

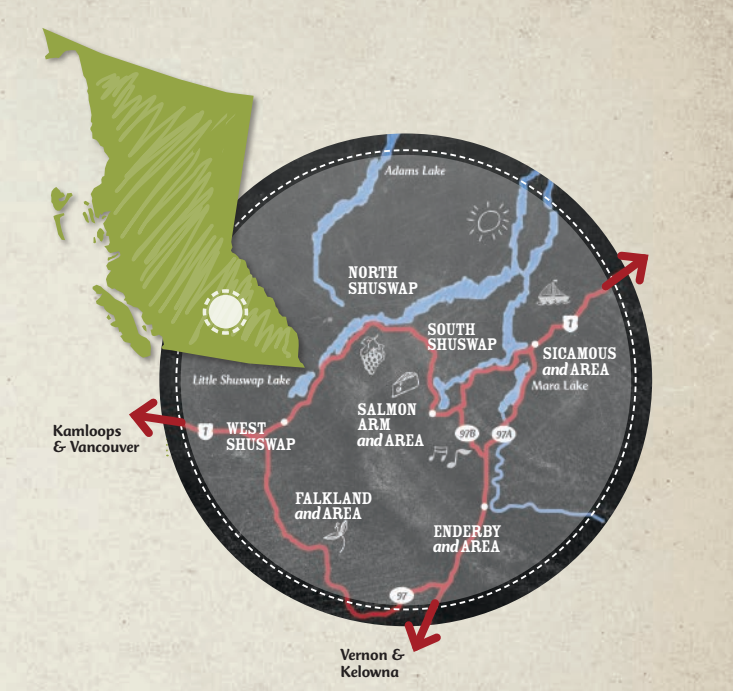


# PADDLE GUIDE

SHUSWAPTOURISM.CA



WHITE LAKE Photo: Victoria Haack



## PADDLE, FLOAT, SWIM OR SKIM THE WATERS OF THE SHUSWAP PADDLE PARADISE

**PADDLE LINKS**  
Visit [www.shuswaptourism.ca](http://www.shuswaptourism.ca) for links to plan your Shuswap blueway paddle adventure including guide operators, rentals, and information on local conditions through reputable sources, including real-time hydrometric data and weather conditions through Environment Canada.

**USEFUL NUMBERS**

RCMP Police / Search and Rescue	911
RCMP Chase	250.679.3321
RCMP Salmon Arm	250.832.6044

Visitor Info Centres

Chase	250.679.8432
Enderby	250.838.6727
Salmon Arm	250.803.4019
Sicamous	250.836.3313

Thank you to the Shuswap Trail Alliance, the Shuswap Rowing and Paddling Club, the Recreational Canoe Association of BC, the Columbia Shuswap Regional District GIS Department, and Shuswap Tourism for their contribution, and to the Salmon Arm MRDT Committee for funding this mini-guide. If you have comments or suggestions for improvement of this guide call 1-888-248-2773 (toll free within BC) or email: [info@shuswaptourism.ca](mailto:info@shuswaptourism.ca)

PHOTOS: Viktoria Haack. DESIGN: Toliver Design. PRINTED IN CANADA 2022.

# RUSHING RIVERS & LEISURELY LAKES PADDLE POWER

WEYTKP! HELLO TO MANY.  
WELCOME TO THE SHUSWAP LAKES REGION

The Shuswap Lakes region lies within the unceded southern territory of the Secwépemc First Nation, homeland of the Adams Lake, Little Shuswap Lake, Neskonlith, and Splatsin te Secwépemc.

The Shuswap is a place of water. Lakes, rivers, and creeks form a complex watershed that meet in the four arms of Shuswap Lake (South Shuswap, Seymour, Salmon, and Anstey) before flowing through Little Shuswap Lake into the South Thompson River. These are the ancestral paths of the Secwépemc people, and the nursery of the great interior Sockeye Salmon runs. Communities throughout the region have committed with Secwépemc leadership to care for these waterways under the Shuswap Regional Trails Strategy protocol, which include blueway paddle trails. Blueway paddle trails provide a special opportunity to know this place by canoe, kayak, and stand-up paddleboard.

