

Trail Map

Your ride **basecamp**.
The Vista Inn.



- Kitchenette Rooms
- Bike Wash Station
- Bring Your Bikes Inside

Tourism Kamloops is situated on the unceded and ancestral lands of the Tkemlúps to Secwépemc within the Secwépemcú'cw, the traditional and unceded territory of the Secwépemc People. We acknowledge and give honour to the land where we live, work, play, and welcome visitors to.



CIDER LOCALLY CRAFTED
FOR YOUR NEXT ADVENTURE



650 VICTORIA STREET | THOMPSONHOTEL.CA

Harper Mountain Downhill & XC Bike Trails

PRIVATE PROPERTY DO NOT ENTER HARPER MOUNTAIN SKI TRAILS

Cucwéll is the Secwépemc word for "trail". Scan to learn the pronunciation.

1 Harper Mountain Rd	5.5 km	15 Unicorn DH	2.8 km
2 Shuttle Road	2.9 km	16 Gnarwahl	620 m
3 Cadence's Climb	1.0 km	17 Pimpnat Upper	856 m
4 Cucwéll	4.6 km	18 Pimpnat Middle	372 m
5 Cucwéll Viewpoint	281 m	19 Pimpnat Lower	600 m
6 Cucwéll-Blue Flow Line	495 m		
7 Kel-R-Dono (XC Climb)	7.9 km		
8 Chase On	995 m		
9 T.E.A Time	2.6 km		
10 Easy Rider Upper	1.2 km		
11 Easy Rider Lower	789 m		
12 Tempus Fugit	1.4 km		
13 Nate's Upper	2.6 km		
14 Nate's Lower	1.1 km		

Trailforks Map



Kamloops Bike Ranch All Wheels Pump Track, Downhill & XC Bike Trails

JUMP SKILLS REQUIRED

1 XC Trail	2.1 km
2 True Grit	1.3 km
3 Blazing Saddles	625 m
4 Outlaw	1.2 km
5 Rattlesnake	1.4 km
6 Three Amigos	721 m
7 Tumbleweed	855 m
8 Quick Draw	313 m
9 Tombstone	320 m
10 Pale Rider	792 m
11 Wrangler	668 m
12 Fist Full of Dollars	706 m

Trailforks Map



THREE MOUNTAINS OF RIDING.

ALL THRILL. YOUR PACE.

