

GET LOST

2018 CIRCLE TOUR GUIDE



kamloops
BOLDLY UNSCRIPTED

BRITISH COLUMBIA  CANADA



BE BOLD.

Kamloops is more than a city, it's a state of mind. It's a small-town kind of friendly with metropolitan flavours on the side. Far from the hustle and bustle, it's a place where you skip the crowds, stretch your legs and expand your horizons. Resting on the shores of two picturesque rivers, the landscapes invite a sense of improvised adventure.

Be amazed by twisty single-track bike trails and winding walkways. Tee off on award-winning golf courses. Cast a line on trophy stillwater. Poke around local shops and boutiques. Engage with the vibrant arts and culture scene. Sample an assortment of food that promises to satisfy and satiate even the most discerning of palates. Indulge in a burgeoning bevy of wineries, craft breweries, restaurants and cafés that are overflowing with culinary enthusiasm and intensity.

Kamloops is a city for every season. It's a place for families, urban and rural adventurers. Don't just escape, explore. Go off the grid, get lost and discover the unexpected along the way.



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TOURISM KAMLOOPS VISITOR CENTRE

1290 Trans-Canada Highway West (Exit 368)
Kamloops, British Columbia, Canada
1.800.662.1994

COVER:
Dylan Sherrard

ENJOY THE OPEN ROAD.

Get out and get buggy with the wind in your face and the occasional bug caught in your teeth. Ahhhh, the joys of the open road.

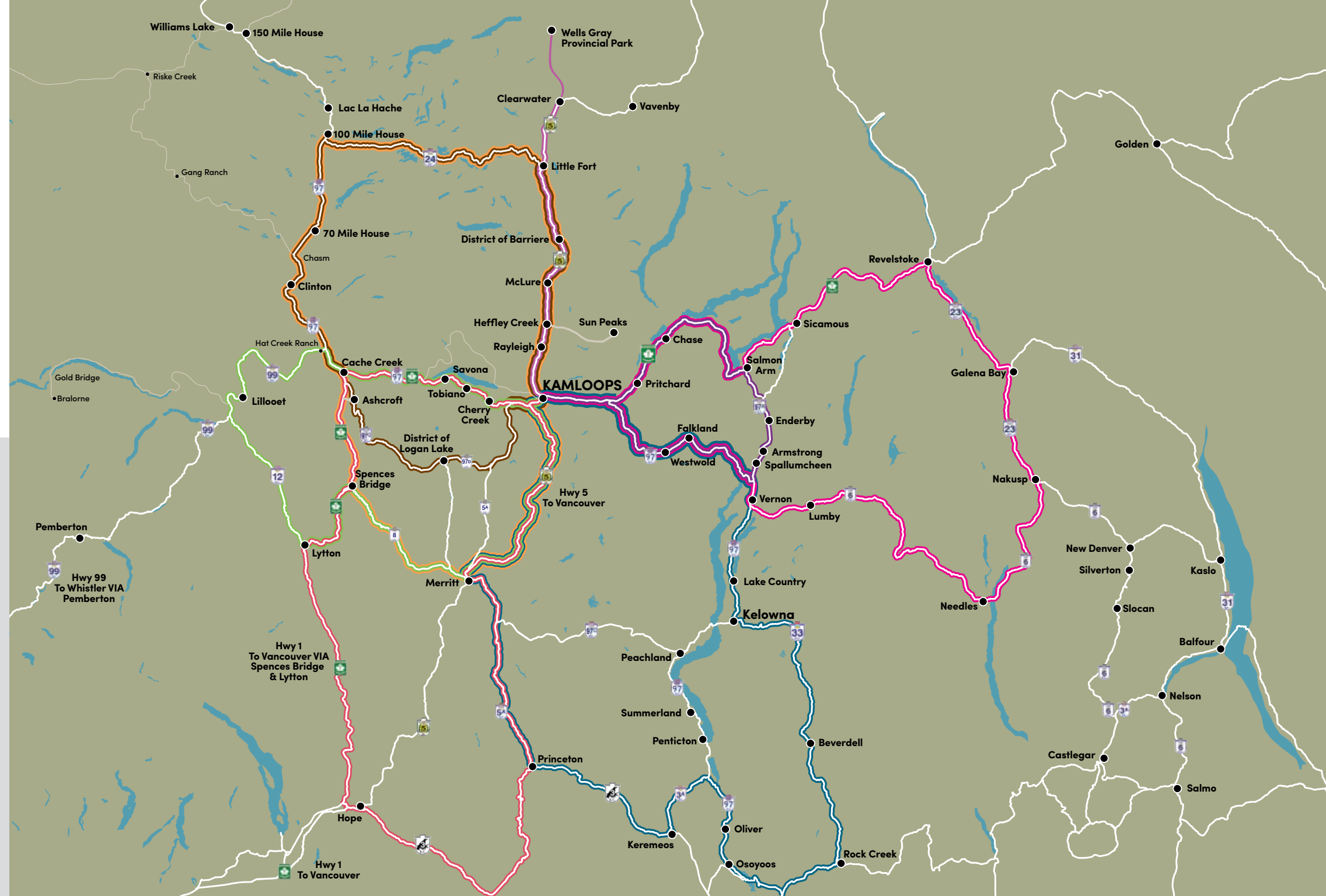
Freedom, speed, independence and camaraderie. The sky and the highway. This is adventure on your own terms. Take your fine self out for a spin. Discover the winding roads that crisscross from one town to the next. Zip along between the landscapes and landmarks. Stop only when it suits you. The circle tours collected for this guide were recommended by local bikers who shared their favorite hotspots, highlights and hangouts.