This guide provides direction to some of the better-known lakes and rivers, but it is not definitive and things change. The Shuswap Trail Alliance is working with regional partners to add blueway paddle trail access information to [www.shuswaptrails.com](http://www.shuswaptrails.com)

Please check back for updates at [www.shuswaptrails.com](http://www.shuswaptrails.com), and join with Secwépemc and local communities as we relearn to take better care of the land and waterways together. Kukstámc. (Thank you).

## PADDLE SAFETY

Conditions change with snow meltwater, rainfall, and temperature, and weather can change suddenly. Know your skill level, be able to assess changing conditions and difficulty levels, and ensure that you have the appropriate training, knowledge, and equipment.

### TRANSPORT CANADA REQUIRES EACH CANOE, KAYAK, OR SUP TO CARRY:

1. One lifejacket or PFD for each person onboard
2. Buoyant heaving line (throwbag) at least 15 m
3. Sound signaling device
4. Bailer or bilge pump
5. Navigation lights if operating in dark or fog.

### THE RECREATIONAL CANOE ASSOCIATION OF BC RECOMMENDS THE FOLLOWING BASIC SAFETY GUIDELINES:

- Plan ahead and prepare.
- Avoid paddling alone.
- Stay close to shore and group.
- Ensure your boat will float if swamped.
- Carry a repair kit, first aid kit, survival kit, and a change of dry clothing in a waterproof bag.
- Have a bow & stern line and an extra paddle.

**SAFETY ON LAKES** – Shuswap Lake is a large body of water with high boat traffic and fast-changing weather. Strong winds often arise suddenly, even on clear days. Stay close to shore when paddling and wear bright colours to increase your visibility to powerboats.

**SAFETY ON RIVERS** – Conditions change with snow meltwater, flooding, rainfall, temperature, and other weather changes. Know your skill level, be able to assess water conditions and changing difficulty levels.

Dangerous obstructions should be expected. Paddling rivers requires skills and equipment additional to those listed for lakes—acquire these BEFORE venturing onto moving water.

Seek additional information on local conditions through reputable sources, including real-time hydrometric data and weather conditions through Environment Canada. For more information on paddling skills, trip planning and safety, visit: [www.bccanoe.com](http://www.bccanoe.com) | [www.adventuresmart.ca](http://www.adventuresmart.ca)

