

2015 Shuswap – North Okanagan Cycle Tours - ‘Ride with GPS’ Links Table of “Rides” (Maps & Elevation Profiles) and “Routes”: (Maps, Elevation Profiles and Cue Sheets) – May 15, 2015

Route Number & Route ID in Cycle Touring Guide	Route Distance, Route Type, Route Difficulty	Cycling Route Map & Elevation Profile	Cycling Route Cue Sheet Route Directions
#1: N. Shuswap: R. H-Brown Park to St. Ives #1A: N. Shuswap: R. H-Brown Park to Celista	#1: 84K O&B MOD. to CHALLENGING #1A: 41K O&B	http://ridewithgps.com/trips/4281372 - #1 http://ridewithgps.com/trips/4281370 - #1A	http://ridewithgps.com/routes/7600077 - #1 http://ridewithgps.com/routes/7600175 - #1A
#2: Line 17 Rd. – Magna Bay – Celista	21K – 2 Loops MODERATE to CHALLENGING	http://ridewithgps.com/trips/4412691	http://ridewithgps.com/routes/7537756
#3: Squilax – Adams Lake	26K O&B EASY	http://ridewithgps.com/trips/4281373	http://ridewithgps.com/routes/7599423
#4: Squilax – Little Shuswap Lake	13K O&B EASY	http://ridewithgps.com/trips/4281374	http://ridewithgps.com/routes/7599896
#5: Blind Bay – Wild Rose Bay	54K O&B MODERATE	http://ridewithgps.com/trips/4373149	http://ridewithgps.com/routes/7537935
#6: White Lake – Notch Hill	44K Loop MODERATE	http://ridewithgps.com/trips/4594653 (4K Parri Rd add-on)	http://ridewithgps.com/routes/7538408
#7: Tappen Co-Op - Canoe Point #7A: Tappen Co-Op - Herald Park #7B: Tappen Co-Op - end of pavement	#7: 45K O&B MODERATE #7A: 23K O&B EASY #7B: 39K O&B MODERATE	http://ridewithgps.com/trips/4456800 - #7 http://ridewithgps.com/trips/4214439 - #7A	http://ridewithgps.com/routes/7581471 - #7 http://ridewithgps.com/routes/7607143 - #7B
#8: Skimikin Lake – Turtle Valley	50K O&B EASY-MODERATE	http://ridewithgps.com/trips/4289550	http://ridewithgps.com/routes/7599971
#9: Tappen Valley – Notch Hill – Carlin	27.6K Loop EASY-MODERATE	http://ridewithgps.com/trips/4412692	http://ridewithgps.com/routes/7549877

#10: Balmoral – Carlin - White Lake - Balmoral - Notch Hill & back	33K O&B EASY-MODERATE	http://ridewithgps.com/trips/4270501	http://ridewithgps.com/routes/7549920
#11: Around the Fly Hills: Shuswap-Chase Crk Rd / Chase-Falkland Rd. – Salmon Valley	94K Loop (with shuttle) CHALLENGING	http://ridewithgps.com/trips/4281368	http://ridewithgps.com/routes/7550081
#12: Eagle River Valley (Sicamous: Old Town Bay to Cambie)	30K O&B EASY	http://ridewithgps.com/trips/4454856	http://ridewithgps.com/routes/7578520
#13: Old Spall. Rd. - Mara Lake Park: Hyde Mtn Golf Course	8K O&B EASY	http://ridewithgps.com/trips/4454857	http://ridewithgps.com/routes/7585656
#14: Around Larch Hills	84K Loop CHALLENGING	http://ridewithgps.com/trips/4289548	http://ridewithgps.com/routes/7558040
#15: Salmon Arm - Silver Crk	35K O&B EASY	http://www.bikeforyourlife.com/35k.html	http://ridewithgps.com/routes/7607513
#16: Salmon Valley – Glenemma	64K O&B EASY	http://ridewithgps.com/trips/4238933 (part of #17)	http://ridewithgps.com/routes/7558208
#17: Salmon Valley – Yankee Flats (N. to S.) – Glenemma	63K Loop / O&B MODERATE - CHALLENGING	http://ridewithgps.com/trips/4238933	http://ridewithgps.com/routes/7558938
#18: Round Mt. Ida: Salmon Valley – Deep Crk #18A: Round Mt. Ida: Salmon Valley – Yankee Flats – Deep Crk	74K Loop MODERATE (#18) CHALLENGING (#18A)	http://ridewithgps.com/trips/4377855 (#18) http://ridewithgps.com/trips/4425205 (#18A)	http://ridewithgps.com/routes/7558966 (#18) http://ridewithgps.com/routes/7558993 (#18A)
#19: Salmon Arm Century Ride 100K	100K Loop CHALLENGING	http://www.bikeforyourlife.com/100k.html	http://ridewithgps.com/routes/7605015
#20: Salmon Arm Orchards & Lake Views	20K Loop MODERATE	http://ridewithgps.com/trips/4214438	http://ridewithgps.com/routes/7910630

