

OUTDOOR GUIDE

OKANAGAN VALLEY, BC

LAND ACKNOWLEDGEMENT

Tourism Kelowna would like to thank Westbank First Nation and Okanagan Indian Band for the privilege to live, work, and play on the t̓m̓x̓w̓l̓a?x̓w̓ (land), that is the unceded and traditional territory of sylix Okanagan peoples, the original stewards of these lands and to whom we give thanks to as our hosts.

SYMBOL DIRECTORY

Degree of Difficulty

- EASY
- MODERATE
- ADVANCED
- EXPERT

- HIKING & BIKING (PAVED)
- HIKING & BIKING (UNPAVED)
- BIKING LANES (ON ROADWAY)
- BIKING LANES (PROTECTED)
- HIKING
- UNPAVED SURFACE
- OKANAGAN RAIL TRAIL
- PADDLE ZONE
- SWIMMING
- OFF-LEASH PARK
- TRESTLE
- TUNNEL
- SUGGESTED START
- TRAIL END
- TRAILHEAD
- SCENIC SITE/LOOKOUT
- BIRDWATCHING SITE
- WATERFALL
- PARKING
- WASHROOMS
- WHEELCHAIR ACCESSIBLE
- ROCK CLIMBING
- STEEP GRADE
- STAIRS

PLEASE NOTE: 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 a suggested start. All trails require dogs to be on leash and most beaches DO NOT allow dogs. Off-leash parks are marked on the map.

HIKE. BIKE. PADDLE.

Outdoor Trails Location Overview

- 1 Kelowna Waterfront & Boardwalk
- 2 Mission Creek Greenway
- 3 Okanagan Rail Trail
- 4 Knox Mountain Park (see reverse side)
- 5 Lebanon Creek Greenway & Johns Family Conservancy (JFNC)
- 6 Myra-Bellevue Provincial Park (see reverse side)
- 7 Okanagan Mountain Provincial Park (see reverse side)
- 8 Mount Boucherie
- 9 Kalamoior Regional Park
- 10 Glen Canyon Regional Park
- 11 Gellatly Bay
- 12 Fintry Falls
- 13 Spion Kop (see reverse side)
- 14 Mill Creek Regional Park
- 15 Goats Peak Regional Park
- 16 Pincushion Mountain
- 17 Tepanier Creek Greenway
- 18 Boucherie Multi Use Path
- 19 Black Mountain Regional Park (see reverse side)



OKANAGAN TRAILS

1 Kelowna Waterfront & Boardwalk

Enjoy a leisurely walk or a bike ride along the boardwalk downtown passing two of Kelowna's most popular beaches.

Primary access/parking: Abbott Street (Kelowna City Park)

- KELOWNA WATERFRONT & BOARDWALK
- 2.2 km | Climb: 0 m

2 Mission Creek Greenway

One of Kelowna's most visited trail systems. It is more than 16.5 km long and runs through two regional parks. Along the trails you'll find an interpretive centre, salmon spawning channel, a turtle pond, picnic areas, a bike skills park and scenic canyon views.

Primary access/parking: Lakeshore Road (trailhead)
Springfield Road (regional park)
Hollywood Road (Bike Skills Park)
Field Road (Scenic Canyon)

- MISSION CREEK GREENWAY
- 12 km | Climb: 1 m

- MISSION CREEK GREENWAY B
- 5.75 km | Climb: 418 m

- SUTHERLAND HILLS
- 1.1 km | Climb: 30 m
- PINE LOOP
- 1.1 km | Climb: 44 m
- BLACK BEAR
- .83 km | Climb: 33 m
- TURTLE POND
- .5 km | Climb: 2 m
- SOOPOLLALIE
- 3.3 km | Climb: 0 m
- SASKATOON TRAIL
- 1.2 km | Climb: 65 m

3 Okanagan Rail Trail

Bike or hike along the old deconstructed CN Rail route from north end of Kalamalka Lake to downtown Kelowna. Highlighted section between Beaver Lake Road & Old Vernon Road are under construction & inaccessible at this time.

More info www.tourismkelowna.com/things-to-do/outdoor-recreation/okanagan-rail-trail/

Primary access/parking: Downtown Kelowna
Kelowna Airport
Woodsdale Road

- OKANAGAN RAIL TRAIL
- ~50 km | Climb: 1.3% maximum grade

4 Lebanon Creek Greenway & Johns Family Conservancy

Sweeping lake and city views – access to rock climbing too.