ONE DAY CIRCLE ROUTES

All circle routes start and end in Kamloops.

ROUTES	KM	TIME
 SHUSWAP TOUR	260 KM	3:20 HRS
 COPPER MINE LOOP	440 KM	5:15 HRS
 WELLS GRAY	341 KM	5:20 HRS
 PEAKS & VALLEYS	434 KM	5:50 HRS
 PAN FOR GOLD	521 KM	6:30 HRS
 HELL'S GATE	600 KM	7:20 HRS
 USA BORDER LOOP	654 KM	8:30 HRS
 HOTSPRINGS TRAIL	628 KM	9 HRS

Times and distances are based on Google Maps for reference and do not include stopping time.



SHUSWAP TOUR

DISTANCE: 260 KM / 161 MILE | APPROX. TIME: 3:20 HOURS

KAMLOOPS > WESTWOLD > ARMSTRONG > SALMON ARM

KAMLOOPS TO SPALLUMCHEEN (97 EAST)

Distance: 106 km / 66 miles | Approx. Time: 1:20 hrs

Head east from Kamloops on Highway 1 for approximately 25 km (15 miles). Keep in the right lane and take Exit 399 to Highway 97 towards Vernon. Continue on Highway 97 S to Grandview Flats Road. Continue on Grandview Flats Road to Walbridge Road in Spallumcheen.

Highlights: Twists and turns along lakes and marshes full of water fowl. Falkland is home to one of Canada's largest Canadian flags and is the home of the Falkland Stampede & Rodeo in May.

SPALLUMCHEEN TO SALMON ARM (97A NORTH)

Distance: 45 km / 28 miles | Approx. Time: 40 mins

Highlights: Armstrong Cheese Factory, Caravan Farm Theatre, Log Barn 1912.

SALMON ARM TO KAMLOOPS (1 WEST)

Distance: 109 km / 67 miles | Approx. Time: 1:15 hrs

Highlights: Shuswap Pie Company, Big and Little Shuswap Lake, Dreamcycle Motorcycle Museum & Gift Shop.



COPPER MINE LOOP

TOTAL DISTANCE: 440 KM / 273 MILES

TOTAL TIME: 5:15 HOURS

KAMLOOPS > LITTLE FORT > 100 MILE HOUSE > CACHE CREEK > ASHCROFT > LOGAN LAKE > LAC LE JEUNE

KAMLOOPS TO LITTLE FORT (5 NORTH)

Distance: 93 km / 60 miles | Approx. Time: 1:10 hrs

Highlights: Space Module Ice Cream Stand from Expo '86. Take a side trip to Clearwater. See the Wells Gray Route for details and attractions.

LITTLE FORT TO 100 MILE HOUSE (24 WEST)

Distance: 103 km / 64 miles | Approx. Time: 1:16 hrs

Head west on Highway 24. Upon reaching the junction of Highway 24/97, riders are at Mile 97. Head north on Highway 97 towards 100 Mile House, a suggested spot for fuel and a bite to eat. Those wanting to continue towards 70 Mile House will turn left onto Highway 97.

Highlights: See the remnants of the original "Cariboo Wagon Road" from the Gold Rush of the late 1850s. An original Barnard Express stage coach from the Gold Rush is on display in the parking area of the Red Coach Inn, on the north side of town.