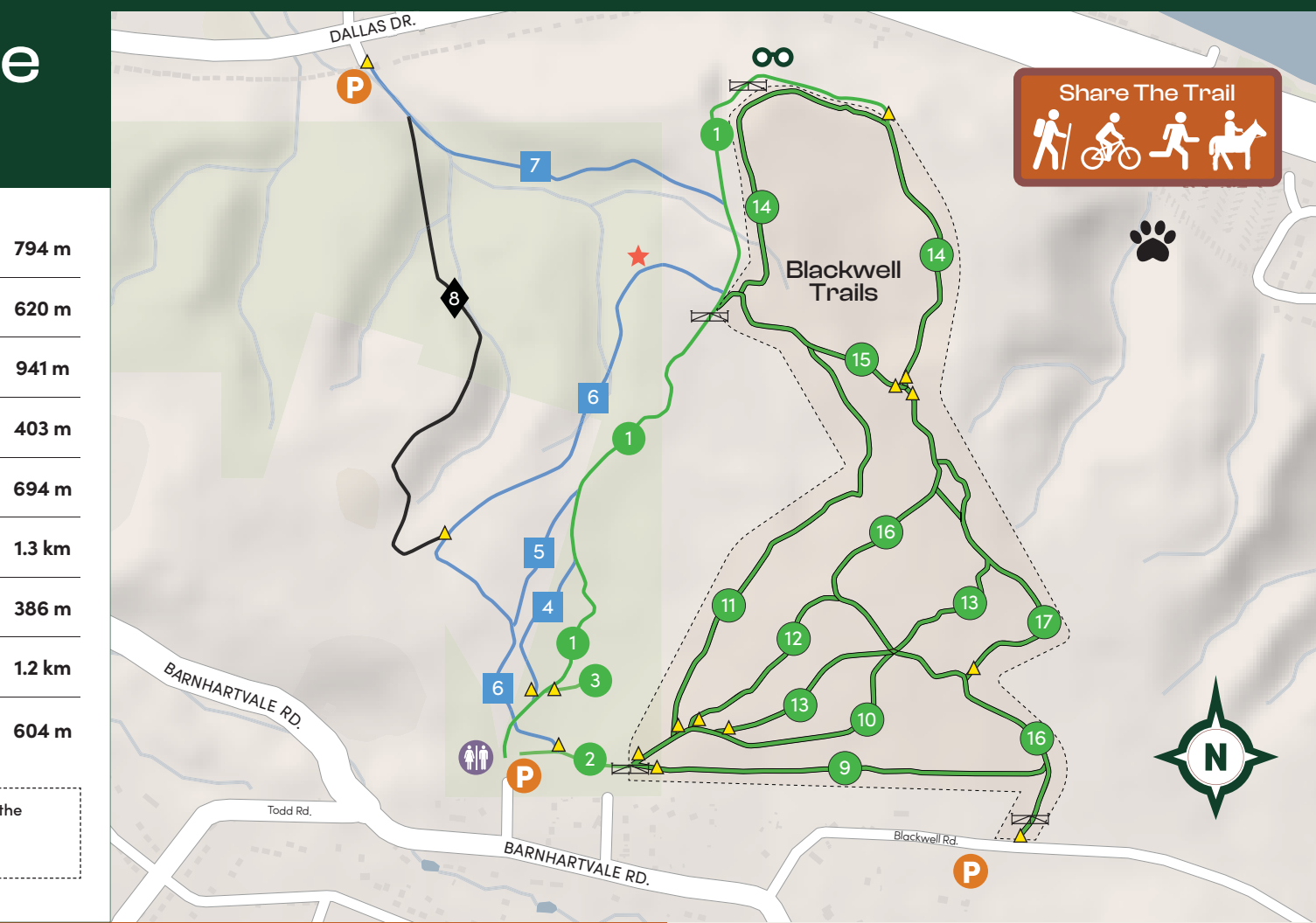
45 minutes from Kamloops
89km+ of lift-access trails: Canada's 2nd largest Bike Park
Toll and Sundance Mountains: two chairlifts
Mt. Morrisey: community trail network
Carpet-access, slopeside Progression Parks
Open daily, mid-June through September

bike SUN PEAKS

Dallas-Barnhartvale Nature Park

1 Benchlands	1.8 km	9 Raven's Roost	794 m
2 Blackwell Connector	220 m	10 Meadow Lark	620 m
3 Pond Trail	78 m	11 Deer Trail	941 m
4 Crow's Nest	322 m	12 Dog's Run 1	403 m
5 Sandy Ridge	306 m	13 Dog's Run 2	694 m
6 Ranger Bob	1.4 km	14 Red Fox Loop	1.3 km
7 Pussy Willow	786 m	15 Bluebird Alley	386 m
8 Hoodoo	1.1 km	16 Woodpecker Reach	1.2 km
		17 Coyote Loop	604 m

Trailforks Map



Valleyview Nature Park

1 Sagebrush	691 m
2 Rim Loop	1.7 km
3 Meadowlark	683 m
4 Chickadee	548 m
5 Paintbrush	477 m
6 Sasquatch	670 m
7 Coyote Crossing	1.6 km

Trailforks Map

Map Legend

- Access Road / Trail
- Easy
- Intermediate
- Advanced
- Expert
- Trailhead
- Dirt Roads
- Parking
- Do Not Ride Areas
- Information
- Washrooms
- Table or Bench
- Viewpoint
- Gate
- Shuttle
- Bike Repair Station
- Dogs Off Leash
- Dogs On Leash
- No Dogs

Using This Guide

Many of the trails in this guide are year-round, multi-use trails which can be used by hikers, mountain bikers, runners, fat bikers, and snowshoers (unless otherwise stated).

Be aware and yield to others on the trail.

Share The Trail

Maps in this guide were provided by Trailforks.com with trail ratings based on mountain biking. The climb and descent is measured from the trailhead marker (some are unavailable). Please note that hiking ratings may vary.

Trail Rules

The City of Kamloops and local mountain bike clubs work hard to maintain our extensive trail network. Do your part and follow these simple guidelines:

- Be aware, ride with care.
- Use only designated trails and respect boundaries for adjacent private property.
- Motorized vehicles are not permitted.
- Overnight camping, open fires and smoking are not permitted.
- Be aware and respectful of wildlife and cattle. Do not chase or scare animals.
- Close all gates you travel through.
- Never cut fences...ever.
- Pack in, pack out - leave no trace.