Primary access/parking: Seclusion Bay Road

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

4 Mount Boucherie

A diversity of trails wind through this extinct volcano.

Primary access/parking: Lakeview Cove Road

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

9 Kalamoior Regional Park

Beachfront, grassland, and forested trails await.

Primary access/parking: Kalamoior Beach/Collens Hill Road

- WATERFRONT
- 1.5 km | Climb: 20 m
- SUNNYSIDE
- .63 km | Climb: 25 m
- UPPER RIM
- 1.45 km | Climb: 52 m
- MIKE PASSMORE
- .61 km | Climb: -180 m

10 Glen Canyon Regional Park

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

Primary access/parking: Gellatly Bay Road South

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

11 Gellatly Bay

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

Primary access/parking: Boucherie Road

- GELLATLY BAY
- 1.4 km | Climb: 0 m

12 Fintry Falls

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

Primary access/parking: Fintry Delta Road

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

14 Mill Creek Regional Park

This relatively easy to moderate hike follows the creek to a series of small waterfalls.

Primary access/parking: Boucherie Road

- MILL CREEK TRAIL
- 2.6 km | Climb: 83 m

15 Goats Peak Regional Park

Enjoy gorgeous lake views along 52 hectares of grassy and open woodland trails.

Primary access/parking: Lakeshore Road

- BIG SAGEBRUSH TRAIL
- 1.33 km | Climb: 450 m
- MOUNTAIN GOAT TRAIL
- 1.27 km | Climb: 630 m

16 Pincushion Mountain

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

Primary access/parking: Ponderosa Drive

- PINCUSHION MOUNTAIN
- 2 km | Climb: 334 m

17 Trepanier Creek Greenway Regional Park

This moderate 7.2 km out-and-back trail weaves its way between highway 97C and highway 97 in Peachland.

Primary access/parking: Clements Crescent/Peachland Elementary School

- TREPANIER CREEK GREENWAY
- 3.6 km | Climb: 124 m

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.

WATER ACTIVITIES

Okanagan Lake is 135 km long and ranges from 3.2 to 6.4km wide depending on location, while exploring this lake and other surrounding bodies of water please keep these additional outdoor safety tips top of mind:

- Stay aware of your surroundings, pay attention to weather changes, and be aware of the risks when in cold water.
- Always wear a properly fitted personal flotation device
- Never drink or consume recreational drugs
- Be prepared with proper safety equipment and make a "Float Plan" ensuring someone knows when you are due back

INVASIVE SPECIES

Keeping our lakes free of invasive species, like zebra and quagga mussels, is not only important but easy if everyone does their part by following these three steps, as outlined by Don't Move a Mussel:

- Clean everything (plants, mud, animals) off your equipment, using a power washing station if available.
- Drain (on dry land) all items that can hold water.
- Dry all items completely before launching your watercraft into another body of water.

SAFETY

Kelowna is surrounded by magnificent peaks and valleys that give way to a wide array of outdoor recreation opportunities. Whether you're out for a short hike, exploring the backcountry, or hitting some of the mountain bike trails, we want everyone to stay safe. Below are helpful tips that will make sure you have the best time exploring our region's four-season outdoor playground.

BE PREPARED & FOLLOW TRAIL ETIQUETTE

When outdoors, no matter the activity or the length of time you plan to spend outside, always follow AdventureSmart (www.adventuresmart.ca) principals

- Plan ahead and be prepare for the weather, plan your route, understand the terrain and conditions, tell someone your departure time and planned route.
- Take essentials, depending on the activity and length of time, like water, first aid kit, sun protection, cellphone, etc.
- Respect wildlife, control your pets and keep them on leash, store food properly, and don't litter.
- Only use designated trails and respect boundaries to help protect native flora & fauna.
- Pack in – pack out – leave no trace.

PREVENT WILDFIRES

Kelowna is known for its great weather, which includes hot summer days. This, however, also means there is an increased risk of wildfires in our area. Did you know, on average, 40% of wildfires in British Columbia are human-caused? It's imperative that we work together to stay safe and reduce the risk when out exploring.