100 MILE HOUSE TO CACHE CREEK (97 SOUTH)

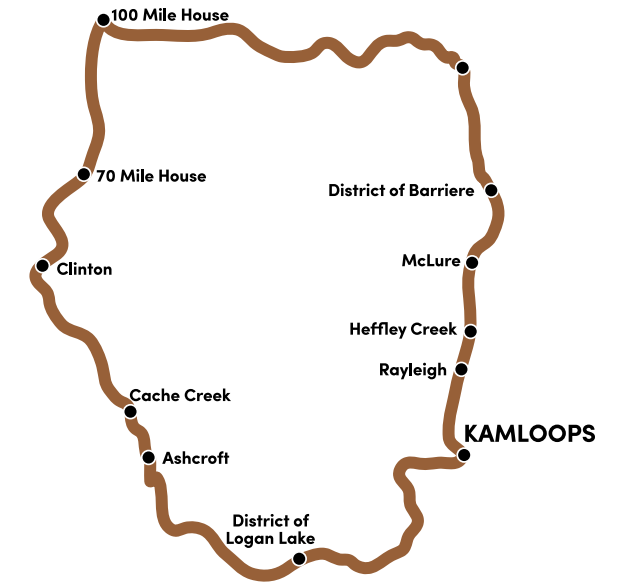
Distance: 112 km / 70 miles | Approx. Time: 1:15 hrs

Highlights: The Chasm—10 km (6 miles) after 70 Mile House. Turn left onto Chasm Road. Continue southwest along this road and it will meet up with Highway 97 South. There are painted hills about 15 km (9 miles) before Cache Creek, Historic Hat Creek Ranch, Horsting's Farm Market, Cariboo Jade Shop, Graffiti Days Show 'n Shine in June.

CACHE CREEK TO ASHCROFT (1 SOUTH/97C)

Distance: 11 km / 7 miles | Approx. Time: 12 mins

Highlights: Ashcroft Museum, Historic Fire Hall.



ASHCROFT TO LOGAN LAKE (97C SOUTH)

Distance: 58 km / 36 miles | Approx. Time: 45 mins

After crossing the bridge into downtown Ashcroft, follow signs for Highway 97C towards Logan Lake.

Highlights: Highland Valley Copper Mine and the Logan Lake Visitor Information Centre, located inside a huge mining shovel that sits next to a 235-ton ore truck.

LOGAN LAKE TO KAMLOOPS (97D NORTH)

Distance: 60 km / 37 Miles | Approx. Time: 45 mins

Head northwest out of Logan Lake onto Highway 97D / Meadow Creek Road. Follow this road over the highway and towards Lac Le Jeune (continuing on Meadow Creek Rd.) This will eventually turn into Lac Le Jeune Rd. Follow this road all the way to Kamloops.

Highlights: Lac Le Jeune – take a seat at a picnic table and enjoy the beautiful day.

WELLS GRAY

DISTANCE: 341 KM / 212 MILES | APPROX. TIME: 5:20 HOURS

KAMLOOPS > LITTLE FORT > CLEARWATER > WELLS GRAY PARK > BARRIERE

KAMLOOPS TO LITTLE FORT (5 NORTH)

Distance: 93 km / 58 miles | Approx. Time: 1:05 hrs

The route starts by taking riders north on Highway 5 towards Barriere, the site of the 2003 mountain fire that threatened the entire town. There are still remnants of burnt trees in the area reminding tourists and locals of the danger a cigarette or lightning can cause. Turn off on Highway 24 in Little Fort and ride up the twisty mountain roads, and enjoy the many pristine lakes along this tour.

Highlights: Space Module Ice Cream Stand from Expo '86, hundreds of hiking trails.

LITTLE FORT TO CLEARWATER (5 NORTH)

Distance: 30 km / 19 miles | Approx. Time: 20 mins

Highlights: Whitewater Rafting.

CLEARWATER TO WELLS GRAY/HELMCKEN FALLS

Distance: 46 km / 29 miles | Approx. Time: 1:15 hrs

Turn left onto Clearwater Valley Road. The main entrance to Wells Gray Provincial Park is located at Spahats Creek, 10 km (6 miles) north of Highway 5. The turn-off from the highway is near Clearwater, 120 km (75 miles) northeast of Kamloops. From the park entrance at Spahats Creek, a paved road leads 37 km (23 miles) to Helmcken Falls. From here it is 24 km (15 miles) by gravel road to Clearwater Lake.

