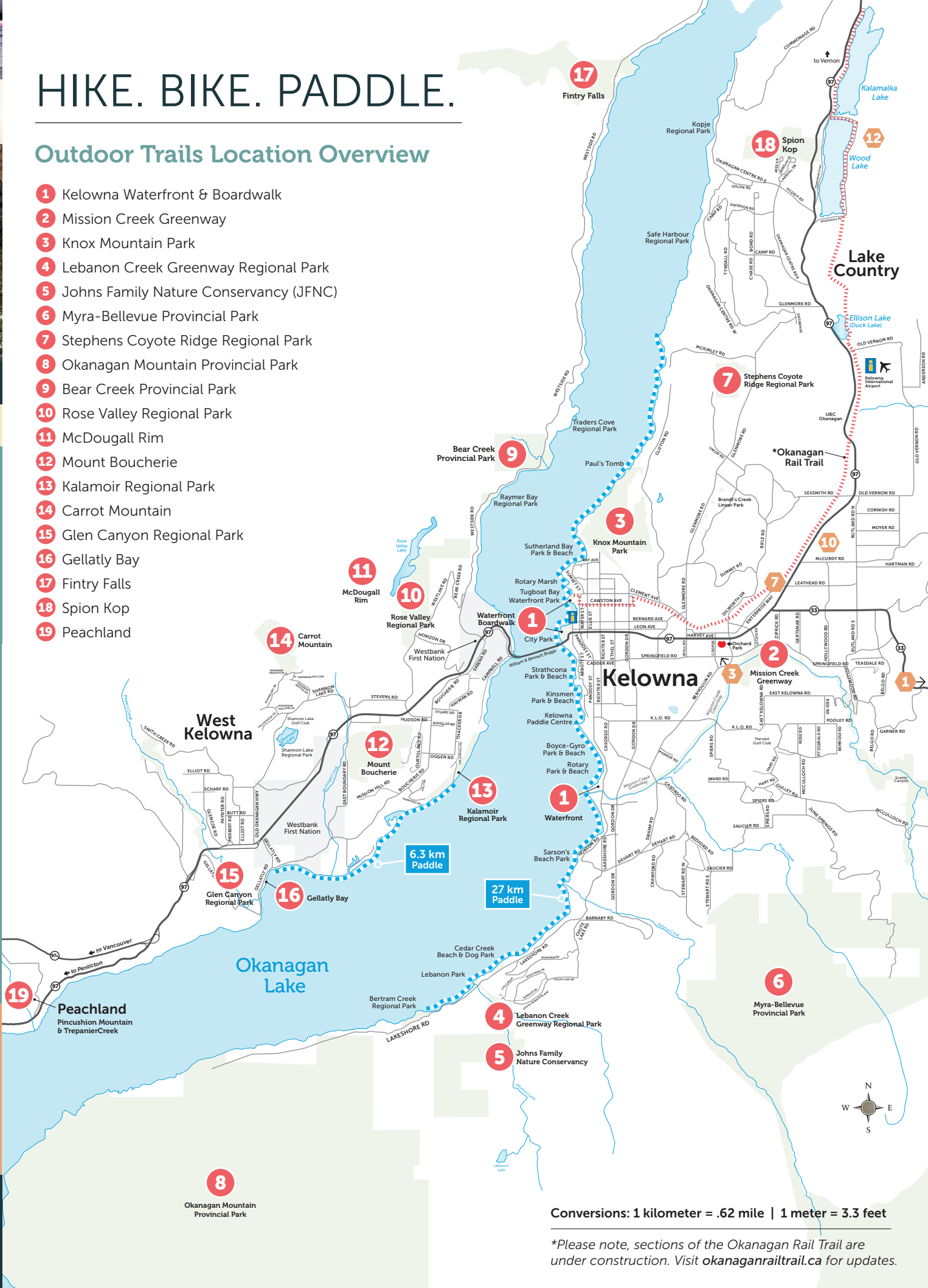




HIKE. BIKE. PADDLE.

Outdoor Trails Location Overview

- 1 Kelowna Waterfront & Boardwalk
- 2 Mission Creek Greenway
- 3 Knox Mountain Park
- 4 Lebanon Creek Greenway Regional Park
- 5 Johns Family Nature Conservancy (JFNC)
- 6 Myra-Bellevue Provincial Park
- 7 Stephens Coyote Ridge Regional Park
- 8 Okanagan Mountain Provincial Park
- 9 Bear Creek Provincial Park
- 10 Rose Valley Regional Park
- 11 McDougall Rim
- 12 Mount Boucherie
- 13 Kalamoir Regional Park
- 14 Carrot Mountain
- 15 Glen Canyon Regional Park
- 16 Gellatly Bay
- 17 Fintny Falls
- 18 Spion Kop
- 19 Peachland



Conversions: 1 kilometer = .62 mile | 1 meter = 3.3 feet

*Please note, sections of the Okanagan Rail Trail are under construction. Visit okanaganrailtrail.ca for updates.

Enjoy a leisurely walk or bike ride along the boardwalk.