- Follow all fire bans and restrictions
- Never throw burning materials on the ground
- Be cautious about activities that can create a spark or heat source

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**

HAPPY TRAILS

The trail networks and outdoor information shared in this guide are just a small sample of what is available in Kelowna. For more details visit tourismkelowna.com, scan the QR Code, or visit the Kelowna Visitor Centre downtown or Airport Information Kiosk.

share how you
#exploreKelowna



KELOWNA
Okanagan Valley, BC



Photo Credit: Darren Hull Studios

DOG FRIENDLY-PARKS

The Okanagan is a great place for dog owners with plenty of dog-friendly trails and off-leash areas. While visiting our trails and parks please remember to follow dog park etiquette and pick up after your dog.

KELOWNA

North Glenmore Dog Park

(2150 Glenmore Rd, just north of the Glenmore Landfill)

Ellison Fields Dog Park

(4680 Old Vernon Rd)

Enterprise Way Dog Park

(2500 Enterprise Way)

Knox Mountain Dog Park

(at designated off-leash location at 450 Knox Mountain Drive, the rest of Knox Mountain is on-leash only)

Rowcliffe Park

(536 Rowcliffe Ave)

Mission Dog Park

(1085 Lexington Dr)

Cedar Creek Dog Beach

(5200 Lakeshore Rd)

Lake Avenue Beach Access

(117 Lake Ave)

Poplar Point Dog Beach

(north of Sutherland Bay Park, at 700 Ellis St)

WEST KELOWNA

Gellatly Dog Beach

(Boucherie Rd & Gellatly Rd)

Westbank Centre Park

(2569 May St)

Shannon Woods Park

(Shannon Woods Dr & Shannon Lake Rd)

Mar Fee Park

(2100 Westlake Rd)

LAKE COUNTRY

Coral Beach North

(17494 Coral Beach)

Lake Country Dog Park

(Okanagan Centre Rd W & Mccoubrey Rd)

Oyama Dog Park

(15445 Oyama Rd)

Woodsdale Packinghouse Park

(Woodsdale Rd & Oyama Rd)

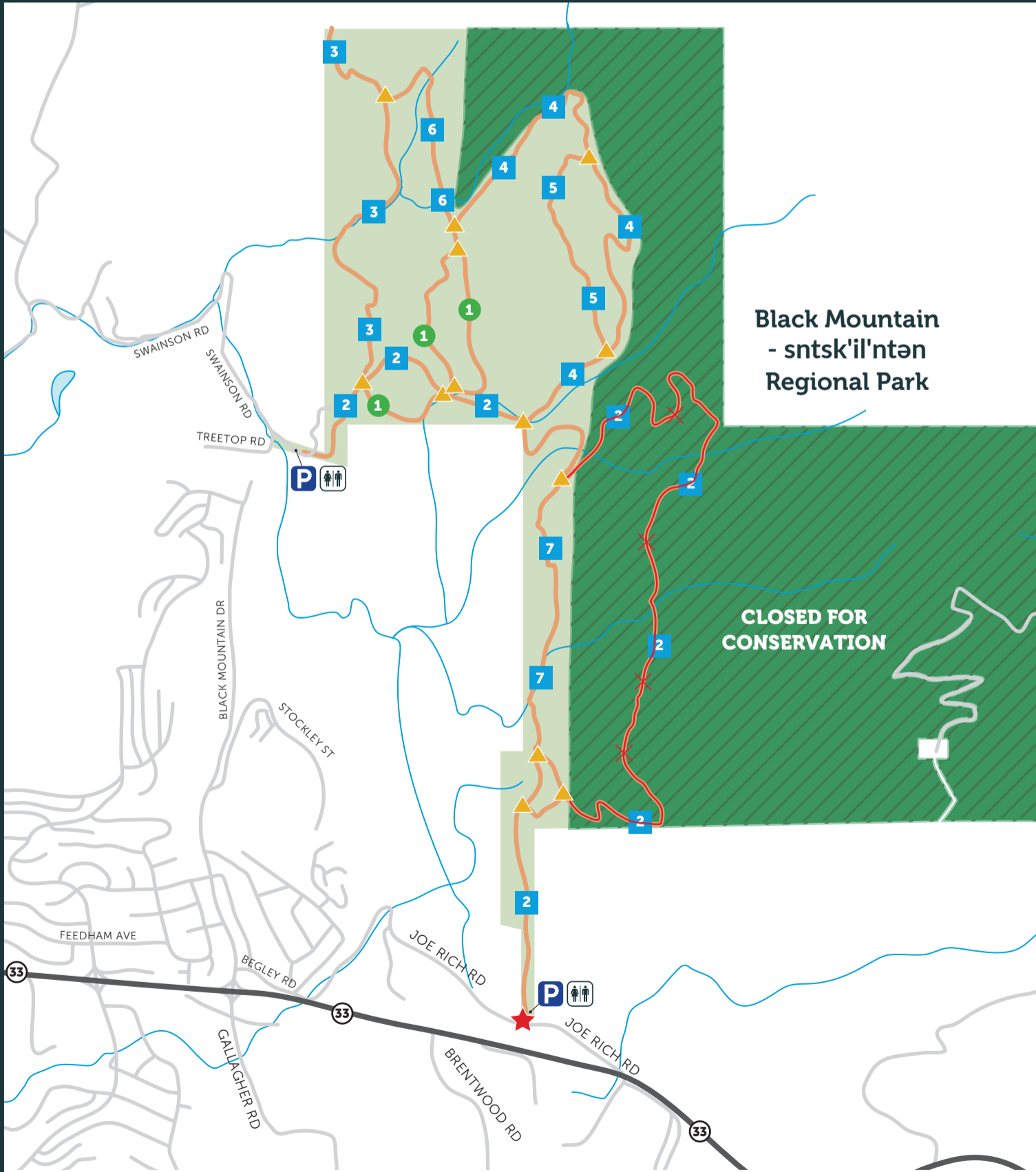
PLEASE NOTE: All trails require dogs to be on leash and most beaches do not allow dogs. Off-leash parks are marked on the map.



