



# TRAIL GUIDE

hiking · biking

## VISIT WESTSIDE

west kelowna • westbank first nation


# Trail Tips & Etiquette


1. Stay on the trails and keep dogs on leash to help preserve the natural elements of the park.
2. Trails are for non-motorized users only. Many trails are multi-use (walking, biking, hiking, horseback riding), so please be aware of other user groups.
3. Bag and dispose of dog poo in garbage cans: don't leave it on the trail.
4. Respect adjoining property owners and do not trespass.
5. Cell phones may not work in all areas.
6. Dress in layers, bring water and wear sunscreen as our trails can get hot.
7. Be aware of poison ivy, rattlesnakes and brittle prickly pear cactus along some of the trails.
8. You may encounter wildlife along the trails, as well as ticks, when they are in season.




## How hard is the trail?



Trails are rated by a green/blue/black system that is based mainly on the slope and distance of the trail. The ratings apply to both hiking and biking trails.

 **Easy** - Well maintained compact trails, which are relatively flat with some gentle climbs. There may be some obstacles such as rocks, roots and potholes.

 **Moderate** - Trails are usually maintained and you will find some moderately steep climbs either directly on the paths or through the use of stairs.

 **Difficult** - Trails are not always maintained. Only the moderately fit and experienced hikers and mountain bikers should use these trails. You will also find steep and difficult terrain.

## Legend

 Trail     Parking     Trailhead

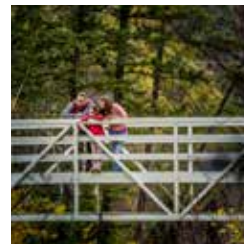
## Find Your Park!

1. Goats Peak Regional Park
2. Glen Canyon Regional Park
3. Kalamoier Regional Park
4. Bear Creek Provincial Park
5. Boucherie Rush Trail
6. Smith Creek
7. Rose Valley Regional Park
8. McDougall Rim
9. Shannon Lake Regional Park

# GLEN CANYON REGIONAL PARK SOUTH

The park features rustic raised wooden paths, as well as a series of bridges and stairs. You can cross over Powers Creek Falls bridge to see the waterfall. The trees and canyon walls offer shade on many parts of the trail.

Access: Main parking lot is at 4262 Gellatly Road. Access also via Herbert Road and Brown Road.



@telinahull

**1** **Glen Canyon Greenway | nʔucklíp̓m**  
Moderate | 2.2 km | Elevation: 80 m

**2** **Doe Trail | nq qlxʷáqaʔs stáʔ**  
Easy | 0.8 km | Elevation: 25 m

# GOATS PEAK REGIONAL PARK

The 52-hectare park offers two trails for hikers to explore.

Access: Seclusion Bay Road, parking lot can be found at the Big Sagebrush Trailhead. Access can also be found at the end of Whitworth Rd.

**3** **Big Sagebrush Trail | nq qlxʷáqaʔs cǫʷasq̓l̓stn**  
Moderate | 1.3 km | Elevation: 75 m

The point-to-point multi-use trail runs along a mountain ridge with views of Okanagan Lake along the way. The trail path is wide and users should note that on a hot summer day the trail can get very hot as there is minimal shade.

**4** **Mountain Goat Trail | nq qlxʷáqaʔs sxʷǫ̓iʔ**  
Difficult | 1.27 km | Elevation: 235 m

The point-to-point, narrow hiking trail zig-zags up the mountain to a viewing platform at the peak. Parts are difficult and trail footwear is advised.

## Glen Canyon Regional Park South

Birds to watch for:



Turkey Vulture  
Golden-crowned Kinglet  
Cedar Waxwing

Birds to watch for:



Northern Flicker  
Canyon Wren  
House Finch

# KALAMOIR REGIONAL PARK

Enjoy a leisurely hike along the lakeshore, stop for a swim at one of the swimming stops, or challenge yourself with one of the hillside trails. In the spring, experience the beauty of the Arrowleaf balsamroot as the hillside explodes with brilliant yellow flowers. During the summer and fall, the delicate sagebrush mariposa lily can be found, as well as the brittle prickly pear cactus. Dogs are permitted on-leash only. Much of the hillside trail is exposed, so be sure to bring water and wear sunscreen during the hot summer months.