- 1 KELOWNA WATERFRONT BOARDWALK**
2.2 km | Climb: 0 m

1 Kelowna Waterfront & Boardwalk

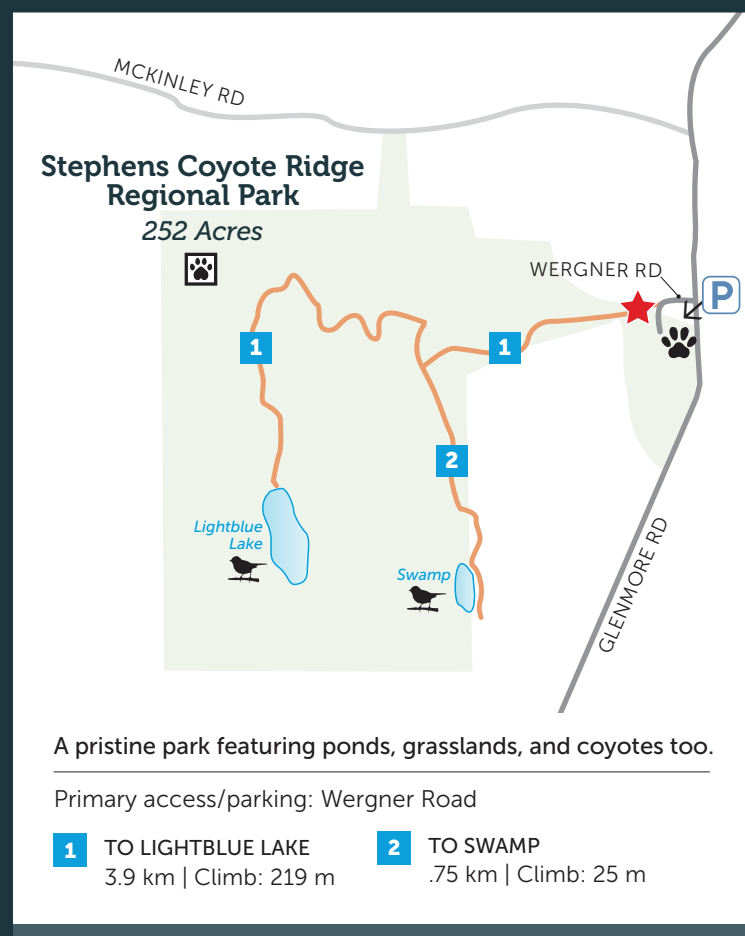


Sweeping lake and city views – access to rock climbing too

Primary access/parking: Lakeshore Road

- 1 **LEBANON CREEK**
4.03 km | Climb: 575 m
 - 2 **KETTLE POT**
2.2 km | Climb: 212 m

4 Lebanon Creek | 5 JFNC

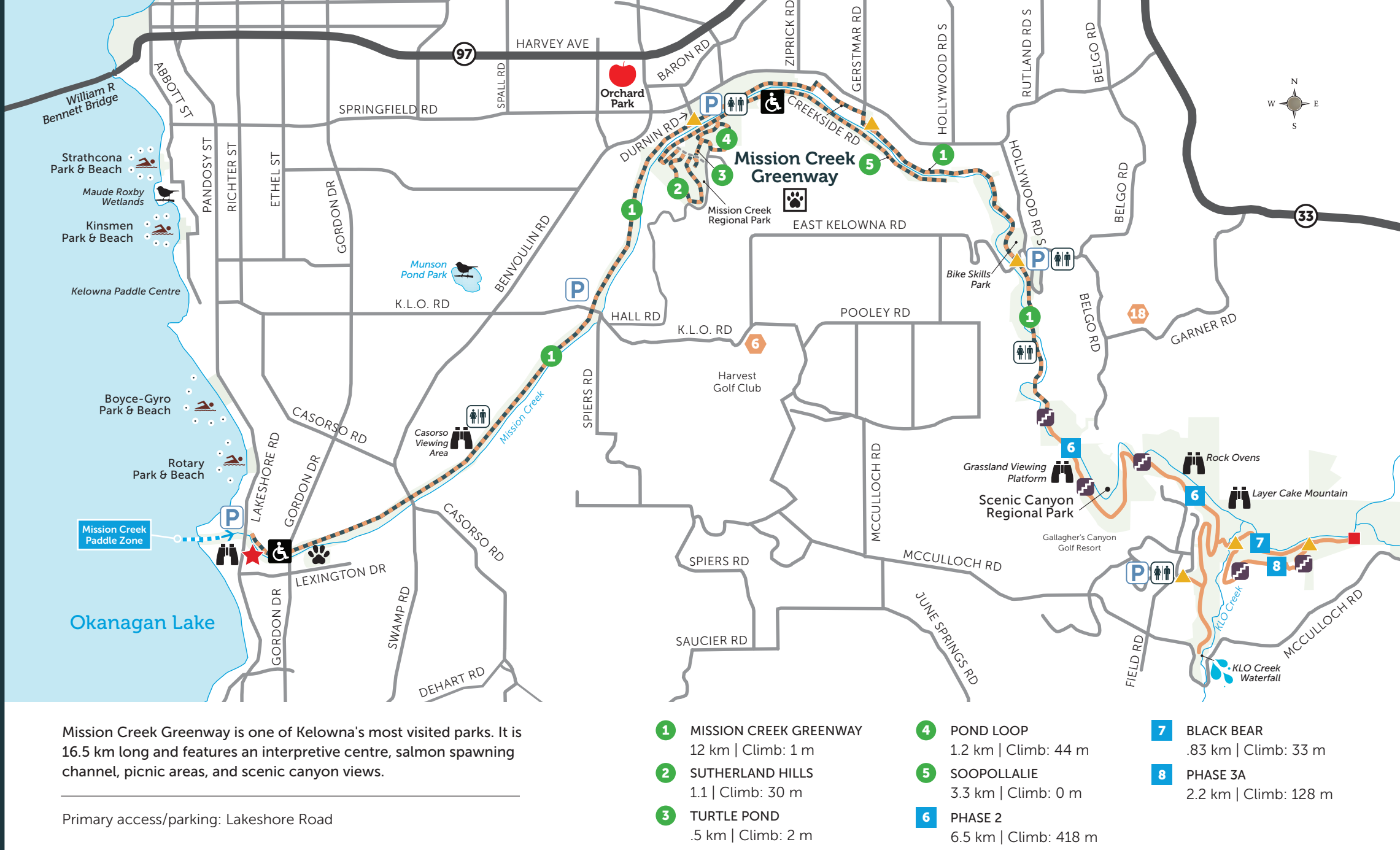


A pristine park featuring ponds, grasslands, and coyotes too

Primary access/parking: Wergner Road

- 1** TO LIGHTBLUE LAKE
3.9 km | Climb: 219 m
- 2** TO SWAMP
.75 km | Climb: 25 m