Emergency Info

Police/Fire/Ambulance: 911
Report Forest Fires: 1.800.663.5555
Mobile: *5555

Non-Emergency
Royal Inland Hospital: 250.374.5111
RCMP: 250.828.3000

A huge shout out!

Kamloops is renowned for our world-class trail network enjoyed year-round by visitors and locals alike. Access to this network would not be possible without amazing partnerships and countless volunteer hours.

We would like to extend a huge thank you to:

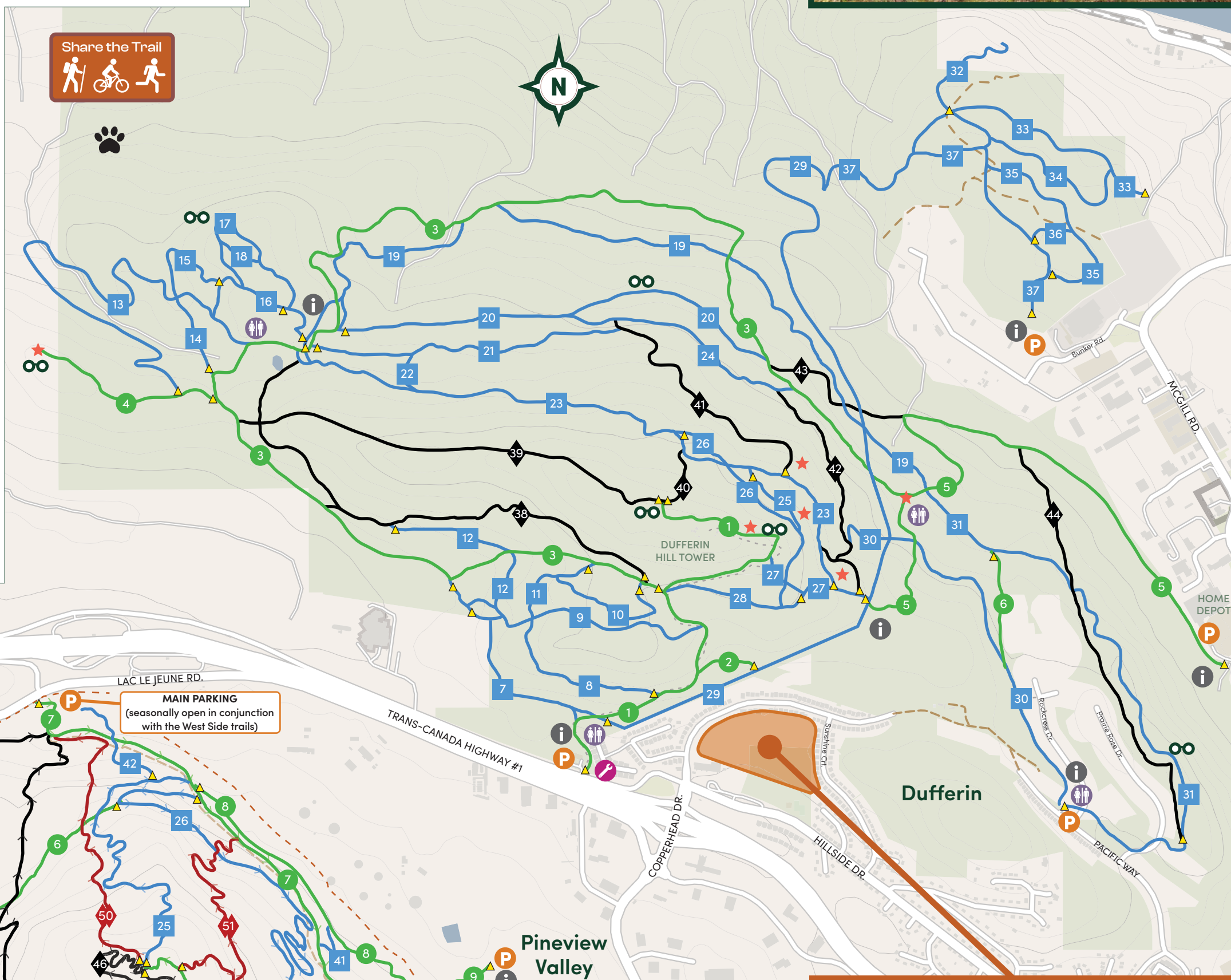
- City of Kamloops
- Kamloops Bike Riders Association
- Kamloops Mountain Bike Trail Association
- BC Parks
- Recreation Sites & Trails BC
- The landowners
- The incredible volunteers