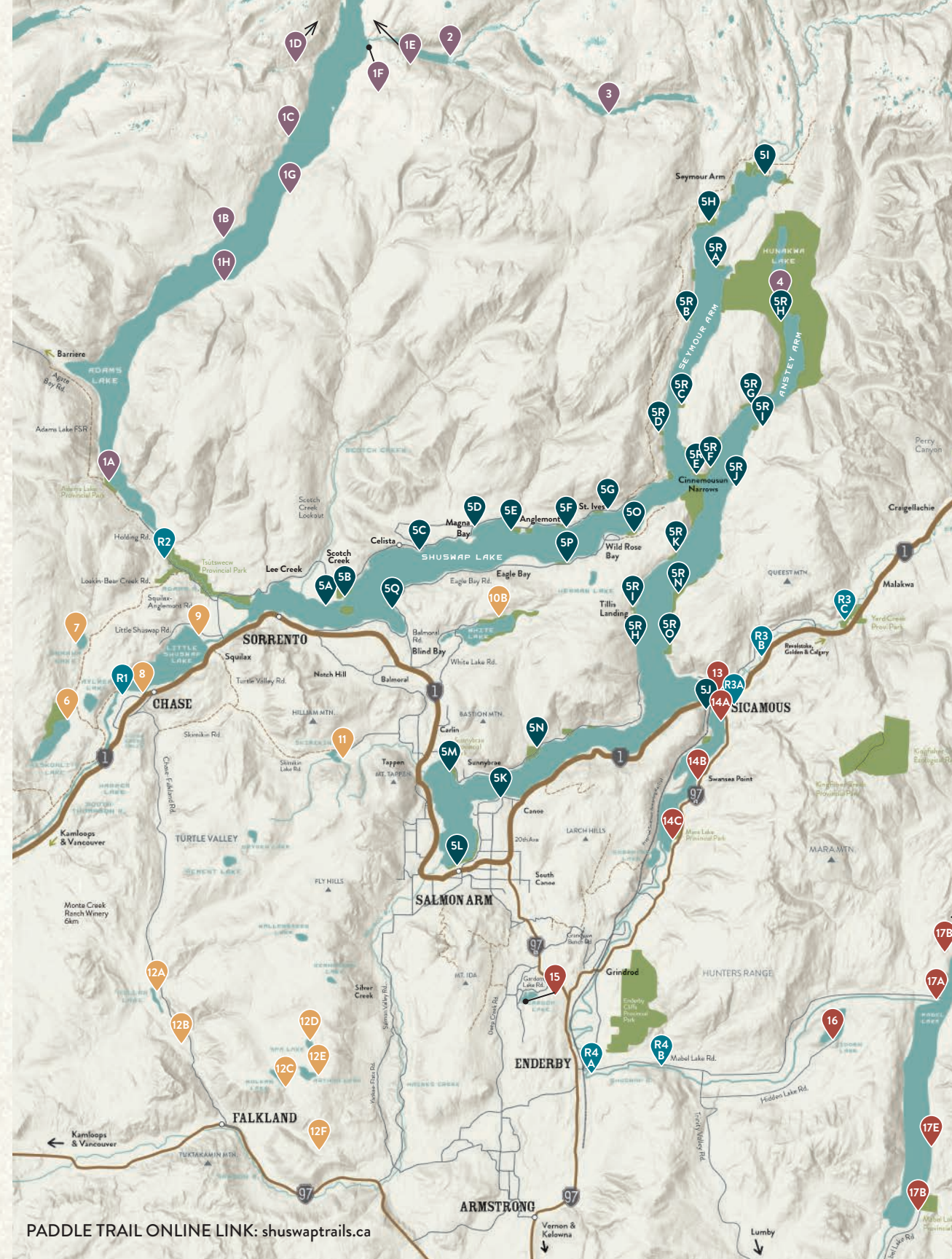
**BRINGING A WATERCRAFT TO BC?**

To avoid accidentally introducing invasive Zebra and Quagga Mussels to the Shuswap, or moving other aquatic invasive species such as invasive clams from one waterbody to another, you **must**:

**1 Clean, Drain, Dry.**  
Clean ALL watercraft, trailers and equipment including waders and fishing gear.  
Drain all compartments and items holding water (such as bilge, wells and buckets) onto dry land.  
Dry all items completely before launching into another body of water.

**2 STOP at Watercraft Inspection Stations as you pass them in your travels.**  
All types of watercraft must stop for inspection.

**DISCLAIMER:** Paddlers should ensure they have appropriate training, knowledge, and equipment for the activity and conditions. Paddling is an inherently dangerous activity. Research each route before you go. The Shuswap Trail Alliance, Shuswap Tourism, and the Columbia Shuswap Regional District assumes no responsibility for the safety of any persons, animals, or equipment when accessing and using the paddle routes listed in this guide.



PADDLE TRAIL ONLINE LINK: [shuswaptrails.ca](http://shuswaptrails.ca)



SHUSWAP LAKE Photo: South Shuswap Chamber of Commerce



SHUSWAP LAKE Photo: @capturestyle

## PADDLE ETIQUETTE

CARE FOR THE LAND AND WATER, PROMOTE SAFETY, AND RESPECT OTHERS.

1. Use only marked access points and public land for accessing the water and taking rest stops. Please respect private property.
2. Travel and camp on durable surfaces in approved locations only.
3. Pack out all garbage you create or find.
4. Leave what you find.
5. Minimize campfire impacts and follow all fire restrictions and bans.
6. Respect wildlife.
7. Be considerate of others. Give a wide berth to people fishing.
8. Practice "leave no trace" ethics out of respect for the natural environment and others. [www.leavenotrace.ca](http://www.leavenotrace.ca)

## RIVER CLASSIFICATIONS

[WWW.BCCANOE.COM](http://WWW.BCCANOE.COM)

- CLASS 1:** Simple rapids; course easy to steer. Basic canoe skills required.
- CLASS 2:** Frequent rapids; moderate waves; easy eddies; requires simple maneuvering. Moving water skills required.
- CLASS 3:** Higher irregular waves, eddies and boils; requires significant maneuvering. May want to scout. Advanced moving water skills required.
- CLASS 4:** Large waves; long rapids; rocks, eddies and whirlpools. May have considerable drops and significant maneuvering. Scouting and bank support recommended. Expert moving water skills required.
- CLASS 5:** Exceptionally challenging; steep, difficult and dangerous. Requires scouting from the bank and bank support for rescue.
- CLASS 6:** Extreme limit of canoeing and risk to life.



