



1 Bread Co.

Fine baked goods & eatery. After the great outdoors, come enjoy our great indoors or streetside patio. Located in the heart of downtown Kelowna, Bread Co. specializes in fresh delights from a wide range of breads to decadent sweets, gourmet sandwiches, great coffee, and other specialty drinks. Open daily 7-5.

363 Bernard Avenue, Kelowna, BC
250-762-3336
thebreadcompany.ca



2 Casa Loma Lakeshore Resort

Your outdoor adventure begins here! Our resort is on six acres along Lake Okanagan. The hiking trails of Kalamoior Park border the resort's south boundary. Each unit is fully furnished with well-equipped kitchens, high-speed internet, cable TV, and awesome lake views all day – every day!

2777 Casa Loma Road, West Kelowna, BC
250-769-4630
reservations@casaloma.com
casaloma.com



3 Cozystay Signature Lake Okanagan Resort

Get ready to relax! Cozystay Signature Lake Okanagan Resort is only 20 minutes from the shops, restaurants, and city lights of Kelowna. But, if you prefer to play in the great outdoors, stay right where you are. Everything is right in our own back yard.

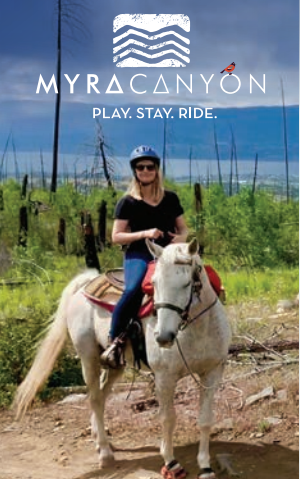
2751 Westside Road, Kelowna, BC
1-888-292-5417 | cra@cozystay.com
cozystay.com/lake_okanagan_resort



4 DNA Experience

Enjoy guided boat tours wake-surfing, wake-boarding, and tubing. The DNA Experience comes with a captain and teacher to make the most of your time on the water. Families, bachelor, bachelorette parties welcome. DNA is the peak experience in the Okanagan.

Various pick up locations – Kelowna, BC
250-863-5373
andrew@dnaexperience.ca
dnaexperience.ca



5 Kelowna Stables Horse Riding & Bike Rentals

PLAY, STAY, RIDE. Located just 25 minutes from downtown Kelowna and next door to Myra Canyon, Kelowna Stables offers horse riding for all levels and mountain fat bike rentals year round. E-Bike rentals are also available.

4675 June Springs Road, Kelowna, BC
250-899-0238
stables@myracanyon.com
myracanyon.com



6 Pedego Electric Bikes—Oyama

The best way to wine tour, visit the beaches, and cruise through the countryside is on an electric bike. We offer rentals of electric bikes for locals and tourists alike so you can explore Lake Country without worrying about parking or breaking a sweat! Located at Gatzke's Farm Market.

15686 Pelnewash Pkwy, Oyama, BC
250-309-2717
oyama@pedegocanada.ca
PedegoOyama.ca



7 Sagebrush Tours

Okanagan's only ecotourism company provides nature-based tours. We don't take you on a trail. We take you into a trail to fully immerse all your senses. Forget about time as you connect with place and explore the natural world. Soft adventure for all ages and skill levels.

1873 Spall Road, Kelowna, BC
250-859-5982
frank@sagebrushtours.ca
sagebrushtours.ca

WEST KELOWNA TRAILS

10 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

11 Rose Valley Regional Park

An extensive network of trails with some steep climbs.

Primary access/parking: Westlake Road/Starlight Crescent

- 1 BUNCHGRASS TRAIL .6 km | Climb: 600 m 5 SWAMP DONKEY TRAIL 2.21 km | Climb: 103 m
2 YELLOW BELL LOOP TRAIL 3.1 km | Climb: 660 m 6 LAKE LOOP TRAIL 6.1 km | Climb: 324 m
3 FOREST LOOP TRAIL 2 km | Climb: 690 m 7 RSVP TRAIL 1.9 km | Climb: -214 m
4 BITTERROOT LOOP TRAIL 2.8 km | Climb: 785 m

12 McDougall Rim

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

Primary access/parking: Bartley Road

- 4 MCDUGALL RIM EXTERIOR 19.1 km | Climb: 860 m 6 MCDUGALL RIM INTERIOR 18.7 km | Climb: 1,084 m

13 Mount Boucherie

A diversity of trails wind through this extinct volcano.