Kenna Cartwright Nature Park

1 Tower ▲ 177 m ▼ 0 m	1.6 km	22 Beetle Bend ▲ 23 m ▼ 0 m	135 m	40 Elevator ▲ 0 m ▼ -61 m	207 m
2 Kestrel ▲ 21 m ▼ 0 m	211 m	23 Upper Doug Daws ▲ 49 m ▼ -94 m	2.2 km	41 North Vista ▲ 14 m ▼ -82 m	917 m
3 Ponderosa ▲ 174 m ▼ -285 m	5.3 km	24 Ruffed Grouse ▲ 33 m ▼ -44 m	868 m	42 Owl's Perch ▲ 8 m ▼ -49 m	733 m
4 Sunset Trail ▲ 53 m ▼ -19 m	628 m	25 Lichen Traverse ▲ 29 m ▼ -30 m	794 m	43 Maggie ▲ 63 m ▼ 0 m	512 m
5 Reservoir ▲ 196 m ▼ -2 m	2.4 km	26 Old Man's Beard ▲ 23 m ▼ -2 m	236 m	44 Kinnikinnick ▲ 3 m ▼ -122 m	1.4 km
6 Red Fox ▲ 34 m ▼ -2 m	348 m	27 Balsam Roof ▲ 62 m ▼ 0 m	414 m		
7 Prickly Pear Cactus ▲ 27 m ▼ -27 m	629 m	28 Saskatoon ▲ 6 m ▼ -18 m	492 m		
8 Sunnyside ▲ 29 m ▼ -5 m	603 m	29 Red-Tailed Hawk ▲ 24 m ▼ -213 m	2.9 km		
9 Powerline ▲ 93 m ▼ -33 m	973 m	30 Upper Doc Findlay ▲ 60 m ▼ -29 m	1.4 km		
10 Cabin Fever ▲ 19 m ▼ -36 m	571 m	31 Lower Doc Findlay ▲ 52 m ▼ -100 m	2.1 km		
11 Cabin Trail ▲ 6 m ▼ -30 m	345 m	32 Panorama ▲ 2 m ▼ -14 m	354 m		
12 Little Pine ▲ 27 m ▼ -4 m	712 m	33 TRU Connector ▲ 2 m ▼ -14 m	800 m		
13 Mesa ▲ 90 m ▼ -107 m	2.1 km	34 Arnica ▲ 21 m ▼ -27 m	874 m		
14 Pipeline ▲ 7 m ▼ -37 m	418 m	35 Fescue ▲ 22 m ▼ -28 m	730 m		
15 Cryptogamic ▲ 5 m ▼ -28 m	243 m	36 Falcon ▲ 53 m ▼ -84 m	157 m		
16 Blowdown Alley ▲ 3 m ▼ -17 m	368 m	37 Sage ▲ 8 m ▼ 0 m	1.5 km		
17 Lava Flow Lookout ▲ 29 m ▼ -33 m	806 m	38 Big Pine ▲ 57 m ▼ -120 m	1.8 km		
18 Raven's Roost ▲ 5 m ▼ -8 m	196 m	39 Ridge ▲ 62 m ▼ -206 m	1.7 km		
19 Deer Run ▲ 46 m ▼ -124 m	2.9 km				
20 Lower Doug Daws ▲ 27 m ▼ -57 m	1.5 km				
21 West Vista ▲ 25 m ▼ -38 m	1.1 km				

The trail ratings in this park are based on the City of Kamloops trail map.

