge.

The grade of the river is 1 and 2 on the International River Grade System with a drop of about 100 feet from start to finish. The average width of the river is 150-200 feet with the average channel depth of 10-20 feet. Obstructions vary with the season and include ice, sweepers and unexposed rocks at low water, to deadheads and floating debris at high water.

The valley through which the river flows is one of picturesque rustic farmland with many old log cabins and log structures along the way. In addition, the canoeist may try fishing for trout, carp and salmon or try spotting cranes, eagles, beaver, otter and other wildlife found in abundance along the riverbank.

**B-II-2[b]**

SCALE: 1" = .7 M.

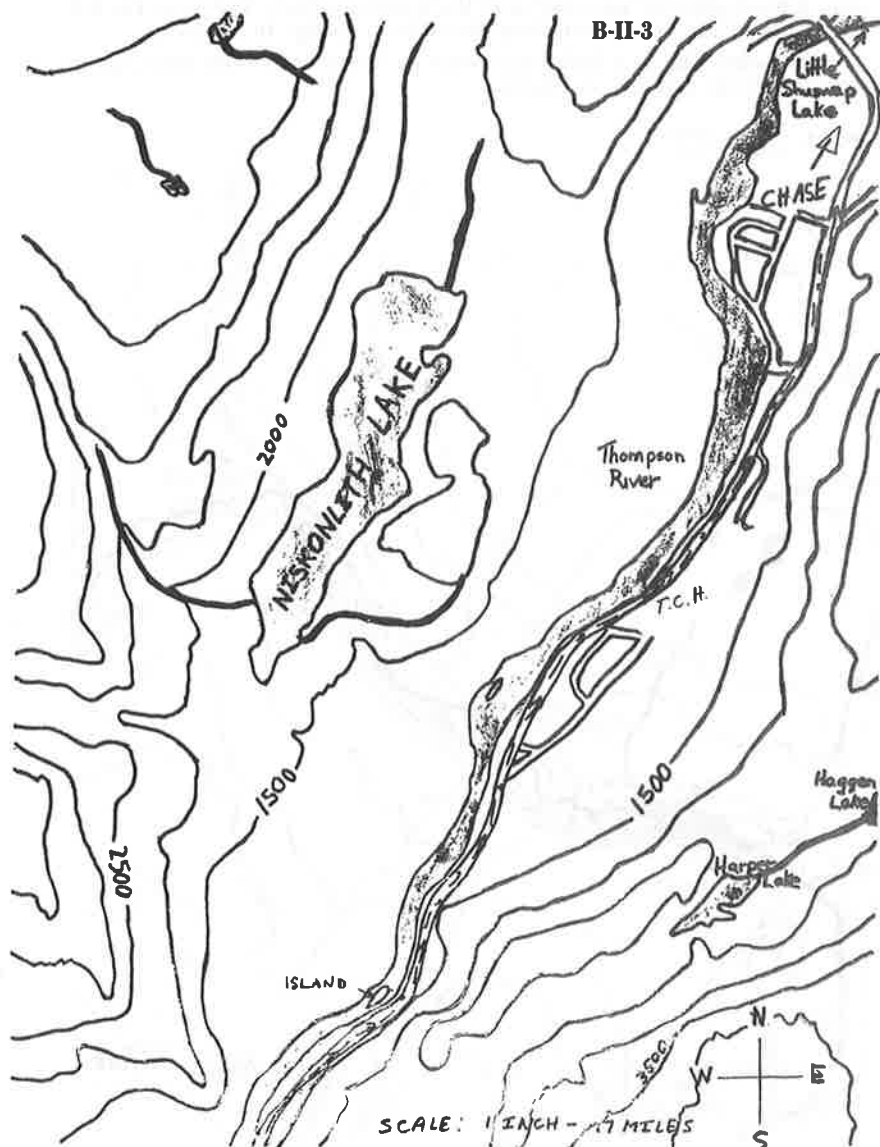
## SHUSWAP RIVER

B-II-2[b]

**Goal:** To canoe down the Shuswap River from Grindrod to Mara Lake.

**Description:** The canoe trip from Grindrod to Mara Lake is about nine miles long and would be given a Grade 1 degree of difficulty as there are few obstructions and little or no fast water. Along the route the river passes through productive farmland and no major towns or villages. A change of pace can be made by portaging at the place indicated on the map and at the same time one mile's paddling can be cut off. The trip takes about three to 3½ hours to complete.