7 Stephens Coyote Ridge

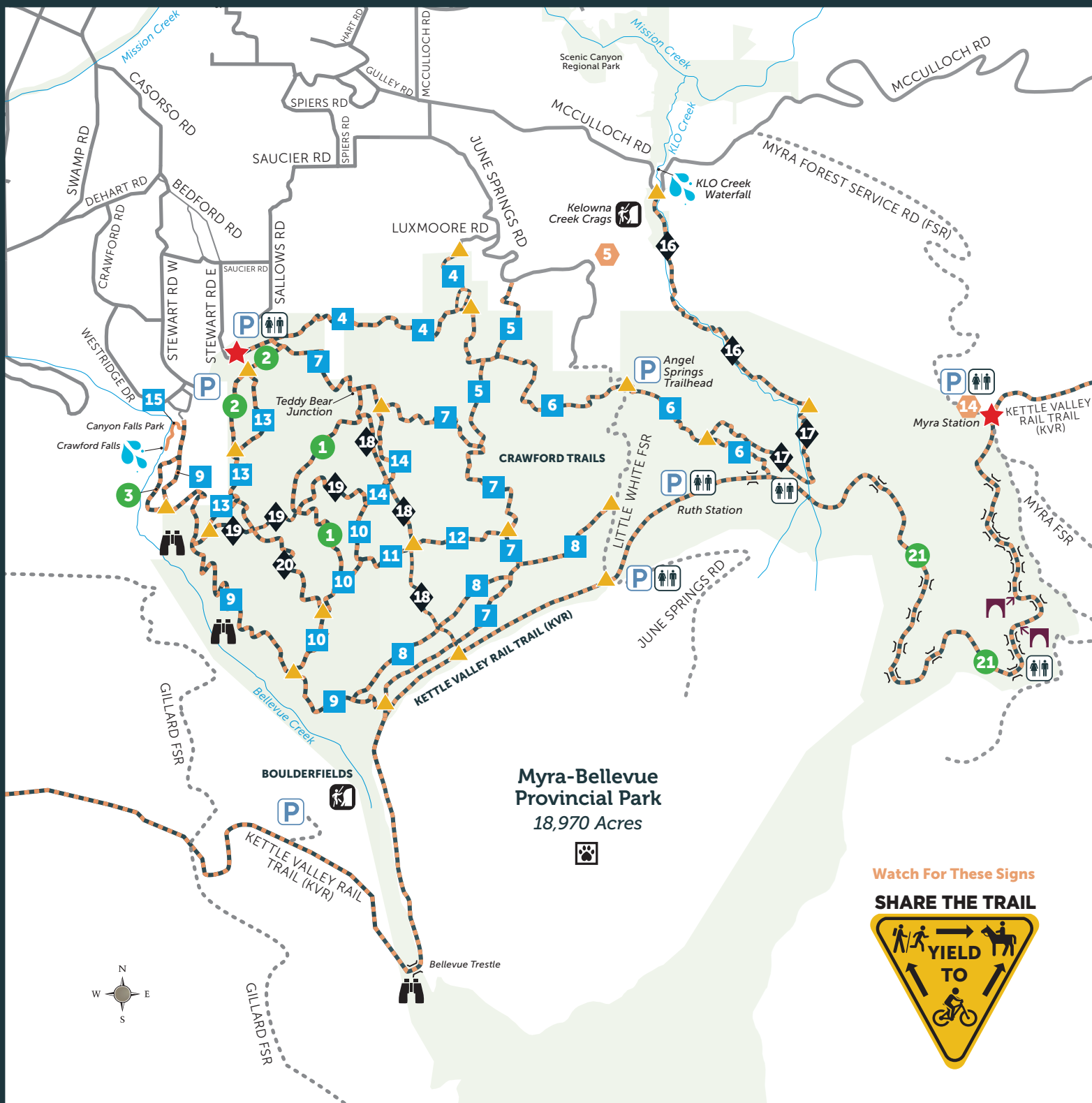


Mission Creek Greenway is one of Kelowna's most visited parks. It is 16.5 km long and features an interpretive centre, salmon spawning channel, picnic areas, and scenic canyon views.

Primary access/parking: Lakeshore Road

- | | | | | | |
|---|--|---|-----------------------------------|---|------------------------------------|
| 1 | MISSION CREEK GREENWAY
12 km Climb: 1 m | 4 | POND LOOP
1.2 km Climb: 44 m | 7 | BLACK BEAR
.83 km Climb: 33 m |
| 2 | SUTHERLAND HILLS
1.1 Climb: 30 m | 5 | SOOPLLALIE
3.3 km Climb: 0 m | 8 | PHASE 3A
2.2 km Climb: 128 m |
| 3 | TURTLE POND
.5 km Climb: 2 m | 6 | PHASE 2
6.5 km Climb: 418 m | | |

2 Mission Creek Greenway



Crawford Trails

Kelowna's largest trail network – 110 multi-use trails

Primary access/parking: Stewart Road E

- | | | | |
|----|--|----|--|
| 1 | PINK HWY
3.5 km Climb: 282 m | 11 | DOC SAVAGE
75 km Climb: 44 m |
| 2 | MIDDLE BENCH
17 km Climb: 98 m | 12 | SWAMP THING
13 km Climb: 90 m |
| 3 | FLUME
1.2 km Climb: 87 m | 13 | EARRING
1.9 km Climb: 142 m |
| 4 | FAIRLAINE
4.9 km Climb: 250 m | 14 | RACE CLASSIC
1.6 km Climb: 129 m |
| 5 | HROMEK
2.7 km Climb: 203 m | 15 | CANYON FALLS
75 km Climb: 90 m |
| 6 | MYRA BAILOUT
6.1 km Climb: 515 m | 16 | KLO CREEK
4 km Climb: 215 m |
| 7 | LOST LAKE
9.7 km Climb: 740 m | 17 | ANGEL SPRINGS
3 km Climb: 300 m |
| 8 | BELLEVUE ACCESS
4.2 km Climb: 94 m | 18 | VAPOUR
46 km Climb: 525 m |
| 9 | CRAWFORD CANYON DH
8 km Climb: 746 m | 19 | RACE CLASSIC
3.5 km Climb: 215 m |
| 10 | LOOKOUT
2.9 km Climb: 216 m | 20 | HILLBILLY
3 km Climb: 318 m |

Kettle Valley Rail Trail (KVR) Myra Canyon Trestles

This scenic portion of the Kettle Valley Railway (KVR) features two tunnels and 18 trestle bridges.