Access: 3088 Collens Hill Rd

- 1 Waterfront Trail | nq qlx<sup>w</sup>áqaʔs yaɣcín**  
Easy | 1.5 km | Elevation: 20 m
- 2 Sunnyside Trail | nq qlx<sup>w</sup>áqaʔs k<sup>w</sup>link**  
Moderate | 0.63 km | Elevation: 30 m
- 3 Upper Rim Trail | nq qlx<sup>w</sup>áqaʔs tqłtikñ**  
Moderate | 1.4 km | Elevation: 60 m
- 4 Mike Passmore Trail | nq qlx<sup>w</sup>áqaʔs tx<sup>w</sup>ilm**  
Difficult | 0.64 km | Elevation: 200 m



# BEAR CREEK PROVINCIAL PARK

This trail has three well-marked loops that begin at a common trailhead. The easiest is the quick 15 minute Loop Trail. For those looking for a slightly longer trail, the 1.4 km Mid Canyon Trail is for you, but please note there are no washroom facilities along this loop. The longest is the 2.5 km Canyon Rim Trail. Features of this trail include some considerable stairs, lookout points and there are washroom facilities.

Access: Turn onto Westside Road from Hwy 97. Follow Westside Road for approx. 5 km. Parking area is well marked with signage.

- 5 Canyon Rim Trail | nq qlx<sup>w</sup>áqaʔs nʔucklíp̄m**  
Moderate | 2.5 km | Elevation: 90 m
- 6 Loop Trail | nq qlx<sup>w</sup>áqaʔs qax**  
Easy | 0.4 km

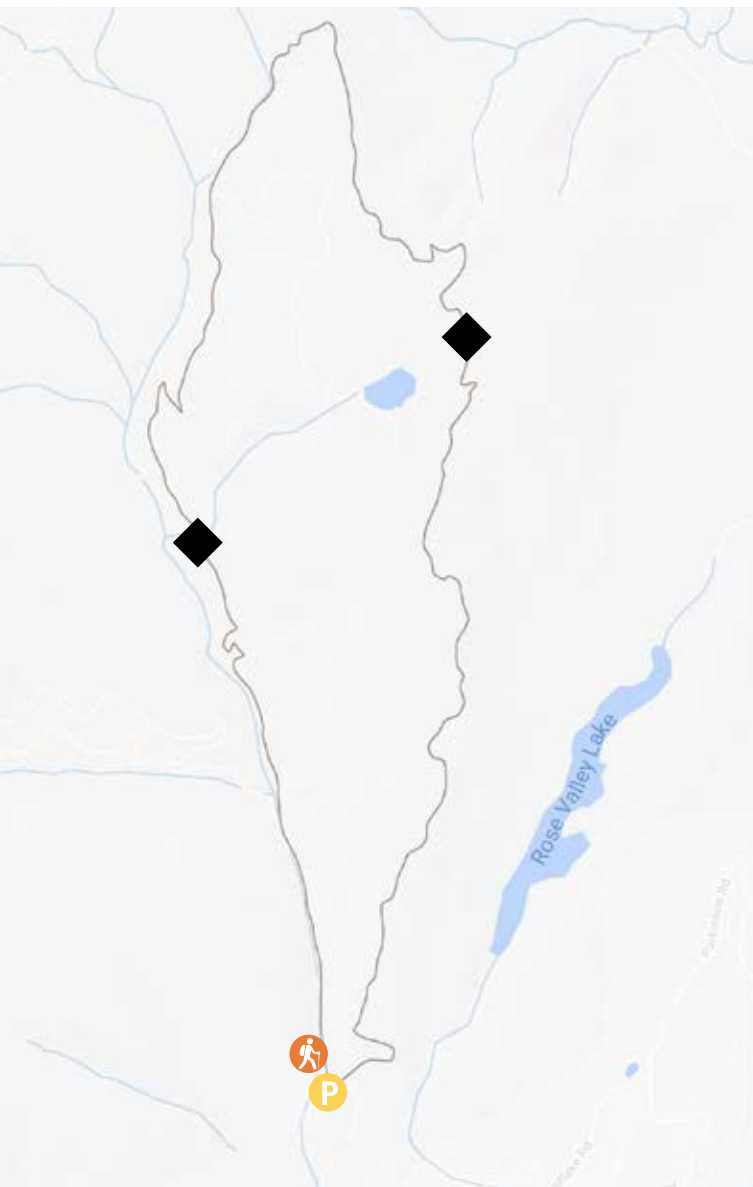


# MCDUGALL RIM TRAIL

The McDougall Rim trail starts with a long, steady, and intense climb of 30-60 minutes before it levels off. The trails are marked by usage with little signage.