A diversity of trails for biking and hiking just minutes from downtown Kelowna. | Primary access/parking: Knox Mountain Drive

- | | | | |
|--|---|--|---|
| 1 PAUL'S TOMB
2.7 km Climb: 102 m | 5 KATHLEEN LAKE
2 km Climb: 40 m | 9 SIMPSON
.6 km Climb: 42 m | 13 SHALE
1.9 km Climb: 238 m |
| 2 PAVILLION
1.2 km Climb: 65 m | 6 CAMELOT
.3 km Climb: 7 m | 10 FRONT SIDE CONNECTOR
.8 km Climb: 17 m | 14 CLIFTON RIDGELINE
9 km Climb 50 m |
| 3 APEX/SIMPSON CONNECTOR
.5 km Climb: 8 m | 7 APEX (cycling uphill only)
2.8 km Climb: 262 m | 11 GLENMORE RIDGE
.55 km Climb: 44 m | 15 OGOPOGO
1.05 km Climb 176 m |
| 4 MAGIC ESTATES
.5 km Climb: 33 m | 8 LOWER APEX
1.3 km Climb: 89 m | 12 BALSOM ROOT BLUFF
1.6 km Climb 86 m | 16 BALSOM ROCK
.16 km Climb -33 m |

4 Knox Mountain



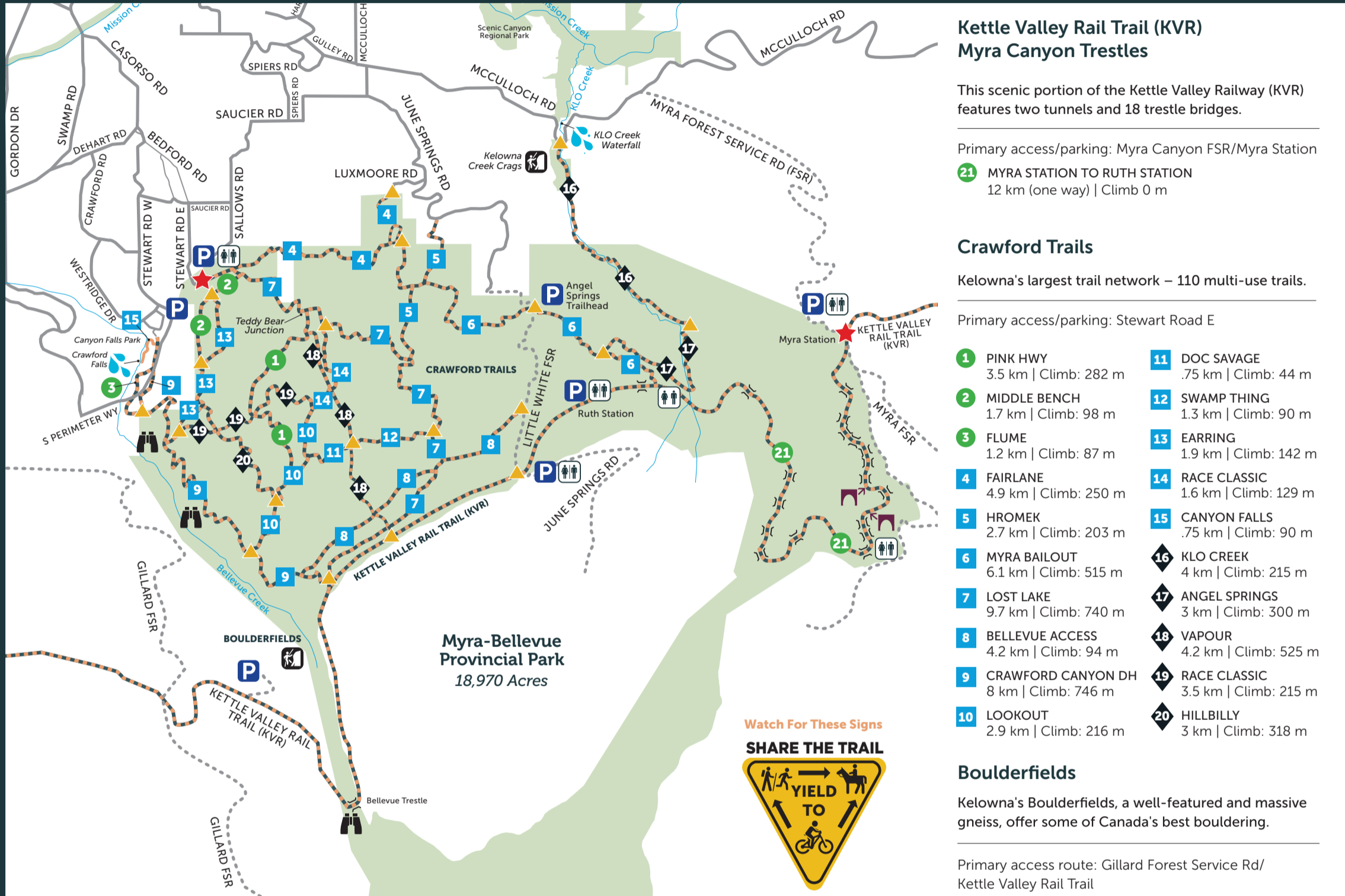
A vast park on the eastern slopes of Kelowna offers trails through endangered grasslands. All Black Mountain Trails – Hiking ONLY
Primary access/parking: Swainson Road

- | | | | |
|---|--|--|--|
| 1 EPHEMERAL POND TRAIL
1.9 km Climb: 716 m | 3 COYOTE TRAIL
1.9 km Climb: 712 m | 5 RIDGE TRAIL
.99 km Climb: 851 m | 7 FLUME TRAIL
1.5 km Climb: 750 m |
| 2 sntsk'il'nten TRAIL
3.29 km Climb: 884 m | 4 GRASSLANDS TRAIL
2.65 km Climb: 875 m | 6 HOODOO TRAIL
1 km Climb: 718 m | TRAIL CLOSED FOR CONSERVATION |