Primary access/parking: Myra Canyon FSR/Myra Station

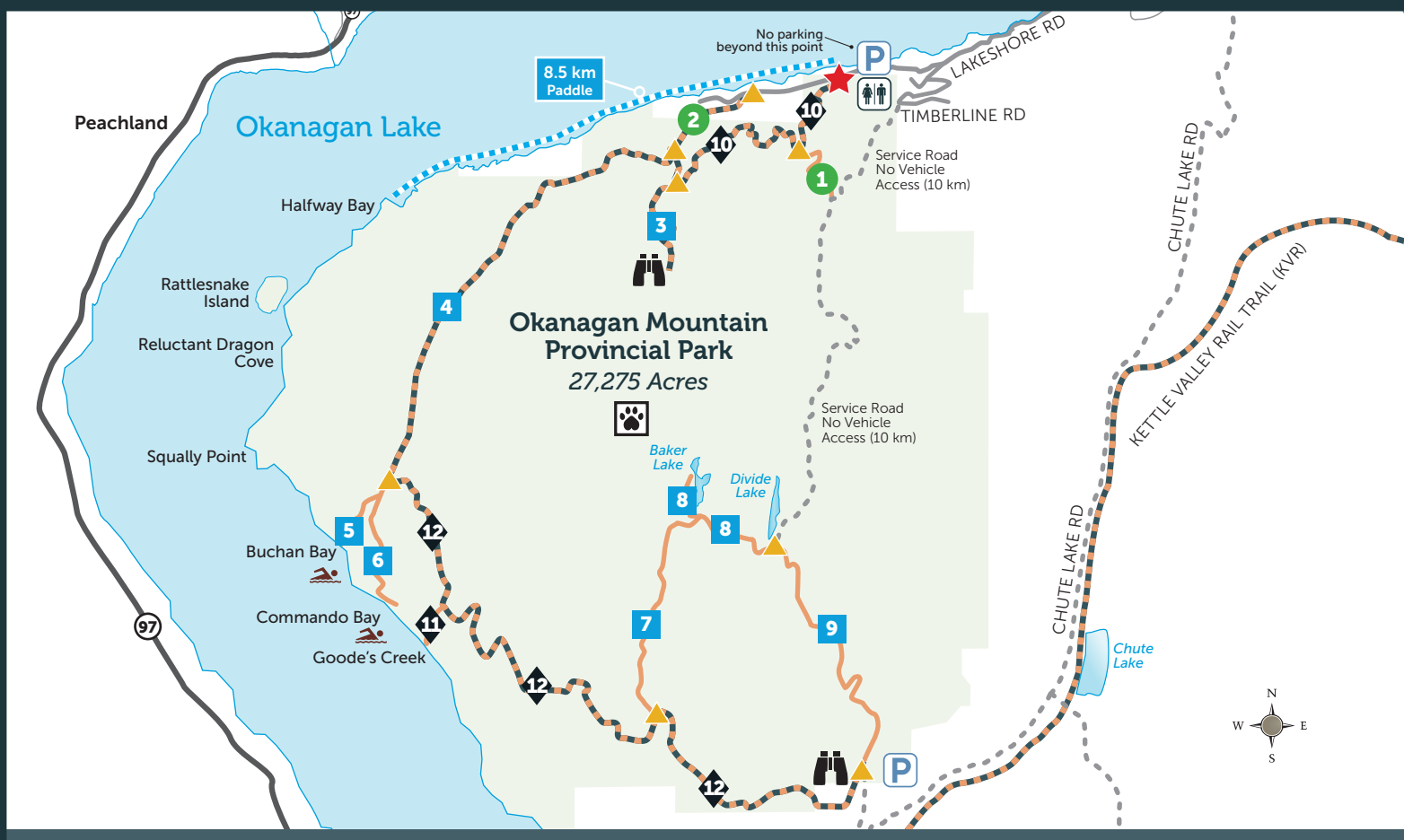
- 21 MYRA STATION TO RUTH STATION**
12 km | Climb 0 m

Boulderfields

Kelowna's Boulderfields, a well-featured and massive gneiss, offer some of Canada's best bouldering.

Primary access route: Gillard Forest Service Rd/
Kettle Valley Rail Trail

6 Myra-Bellevue Provincial Park



Prepare yourself for an intense hiking or biking workout with incredible views and unique sites along the way.

Primary access/parking: Lakeshore Road

- | | | | |
|----------|---|-----------|---|
| 1 | CN TRAIL
1.7 km Climb: 125 m | 7 | FREDERICK CREEK
7.3 km Climb: 798 m |
| 2 | GOLDEN MILE
1.7 km Climb: 125 m | 8 | BAKER LAKE
2.45 km Climb: 16 m |
| 3 | GOODE'S BASIN
2.2 km Climb: 269 m | 9 | MOUNTAIN GOAT
5 km Climb: 900 m |
| 4 | WILD HORSE CANYON N
8.9 km Climb: 251 m | 10 | BOULDER
5.8 km Climb: 467 m |
| 5 | BUCHAN BAY
1.3 km Climb: -164 m | 41 | GOODE'S CREEK
.9 km Climb: 30 m |
| 6 | COMMANDO BAY
2.3 km Climb: -217 m | 42 | WILDHORSE CANYON S
14.9 km Climb: 1,056 m |

8 Okanagan Mountain Provincial Park

SYMBOL DIRECTORY

Degree of Difficulty

- | | | | |
|---|---------------------|---|-----------------------|
|  | EASY |  | ADVANCED |
|  | INTERMEDIATE |  | EXPERT |
|  | HIKING & BIKING |  | SUGGESTED START |
|  | BIKING |  | TRAIL END |
|  | HIKING |  | TRAILHEAD |
|  | UNPAVED SURFACE |  | SCENIC SITE/LOOKOUT |
|  | OKANAGAN RAIL TRAIL |  | BIRDWATCHING SITE |
|  | PADDLE ZONE |  | WATERFALL |
|  | SWIMMING |  | PARKING |
|  | BUOYS |  | WASHROOMS |
|  | DOGS ON LEASH |  | WHEELCHAIR ACCESSIBLE |
|  | DOGS OFF LEASH |  | ROCK CLIMBING |
|  | KVR TRESTLE |  | STEEP GRADE |
|  | KVR TUNNEL |  | STAIRS |

*Please note, the maps in this guide are not for navigational purposes.
Distances are approximate and one way, unless the trail is noted as a loop
Climbs are approximate, and from suggested start.*



1 Big White Resort

HIKE. BIKE. PLAY. Join us for family activities and events June 28–Sept. 4. Explore breathtaking views of BC Boundary Country from the Bullet chairlift. Hike through wildflowers or feed your adrenaline on the new DH bike trails. Open Thursday–Monday.

Hwy 33/Big White Rd, Kelowna, BC 250-765-3101
bigwhite@bigwhite.com
bigwhite.com



2 Casa Loma Lakeshore Resort

Located next door to Kalamoair Regional Park, on six acres of secluded beachfront, Casa Loma is a sought-after getaway. The resort features deluxe one, two, and two-bed plus den units, cottages, and spacious townhomes. Private sandy beach, pools, tennis courts, moorage, and more.

2777 Casa Loma Rd, West Kelowna, BC V1Z 1T6
250-769-4630
reservations@casaloma.com
casaloma.com



3 Cyclepath Cycle & Snow

Conveniently located across from Orchard Park Mall, Cyclepath has Kelowna's largest selection of bikes on display including road, mountain, E-bikes, comfort, commuter, BMX, kids, and more. Come join us for one of our many Cyclepath road and mountain bike rides!