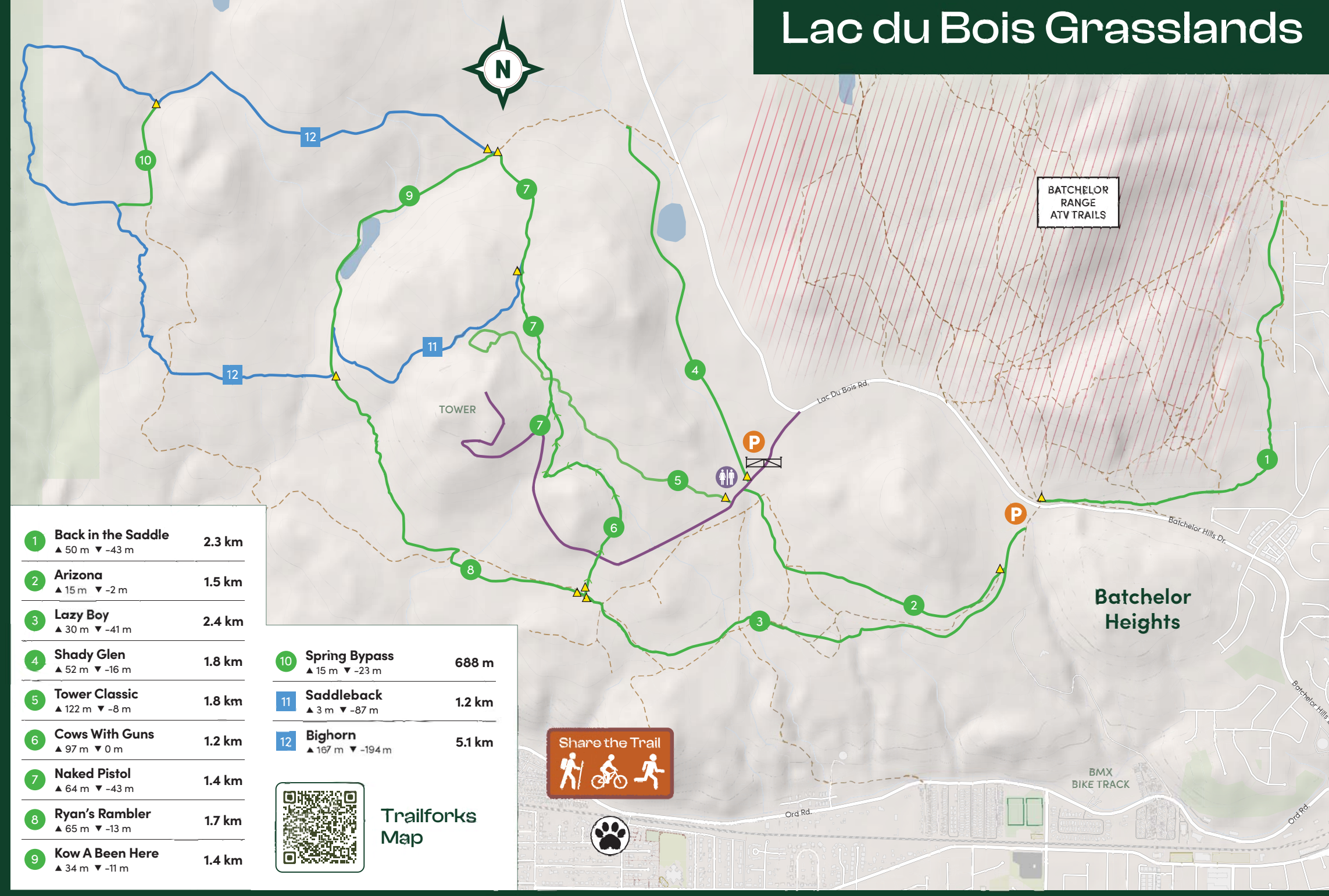


Trailforks Map

Thompson River



Lac du Bois Grasslands



1 Back in the Saddle ▲ 50 m ▼ -43 m	2.3 km	10 Spring Bypass ▲ 15 m ▼ -23 m	688 m
2 Arizona ▲ 15 m ▼ -2 m	1.5 km	11 Saddleback ▲ 3 m ▼ -87 m	1.2 km
3 Lazy Boy ▲ 30 m ▼ -41 m	2.4 km	12 Bighorn ▲ 107 m ▼ -194 m	5.1 km
4 Shady Glen ▲ 52 m ▼ -16 m	1.8 km		
5 Tower Classic ▲ 122 m ▼ -8 m	1.8 km		
6 Cows With Guns ▲ 97 m ▼ 0 m	1.2 km		
7 Naked Pistol ▲ 64 m ▼ -43 m	1.4 km		
8 Ryan's Rambler ▲ 65 m ▼ -13 m	1.7 km		
9 Kow A Been Here ▲ 34 m ▼ -11 m	1.4 km		