Primary access/parking: Lakeview Cove Rd

- 1 MOUNT BOUCHERIE RUSH TRAIL 5.57 km | Climb: 466 m

14 Kalamoior Regional Park

Beachfront, grassland, and forested trails await.

Primary access/parking: Kalamoior Beach/Collens Hill Road

- 1 WATER FRONT TRAIL 1.5 km | Climb: 20 m 3 UPPER RIM TRAIL 1.4 km | Climb: 52 m
2 SUNNYSIDE TRAIL .63 km | Climb: 25 m 4 MIKE PASSMORE TRAIL .64 km | Climb: -180 m

15 Carrot Mountain

Sweeping views at the top are well worth the workout.

- 4 EXTERIOR LOOP 4.34 km | Climb: 618 m

16 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 3 BUCK 2 km | Climb: -30 m
2 GLEN CANYON GREENWAY 2.2 km | Climb: 80 m

17 Gellatly Bay

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

Primary access/parking: Boucherie Road

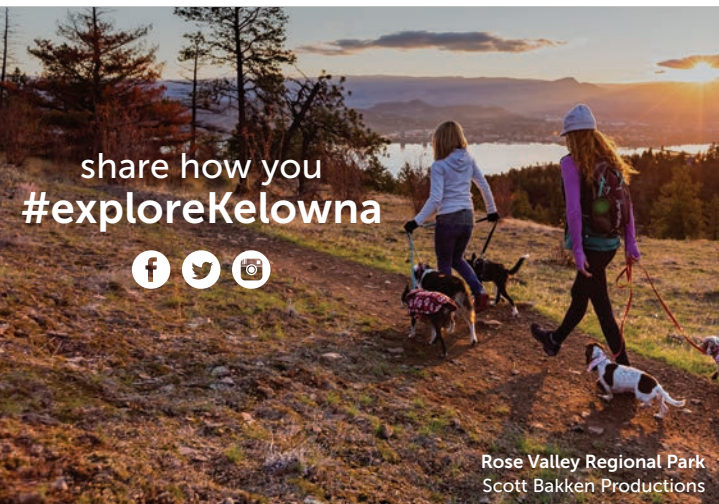
- 1 GELLATLY BAY 1.4 km | Climb: 0 m

18 Fintry Falls

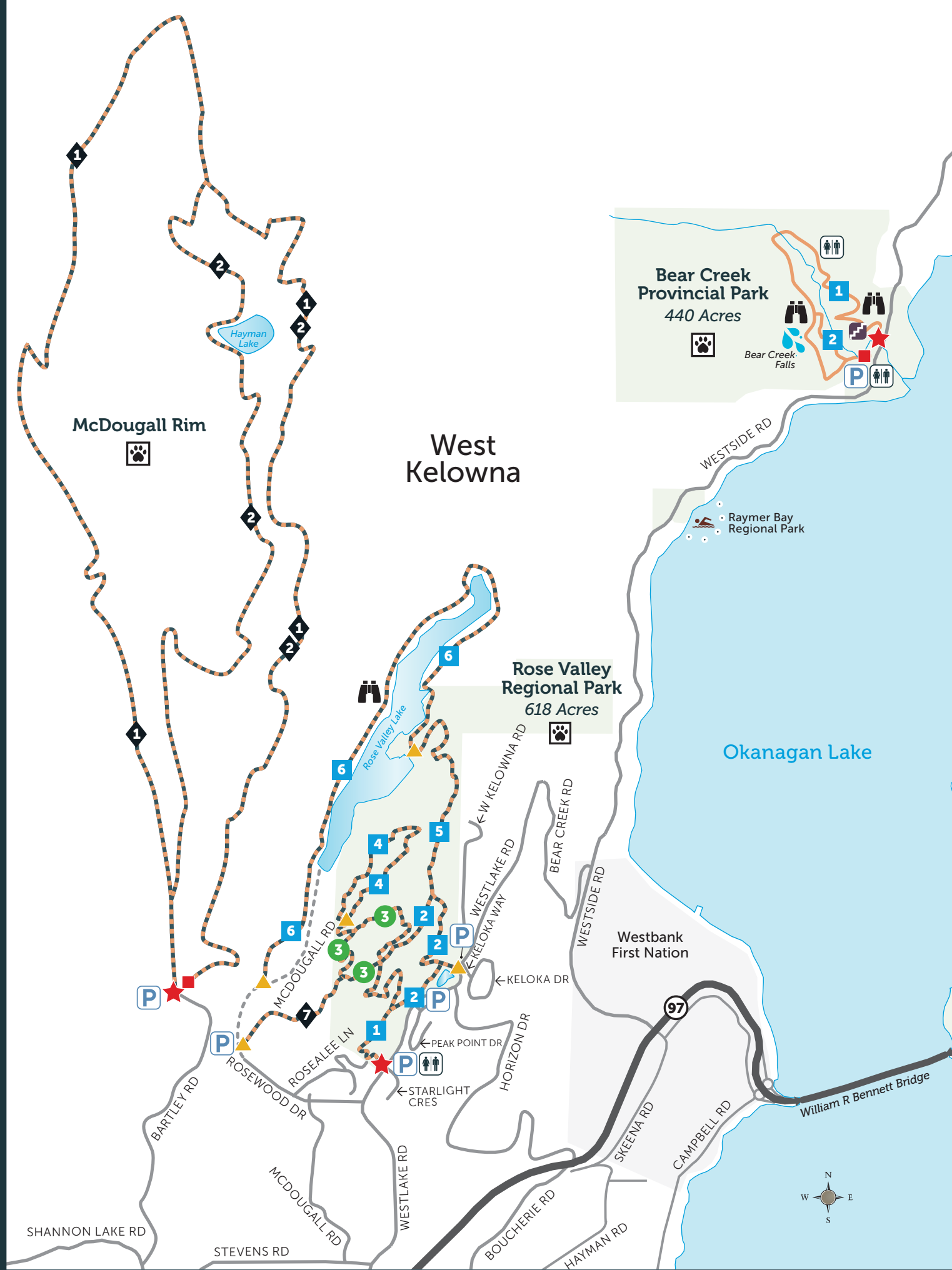
This short hike takes you up 400 stairs and through a forested canyon to spectacular views of three waterfalls.