2169 Springfield Rd, Kelowna, BC 250-868-0122
info@cyclepathkelowna.com
cyclepathkelowna.com



4 Kelowna E Ride

THE FUTURE IS ELECTRIC! Welcome to the Okanagan's original and largest electric bike shop featuring service, sales, and rentals. In five years, we have grown to offer the valley's largest selection of bicycles, E-bikes, accessories, helmets, locks, and trailers for rent. Ask about self-guided tours.

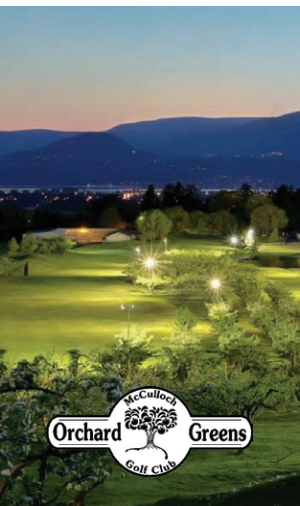
901 Ellis St, Kelowna, BC V1Z 1Y9
250-717-7124
kelownaeride@gmail.com
kelownaeride.com



5 Myra Canyon Adventure Park

CLIMB. PLAY. REFRESH. Located just 20 minutes from downtown Kelowna, Myra Canyon offers climbing and play for all ages from 3-103. Choose from eight aerial treetop courses, low rope games, kids zip lines and challenges, disc golf, and more. No time limits.

4429 June Springs Rd, Kelowna, BC V1W 4C8
250-869-8494
park@myracanyon.com
myracanyon.com



6 Orchard Greens Golf Club

Family friendly and affordable, Orchard Greens is a unique 9-hole, 2,083-yard course carved through a working apple orchard. The course has three par 4s, and a 553-yard par 5 boasting breathtaking city views. If here during the months of June–Sept, ask us about night golf.

2777 K.L.O. Rd, Kelowna, BC V1W 4A5
250-763-2447
proshop@orchardgreens.com
orchardgreens.com

WEST KELOWNA TRAILS

9 Bear Creek Provincial Park

Hike your way up stairs and along bridges to waterfalls.

Primary access/parking: Westside Road

- 1 CANYON RIM 2.5 km | Climb: 232 m
- 2 MID-CANYON RIM 625 km | Climb: 100 m

10 Rose Valley Regional Park

An extensive network of trails with some steep climbs.

Primary access/parking: Westlake Road/Starlight Crescent

- 1 BUNCH GRASS .6 km | Climb: 55 m
- 2 GRANT'S GRIND 2.5 km | Climb: 155 m
- 3 WOOHOO 2.7 km | Climb: 180 m
- 4 RED ROCK 1.06 km | Climb: 81 m
- 5 RESERVOIR BACKSIDE 1.09 km | Climb: 70 m
- 6 SWAMP DONKEY 2.21 km | Climb: 103 m
- 7 LAKE LOOP 6.1 km | Climb: 324 m
- 8 RSVP 1.9 km | Climb: -214 m

11 McDougall Rim

A long climb, but the views along the way are worth it.

Primary access/parking: Bartley Road

- 1 MCDUGALL RIM EXTERIOR 19.1 km | Climb: 860 m
- 2 MCDUGALL RIM INTERIOR 18.7 km | Climb: 1,084 m

12 Mount Boucherie

A diversity of trails wind through this extinct volcano.

Primary access/parking: Lakeview Cove Rd

- 1 EAIN LAMONT LOOP 5.57 km | Climb: 466 m
- 2 HIGHWAY SIDE ASCENT 1.34 km | Climb: 302 m

13 Kalamoair Regional Park

Beachfront, grassland, and forested trails await.

Primary access/parking: Kalamoair Beach/Collens Hill Road

- 1 WATERFRONT 1.16 km | Climb: 20 m
- 2 SUNNYSIDE .57 km | Climb: 25 m
- 3 UPPER RIM 1.45 km | Climb: 52 m
- 4 MIKE PASSMORE .61 km | Climb: -180 m

14 Carrot Mountain

Sweeping views at the top are well worth the workout.

Primary access/parking: Shannon Heights Place

- 1 EXTERIOR LOOP 4.34 km | Climb: 618 m

15 Glen Canyon Regional Park

A complex set of trails designed around an old flume line.

Primary access/parking: Gellatly Bay Rd South

- 1 DOE .8 km | Climb: -25 m
- 2 GLEN CANYON GREENWAY 2.2 km | Climb: 80 m
- 3 BUCK .2 km | Climb: -30 m

16 Gellatly Bay

Ideal for a leisurely walk or a bike ride along the lake.

