



This is a supplemental map to "The Kettle Valley Express" www.kettlevalleyexpress.com  
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### Northern Cascades ~ Hope to Princeton

**Mixed use trail** (150 km one way, 2-3 days)

**Parking: P1 - P4**

- Starting in Hope or Princeton, the trail cuts through the Northern Cascade Mountains. This section of the KVR are for those looking for a more adventurous journey. Cyclists will be rewarded with stunning scenery, wildlife, and a variety of ecosystems.
- Varying trail conditions, ideal for experienced trail riders. This is a challenging ride, mountain bike recommended. Ask local shops for trail condition updates.
- This route redirects onto the Coquihala highway for a brief section near Hope. Be cautious.
- There are few amenities along this section outside of Princeton and Hope. Be prepared for several days without services.

**Shorter Trips**  
**Princeton to Tulameen:** 50km O&B, approx. 4 hours (P3, P4)  
**Othello Tunnels:** Short loop for walking or cycling (P1)

### The Connector ~ Princeton to Summerland & Pentiction

**Mixed use trail** (115 km one way, 1-3 days)

**Parking: P4 - P8**

- Starting in Princeton, Summerland, or Pentiction this section of the trail gradually rises over a mountain pass connecting the Similkameen and Okanagan valleys.
- Varying trail conditions, ideal for intermediate to experienced riders. Mountain and Hybrid bikes recommended. Ask local shops for trail condition updates.
- At the height of the pass Bankeir (Osprey Lake) provides a good halfway point for overnight riders with several camping and B&B options
- Be prepared for long sections without access to amenities.

**Shorter Trips**  
**Trout Creek Trestle to Faulder:** 28km O&B, 2-3 hours (P5 to P7)

### Southern Spur ~ Pentiction to Osoyoos

**Mixed use trail** (60 km one way; Day trip or extended)

**Parking: P29 - P33**

- Starting in Pentiction or Osoyoos the Southern Spur cuts through the heart of the Okanagan wine region.
- Varying trail conditions with partially paved sections, ideal for all levels of riders. Great for peddle assist bikes.
- Amenities are available throughout the ride, highlighted by estate vineyards, boutique lodgings and farm to table dining.
- The trail reroutes onto Highway 97 for 14km between Okanagan Falls and Oliver. Be Cautious.

**Shorter Trips**  
**Skaha Loop:** 30km, 2-3 hours, loop around Skaha lake via the KVR Trail and Eastside Rd (P29, P30)  
**Inkaneep Loop:** 40km, day trip with stops, loop around the Okanagan River via KVR Trail and Blacksage Rd (P32, P33)  
**Oliver to Oxbows:** 13km bike or walk (P32, P33)

### Myra & Boundary ~ Midway to Pentiction

**Mostly mixed-use with sections non-motorized** (215 km one way; 3 to 5 days)

**Parking: P9 - P17**

- Starting at "Mile 0" in Midway, this Section of the Kettle Valley Rail Trail offers a diverse biking experience through the region.
- The trail meanders along the Kettle River as it gradually rises through the valley, reaching its height at Myra Canyon. Past the canyon, the trail slope begins to gradually decline as it winds down to Naramata bench and into wine country.
- Varying trail conditions, ideal for all levels of experience depending on start and stop locations. Ask local shops for trail condition updates.
- Be prepared for large sections without access to amenities.

**Shorter Trips**  
**Myra Canyon:** 22km O&B, **non-motorized section.** Ideal for walking and Cycling. Good for all experience levels (P12, P13)

### Myra & Boundary ~ Midway to Pentiction

**Mostly mixed-use with sections non-motorized** (215 km one way; 3 to 5 days)

**Shorter Trips continued**  
**Myra to Pentiction:** 80km gradual downhill, 1-2 day trip. There are many access points along this section. Try starting at Chute Lake, Little Tunnel, or Naramata for shorter day trips along this section. (P9 to P13)

**Little Tunnel to Pentiction:** 15 km gradual downhill. This is a well maintained non-motorized section known for its vistas, ideal for all levels of riders. (P9 to P11)

**East of Myra Canyon, the Boundary region offers a variety of trips**

**Midway to Myra Canyon:** 140km gradual uphill, 2-3 day trip. (P13 to P17)

**Midway to Kettle River Recreation Area:** 50km O&B, 3-4 hours. (P16, P17)

**Kettle River Recreation Area to Rhone Rest Stop:** 30km O&B, 2-3 hours. (P15, P16)

### Columbia & Western ~ Castlegar to Midway

**Mostly mixed-use with sections non-motorized** (160 km one way; 2 to 4 days)

**Parking: P17 - P28**

- From Castlegar to Midway the Columbia & Western Rail Trail passes through several communities with an abundance of riding options, providing an immersive feel for the history of BC's Interior.
- Varying trail conditions, ideal for all levels of experience depending on start and stop locations. Ask local shops for trail condition updates.
- Basic amenities not found outside of communities, be prepared for gaps.**

**Shorter Trips**  
**Castlegar to Christina Lake:** 85km, 1-2 days. A historical highlight of the Columbia and Western Railway. (P28 to P25)  
**Paulson Run:** 25km downhill ride, 1.5 hours. (P27, P26)  
**Grandforks to Cascade:** 20km one way, 1.5 hours. This is a designated non-motorized section. (P21 to P24)  
**Eholt to Grand Forks:** 25km downhill, 2 hours. (P19 to P21)  
**Greenwood to Grand Forks:** 80km O&B, 2 day ride. (P18 to P21)  
**Midway to Greenwood:** 25km O&B, 2-3 hours. (P17, P18)

