

GET OUT

2017 OUTDOOR ADVENTURE GUIDE



kamloops
BOLDLY UNSCRIPTED

BRITISH COLUMBIA ♦ CANADA

OUR BACKYARD IS SO WEIRD. AND AWESOME.

[GETTING LOST FOR A BIT.
THEN FINDING SOME CRAZY HOODOOS
AND AN INVERTED TREELINE]

MARA MOUNTAIN
Hayden Scott

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 windy walkways. Poke around local shops and boutiques. Engage with the vibrant arts and culture scene. Feast upon the possibilities with the Kamloops Flavour Trail. Known as a foodie's fantasy, sample an assortment 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.



TOURISM KAMLOOPS VISITOR CENTRE

1290 Trans-Canada Highway West (Exit 368)
Kamloops, British Columbia, Canada V2C 6R3
1.800.662.1994

inquiry@tourismkamloops.com

TOURISMKAMLOOPS.COM



KENNA CARTWRIGHT PARK
@mariekemacklon



BATTLE BLUFF
@njaret



JAMIE'S ON-CREEK FALLS
@bethrhian



CINNAMON RIDGE HOODOOS
Nigel Baillargeon



BACHELOR HEIGHTS
@njaret

ADVENTURE ON YOUR OWN TERMS.

Experience our ranges on foot. There is a hiking trail suited for every level of agility, athleticism and adventurousness.

When you ask locals about their favorite hike in Kamloops and the enthusiastic responses will start pouring in. The number of hikes and variety of terrain are so vast that the same trail is rarely mentioned twice.

LE HIKE THE MUST

KENNA CARTWRIGHT PARK

A multi use park for any time of the year, for any level of hiker, and is off-leash dog friendly. Overlook the city or catch an epic sunset on the Sunset Trail.

DEWDROP TRAVERSE

Not for the faint of heart. The panoramic views of Kamloops Lake and the valley are magnificent and some of the best in the area.

MARA MOUNTAIN

This moderate trail overlooks Kamloops Lake and Thompson River and is fantastic for wildlife viewing. You may even spot some bighorn sheep!

GIBRALTAR ROCK

A family favourite, this hike follows the shoreline of Paul Lake then begins a gentle climb through a mature pine forest to an outstanding viewpoint above the lake.

BATTLE BLUFF

You'll get a good view of Kamloops Lake and the Thompson River without having to negotiate a steep trail, boulders or climb to dizzying heights.

GRAB THE KAMLOOPS TRAIL GUIDE FOR DETAILED MAPS!



GET SHREDDING.

The rugged Kamloops landscape, formed from ancient lava flows and volcanic debris is a mountain biker's paradise. The semi-arid climate creates the perfect landscape for three season riding. Visitors are spoiled for choices with the vast, open sage scented hills, lush, green forests, windy hills and dusty trails. Be sure to hit the jumps at the Kamloops Bike Ranch, Canada's largest Municipal bike park.

MUST RIDE

KENNA CARTWRIGHT PARK
Easy cross country riding through pine trees and sagebrush. The trails are draped over and around a hilltop with commanding views of the city.

PINEVIEW VALLEY
The all mountain destination of choice in Kamloops. Enjoy fantastic trails, great cross country climbs and awesome descents. Fun for all enthusiasts.

LAC DU BOIS GRASSLANDS
A cross country trail network for new to intermediate riders. Enjoy fast flowing trails through the sagebrush.

KAMLOOPS BIKE RANCH
A 26 hectare municipal park that was one of the first of its kind in Canada, and continues to set the mark today as a very progressive riding scene. Downhill trails, race courses, XC climbs, dirt jumps and large natural steeps and drops.

HARPER MOUNTAIN
An all mountain/freeride/downhill playground of woodwork and stunts. Pedal or shuttle up.

GRAB THE KAMLOOPS TRAIL GUIDE FOR DETAILED MAPS!



MCCONNELL LAKE
@michelleznagy



THOMPSON RIVER
@magmacaulay



@kurtm7



KAMLOOPS LAKE

WET & WILD.

Did you know over 100 lakes and rivers surround Kamloops? This is the best place to take a dip, grab a paddle or hit the wake. Trust us, you'll want to be in close proximity on a hot summer day.

In Kamloops, there are paddling opportunities galore; from the gentle flow of area lakes to the faster pace of the South and North Thompson Rivers.

Grab your canoe or kayak, get upright on a stand up paddle board, or experience the high speed rush of wakeboarding. No matter what you choose, there are plenty of ways to get wet, stay cool, and see some of the very best the Kamloops landscape has to offer.

MUST

PADDLE

North & South Thompson Rivers
Paul Lake
Kamloops Lake
Shuswap Lake
100+ more lakes in the area!

SWIM

Riverside Park Beach
Pioneer Park Beach 🐾
Overlander Park Beach 🐾
Prince Charles Park Wading Pool
Brocklehurst Outdoor Pool

LAUNCH

Lac le Jeune Provincial Park
McConnell Lake Provincial Park
Niskonlith Lake Provincial Park
Roche Lake Provincial Park
Tunkwa Provincial Park
Walloper Lake Provincial Park



JACKO LAKE
@jmxkayz



@anonymskelsey



Brennan Lund



Mary Pulnum



Brennan Lund

HOOK, LINE AND SINKER.