Primary access/parking: Boucherie Road

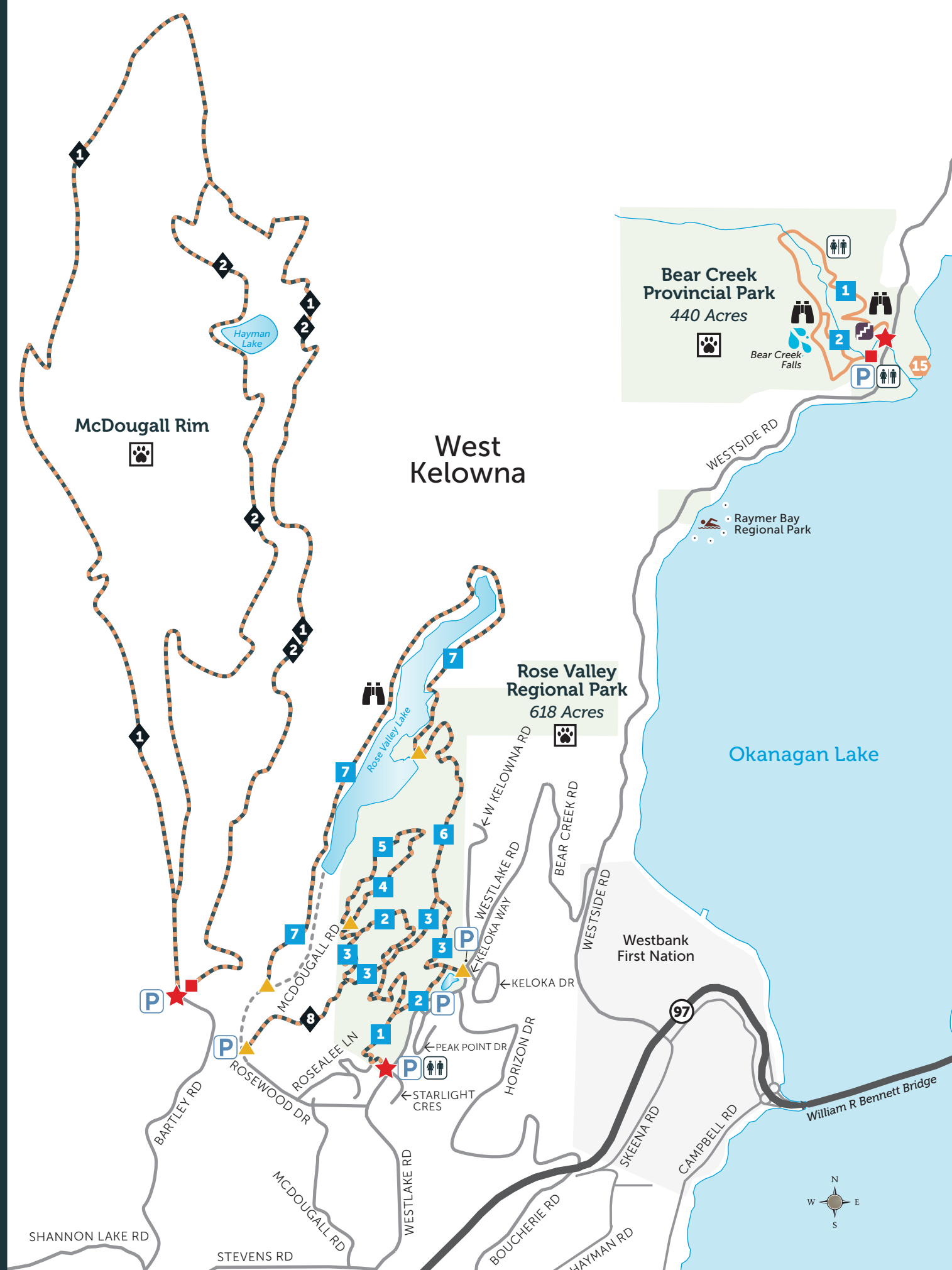
- 1 GELLATLY BAY 1.4 km | Climb: 0 m

17 Fintny Falls

This short hike takes you up 400 stairs and through a forested canyon to spectacular views of three waterfalls.