WHITE LAKE Photo: Viktoria Haack



WHITE LAKE Photo: Viktoria Haack



RIVER PADDLE TRAILS

SHUSWAP RIVER Photo: @smelltheair

# MOVING WATER PADDLE TRAILS

MOVING WATER PADDLING IS DANGEROUS AND REQUIRES EXPERIENCE AND APPROPRIATE SKILLS. (PLEASE SEE SAFETY TIPS ON RIVER WARNINGS).

## The four main Shuswap paddling rivers

**R1 SOUTH THOMPSON RIVER:** Chase to Pritchard (Class 1+ depending on river levels) – paddle from the headwaters of the South Thompson River where it leaves Little Shuswap Lake to Pritchard Prov. Park through the dry grasslands of the interior.

**ACCESS:** from Mill Park in Chase off Pine Street on the south side of the river and take out at Prichard Prov. Park on the north side of the river just before the Pritchard Bridge. Road access is limited along the river, so paddlers must be prepared.

**R2 ADAMS RIVER (LOWER): Expert Paddlers Only!** Adams Lake to Rafters Landing (Class 3–4+ depending on river levels) – another extreme whitewater paddle destination known to many expert paddlers and river rafters, including the dramatic passage through the Adams River canyon.

**ACCESS:** from Holding Road to the south end of Adams Lake, and Rafters Landing take out in Tsútswevcw Prov. Park on the east side of the Squilax–Anglemont Rd bridge.

**WARNING!** No paddling south of Rafters Landing at the Squilax–Anglemont Road Bridge due to dangerous sweepers and sensitive salmon spawning areas.

**R3 EAGLE RIVER:** A popular paddle route that fluctuates extremely during spring flood (Class 2+ depending on river levels—expect dangerous hydraulics, sweepers, submerged logs, and barbed wire fencing), but can be a Class 1 paddle in the later summer months during lower river levels. As of this printing, put-in locations are limited. CSRD Parks are working with local river stewards to establish new hand launches. Check the CSRD Parks and Shuswap Trails websites for updates.

**ACCESS:** Hand launch locations include:  
**3A: SICAMOUS VISITOR REST AREA** – Put in on the north side of Silver Sands Rd across from the Info Houseboat on Hwy 1 via the trail to the river at the top of the pull-out area. If you have paddle wheels, consider portaging on the parallel path from the Sicamous Beach parking area to create a loop.

**3B: CAMBIE-SOLSQUA** – Put in east of Sicamous off Cambie-Solsqua Rd at the end of Solsqua Rd next to the CP Rail bridge.

**3C: EAGLE RIVER NATURE TRAILS (VIA HWY 1, MALAKWA)** – Requires a 600 metre portage from the Eagle River Nature Trails parking area on the Loop 1 trail to access the river for this full day paddle back to the Sicamous beach. Road access is limited along the way, so paddlers must be prepared.

**R4 SHUSWAP RIVER:** Both the middle (Sugar Lake to Mabel Lake) and lower (Mabel Lake–Enderby–Mara Lake) Shuswap River are blueway paddle trails with established hand

launches, portages, and overnight rec sites and provincial parks. Linked together with the shoreline of Mabel Lake, Mara Lake, and Shuswap Lake, a multi-day blueway paddle trail awaits the more adventurous. Shorter sections make good day trips. Be sure to research before you go.

**Upper & Middle Shuswap River** – Sugar Lake to Mabel Lake. Check [www.shuswaptrails.com](http://www.shuswaptrails.com) for notes on the Shuswap River south of Mabel Lake.

**WARNING! The Chucks** – Shuswap River from Mara Lake at Kingfisher is a Class 4+ stretch of extreme whitewater through a canyon with drops, popular with professional kayak paddlers. Recreational paddlers should avoid this section and put in at Brandt's Hand Launch on the Enderby–Mabel Lake Rd, west of Kingfisher and the Skookumchuk Rapids (see following).