**Remarks:** Good canoeing trip for the novice canoeist.

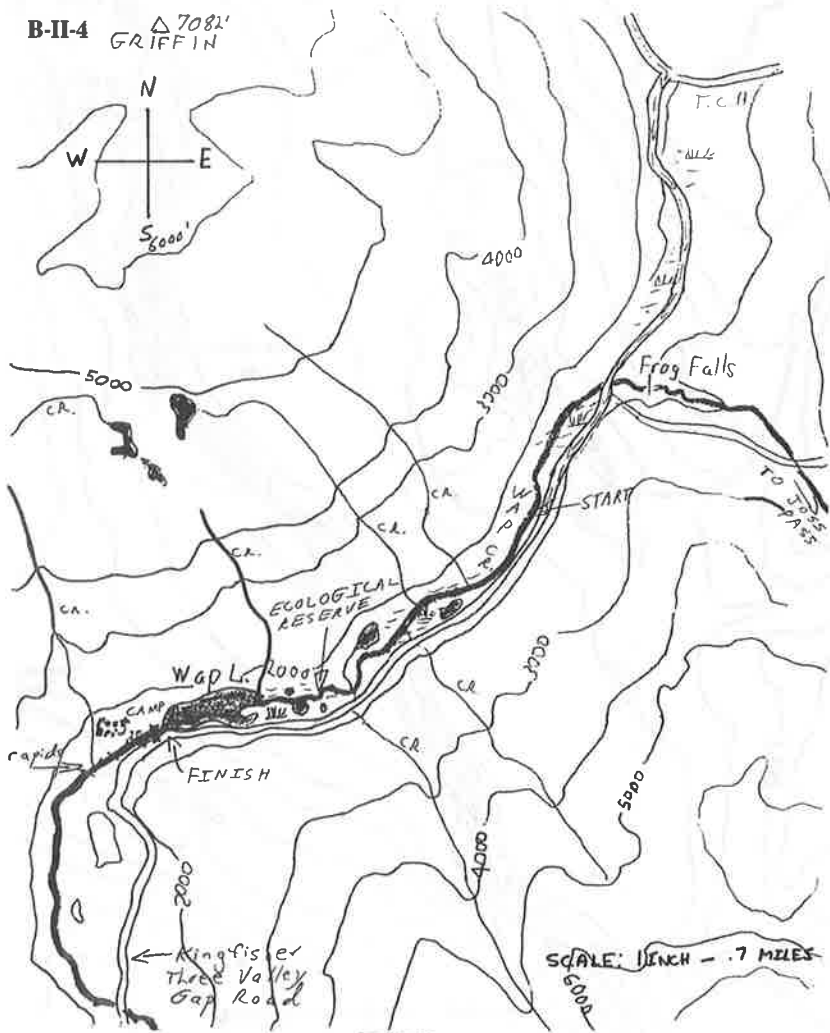


**B-II-3****SORRENTO - KAMLOOPS**

**Goal:** To canoe from Sorrento to Kamloops.

**Description:** Travel west from Salmon Arm until you reach Sorrento. Here there are many areas where you can launch your canoe. Canoe west for about two hours until you come to "Little River." This river is wide and slow. In a short while you will come to the "Little Shuswap Lake." The mouth of the Thompson River is immediately across the lake from the Little River. It takes approximately two hours to cross the lake. Once on the Thompson the pace picks up a bit. After about three or four hours' canoeing you come to an island in the middle of the river. This is an excellent camping spot. Travelling the rest of the way down to Kamloops is a leisurely day's trip. A good place to "take out" is at the Kamloops Park. This is on the left hand side of the river, just after the railway bridge in Kamloops.