Primary access/parking: Fintny Delta Road

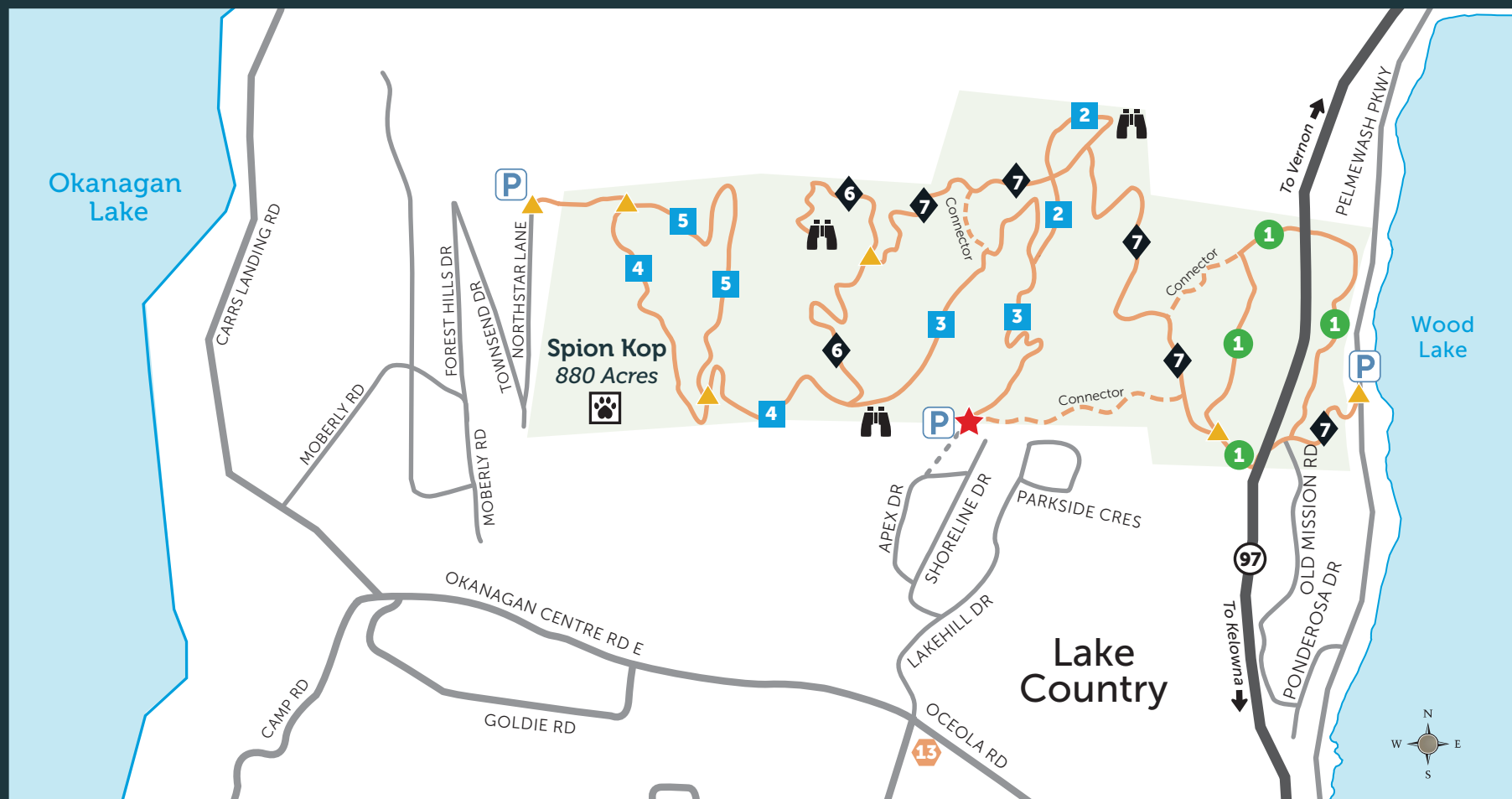
- 1 FINTRY FALLS .5 km | Climb: 87 m



9 Bear Creek | 10 Rose Valley | 11 McDougall Rim



17 Fintny Falls



18 Spion Kop – Lake Country

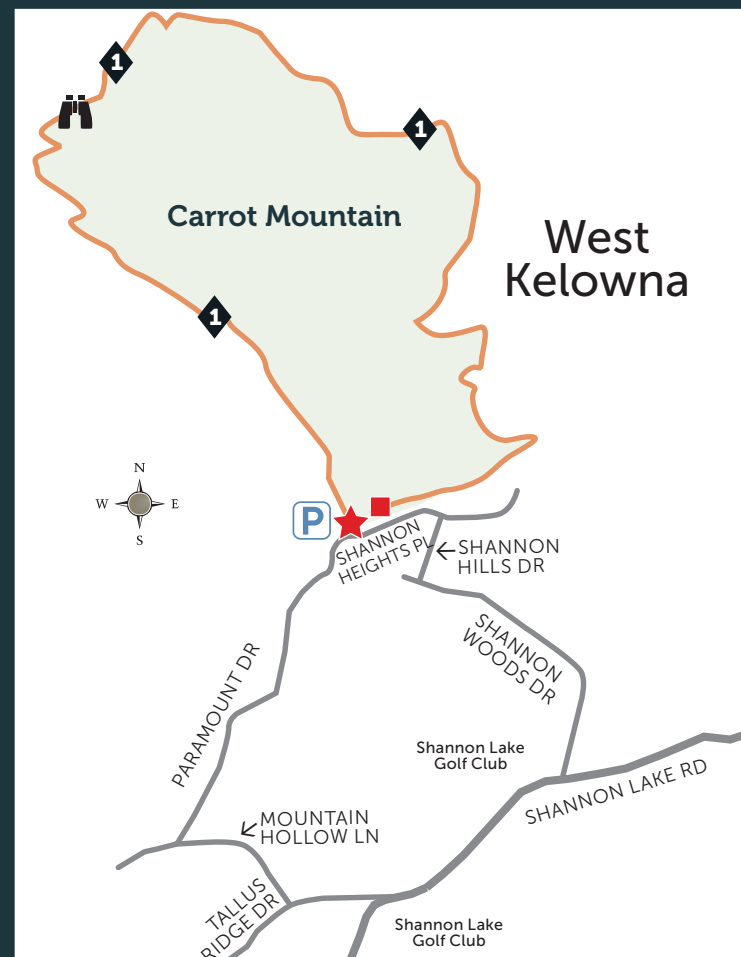
Spion Kop (Dutch for "look out hill") features stunning views of up to three lakes. This is a hiker's paradise with a variety of trails for all ages and levels.

Primary access/parking: Apex Drive

- 1 RAPTOR LOOP 3 km | Climb: 0 m
- 2 LUPINE .9 km | Climb: -40 m
- 3 ARROWLEAF 2.5 km | Climb: 100 m
- 4 PAINT BRUSH 2.6 km | Climb: 100 m
- 5 RIDGELINE 2 km | Climb: 80 m
- 6 TOWER 1 km | Climb: 150 m
- 7 SUMMIT 5.2 km | Climb: 485 m



12 Mount Boucherie | 13 Kalamoair Regional Park



14 Carrot Mountain



15 Glen Canyon | 16 Gellatly Bay



Knox Mountain Park
Mountain Biking BC

share how you
#exploreKelowna



THANK YOU!

Access to Kelowna's incredible trails would not be possible without amazing partnerships and countless volunteer hours. We would like to extend a huge **THANK YOU** to:

**West Kelowna Trail Care Crew | Walk Around Lake Country
Regional District of Central Okanagan | BC Parks
Communities of the Central Okanagan**



We also wish to extend an equally huge **THANK YOU** to Trailforks and Hiking Addiction for graciously providing us with their invaluable trail data. For more trails and information, visit their websites:



MORE INFO

For more paddling, swimming, and trail information, visit:
kelowna.ca/parks-recreation/active-nature

YOUR RIDE. YOUR RISK.

The conditions of the trails/roads are subject to change without warning or notice. Trails and routes shown in the maps are an approximate representation. Tourism Kelowna assumes no responsibility for the accuracy of any particular statement and assumes no liability for any loss or damage which may arise from reliance on the information contained on these maps.

ACCOMMODATION

7 Comfort Suites

Kelowna's only all-suite hotel – minutes to downtown. Happy trails. 2656 Highway 97, Kelowna, BC V1X 4J4 | 250-861-1110
welcome@comfortsuiteskelowna.com | comfortsuiteskelowna.com

8 Hiawatha RV Park

Family-oriented, full-service and tent sites across from beach. 3795 Lakeshore Road, Kelowna, BC V1W 3K3
250-861-4837 | inquiries@hiawatharvpark.com | hiawatharvpark.com

9 Ogopogo Bed & Breakfast

Luxury accommodation in the heart downtown Kelowna. 845 Manhattan Drive, Kelowna, BC V1Y 1H6
250-762-7624 | ogopogobednb@gmail.com
ogopogobedandbreakfast.ca

ACTIVITIES

10 Beyond the Crux Climbing Gym

Indoor bouldering, lead, and top rope climbing. All ages welcome. #5-685 Finns Road, Kelowna, BC V1X 5B7
250-860-PEAK (7325) | info@beyondthecrux.info | beyondthecrux.info

11 Okanagan Wibat Water Parks

Professional. Safe. Fun on the lake for the whole family. Locations: Kelowna City Park | Peachland
250-462-8770 | wibatBC@gmail.com | wibatBC.com

ACTIVITIES

12 Oyama Zipline Adventure Park

Seven Zipline Guided Tour plus Multi-level Aerial Park for all ages. 5617 Oyama Lake Road, Oyama, BC V4V 2C9
250-548-4129 | findadventure@oyamazipline.com | oyamazipline.com

FARMS

13 Gambell Farms

Fresh-picked fruit and vegetables. Open Jun–Nov/9am–6pm. 12133 Okanagan Centre Road E, Lake Country, BC V4V 1G3
250-766-4036 | 250-766-3131 (off season) | pengam@telus.net

GUIDED TOURS & RENTALS

14 Myra Canyon Bike Rental & Tours Inc.

Bike rentals available for all ages. Guided and self-guided tours. Myra Forest Service Rd parking lot (east entrance), Kelowna, BC 250-878-8763 | info@myracanyonrental.com
myracanyonrental.com

15 Okanagan Beach Rentals

Paddleboards, kayaks, canoes, aqua bikes, and more. Four locations. Rotary Beach, Boyce-Gyro Beach, Tugboat Bay, Bear Creek Provincial Park 250-826-2546 | info@okanaganbeachrentals.com
okanaganbeachrentals.com

MARINAS

16 Eldorado Marina

Elevated boat slip rentals, seasonal moorage. 500 Cook Road, Kelowna, BC V1X 5B7
250-763-7500 | edan@eldoradokelowna.com | eldoradokelowna.com

RETAIL

17 Kelowna Cycle

For all your bike and biking accessory needs. 103-2949 Pandosy Street, Kelowna, BC V1Y 1W1
250-762-2453 | shop@kelownacycle.ca | kelownacycle.ca

WINERIES

18 House of Rose Winery

Award-winning wine tastings, live music, self-guided tours, picnic area. 2270 Garner Road, Kelowna, BC V1P 1E2
250-765-0802 | info@houseofrose.ca | houseofrose.ca

To view all listings, please visit tourismkelowna.com or pick up a copy of the Kelowna and area Visitors' Guide at the Kelowna Visitor Centre, located along the waterfront boardwalk at 238 Queensway Avenue.