Primary access/parking: Fintry Delta Road

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



share how you
#exploreKelowna



10 Bear Creek | 11 Rose Valley | 12 McDougall Rim



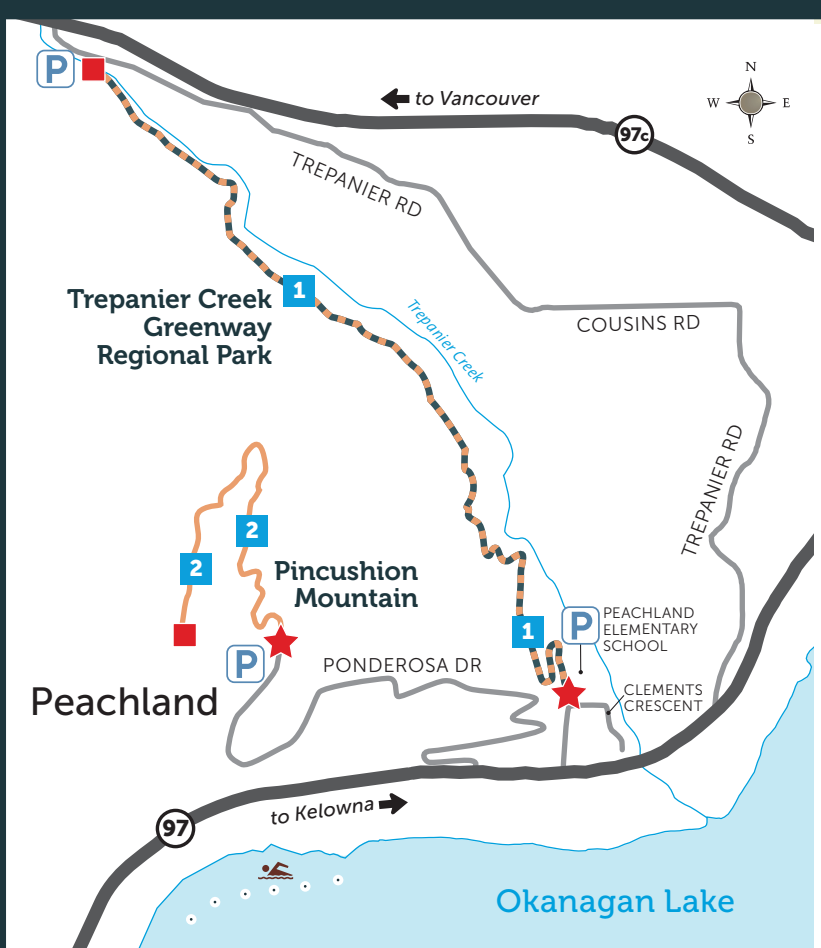
18 Fintry Falls



19 Spion Kop – Lake Country



20 Goats Peak Regional Park



21 Peachland: Pincushion Mountain | Trepanier Creek

SYMBOL DIRECTORY

Degree of Difficulty

- EASY ADVANCED
INTERMEDIATE EXPERT

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

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

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:

HIKING ADDICTION **TRAILFORKS**
hikingaddiction.ca | trailforks.com

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

- 8 **Comfort Suites**
Kelowna's only all-suite hotel – minutes to downtown. Happy trails.
2656 Highway 97, Kelowna, BC | 250-861-1110
welcome@comfordsuiteskelowna.com | comfordsuiteskelowna.com
- 9 **Hiawatha RV Park**
Family campground with both RV and tent sites.
3795 Lakeshore Road, Kelowna, BC
250-861-4837 | campground@westcorp.net | hiawatharvpark.com
- 10 **Holiday Park RV & Condo Resort**
Travel, vacation, or live year round in this 67-acre destination resort.
1-415 Commonwealth Road, Kelowna, BC
250-766-4255 | holiday@sweetlife.com | sweetlife.com

ACTIVITIES

- 11 **Beyond the Crux Climbing Gym**
We offer top rope climbing, bouldering, and lead climbing.
#5-685 Finns Road, Kelowna, BC
250-860-7325 | info@beyondthecrux.info
beyondthecrux.info

COFFEE SHOPS

- 12 **Sprout Bread**
Fresh bread, pastry, coffee, and local food. Handcrafted daily.
125-1295 Cannery Lane, Kelowna, BC
236-420-2122 | info@sproutbread.ca | sproutbread.ca