**Lower Shuswap River** (West of Kingfisher to Enderby and Mara Lake). Class 2 depending on river levels; watch for rock shelves, sweepers, debris, and submerged fences. A well-established series of 10 hand launch sites developed by local paddlers and stewards of the Shuswap River make this a much-loved blueway trail. There are hand launches at:

- BRANDT'S HAND LAUNCH
- BELVIDERE PARK
- COOKE CREEK REC SITE
- RIVERSIDE RV PARK
- DALES HAND LAUNCH
- TUEY/WATERWHEEL PARK
- TRINITY BRIDGE
- GRINDROD BRIDGE PARK
- EBY HAND LAUNCH
- MARA BRIDGE

Link the various hand launch sites on a short or longer day trip, or a two-day trip. The river changes dramatically throughout the year, so check with the Enderby Visitor Centre or the Shuswap River Ambassadors for daily conditions and trip advice. ([www.facebook.com/EnderbyRA](http://www.facebook.com/EnderbyRA)).

**ACCESS:** along the Enderby–Mabel Lake Rd and off Hwy 97A.

## Two of the most popular Shuswap River hand launches

**R4A EBY HAND LAUNCH:** 5.7 km west of the Enderby bridge, a short walking trail gives access from Mabel Lake Rd to the Shuswap River. Downstream the river is wide and flat; upstream it narrows and moves faster but is navigable. (Note to floaters, it is a 5-6 hour float from here to Enderby.)

**R4B BELVIDERE HAND LAUNCH, ENDERBY:** In downtown Enderby, floaters launch their tubes for an hour's float downstream to Tuey/Waterwheel Park, or paddlers can head upstream to explore the river. Immediately upstream of the launch, follow either the middle or left-hand channel. The middle channel is the main river, while the left-most channel takes you around a small island then back to the main river. The right-most channel dead-ends in a shallow marsh except in high water. After this, explore any channel that appeals to you—all will rejoin the main river after a short way.

Watch for muskrats, beavers, and bald eagles. In the late summer beware of bears on the shore and fishing in the shallows.



# FLAT WATER PADDLE TRAILS

THE SHUSWAP IS KNOWN FOR THE FOUR ARMS OF THE MAIN LAKE, BUT THE REGION IS ALSO DOTTED WITH SMALLER LAKES INVITING EXPLORATION BY CANOE, KAYAK, AND STAND-UP PADDLEBOARD

## NORTH SHUSWAP

**1 ADAMS LAKE** – several BC Parks and Rec. Sites around the lake make good starting points to explore the shoreline by paddle, including a) Adams Lake Prov. Park at the south end, b) Brennan Creek; c) Honeymoon Bay midway up on the west side, d) Gordon Bay and e) Tsikwustum Creek at the north end, and f) Momich, g) Poplar Point, and h) Spillman Beach Marine Prov. Parks along the east shore.

**ACCESS:** Adams Forest Service Rd off Holding Rd from the Scotch Creek-Anglemont Rd, North Shuswap.

**2 MOMICH LAKE PROV. PARK** – two small lakes connected by a meandering route through large wetlands nestled in the valley above the north eastern shore of Adams Lake. The area protects the most northerly occurrence of western larch in the province. Recent wildfires dramatically changed the area, however, requiring closures for restoration. Check with BC Parks for closure updates.

**ACCESS:** See Adams Lake. At the north end of Adams Lake take the Adams East Forest Service Rd to access Momich Lake Prov. Park. Visit [www.BCParks.ca](http://www.BCParks.ca) for more information.



GARDOM LAKE Photo: Viktoria Haack

**3 HUMAMILT LAKE** – A narrow 10 kilometer-long lake with recreation sites at both ends and a paddle-only site on the north side. Two pinch points, rocky outcrops, wetlands, and wildlife viewing along the riparian shorelines create a uniquely intimate and remote feeling despite the surrounding forestry roads and activity.

**ACCESS:** from Celista-Seymour Forest Service Rd watch for the junction to the left just past Albas Falls Prov. Park and just before Nellie Lake Rec. Site on the way to Seymour Arm.

**4 HUNAKWA LAKE** – This lake in the prov. park at the north end of Anstey Arm, accessed by hand portage, is well worth the visit. You need a boat shuttle to get to the portage trail. Make this the destination of a multi-day paddle trip along the Shuswap Lake shoreline using the BC Prov. Marine Parks.

