

# FEET ON THE PEDALS & THE PEDAL to the METTLE

## A MOUNTAIN BIKER'S GUIDE TO A DAY OF RIDING THE SHUSWAP

*Mountain biking in the Shuswap is about epic, forested trails, a cool breeze brushing by, expansive views as far as the eye can see and two feet planted firmly on the pedals.*

First time rider? You're in a good place. Intermediate biker? No worries. Seasoned rider seeking thrills and a solid challenge? We've got trails for you, too. A full day of mountain biking the Shuswap is as easy as pulling up to a network of trails, hopping on and taking off full speed ahead.

Before the biking begins, swing by [Skookum Cycle](#) to pick up spare tubes, trail maps and any other bike accessories possibly forgotten along the way. Need a jolt to get you going? A morning java and trail snack can be found right next door to the bike store at [Blue Canoe Bakery](#). They'll ensure you're fueled and full before you head to the [South Canoe Trailhead](#) parking area. Note: before setting off, snap a picture of the map at the Trailhead Kiosk for reference, or link to the mobile maps at [ShuswapTrails.com](#). Or simply check out the riding details on the [Trailforks app](#)! They're all on there!

For a good intermediate ride at the South Canoe Trailhead, start your mountain bike journey by heading up The Climb Trail, crossing through Malibu Landing onto Troll Trail, then linking onto the XCut Trail before taking a left onto Triangle Trail. Looking for a shorter, easier option? From Triangle Trail, head to P2 and onto Undercut. Afterwards, link back to Malibu Landing/Troll Bridge before descending down either Flying Nun or PPT (your choice)! This 1-1.5 hour ride and is best suited for people who are familiar with singletrack and staying comfortable in the saddle.

Looking for something a little longer and more difficult? From Triangle Trail, cut onto Prudential, and then onto Forestry Road Climb. Next, head to Lower Schizo, Paranoia Right and Banjo, before opting for a



fast and flowy downhill on either Flying Nun or PPT.

For the most hard-core of bikers looking for a challenging ride that will last a good 2.5-3 hours, try this: from Triangle Trail, take Prudential before heading onto Forestry Road Climb. From there, cut onto Flip Side, slide over to Lumby or KC, then to Paranoia Right and Banjo before heading back to the trailhead via a downhill cruise on PPT or Flying Nun.

Take a lunch break on the [public beach at Canoe](#), and heck - take a cool-down dip in the lake while you're at it! Cooled down and re-fueled, consider heading



up to [Rubberhead](#) on the mountainside above the lake for an afternoon of breezy, downhill riding. If you're gonna cruise DH trails, then a good friend with a tough truck will be a major asset to your afternoon session! Suggested rides on Rubberhead include Muffintop and Veggie Delight. Have time and energy for one more? Hit Superman's for the perfect wrap up to a day of biking the Shuswap.

When the day is done and the trails have been crushed, stop in at the [Barley Station Brew Pub](#) to wash away the trail grime and enjoy a cold one and great local food. There's always a seasonal brew on tap and like-minded bikers keen to recount the adventures of the day. Roll on up here, and get out there!

For more information pick up a copy of the [Shuswap Trail Guide](#), visit [ShuswapTourism.ca](#) or call 250.833.5906