



SALMON & THE GREAT CIRCLE of LIFE

WITNESS THE ADAMS RIVER SALMON RUN



Each fall, the quiet waters of the Adams River teem with bright red Sockeye Salmon as they return to their home waters to spawn.

Salmon are an integral part of the Shuswap's story. Their presence has sustained ecosystems for millennia. And today this epic journey and return of the Salmon reminds us of our roots, our life, and is one of the most extraordinary natural displays Mother Nature has to offer. The BBC even describes witnessing this experience as one of the [Top 50 reasons to "love the world."](#)

Sockeye Salmon born in the Shuswap's Adams River embark on a



4,000-km river journey down into the Pacific Ocean, up into Alaska and then return back to the Adams River, this time swimming upstream all the way! This upstream journey is called a 'salmon run' and it is one of nature's most epic undertakings. En route to their birthplace, now their nesting grounds where they will return to spawn and die, the salmon must evade killer whales, bears, eagles, and other natural predators.

You can witness the survivors of this epic journey by visiting the Adams River in the month of October. And don't forget, while the river turns red with the salmon-run each fall, the very biggest salmon runs happen only every four years. In 2018 there will be a month-long celebration: [The Salute to the Sockeye festival](#), that will include artisans, music, guided tours, food trucks, aboriginal displays, and interpretive tours.

If you're planning to make a day of salmon viewing, consider arriving the night before and staying in one of the Shuswap region's many hotels, such as [Quaaout Lodge](#). If it's still warm enough to camp, put down stakes at [Shuswap Lake Provincial Park](#) or park your RV at [Cottonwood Cove RV Resort](#).

Spend the morning [hiking](#) beside the spawning beds of Roderick Haig-Brown Provincial Park and taking in the various interpretive displays. After passing through fir, cedar, and cottonwoods, you'll emerge at water's edge, where you'll find flashing red and green spawning salmon, and likely witness bald eagles attracted to so many fish! If you stroll further up river to the [Adams River Gorge](#), about 4 km, you'll find far fewer people and better views from higher up



on the banks, where you can watch salmon whirling in the eddies and fighting to swim upstream. If you'd rather not venture so far, you can witness the fish from a viewing platform just 200 m from the parking lot.

In the afternoon, book [Quaaout Lodge's Canoe with the Salmon experience](#). The two-hour trip will take you through the mouth of the Adams River, where the salmon congregate before heading up to the spawning beds, and then down Little River before arriving at Quaaout Lodge. Along the way, you will discover the cultural significance of the salmon to the Secwepemc people.

Good to know: If you go on a weekend, you can visit interpretive displays in the [Adams River Salmon Society](#) cabin at [Roderick Haig-Brown Provincial Park](#). On Thanksgiving weekend, expect a celebration, including special tours.

What not to forget: Polarized sunglasses to help you see through the water to the fish, good walking shoes, camera, jacket for cool weather, bottle of water, and a bag lunch—you will want to be out there for longer than you might expect!

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