**ACCESS:** via boat at the north end of Anstey Arm on Shuswap Lake. Look for the portage trail sign on the west bank of the bay. Check with [www.BCParks.ca](http://www.BCParks.ca) for updates on wildfire closures.



GARDOM LAKE Photo: Viktoria Haack

## SOUTH-WEST SHUSWAP

**6 NISKONLITH LAKE PROV. PARK** – Niskonlith Lake rests in the dry grassland hills of the west Shuswap above the South Thompson River.

**ACCESS:** Niskonlith Lake Prov. Park off Loakin-Bear Creek Rd south of Chase on the east side of the South Thompson River. Visit [www.BCParks.ca](http://www.BCParks.ca) for more information.

**7 SKMANA LAKE** – The intimate twin lakes and surrounding wetlands nestled in the highland valley north of Chase beckon to bird watchers and nature viewing.

**ACCESS:** Loakin-Bear Creek Rd south of Chase off the Kamloops-Shuswap Rd, or from the north off of Holding Rd.

**8 LITTLE SHUSWAP LAKE (CHASE)** – Explore the populated shoreline of Chase on Little Shuswap Lake and the mouth of the South Thompson River. Paddlers should stay to the Chase shoreline, however, as steep bluffs make access along the rest of the lake dangerous which is prone to sudden winds.

**ACCESS:** Memorial Park at the north end of 2nd Ave. in Chase.

**9 LITTLE SHUSWAP LAKE (QUAAOUT LODGE AND RESORT)** – There is no public access for paddling the northeastern shore of Little Shuswap Lake. Quaaout Lodge and Resort offers guided Secwépmc Paddle programs. For more information visit [www.quaaoutlodge.com](http://www.quaaoutlodge.com)

**ACCESS:** Follow the signs from the Squilax Anglemont Rd turnoff on Hwy 1.

**10 WHITE LAKE** – The gem of the South Shuswap is a unique marl lake of sedimentary clay and lime, making it a very special place for aquatic life. Much of the lake's riparian lakeshore habitat is protected through BC Parks.

**ACCESS:** White Lake Rd turn right on Parri Rd to the a) CSRD Parks boat launch across from the community centre and fire hall, or access from b) White Lake Prov. Park at the north end.

**11 SKIMIKIN LAKE (LOCALLY CALLED DRY LAKE)** – The dark water may not entice you to swim, but Skimikin Lake (pronounced skim-MEE-kin) offers a 3-km shoreline dotted with interesting nooks and crannies to explore. In the spring, the lake reaches right into the surrounding trees!

**ACCESS:** Hwy 1, take Tappen Valley Rd to Skimikin Lake Rd. To access the boat launch, drive past the first campground entrance to the second entrance farther down the road.

**12 FALKLAND AREA LAKES** – several little lakes in the Falkland area are excellent for fishing, particularly from kayak, and make equally pleasant nature viewing paddle destinations to explore. a) Pillar Lake -recreation site, boat launch and camping; b) Joyce Lake - good camping at this regularly stocked fishing lake and recreation site; c) Bolean Lake – a popular fishing and recreation site; d) Spa Lake - part of the little cluster of lakes to explore off a spur of the Bolean Forest Service Rd in the Spa Hills area; e) Arthur Lake - accessed from the Bolean Forest Service Rd in the Spa Hills; f) Spanish Lake – a tiny but beautiful lake and recreation site set in a narrow valley bowl surrounded by forested hills. Access from Silvenail Rd near Falkland.



LITTLE SHUSWAP LAKE Photo: Viktoria Haack

## SOUTH-EAST SHUSWAP

**13 SICAMOUS** – Sicamous warrants a description all to itself, with sandy beach shorelines, bustling marinas, and the River Front Nature Park surrounding the mouth of the Eagle River.

**ACCESS:** Explore the shoreline from the Sicamous public beach, Eagle River from the dog park, and Mara Lake from Kappel St or Poage Ave.

**14 MARA LAKE & ROSEMOND LAKE** – Three paddle launch points invite exploration of the Mara Lake shoreline. To find Rosemond Lake, paddle under the old rail bridge at the very south end of Mara Lake (note that this channel is sometimes blocked by tree debris left by high waters).

