

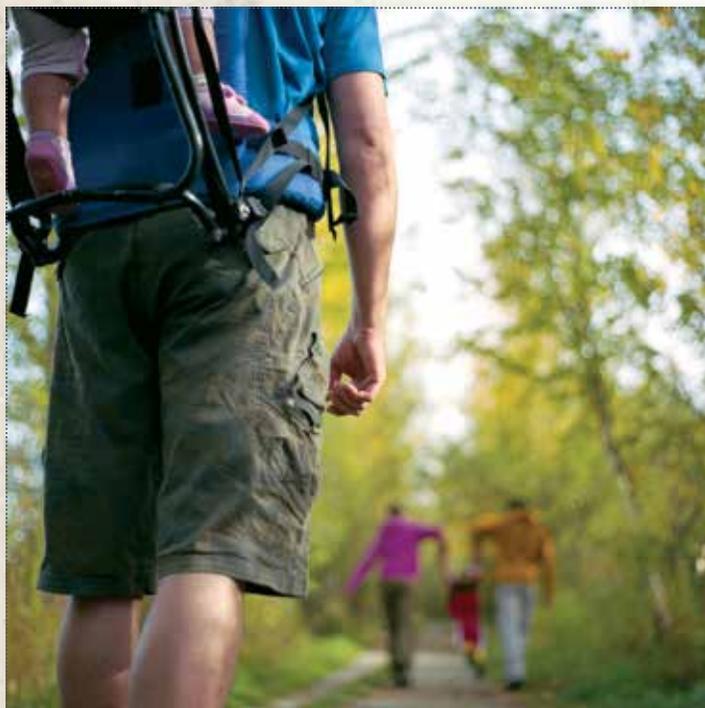
STEP INTO THE SHUSWAP

WALK, TREK or TAKE A HIKE IN BC'S INTERIOR

Here in the Shuswap, we've been known for our warm lakes and friendly folks. But that's only part of our colourful picture.

Beyond the vibrant communities and idyllic cafés is a place where the wild and wonderful come together in mossy forest floors, alpine meadows and expansive wetlands. With over 700 km of authorized trails, this is a place where front-country and remote wilderness meet; a place where restless explorers can find their own version of relaxation atop mountain vistas or among towering trees. Any warm-blooded adventurer in these parts knows that, here, a walk, stroll or hike worth remembering can be added to even the busiest itinerary.

One foot in front of the other: that's how every day starts. But if you're



after some fresh air out-of-doors and a tromp on a trail, then start your day by grabbing breakfast and a hefty bag lunch at [Blue Canoe](#) in Salmon Arm or [Cliff's Bistro](#) in Enderby. Or consider stopping at one of the region's [farmers' markets](#) for fresh, local food to fuel your foray and to enjoy on the way. Then, make sure you've collected the [Shuswap Trail Guide](#), available at visitor centres, or ready to download at [ShuswapTourism.ca](#)

For an iconic full day Shuswap hike, make the panoramic view atop [Enderby Cliffs](#) your destination. Journey through lush wilderness, volcanic rock, and fossil sites on this moderately difficult 13 km hike overlooking Enderby and the Shuswap River valley. Views from the top include Vernon and Okanagan Lake. Spec-tacular!

If you survive the cliffs and still have energy to burn, further adventures can be found. A refreshing dive into Mable Lake or Shuswap River may

be just what is needed on a hot summer's day. For more relentless adventurers, lace the hiking boots back up and finish the day with a meander through the cool, green, wetland ecosystem of [Hidden Lake](#).

There are over 50 trails in the Shuswap Trail network, and they range from gentle strolls to multi day romps in the highlands. Check out the [Shuswap Trail Guide](#), and discover where your feet are gonna land next!

For more information visit [ShuswapTourism.ca](#) or call 250.833.5906

TIP:

Good hiking shoes, water, snacks, and ample preparation for variable mountain weather make for wonderful wanderings!