Highlights: Stop in at the Clearwater Visitor Centre located on Highway 5 (Yellowhead) where you'll find maps and brochures about hiking trails, camping information, and other attractions around Wells Gray Provincial Park. Wells Gray is full of a variety of unique topographical features; extinct volcanoes, lava beds, mineral springs, and glaciers among others. A number of spectacular waterfalls also exist, including the famous Spahats, Dawson, and Helmcken Falls (the fourth highest waterfall in Canada).

WELLS GRAY/HELMCKEN FALLS TO BARRIERE (5 SOUTH)

Distance: 107 km / 66.5 miles

Approx. Time: 1:55 hrs

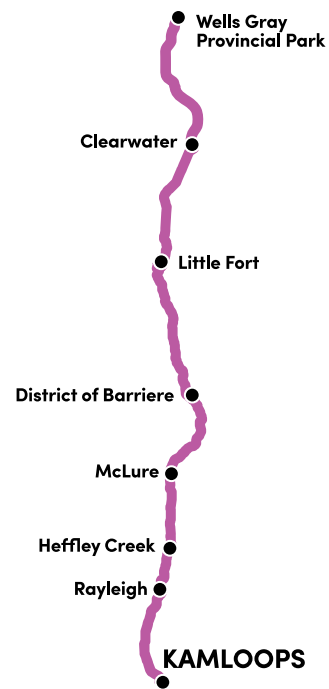
From Wells Gray Park, you'll be backtracking towards Kamloops. Head back to Clearwater via the Clearwater Valley Road. Turn right onto Highway 5 and follow the signs to Barriere.

Highlights: The North Thompson Museum, located in an old BC.. Forest Service Ranger Station, features artifacts depicting the history from McLure to Little Fort. Catch the Labour Day Fall Fair & Rodeo in September or have a picnic in one of the many scenic parks.

BARRIERE TO KAMLOOPS (5 SOUTH)

Distance: 65 km / 40 miles | Approx. Time: 50 mins

Highlights: Sun Peaks Resort, 30 km from the Highway 5 turnoff, offers great summer riding, hiking and free outdoor concerts. The Ranch Sports Fields between Heffley and Rayleigh. The Secwepemc Museum & Heritage Park, located on Highway 5 entering Kamloops, features historical photographs, illustrations, and artifacts from the Shuswap people.



HELMCKEN FALLS
Tinker & Rowe on Flickr used
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PEAKS + VALLEYS

DISTANCE: 434 KM / 270 MILES | APPROX. TIME: 5:50 HOURS

KAMLOOPS > MERRITT > SPENCES BRIDGE > LYTTON > LILLOOET > CACHE CREEK

KAMLOOPS TO MERRITT (5A SOUTH)

Distance: 100 km / 63 miles | Approx. Time: 1:21 hrs

Highlights: See the many sparkling lakes along the route including Shumway Lake, home to the Kamloops Rowing Club.

MERRITT TO SPENCES BRIDGE (8 WEST)

Distance: 66 km / 40.5 miles | Approx. Time: 1 hr

Turn right in Merritt onto Nicola Ave/Route 97C. Stay straight to go onto Route 8.

Highlights: Take in the Walk of Stars in Merritt and enjoy breathtaking scenery through the Nicola Valley. Stop and take a dip in the river if it's hot!

SPENCES BRIDGE TO LYTTON (1 SOUTH)

Distance: 37 km / 22 miles | Approx. Time: 30 mins

Highlights: Take a walking tour of the movie set for "The Pledge" in Lytton or visit Ken Glasgow's Philosophy Park.

LYTTON TO LILLOOET (12 NORTH)

Distance: 63 km / 39 miles | Approx. Time: 55 mins

From Highway 1, turn right onto Route 12, then turn left on 6th Street, and right again onto Route 12. If you want to go into Lillooet, turn left onto Route 99, and after the bridge turn right on Route 40.

Note: There is a short section of road that narrows down to single lane and is dirt – use caution.

Highlights: The Old Suspension Bridge in Lillooet is home to thousands of bats as part of a bat housing project.