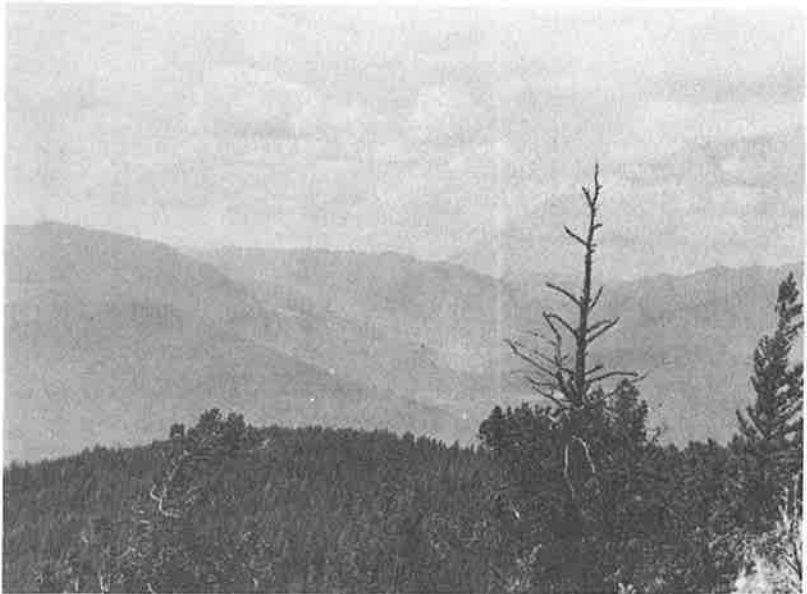
**Remarks:** This is a fairly easy route as the river is wide with a good strong current and few obstacles.

**B-II-4**

**Goal:** Canoe down the Wap River.

**Description:** From Salmon Arm travel past Sicamous on the Trans-Canada to Three Valley Overhead (bridge). Travel on approximately one-quarter mile before turning right on a well travelled gravel road. Continue, keeping right until you reach a suitable place to launch your canoe. The river stays within a quarter mile of the road. The current is slow and the river meanders consistently until you reach the lake. If one wishes to camp, there is a campsite on the far side of the lake, on the left shore. It took about two hours to travel from Salmon Arm to our launching place on the river. To canoe to the lake it took one-half hour.

**Remarks:** For about two miles this side of Wap Lake, the river is quite pleasant and enjoyable. It is Grade 1 (or has a slight current and no difficulty) and is quite interesting as there are beavers, ducks and other wildlife present. As you enter the lake you find that it is small with very pleasant surrounding scenery. No canoeing is possible beyond the lake as it becomes extremely rough after one-quarter mile down. The grade level of the river becomes four and five. Log jams, boulders and sweepers block the path. The current is extremely swift and we do not recommend that anyone try to canoe down this section of the river.



**View of Adams Lake looking north from Squilax Mountain Lookout**



**Squilax Mountain Lookout**



**View of Shuswap Lake, looking south from Marble Point**

# CYCLING



## CELISTA CYCLE ROUTE

**Goal:** To cycle from Salmon Arm to Celista.

**Description:** This route starts off very well as the highway is mostly flat and has a wide shoulder on it. There are, however, several hills: Kualt Hill, a hill just past Tappen Store and one just before Balmoral Store. After going 30 miles you will reach a junction which takes you off the main highway onto a road leading directly to Celista. This road is excellent for cycling as the highway is good and fairly flat and the traffic is moderate. It is 16 miles from the junction to Celista. The trip is approximately 45 miles and takes about five hours.

**Remarks:** As the traffic is very heavy in summer it hampers the cyclists' enjoyment. The scenery and lake make the trip interesting and pleasant.

## HISTORY OF CELISTA

When a post office was to be established here in 1907 and the residents could not agree among themselves on a suitable name for it, the postal authorities suggested that it be named after Celesta Creek. Although this creek is many miles away, the name was adopted; but due to an error in reading handwriting the name came out as "Celista."

Celista Creek was probably named after Ts Elax'tsa, paramount chief of the Okanagan. In 1875-76 when the Okanagan and Shuswap Indians formed an alliance, meaning to attack all the white settlers, Chief Ts Elax'tsa dissuaded them from this desperate venture. It is possible the creek was named after the old chief's son, John Celestin or Salista, alternate forms of the name Ts Elaxi'tsa.