**ACCESS:** a) Sicamous via the public beach, Kappel St, or Poage Ave to explore the north end of Mara Lake; b) Swansea Point boat launch on Swanshore Rd to explore the central shores of the lake; c) Mara Prov. Park on Hwy 97A to access Rosemond Lake on the west side of Mara Lake. (Caution: Beware of strong currents from moving water when crossing the mouth of the Shuswap River exiting into Mara Lake near the provincial park, and beware of powerboat traffic.)

**15 GARDOM LAKE** – A small electric-motor-only fishing lake clear enough to watch Western Painted turtles swimming beneath you. Circumnavigate the two small islands, or use the wooden stairs at the south end of the larger island to go ashore for a short walk and picnic. Gardom Lake Community Park has a dock, hand launch, playground, outhouses, and picnic tables, while Musgrave Park farther down the road has a small hand launch and outhouse.

**ACCESS:** Halfway between Salmon Arm and Enderby on Hwy 97B, follow Gardom Lake Rd to Park Rd. Musgrave Park is approx 800m past the Community Park.

**16 HIDDEN LAKE** – Small fishing and camping lake with four boat launches tucked in a lush valley between Enderby and Mabel Lake. Explore Mill Pond, a small cove on the south-west end of the lake, or circumnavigate the entire lake.

**ACCESS:** From Enderby follow signs to Mabel Lake. Keep right after the Ashton Creek Store, then right again following the sign to Trinity Valley. 4.5 km after the wooden bridge, turn left onto Hidden Lake Rd (gravel), which becomes Hidden Lake Forest Service Rd. Just before the 13km mark, a road to the left leads to the launch at Mill Pond, or continue straight to the Hidden Lake Rec. Site with day parking, two more launches, and a large map of the lake and camping facilities.

**17 MABEL LAKE** – Mabel Lake rests within the Monashee Mountains of the east Shuswap with various starting points for day trips or consider a multi-day trip around the shoreline. The Shuswap River passes through Mabel Lake, flowing in from Cherryville in the south then out to Kingsfisher and on to Mara Lake and Shuswap Lake; both sections of river offer moving water paddling opportunities (see the Moving Water section).

**ACCESS:** a) Kingsfisher Marina via the Mabel Lake Rd from Enderby; b) Noisy Creek Rec. Site on the northwest shore via the Three Valley Gap Forest Service Rd; c) Cottonwood Beach Rec. Site; d) Cascade Beach Rec. Site; or e) Mabel Lake Prov. Park via Cherryville from the south.



BLIND BAY Photo: Shuswap Marina

## SHUSWAP LAKE

# SHUSWAP LAKE

Shuswap Lake is best paddled in the spring and fall due to heavy motorized boat traffic in the summer. Several hand launch locations offer pleasant paddling particularly early mornings and evenings.

### CAMP ON THE LAKE

Shuswap Marine Park is comprised of 23 sites located around the perimeter of Shuswap Lake. All locations are popular for fishing and water sports; hiking and nature study are popular at some sites. Some sites are road accessible, but most are water-access only. Facilities at the sites vary from nothing to 3 or 4 wilderness tenting sites with a pit toilet. Camping fees are required. Details at [www.BCParks.ca](http://www.BCParks.ca)

### Popular hand-launch sites

- 5A SCOTCH CREEK WHARF RD PARK** – link the shoreline to Scotch Creek Provincial Park, and a meal at the Scotch Creek marina on the way back.
- 5B SHUSWAP LAKE PROV. PARK, SCOTCH CREEK** – the best and safest way to paddle to Copper Island or explore the area's shoreline. Consider a paddle to the Scotch Creek marina for lunch or dinner.
- 5C BRISTOW RD LAKE ACCESS, CELISTA** – explore the shoreline around the mouth of Hlina Creek. Start a trend linking the North Shuswap community parks into an extended shoreline paddle trail. Check out the CSRD Parks interactive map online for locations.
- 5D MAGNA BAY WHARF RD BOAT LAUNCH** – explore the Magna Bay shoreline over to Ross Creek.
- 5E ROSS CREEK PARK** – explore the shoreline over to the Welch Rd lake access or Lakeview Park.
- 5F LAKEVIEW PARK, ANGLEMONT** – combine this hand launch site with a hike up to Evelyn Falls above Anglemont Estates Golf Course (hike details @ [www.shuswaptrails.com](http://www.shuswaptrails.com)).