LILLOOET TO CACHE CREEK (99 EAST)

Distance: 87.5 km / 54 miles | Approx. Time: 1:10 hrs

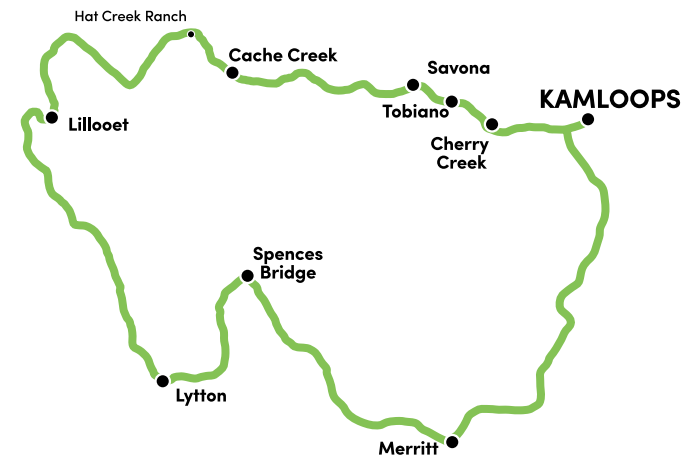
Highlights: The majestic Marble Canyon is home to Crown Lake Falls as well as Pavilion Lake, one of the few sites in the world that has freshwater coral.

Alternate Route: Ride from Whistler to Kamloops. Approx. 298 km (185 miles) and 3.5 hours travel time. Wind your way down the mountain via Highway 99/Duffey Lake Road through Lillooet to Kamloops.

CACHE CREEK TO KAMLOOPS (1 EAST)

Distance: 84 km / 52 miles | Approx. Time: 1 hr

Highlights: Tobiano Golf Course, Kamloops Lake lookout, balancing rock near Savona.



PAN FOR GOLD

DISTANCE: 521 KM / 324 MILES

APPROX. TIME: 6:30 HRS

KAMLOOPS > LITTLE FORT > 100 MILE HOUSE > CACHE CREEK > SPENCES BRIDGE > MERRITT

KAMLOOPS TO LITTLE FORT (5 NORTH)

Distance: 93 km / 60 miles | Approx. Time: 1:10 hrs

Highlights: Space Module Ice Cream Stand from Expo '86.

LITTLE FORT TO 100 MILE HOUSE (24 WEST)

Distance: 103 km / 64 miles | Approx. Time: 1:16 hrs

Head west towards 100 Mile House on Highway 24. When you reach Highway 97, you are at "Mile 97." Need fuel for the bikes or a bite to eat? Turn right and travel 5 km (3 miles) to 100 Mile House. Otherwise, turn left onto Highway 97 towards 70 Mile House and Cache Creek.

Highlights: See the remnants of the original "Cariboo Wagon Road" from the Gold Rush of the late 1850s. An original Barnard Express stage coach from the Gold Rush is on display in the parking area of the Red Coach Inn, on the north side of town, The Sugar Shack.

100 MILE HOUSE TO CACHE CREEK (97 SOUTH)

Distance: 112 km / 70 miles | Approx. Time: 1:15 hrs

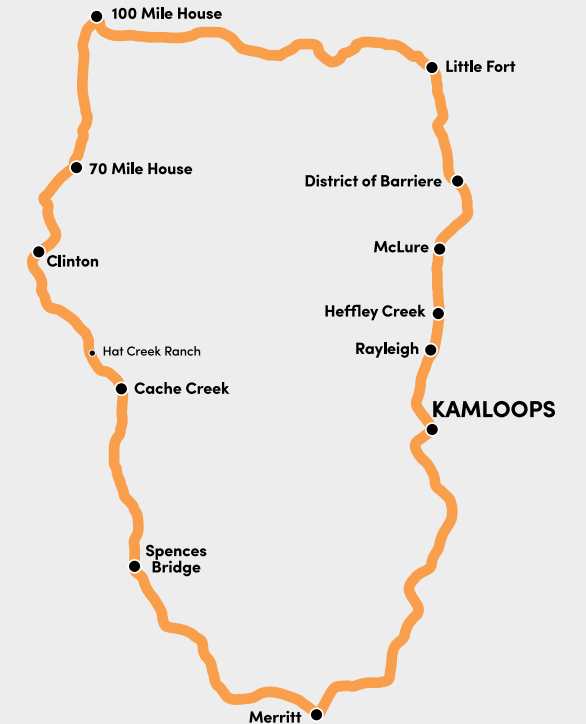
Highlights: The Chasm—10 km (6 miles) after 70 Mile House. Turn left onto Chasm Road. Continue southwest along this road and it will meet up with Highway 97 South. There are painted hills about 15 km (9 miles) before Cache Creek. Also check out Historic Hat Creek Ranch, Horsting's Farm Market, Cariboo Jade Shop and Graffiti Days Show 'n Shine in June.

CACHE CREEK TO SPENCES BRIDGE (1 SOUTH)

Distance: 50 km / 31 miles | Approx. Time: 35 mins

Head south on Highway 1 to Spences Bridge. There are limited gas stations between Cache Creek and Merritt, so ensure riders have sufficient fuel to travel 120 km (75 miles).