*Access: Turn onto Bartley Road, then left on Shannon Lake Road and Bartley Rd will continue on your right. Follow this along past a small gathering of private properties. Continue along this narrow winding gravel road. Parking area is just past the cattle guard.*

◆ **Difficult**  
Distance: 20+ km | Elevation: 855 m

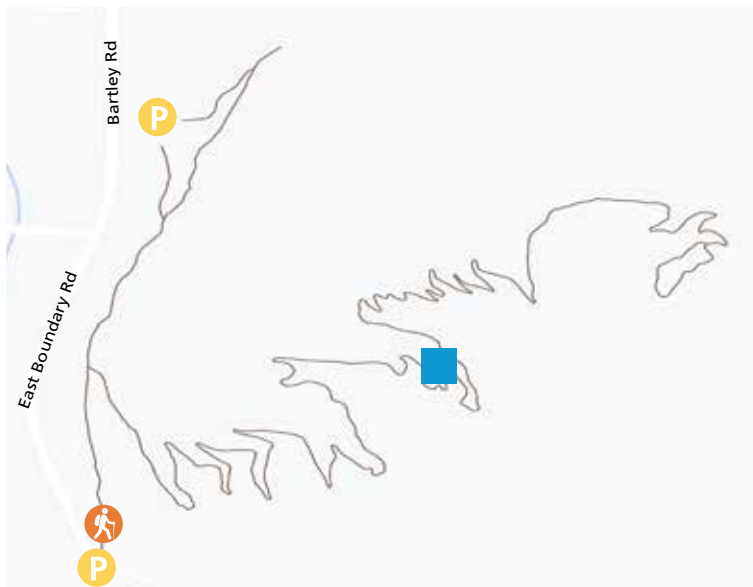


# BOUCHERIE RUSH TRAIL

Mount Boucherie is an extinct volcano that is 50-60 million years old. A series of switchbacks will lead you up the mountain where stunning views of the valley can be seen. Unique rock formations and streams of ancient solidified lava rock can be seen while exploring the mountain.

*Access: 2775 East Boundary Rd*

■ **Moderate to Difficult**  
Distance: 6 km round trip | Elevation: 275 m



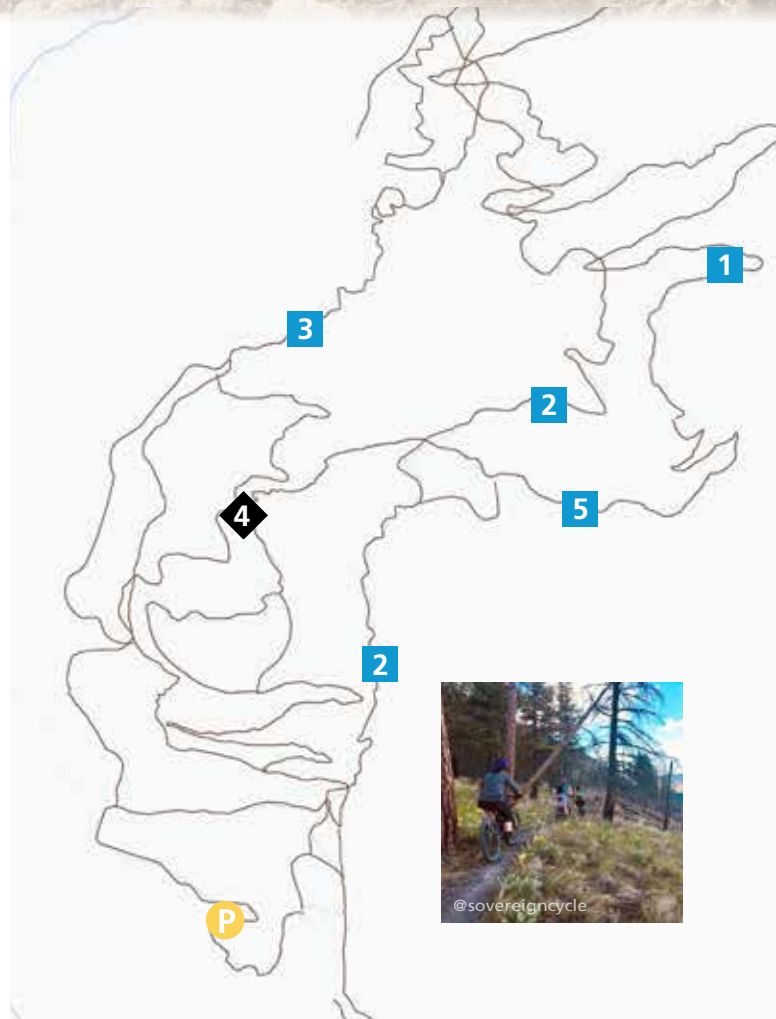


## SMITH CREEK (sanctioned mountain biking trail area)

This is primarily a mountain biking area but you may see hikers on the trails. There are some beginner trails in the lower elevations and as you go higher up so does the fitness level and technical difficulty.