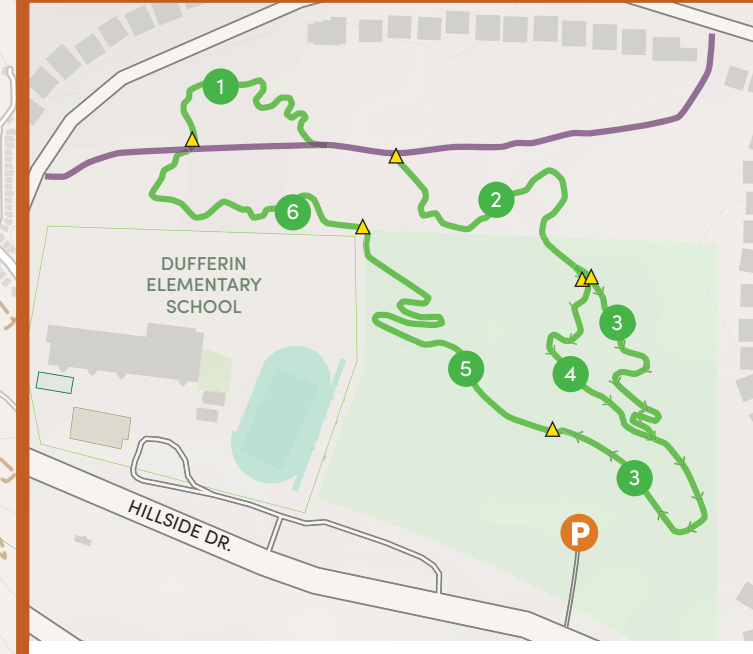
Trailforks Map



Share the Trail
Be aware and yield to mountain bikers descending trails.

SEASONAL CLOSURES
West Pineview Trails are closed annually from November 30 - July 1.
Check trailforks.com for updated information.

KBRA PAVED Progression Park



1 After School ▲ 3 m ▼ -6 m	162 m	4 Twists and Turns ▲ 3 m ▼ -11 m	144 m
2 Swamp Thing ▲ 4 m ▼ -2 m	202 m	5 Mingsu Min Climb ▲ 7 m ▼ -2 m	270 m
3 Snakes & Ladders ▲ 3 m ▼ -19 m	347 m	6 Glen's Corners ▲ 6 m ▼ -1 m	177 m