Highlights: Big Horn Sheep



SPENCES BRIDGE TO MERRITT (8 SOUTH)

Distance: 66 km / 41 miles | Approx. Time: 1 hr

Arriving into Spences Bridge, follow directions for Merritt and Highway 8. Turn left on Highway 8 and head southwest towards Merritt, arriving along Nicola Ave.

Highlights: Take it slow and enjoy the picturesque drive along the winding Nicola River.

MERRITT TO KAMLOOPS (5A NORTH)

Distance: 97.5 km / 61 miles | Approx. Time: 1:25 hrs

Either continue following Nicola Ave. until it meets up with Highway 5 or turn left onto Voght Street and follow it all the way up the hill. Voght Street will then turn into Highway 5A.

Highlights: See the Historic Quilchena Hotel, the surrounding farm land, and many lakes with likely sightings of eagles fishing.

HELL'S GATE

DISTANCE: 600 KM / 373 MILES | APPROX. TIME: 7:20 HOURS

KAMLOOPS > CACHE CREEK > SPENCES BRIDGE > HOPE > PRINCETON > MERRITT (5A)

KAMLOOPS TO CACHE CREEK (1 WEST)

Distance: 86 km / 54 miles | Approx. Time: 1 hr

Highlights: Tobiano Golf Course, hike to balancing rock near Savona.

CACHE CREEK TO SPENCES BRIDGE (1 SOUTH)

Distance: 50 km / 31 miles | Approx. Time: 35 mins

Highlights: Cariboo Jade Shop, Ashcroft Manor, Log Cabin Pub

Side Trip: Take a short detour through Ashcroft, 10 minutes south of Cache Creek. See many historic buildings downtown and return back to Highway 1 via Cornwall Road and the Ashcroft Reserve.

SPENCES BRIDGE TO HOPE (1 SOUTH)

Distance: 143 Km / 90 miles | Approx. Time: 1:44 hrs

Highlights: Hell's Gate Airtram and the scenic Fraser Canyon, Kamloops Lake.

HOPE TO PRINCETON (3 EAST)

Distance: 134 Km / 84 miles | Approx. Time: 1:40 hrs

Highlights: Hope Chainsaw Carvings, Hope Slide, Manning Park.

Side Trip: Detour onto Highway 5 East of Hope (approx. 10 mins) and visit the Othello Tunnels at Coquihalla Provincial Park. A series of old train tunnels and bridges cut through the solid granite walls and give stunning views over the wild Coquihalla River.

PRINCETON TO MERRITT (5A NORTH)

Distance: 90 km / 56 miles | Approx. Time: 1:10 hrs

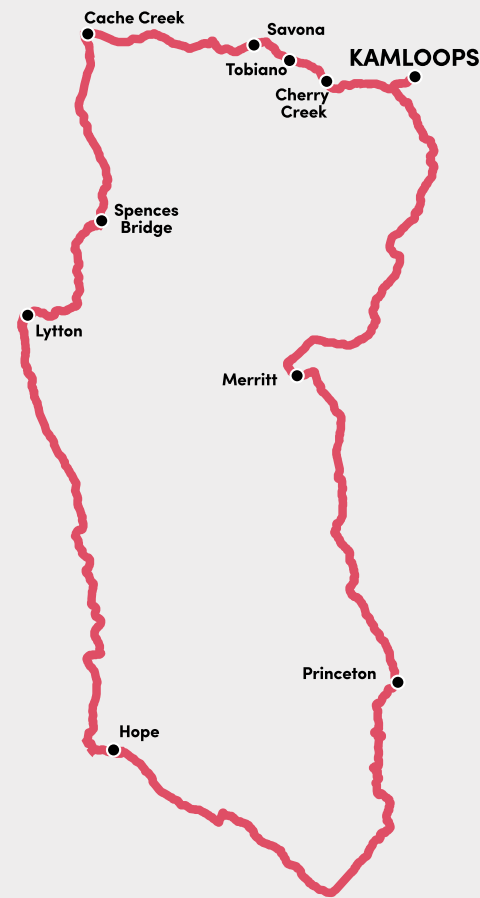
Upon arrival in Princeton, turn left onto Bridge Street and then turn right at Exit 290 onto the Princeton-Kamloops Highway 5A and follow the signs to Merritt.

Highlights: Take it slow and enjoy the scenery while passing by many small lakes and grasslands.