- 5G ST. IVES COMMUNITY PARK** – explore two BC Marine provincial parks from this hand launch (St Ives site to the north, and Horseshoe Bay site to the south).
- 5H ALBAS FALLS PROV. PARK** – combine a shoreline paddle with a hike to the exceptional falls.
- 5I SILVER BEACH PROV. PARK** – a popular camping spot at the north end of Seymour Arm, the provincial park makes an ideal base to explore the surrounding shoreline.
- ACCESS:** via the Squilax-Anglemont Rd along the North Shuswap which leads to the forest service road to Seymour Arm.
- 5J SICAMOUS BEACH PARK** – offers shoreline exploration north to Hungry Cove or Marble Point Marine Prov. Parks; south through the busy Sicamous Narrows to the north shore of Mara Lake; or up the mouth of the Eagle River (see Moving Water Section).
- ACCESS:** Finlayson St or Silver Sands Rd parking areas.
- 5K CANOE BEACH, SALMON ARM** – Shuswap Paddle Centre is located here, and a popular spot for swimming and picnics with the impressive rocky cliffs of Bastion Mtn as a backdrop. SUP rentals available from Top Jimmy's Canoe Beach Café located right on the beach.
- ACCESS:** Canoe Beach Dr NE.

- 5L SALMON ARM WHARF** – the Salmon Arm Bay Nature Reserve is a critical nesting habitat and major migratory bird corridor. Boating is restricted outside of set buoys, making paddling from Salmon Arm wharf limited to experienced paddlers with open water experience and knowledge of wind and waves.
- 5M SUNNYBRAE COMMUNITY PARK** – explore the shoreline around to Sunnybrae. A good spot for practicing wet exits/entries with friends spotting from the beach on a sunny day.
- 5N HERALD PROV. PARK** – camping and shoreline paddle exploration combined with hiking the trails around Margaret Falls and relaxing at the beach. A good place to practice wet exits and entries while a friend watches. Stay clear of the busy boat launch. Check [www.BCParks.ca](http://www.BCParks.ca) for seasonal paddle rentals at this site.
- 5O WILD ROSE BAY** – Put in at the Armstrong Rd boat launch and paddle east to explore the unique shoreline rocks of Wild Rose Bay or make this the launch point for an overnight trip to Cinnemousun Narrows Prov. Park. (Caution: the shoreline north of Wild Rose Bay is rocky with limited exit points. Paddlers must have touring safety experience and weather knowledge.)
- 5P SHANNON BEACH COMMUNITY PARK** – combine a shoreline paddle with a hike of the forested trails. A great place to cool off with a swim during hot summer days.

- 5Q BLIND BAY** – this is a populated and busy centre with a lot of motorized boat traffic. The happy hubbub makes for interesting paddling along the shoreline, particularly early in the morning or evenings. And who can resist being able to paddle to a local restaurant for lunch or dinner? WARNING: the paddle to Copper Island from Blind Bay is dangerous. Strong winds often arise suddenly, even on clear days. See Shuswap Lake Prov. Park for safer route.
- ACCESS:** via a) Reedman, b) Pebble, c) Sandy, d) Harbour, or e) Rocky Point Rd Community Parks (see CSRD Parks for details: [www.csrdd.bc.ca](http://www.csrdd.bc.ca)).
- 5R MULTI-DAY PADDLE TRIPS** between the many Marine Provincial Parks on Shuswap Lake, including a) Beach Bay, b) Encounter Point, c) Cottonwood Beach, d) Woods Landing, e) Cinnemousun Narrows, f) Anstey View, g) Twin Bays, h) Hunakwa, i) Roberts Bay, j) Swall, k) Aline Hill, l) Tilis Beach, m) Marble Point, n) Hermit Bay, and o) Hungry Cove, visit [www.BCParks.ca](http://www.BCParks.ca). Check for updates on wildfire closures.

**WARNING:** paddling across the lake is dangerous. Strong winds often arise suddenly, even on clear days. Paddle close to shore.

LITTLE SHUSWAP LAKE Photo: Viktoria Haack