Fishing fanatics, rejoice! There are over 100 fishing lakes within an hour of Kamloops. Kick it old school with a worm and hook, or test fishing techniques through trolling, spin casting or fly-fishing.

Need a rod? The Tourism Kamloops Visitor Centre is a Go Fish BC – Rod Loan location. Take out a rod for free, get the scoop on boat rentals and hear about local fishing holes.

MUST FISH

EDITH LAKE

Sometimes the smallest lakes can yield the best fishing. Its proximity to the city makes it popular, and its productivity keeps anglers coming back.

ROCHE LAKE

This lake is a great weekend getaway. Anglers will find a lot to explore and new favourite spots each time out.

ISOBEL LAKE

Isobel Lake is stocked annually with Rainbow Trout. It is a recreation site, managed by the local first nations, Tk'emlúps te Secwepemc

WALLOPER LAKE

A great family lake offering a large abundance of trout that average in the 1 lbs. range. The freshwater shrimp and leeches make it an excellent choice for the fly fishers.

STUMP LAKE

Once famous for its huge trout of 15 lbs. or better, this moody lake still produces large fish in the 6 lb. range. Fly fishermen concentrate their efforts at both the south and north ends of the lake.

BETTER THAN ARCHEOLOGY CLASS.

[THOUGHT WE'D TAKE THE
SCENIC ROUTE HOME]





HORSEBACK

Our region is the perfect backdrop for horseback riding. No matter if you're a newbie or a wrangler, there are tours to suit your saddle.

MUST RIDE

CAMPBELL HILLS GUEST RANCH
ERIN VALLEY RIDING STABLES
JANDANA RANCH
MILE HIGH RIDES

Kelly Funk



@reighanm

ROCK CLIMBING

Take things to the next level and view Kamloops from an entirely different elevation. Our rocks will ensure great climbs that will challenge all levels of adrenaline.

MUST CLIMB

THE BEACH
ROCHE LAKE
MARBLE CANYON
OREGON JACK
CLIFFSIDE INDOOR CLIMBING GYM

Grab your spandex and race through hoodoos, sagebrush and silt bluffs or jog along the Rivers Trail, a 40km long urban pathway weaving through the city. Plenty of running groups that offer active, social outings.

MUST RUN

RIVERS TRAIL
DIRTY FEET TRAIL RUNNING SERIES
RUN CLUB

RUNNING



@lianneviau

Have you tried disc golf, a weird variation of traditional ball golf? This is one of the fastest growing sports in Kamloops and age doesn't matter. Come play some of our best courses.

MUST PLAY

ROSE HILL WEST
THE BLACK ROSE
DICK HART MEMORIAL PARK



DISC GOLF



Kamloops Skydivers

There's nothing quite like soaring over the vast, rugged landscape of the area, taking in the views of the shimmering Thompson rivers... because you've just deliberately jumped out of a perfectly good airplane, you daredevil you. Qualified, certified coaches, are available to offer courses and instruction.

FLY HIGH



@kylespringman

Back country exploration is at its best with an ATV or dirt bike. Whip down old logging roads or zip across multiple trails. Be sure to check in with the Tourism Kamloops Visitor Centre for appropriate riding areas for your specific adventure.

BRAAP



Graham Ronayne

LONG / SKATE

The Kamloops Longboard Park is the first of its kind with over 350m of track, including both an intermediate and an expert run. Start at any point along the hill to vary the difficulty level.

The Kamloops Skatepark, located McArthur Island, is a 2,000 square metre concrete paradise that holds some of the best features in BC. 4' quarter pipes line the upper decks for maximum speed and flow, while the mega obstacles will keep you busy all day long.

Located just 40 minutes from Kamloops in the Village of Chase, Treetop Flyers is a thrilling family-friendly eco-adventure! Awaken your inner adrenaline junkie amid the natural beauty of Chase Canyon. Open May to September, a Treetop adventure is a must do for anyone visiting the Kamloops region.

If zipping doesn't ignite you completely, strap into the Screamin' Eagle swing, pull 2G's and swing over 180 feet.

ZIP



TREETOP FLYERS
Rachel Lewis



RENTALS

If you don't own, why not rent? Take a slow paddle on a lake or have the wind whip through your hair at high speeds, Kamloops has plenty of rental options available to suit every need. From boats and seadoos to kayaks and paddleboards, there's something for everyone.



SHUTTLES

Shuttle services are available to offer mountain bikers endless laps on Kamloops' epic trails.

Guiding is also available for those who want a little more information while exploring.

BE BOLDLY UNSCRIPTED.

[YOU MAY JUST FIND
YOUR FAVOURITE
NEW ESCAPE]



kamloops

BOLDLY UNSCRIPTED

TOURISMKAMLOOPS.COM