#21: Shuswap River – Mara - Rosemond Lk.	17K O&B EASY	Not gps'd	http://ridewithgps.com/routes/7561949
#22: Deep Creek – Hullcar – Gardom Lake	45K with 2 Loops EASY	http://ridewithgps.com/trips/4467443	http://ridewithgps.com/routes/7562065
#23: Grindrod Flats - Old Sicamous Rd. – Riverbend Rd.	13K LOOP EASY	Not gps'd	http://ridewithgps.com/routes/7562220
#24: Deep Creek - Gardom Lake – Enderby Cliffs views	18K LOOP , O&B EASY- MODERATE	http://ridewithgps.com/trips/4434758	http://ridewithgps.com/routes/7562981
#25: Grandview Bench – Shuswap River – Deep Crk	47K LOOP MODERATE	http://ridewithgps.com/trips/4300274	http://ridewithgps.com/routes/7563506
#26: Grandview Bench – Springbend Rd	17K LOOP MODERATE	http://ridewithgps.com/trips/4300273	http://ridewithgps.com/routes/7573081
#27: Grindrod – Enderby - Armstrong – Hullcar	59K LOOP EASY-MODERATE	http://ridewithgps.com/trips/4244271	http://ridewithgps.com/routes/7573152
#28: Enderby – Shuswap River - Mabel Lake	71K O&B MODERATE	http://ridewithgps.com/trips/4315153	http://ridewithgps.com/routes/7599753
#29 / 29A: Hullcar Rd., Lansdowne, Sleepy Hollow Rd, Armstrong, Schubert Rd.	25K or 55K LOOP EASY-MODERATE	http://ridewithgps.com/trips/4317231	http://ridewithgps.com/routes/7573329
#30 Hullcar Rd., Lansdowne Rd., Hwy 97 A, McLeod, Mountain View Rd., Back Enderby, Canyon Rd.	38K LOOP MODERATE	http://ridewithgps.com/trips/4367622	http://ridewithgps.com/routes/7573628
#31 Hullcar North Loop: Lansdowne, McLeery, Stepney Cross, Back Enderby, Canyon Rd.	31K LOOP MODERATE	http://ridewithgps.com/trips/4367625	http://ridewithgps.com/routes/7586830

#32 Hullcar South Loop: Lansdowne, McLeery, Stepney Cross, Back Enderby Rd., McLeod Rd, Armstrong and Schubert Rd	37K LOOP EASY	http://ridewithgps.com/trips/4367624	http://ridewithgps.com/routes/7586911
#33 Armstrong - Otter Lake– Grandview Flats - O'Keefe Ranch	30K LOOP EASY	http://ridewithgps.com/trips/4429016	http://ridewithgps.com/routes/7587103
#34 Pleasant Valley Rd., Larkin Rd., Otter Lk. Rd.	24K LOOP EASY	Not gps'd	http://ridewithgps.com/routes/7587392
#35 Armstrong Century Ride	100K LOOP CHALLENGING	http://www.oscr.ca/routemap.php	http://ridewithgps.com/routes/7587516
Salmon Arm Century Ride 162K	162K Loop CHALLENGING	http://ridewithgps.com/trips/4285362	http://ridewithgps.com/routes/7559018

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