Trailforks Map

Peterson Creek Nature Park

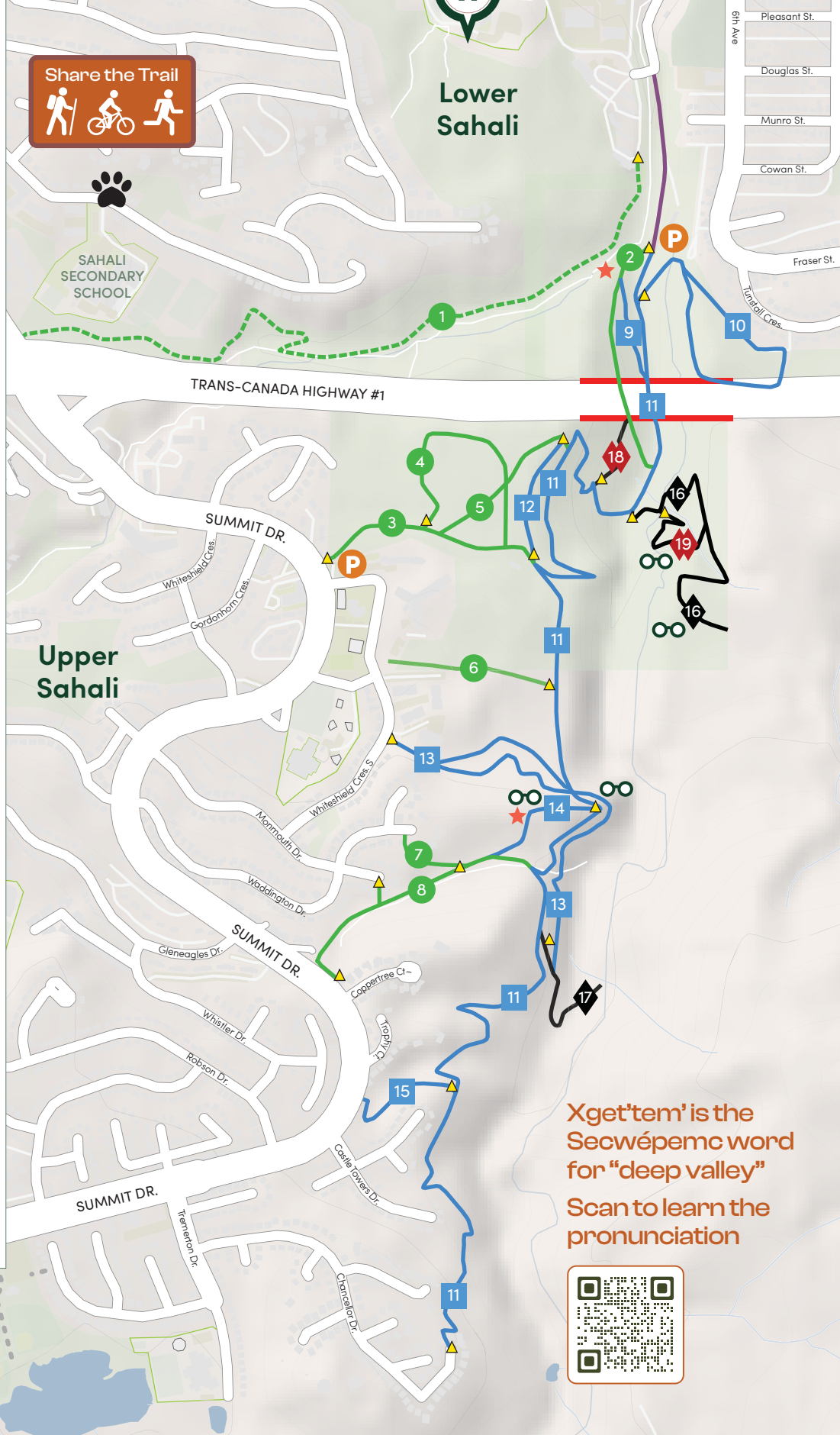
1 Xget'em Trail PAVED, MULTI-USE TRAIL ▲ 135 m ▼ 0 m	1.7 km
2 Bridge Trail ▲ 31 m ▼ -13 m	530 m
3 Grasslands ▲ 4 m ▼ -13 m	507 m
4 Grasslands Loop ▲ 10 m ▼ -8 m	550 m
5 Tom Moore Connector ▲ 32 m ▼ -4 m	358 m
6 Grouse Gulch ▲ 11 m ▼ -7 m	333 m
7 Rabbitbrush ▲ 17 m ▼ -2 m	182 m
8 FHA Collins ▲ 2 m ▼ -59 m	567 m
9 Creekside ▲ 0 m ▼ -6 m	216 m
10 Sagebrush ▲ 41 m ▼ -66 m	886 m
11 Tom Moore Trail ▲ 33 m ▼ -334 m	3.6 km
12 Ridge View ▲ 0 m ▼ -26 m	280 m
13 Mariposa ▲ 57 m ▼ -49 m	948 m
14 Bench ▲ 0 m ▼ 0 m	284 m
15 Escape ▲ 19 m ▼ 0 m	285 m
16 Billy Miner North ▲ 0 m ▼ -103 m	703 m
17 Billy Miner South ▲ 49 m ▼ -38 m	667 m
18 Sumac ▲ 0 m ▼ -14 m	190 m
19 Falls Lookout ▲ 11 m ▼ -40 m	328 m

The trail ratings in this park are based on the City of Kamloops trail map.



Trailforks Map

Lower Sahali



Xget'em is the Secwepemc word for "deep valley". Scan to learn the pronunciation.

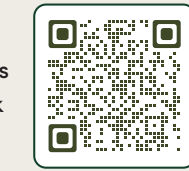


Kamloops MTB Organizations

Kamloops' mountain bike trails are maintained by both the Kamloops Bike Riders Association (KBRA) and the Kamloops Mountain Bike Trail Association (KMBTA). Kamloops MTB Trail Organizations are 100% volunteer-run. Consider becoming a member of the KBRA or donating to the KMBTA if you explore any of these networks:



- Maintains:
 - Lac Du Bois Grasslands
 - KBRA Progression Park
 - Stake Lake



- Maintains:
 - Pineview Trails
 - Harper Trails
 - The Bike Ranch & Pump Tracks
 - Isobel Lake



Support the Freeride Fund

Your donation helps sustain and grow Kamloops' world-class freeride mountain bike trails.

Donate today and keep the trails rolling!