## DEEP CREEK ROUTE

**Goal:** To cycle from Salmon Arm to Deep Creek to Silver Creek and back to Salmon Arm.

**Description:** Cycle up Tank Hill and turn right along South Broadview. Continue along this road onto Auto Road until it meets with Highway 97B, and turn right. Cycle along the highway to Deep Creek Road. About nine miles along this road there is a junction. Keep going straight for about a mile to another junction with a sign saying "Kamloops." Turn right at this junction and keep straight, heading toward Kamloops. This road eventually comes out onto the Silver Creek road. Turn right toward Salmon Arm and stay on the Silver Creek road for the rest of the trip.

**Remarks:** This is one of the nicer cycling routes. There is a small amount of gravel on Deep Creek road, but aside from this it is all paved. The route is exceptionally flat with the occasional hill. The roads are quiet, country ones: ideal for bicycling. The trip is about 50 miles long and takes about five hours.

## CYCLING: FALKLAND TO CHASE

**Goal:** To cycle from Falkland to Chase.

**Description:** Leaving Falkland, the first seven miles tends to be uphill. After that there is a mile of downhill coasting which brings you to Pillar Lake. The road along this lake is quite level, and there are quite a few streams along the way. There are no communities along the route and no stores except for the one at Pillar Lake campground.

One thing to note is that the route is all hard gravel road. It is approximately 30 miles and takes about three and a half to four hours.

**Remarks:** This is a worthwhile and enjoyable route. The traffic is minimal and the scenery is very peaceful.



## **CYCLE ROUTE: SALMON ARM - GRINDROD - SICAMOUS - SALMON ARM**

**Goal:** To cycle the circuit.

**Description:** Go up Tank Hill until you get to Broadview. Turn right on South Broadview. Cycle along South Broadview and then go along Auto Road until you meet Highway 97B. Go along 97B until you come to Enderby Hill and the turnoff to Grindrod. From South Broadview on, the route has been fairly level. The Grindrod to Sicamous road, although fairly narrow does not usually have much traffic on it and is an extremely nice road to cycle over. The 18 miles are relatively level and follow the lake for a good part of the way. The scenery along this route is pleasant. Once past Sicamous there is a long hill to be climbed. Approximately 11 miles from Salmon Arm there is a government picnic site where drinking water can be obtained, besides various other spots along the way. From this point to Canoe it is practically all downhill and easy coasting. Once past Canoe there is a steep hill, but it is not very long. There is another hill up to Broadview turnoff and then it is all downhill to Salmon Arm. The entire route is about 50 miles long and takes about five hours, not including rest stops.

**Remarks:** This is a good ride for the in-shape cyclist. The scenery is very appealing. Hills: Tank Hill, Firehall Hill, one long one on this side of Sicamous.

## **HISTORY OF SICAMOUS AND MARA**

From the Indian "Shick-a-mows," meaning "in the middle."

Mara Lake, after John Andrew Mara, one of the overlanders of 1862 who became very prosperous. (Overlanders were a group of approximately 150 men who set out from Quebec and Ontario to find their fortunes in Cariboo goldfields.)

John Mara — Member of the Legislative Assembly (1871-86) and a Member of Parliament (1887-96). He died in Victoria in 1920 at the age of 79.

## **SILVER CREEK BIKE ROUTE**

**Goal:** To cycle from Salmon Arm to the Silver Creek Store and back.

**Description:** The ride is approximately 20 miles return and it takes about two hours. The first two miles of the route follows the Trans-Canada Highway, then turns left at the Salmon River Bridge on to the Silver Creek road. The rest of the route follows this road to Silver Creek. About 100 feet up Silver Creek is a foot bridge which makes a nice place to stop for lunch or a rest before heading back. This bridge is on a government park site.

**Remarks:** This route makes a very pleasant ride as there are no hills at all on it, and the traffic is not heavy.

## **SUNNYBRAE CYCLE ROUTE**

**Goal:** To cycle from Salmon Arm to the end of the pavement on Canoe Point Road.

**Description:** It takes approximately two and a half hours to cycle to the end of the route at a relaxed pace. The only hills are Kualt Hill just before Tappen and one or two toward the end of Sunnybrae Road. On the whole, the route is quite level. Most of it has a good, wide paved shoulder until you turn off on to Sunnybrae Road. This road is good with little traffic, but is rather narrow and winding.

**Remarks:** This cycle route stays close to the lake all the way, giving a very fine view. Sunnybrae Road is especially nice to cycle over.