FARMS & MARKETS

- 13 **Gambell Farms**
Fresh-picked fruit and vegetables. Open Jun-Nov/9am-6pm.
12133 Okanagan Centre Road E, Lake Country, BC
250-766-4036 | 250-766-3131 (off season) | pengam@telus.net
- 14 **K.L.O. Farm Market**
Your local family farm. Fresh fruit & vegetables. Open Jun-Nov/9-6.
1760 KLO Road, Kelowna, BC
778-484-2828 | klo.farm.market@gmail.com
facebook.com/pg/klofarmmarket

GUIDED TOURS & RENTALS

- 15 **Myra Canyon Bike Rental & Tours Inc.**
On-site bicycle rental and (self-) guided tours including transportation
Myra Forest Service Rd parking lot (least entrance), Kelowna, BC
250-878-8763 | info@myracanyonrental.com | myracanyonrental.com

HERITAGE

- 16 **Okanagan Heritage Museum**
Learn more about the places you explore!
470 Queensway in downtown Kelowna
250-763-2417 | info@kelownamuseums.ca | kelownamuseums.ca

WINERIES & DISTILLERIES

- 17 **Forbidden Spirits Distilling Co.**
Picturesque property, located 15 minutes from downtown Kelowna.
4400 Wallace Hill Road, Kelowna, BC
250-764-6011 | team@forbiddenspirits.ca | forbiddenspirits.ca
- 18 **House of Rose Winery**
Family and dog friendly; smooth, fruit-forward, vegan wines.
2270 Garner Road, Kelowna, BC
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 Experience Guide at the Kelowna Visitor Centre, located along the waterfront boardwalk at 238 Queensway Avenue.

HAPPY TRAILS

KELOWNA

Okanagan Valley, BC

#exploreKelowna

Cover images (clockwise from top left): Johns Family Nature Conservancy | Meghan Reading
Mount Boucherie Park | Callum Snape, Okanagan Lake | Tourism Kelowna
Myra Canyon Trestles | Scott Balken Productions