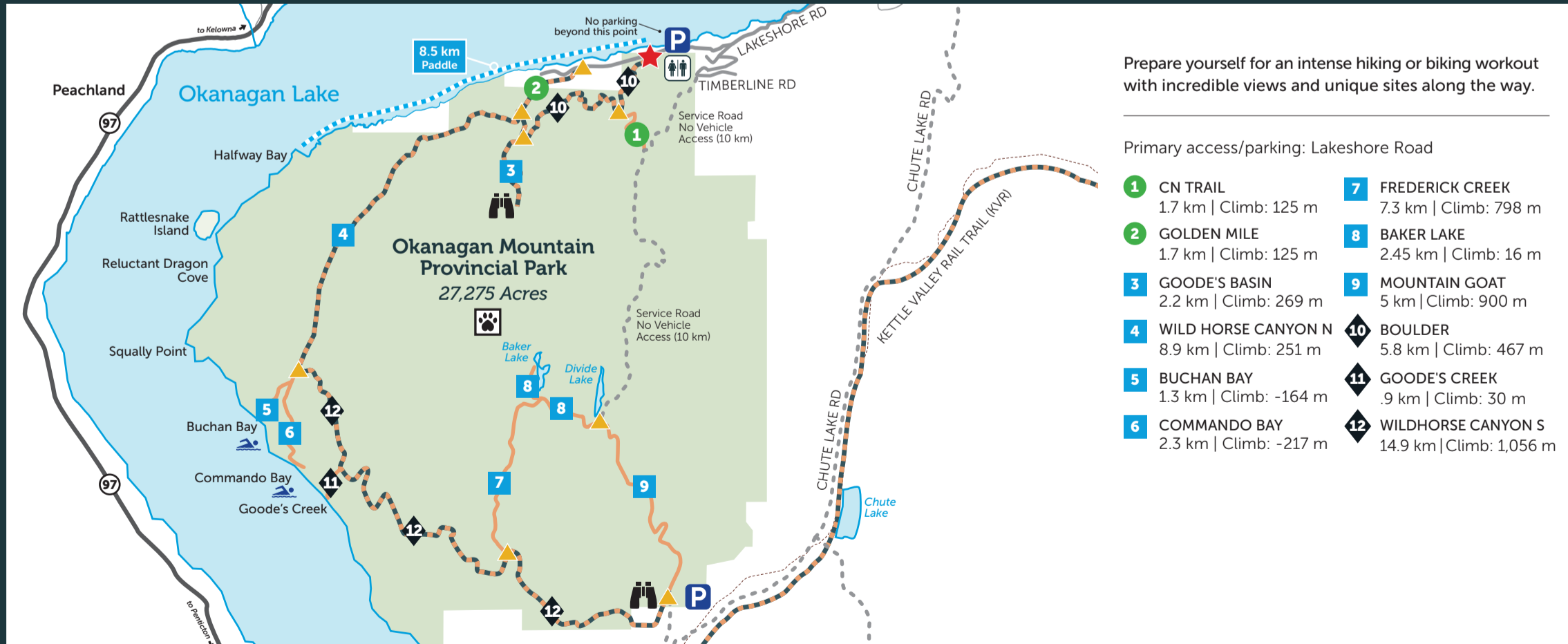
19 Black Mountain - sntsk'il'nten Regional Park



13 Spion Kop



6 Myra-Bellevue Provincial Park



7 Okanagan Mountain

Access to Kelowna's incredible trails would not be possible without the amazing partnerships and countless volunteer hours from the following organizations:

**West Kelowna Trail Care Crew | Walk Around Lake Country
Mountain Bikers of the Central Okanagan
Friends of the South Slopes Society**

Please consider giving back by purchasing a membership, giving a donation, or joining a crew!

Another huge THANK YOU to the following for sharing valuable information and data for this guide:

**Regional District of the Central Okanagan | BC Parks
City of Kelowna | City of West Kelowna
District of Lake Country | Hiking Addiction | Trail Forks**

MORE INFO

For more information on all outdoor recreation activities visit:
tourismkelowna.com/things-to-do/outdoor-recreation

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 PELMEWASH PARKWAY
7.5 km Climb: 0 m | 8 |
| 2 RAPTOR LOOP
3 km Climb: 0 m | 3 |
| 3 LUPINE
.9 km Climb: -40 m | 4 |
| 4 ARROWLEAF
2.5 km Climb: 100 m | 2 |
| 5 PAINT BRUSH
2.6 km Climb: 100 m | 2 |
| 6 RIDGELINE
2 km Climb: 80 m | 2 |
| 7 TOWER
1 km Climb: 150 m | 2 |
| 8 SUMMIT
5.2 km Climb: 485 m | 2 |

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 (one way) | Climb 0 m

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
1.7 km Climb: 98 m | 12 SWAMP THING
1.3 km Climb: 90 m |
| 3 FLUME
1.2 km Climb: 87 m | 13 EARRING
1.9 km Climb: 142 m |
| 4 FAIRLANE
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
4.2 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 |

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

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 | 11 GOODE'S CREEK
.9 km Climb: 30 m |
| 6 COMMANDO BAY
2.3 km Climb: -217 m | 12 WILDHORSE CANYON S
14.9 km Climb: 1,056 m |

THANK YOU