MERRITT TO KAMLOOPS (5A NORTH)

Distance: 97.5 km / 54 Miles | Approx. Time: 1:20 hrs

Highlights: Check out the Historic Quilchena Hotel as well as surrounding farm land and the many lakes with likely sightings of eagles fishing.



USA BORDER LOOP

DISTANCE: 654 KM / 396 MILES | APPROX. TIME: 8:30 HOURS

KAMLOOPS > VERNON > KELOWNA > ROCK CREEK > OSOYOOS > PRINCETON > MERRITT

KAMLOOPS TO VERNON (1 EAST)

Distance: 117 km / 73 miles | Approx. Time: 1:25 hrs

Head east from Kamloops on Highway 1 take Exit 399 for Highway 97 South towards Vernon.

Highlights: BC Wildlife Park, Westwold Old Church, Falkland's Largest Canadian Flag, Falkland Stampede in May, O'Keefe Historic Ranch.

VERNON TO KELOWNA (97 SOUTH)

Distance: 51 km / 32 miles | Approx. Time: 46 min

Highlights: Kalamalka Lake, Sparkling Hill Resort Spa, Predator Ridge Golf Course, Wineries.

KELOWNA TO OSOYOOS VIA ROCK CREEK (33 SOUTH)

Distance: 185 km / 115 miles | Approx. Time: 2:30 hrs

Upon arrival into Kelowna, continue following Highway 97 (Okanagan Highway/Harvey Ave). Turn left onto Highway 33 and travel through Rutland towards Big White Ski Resort. Continue on Highway 33 towards Rock Creek/Osoyoos. Once in Rock Creek, turn right onto Highway 3 and continue to follow the signs for Osoyoos.

Highlights: Check out Nk'mip Cellars, North America's first Aboriginal Winery in Osoyoos amongst other wineries.

OSOYOOS TO PRINCETON (3 WEST)

Distance: 114 km / 71 miles | Approx. Time: 1:20 hrs

Highlights: Check out the Princeton Museum or the old Kettle Valley Railway Tunnels in Princeton.

PRINCETON TO MERRITT (5A NORTH)

Distance: 90 km / 56 miles | Approx. Time: 1:10 hrs

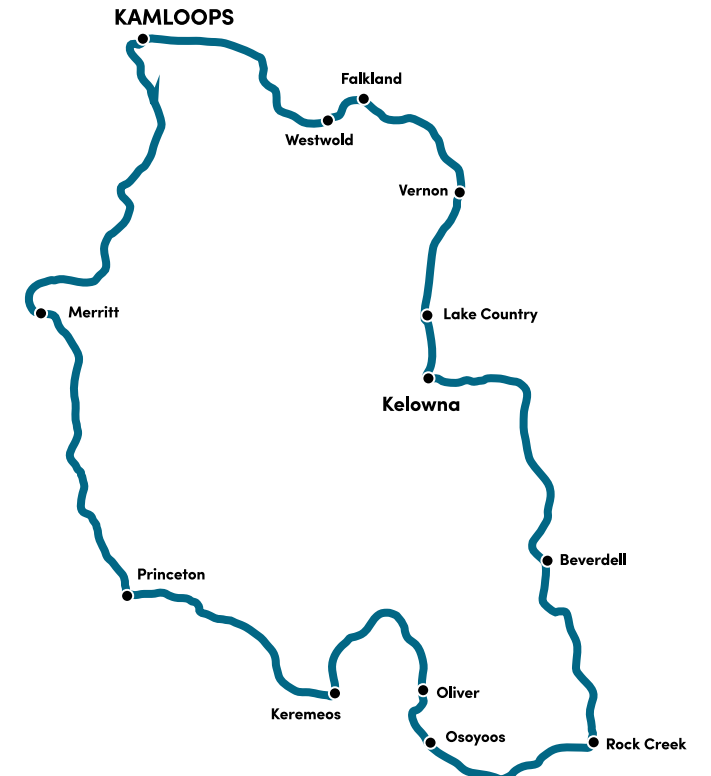
Highlights: Take it slow and enjoy the picturesque drive along the winding river.

MERRITT TO KAMLOOPS (5A NORTH)

Distance: 97.5 km / 61 miles | Approx. Time: 1:20 hrs

Once reaching the junction before Merritt, either continue on this road and end up in the Merritt City Centre or turn right and merge on to Highway 5 to Kamloops. As a slower alternative drive, consider turning right at the next intersection at Exit 290 to take Highway 5A (Old Merritt Highway) to Kamloops.

Highlights: See many lakes and farm lands with likely sightings of eagles fishing, and check out the Historic Quilchena Hotel.





