

# TWISTS, TURNS & TOURS: A CYCLING ADVENTURE in the SHUSWAP

## REVOLUTIONARY ROAD BIKE EXPLORATIONS

*Looking for a holiday full of twists and turns? Road warriors rejoice! With over 1,500 km of quiet, scenic, paved backroads, the Shuswap is the place to plant your feet on the pedals and break away from the pack.*

Over 30 out-and-back and looped cycling routes, averaging 40 to 50 km each, are sprinkled throughout the Shuswap's diverse, rural



landscapes. Unsure where to begin? Fuel up with a good breakfast at a local hotspot — think **Pink Cherry** in Salmon Arm, **Blondie's Café** in Sicamous or **Cliff's Bistro** in Enderby. Pack a snack in your pannier, grab a copy of the **Shuswap Cycle Tour Guide/Map** and orient yourself to the region. Then head out to the south Shuswap, and get ready to hop on!

To begin a quintessential full day of Shuswap cycling, set your sights first on **Cycle Route #6**: the White Lake to Notch Hill Tour. This 48-km figure-eight loop meanders past lakes, through farmland, along the CP Rail line and through historic Notch Hill before ending back at **Sprokkt's Café**. Break up your day by grabbing a midday bite and refilling water bottles at Sprokkt's. Need a few more minutes to stretch tiring legs? Take a peek into the **Dreamcycle** Motorcycle Museum to check out the vintage motorcycles and

learn the story behind each rare bike.

After breaking for lunch, tackle Cycle Route #5: a 50-km out-and-back route from Blind Bay to Wild Rose Bay. This route alternates between lakeside meandering and forest climbs and features stunning views of Shuswap Lake throughout. Take

a break on a beach or dive

in for a refreshing dip at one of the area's many water-access parks. Finish off the day by cycling into the sunset while you finish up

the route, or wind things up at Finz Bar and Grill to watch the sky catch fire while enjoying a post-ride patio pint. After all, a pint is often where the plan for the next road ride begins. (We still have 30 more routes to explore!)

For more information visit **ShuswapTourism.ca** or call 250.833.5906