The trail network consists primarily cross country trails and offers a fast flowy descent with jumps, ladders and easy log rides.

- 1 Holy Pail Up (uphill bike)**  
6.6 km | Climb: 365 m | Descent: -23 m
- 2 Feel the Love (downhill bike)**  
3.01 km | Climb: 26 m | Descent: -410 m
- 3 Travellin' Man (downhill bike)**  
2.55 km | Climb 25 m | Descent: -292 m
- 4 Santa's Revenge (downhill bike)**  
.975 km | Climb: 4 m | Descent: -104 m
- 5 FOMO (downhill bike)**  
.842 km | Climb: 1 m | Descent: -129 m



# ROSE VALLEY REGIONAL PARK

The park has an extensive trail network that is marked by usage rather than signage and it is a multi-use park with hikers and bikers enjoying the trails. It is recommended for the moderately fit as there are some steep climbs and one should be aware there are some sudden steep drop-offs.

Access: Parking lots at 2040 Westlake Rd or at 1949 Rosealee Lane.



## Birds to watch for:



Ruffed Grouse  
Rufous Hummingbird  
Osprey

## HIKING TRAILS

- 1** Yellow Bell Loop | qax s marata  
3.1 km | Elevation 90 m
- 2** Bunchgrass Trail | styiaqax  
0.6 km | Elevation 55 m

## Multi-Use Hiking & Biking Trails

- 3** Lake Loop | qax' tik'wt  
6.1 km | Elevation 324 m
- 4** Swamp Donkey (climb) | nʔax'wt  
2.2 km | Climb: 133 m | Descent: -103 m
- 5** City on the Edge of Forever (downhill bike) | cxilsm  
1.4 km | Climb: 33 m | Descent: -313 m
- 6** Forest Loop | qax élal  
2.0 km | Elevation 40 m
- 7** Bitterroot Loop | qax' sp'i m  
2.8 km | Elevation 88 m
- 8** Daze of Roses (uphill bike) | sk'w sk'wiłp  
4.1 km | Climb: 449 m | Descent: -101 m
- 9** Bear Bones (downhill bike) | scim í skmxist  
2.5 km | Climb: 141 m | Descent: -312 m
- 10** Cattywumpuss (downhill bike)  
2.2 km | Climb: 57 m | Descent: -142 m



Did you know, *nsyilxcən* (n-see-yeel-x-sen) is the language of the *syilx/Okanagan* people? Many of our parks and trails on the Westside have trail markers that feature *nsyilxcən* language and stories about the plants and animals that inhabit the area. Stories are an important part of knowledge sharing in the *syilx/Okanagan* community as *nsyilxcən* is traditionally oral in its entirety. When hiking on the Westside, make sure you stop at the trail markers to learn more about the people who have inhabited these lands since time immemorial.

## EASY WALKS

Looking to stretch your legs for an easy stroll or for stroller/wheelchair friendly paths? The following parks have flat walking paths with either pavement or hard crushed gravel.

Gellatly Nut Farm Regional Park • 2375 Whitworth Rd

Shannon Lake Regional Park • 2375 Swite Rd

Gellatly Bay Waterfront • Gellatly Rd

## WATERFALLS

**Powers Creek Falls Bridge**, located in Glen Canyon Regional Park (South)

**Bear Creek Falls**, a two tiered waterfall found at Bear Creek Provincial Park, Westside Rd

**Fintry Falls**, Fintry Provincial Park Westside Rd

**Hardy Falls**, an easy 15 minute stroll leads you to a viewing platform for this Peachland waterfall, Hwy 97

*Stop by the Visitor Centre, where we can help with your accommodation needs, information on local wineries and restaurants, as well as directions to all of our trails and attractions.*

**West Kelowna Visitor Centre | 2372 Dobbin Rd (Hwy 97) | 250.768.2712**

Visit Westside is a  
partnership between



Special thank you to the  
following local trail groups who  
work to maintain our trails:

*The West Kelowna Trail Crew*

*The Gellatly Bay Trails and Parks Society*

Photo credits: Darren Hull, Grant Robinson

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your photos!