HOT SPRINGS TRAIL

TOTAL DISTANCE: 628 KM / 390 MILES | APPROX. TIME: 9 HOURS

KAMLOOPS > WESTWOLD > VERNON > NEEDLES > FAUQUIER > NAKUSP > GALENA BAY FERRY > REVELSTOKE > 3 VALLEY GAP > SICAMOUS > SALMON ARM > SORRENTO

KAMLOOPS TO VERNON (1 TO 97 EAST)

Distance: 117 km / 73 miles | Approx. Time: 1:25 hrs

Head East from Kamloops on Highway 1. Keep in the right lane and take the exit for Highway 97 towards Vernon.

Highlights: BC Wildlife Park, Westwold Church, Falkland's Largest Canadian Flag, Falkland Stampede (May), O'Keefe Historic Ranch.

VERNON TO NAKUSP (6 EAST)

Distance: 195 km / 120 miles | Approx. Time: 2:55 hrs

Follow Highway 97 South (32nd Street) until it meets with 25th Ave. Drive one block and take the next right onto Highway 6 and follow this highway heading east towards Lumby. You will pass through Lumby, Cherryville, and Needles. Take the free ferry service across Arrow Lake to Fauquier and continue on through Burton before arriving at Nakusp. Visit arrowbridge.ca or call Western Pacific Marine 250.837.6676 for schedule.

Highlights: Ride the Needles Cable Ferry or visit the numerous hot springs along, or close to, this route: Nakusp Hot Springs, Halcyon Hot Spring, Ainsworth Hot Spring, Canyon Hot Spring.

NAKUSP TO REVELSTOKE (23 NORTH)

Distance: 105 km / 65 miles | Approx. Time: 2 hrs

Head north out of Nakusp onto Highway 23. Arrive at the Galena Bay Ferry about 48 km (30 miles) from Nakusp. The free ferry service will unload at Shelter Bay.

Side Trip: Loop from Galena Bay to Kaslo by taking Highway 31. From Kaslo, take Highway 31A to New Denver, Highway 6 to Nakusp, and Highway 23 back to Galena Bay. This circle tour trip is approximately 340 km (211 miles) and will take almost 6 hours but it's an incredible area to tour.

REVELSTOKE TO SALMON ARM (1 WEST)

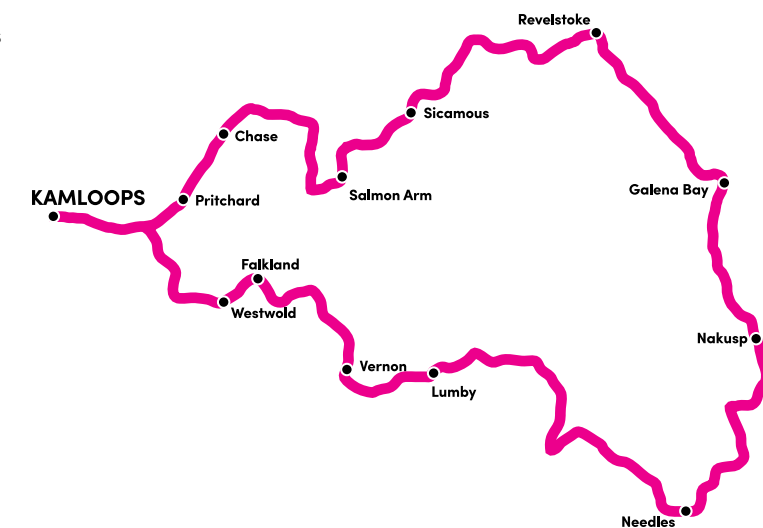
Distance: 104 km / 65 miles | Approx. Time: 1:20 hrs

Highlights: Revelstoke Train Museum, Three Valley Gap Ghost Town and Resort, Enchanted Forest & Sky Trek Adventure Park, Crazy Creek Waterfalls & Suspension Bridge, Last Spike Museum and Dutchman Dairy Farms.

SALMON ARM TO KAMLOOPS (1 WEST)

Distance: 109 Km / 68 miles | Approx. Time: 1:15 hrs

Highlights: Shuswap is one of the busiest lakes in BC and many visit all year long. Houseboating is a major attraction along with sport boating, fishing and camping. Big and Little Shuswap Lakes, Dreamcycle Motorcycle Museum & Gift Shop, Adams River Salmon Run in October, Talking Rock Golf at Quaaout Lodge, Monte Creek Ranch Winery and Harper's Trail Winery, R.J. Haney Heritage Village and Museum.



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