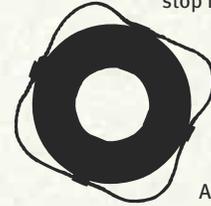




Pedros or Askews Foods. Now that you're loaded up with yummy goods, take a stroll on the Marine Wharf (North America's largest inland curved wharf) before continuing downtown to pick up beverages, maybe a beach book at the used bookstore and a unique piece

of art from one of the artisan studios in town. Afterwards, stop for a swim at Sunnybrae Park before winding down with a barbecue grill back at the camp. A sunset stroll along the beach makes the perfect wrap-up to a great Shuswap day.



Day 3: Grab the kiddos and drive out to East Shuswap for a zip, dip, fish and swing. The Enchanted Forest is great for youngsters, and the Skytrek Adventure Park is sure to please teens and adults alike. Channel your inner Tarzan by gliding through the forest and testing your courage high amongst the treetops. Next, visit the 3-Valley Gap Ghost Town: full of relocated buildings and artifacts from the BC interior. Craving some more adventure? Check out the Crazy Creek Suspension



WEEKLONG WANDERINGS IN THE SHUSWAP

Ready to soak up all the Shuswap has to offer? Camping with the family for a week in the Shuswap means relaxation mixed with adventure; local flavour and some sweet, serious down time.

With your toes in the sand and your eyes taking in the beautiful surroundings, leave the week up to us with these Shuswap itinerary suggestions. All you have to do is arrive!

Day 1: Settle in! Familiarize yourself with Herald Provincial Park Campground and set up camp. Spend your first day visiting the beach, skipping rocks into the clear waters and taking a magical evening stroll up to Margaret Falls - a short 1km hike from the campground. Then settle in around the campfire, or drift into an early sleep to the scents of fir and cedar.

Day 2: Take a morning trip to Salmon Arm to stock up on some fresh vegetables and meats from a one of our seasonal farmers' markets; or stores like DeMille's Farm Market, Urban Market,





Bridge and Hot Pools for some hiking, bridge swinging and a cool-down or warm-up in the hot and cold pools. On the way home, enjoy an evening dinner at **Moose Mulligans** while watching houseboats come and go on the water.

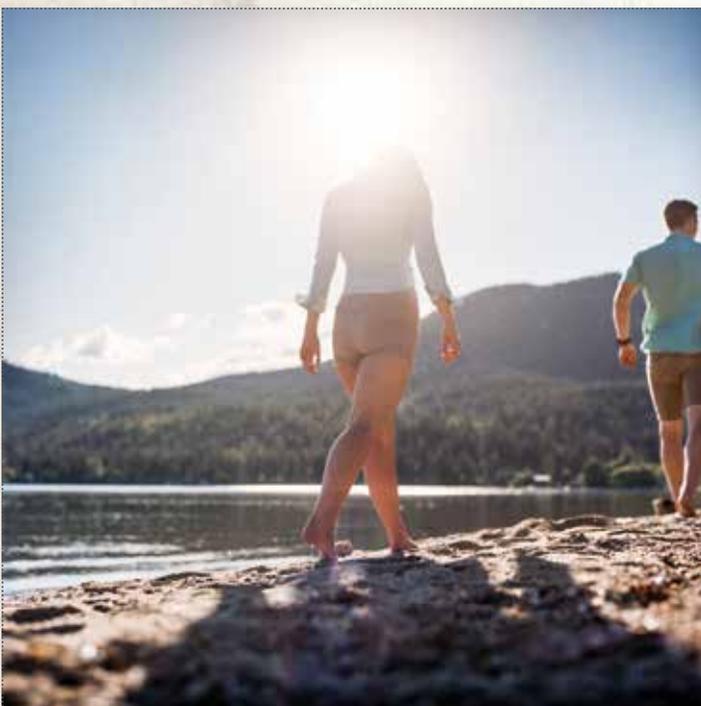
Day 4: Break out your inner beach bum and get ready to soak up the sunshine. One of the most important activities in the Shuswap is called doing Sweet-Blissful-Nothing-At-All. If you get tired of SBNA, you're either doing it wrong, or you've got something more important on the agenda.

Day 5: Go West! Leave camp and head to **Sprokkt's Café** for breakfast, then tour around the **Dreamcycle Motorcycle Museum** next door. Next, take the water route through Blind Bay and over to Sorrento. Check out the

views of Copper Island, or rent a kayak or paddle board at the **Shuswap Marina** and get out on out on the lake. Fancy a thrill? Call ahead to book a 1/2 day **raft trip on the Adams River**, or visit **Treetop Flyers** to zip across Chase Canyon and view the rushing waterfalls below.

Sneak in some golf or a stroll on the beach at **Quaaout Lodge**, on Little Shuswap Lake, before tucking back into camp for the night.

Day 6: Got grapes? Enjoy your day with a tour of some of the area's **wineries** (there are 7 in the area), and consider adding **Grass Root Dairy** or **Terroir Cheese** to the itinerary. If you're up for a little stroll and not too full of wine and cheese, don't miss **Mt. Baldy**: a 25 minute drive West of Sorrento. This 6km hike takes you to



a spectacular overlook high above Copper Island and the Adams River. Hallooooo to the views!

Day 7: All good things must come to an end, but that's no reason to let your last day be any less awesome! Why not **rent a boat** and visit one of the quiet corners of the lake? Check out the **floating store** at the Narrows, or boat up to **Albas Falls** at the end of Seymour Arm to partake in a 4km hike, waterfall chasing and headfirst dives into

the crystal-clear waters of Shuswap Lake.

Wanderers, wayfarers and vagabonds: fear not! There's plenty of fun for the whole family, much more than we've described here. Your next weeklong Shuswap trip is ready and waiting. Get planning and get here!

Got questions? We'd be happy to provide insight and answers. Give us a holler!

ShuswapTourism.ca
or call 250.833.5906