TRAIL ETIQUETTE

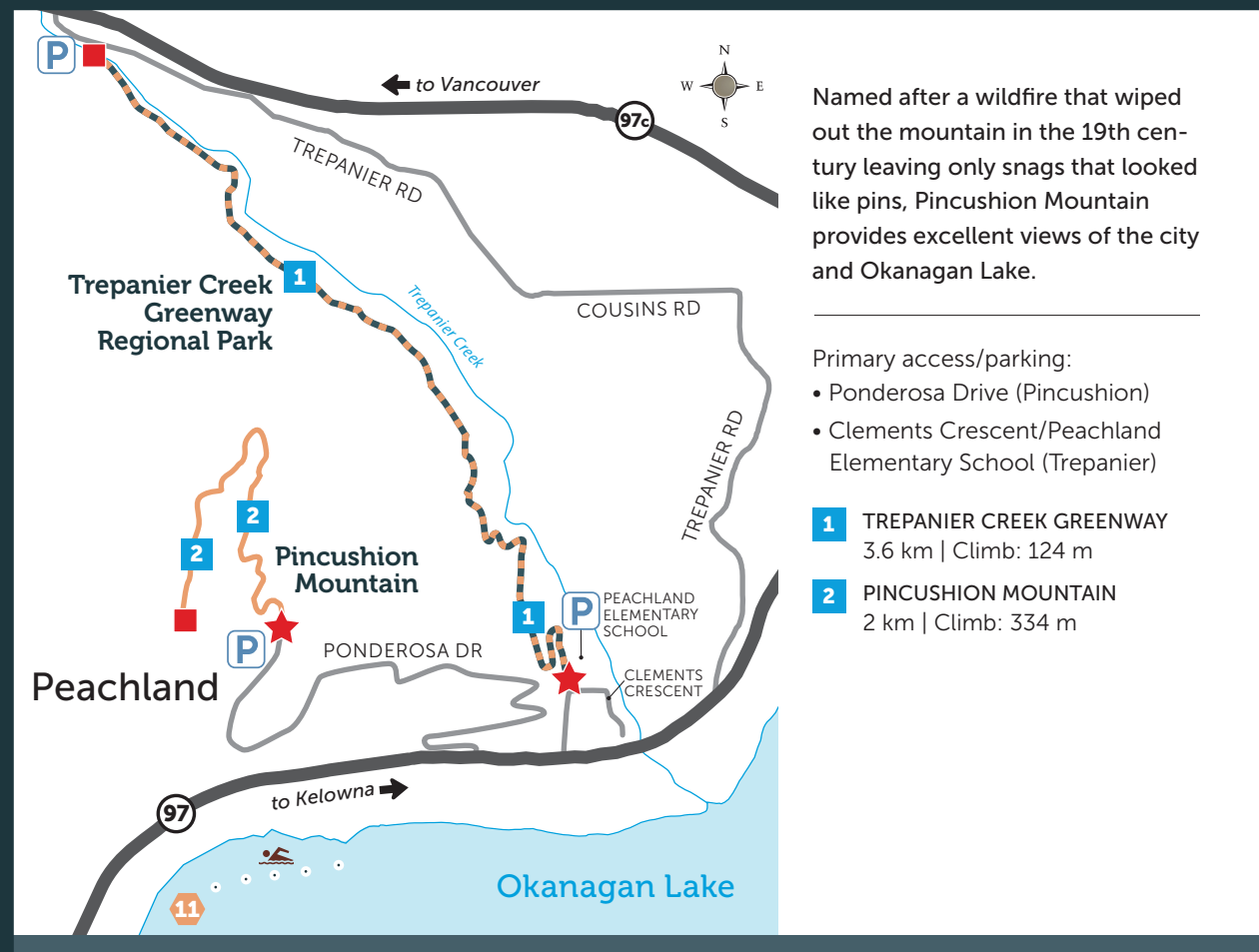
- Dogs must be leashed/clean up and dispose of waste in proper containers
- Motorized vehicles are not permitted on trails unless otherwise noted
- Overnight camping, open fires, and smoking are not permitted
- Use only designated trails and respect boundaries for adjacent private property
- Hikers going uphill are given the right of way over those hiking downhill
- Pack in — pack out — leave no trace

FIRE SMART

Kelowna is a source of immense pride, and we encourage everyone to enjoy all the area has to offer. We ask that you be careful and help prevent wildfires. Be fire aware by checking for advisories via highway signs, the media, or call 1-888-3-FOREST for updates on fire locations, hazards, smoke advisories, and campground restrictions.

Emergency Information

POLICE/FIRE/AMBULANCE	911
FOREST FIRE REPORT	1-800-663-5555 or Cell *5555
NON-EMERGENCY:	
KELOWNA GENERAL HOSPITAL	250-862-4000
KELOWNA POLICE	250-762-3300



19 Peachland: Pincushion Mountain | Trepanier Creek

Named after a wildfire that wiped out the mountain in the 19th century leaving only snags that looked like pins, Pincushion Mountain provides excellent views of the city and Okanagan Lake.

Primary access/parking:

- Ponderosa Drive (Pincushion)
- Clements Crescent (Peachland Elementary School (Trepanier))

- 1 TREPANIER CREEK GREENWAY 3.6 km | Climb: 124 m
- 2 PINCUSHION MOUNTAIN 2 km | Climb: 334 m



Johns Family Nature
Conservancy
Seger Nelson/TOTA

HAPPY TRAILS

The trail networks outlined in this recreation guide are just a small sample of what is available at Kelowna's many parks. For more details, visit tourismkelowna.com or head to one of our Visitor Centres, located downtown along the waterfront boardwalk, and at the Airport Information Kiosk. Enjoy exploring this amazing place!

KELOWNA

Okanagan Valley, BC

#exploreKelowna

Cover Images (top left to right): Knox Mountain Park | Tourism Kelowna, Knox Mountain Park | Cote McGill, Okanagan Lake | Tourism Kelowna