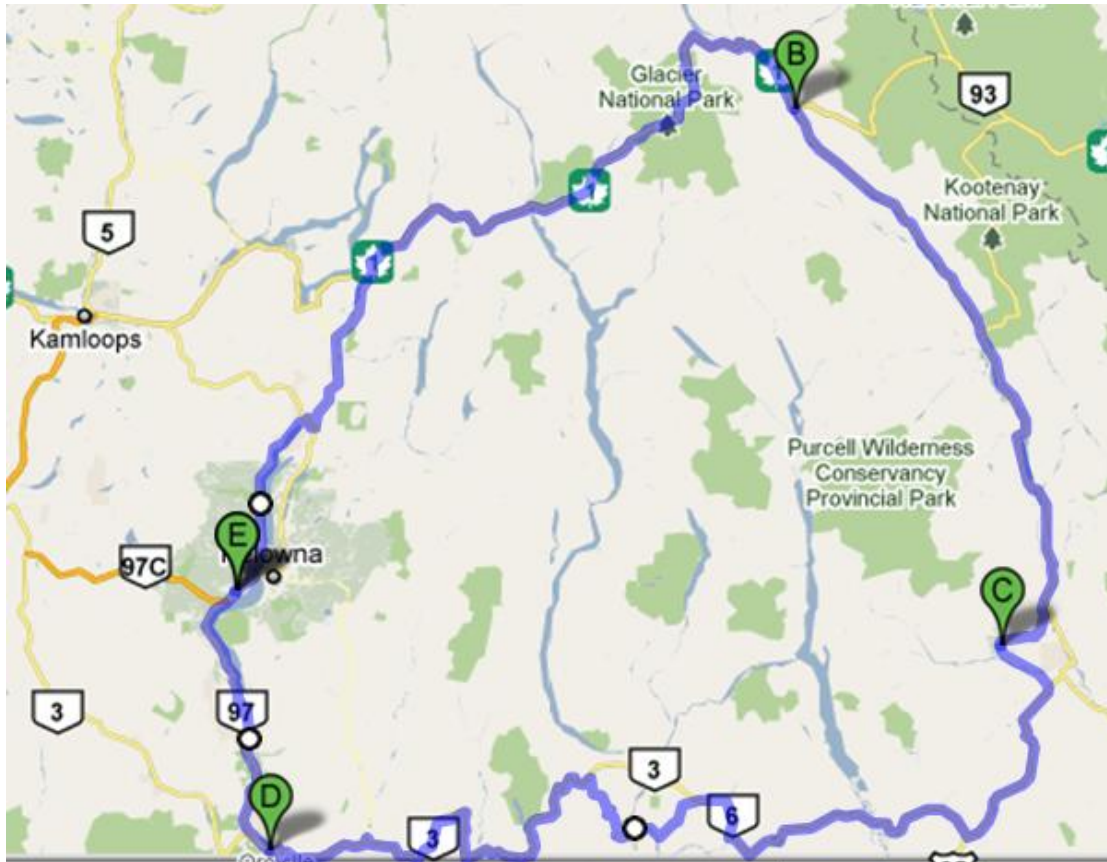


Mountains, Valleys and Vines – Kootenay Loop 1200

(A Little Old and a Little New)

Route Overview

This route travels through some of the most spectacular areas of BC providing some of the nicest scenery a person can experience. Whether it is BC's natural beauty, or the uniqueness of the various communities, this route will not disappoint. This is likely one of the most diverse routes in the province offering great mountain views, cool river valleys and the spectacular experience of BC's inland desert, complete with orchards and vineyards. The route looks something like this:



From	To	Distance KM	Control Option	Comments
Westbank	Sicamous http://www.sicamous.ca/siteengine/activepage.asp?PageID=13	147	Sicamous Arena	Westside Road will take riders above Okanagan Lake with great views of Kelowna, Carrs Landing and the North Okanagan vineyards. This route travels through the area of the Terrace Mountain Fire of 2009 and makes for some interesting sites. Joins up with Hwy 97 north to Sicamous travelling through the farms of Armstrong and Enderby and then along the Shuswap River and Mara Lake to Sicamous. Highway paving and upgrades have been completed or will be completed in the coming year from Vernon to Sicamous.

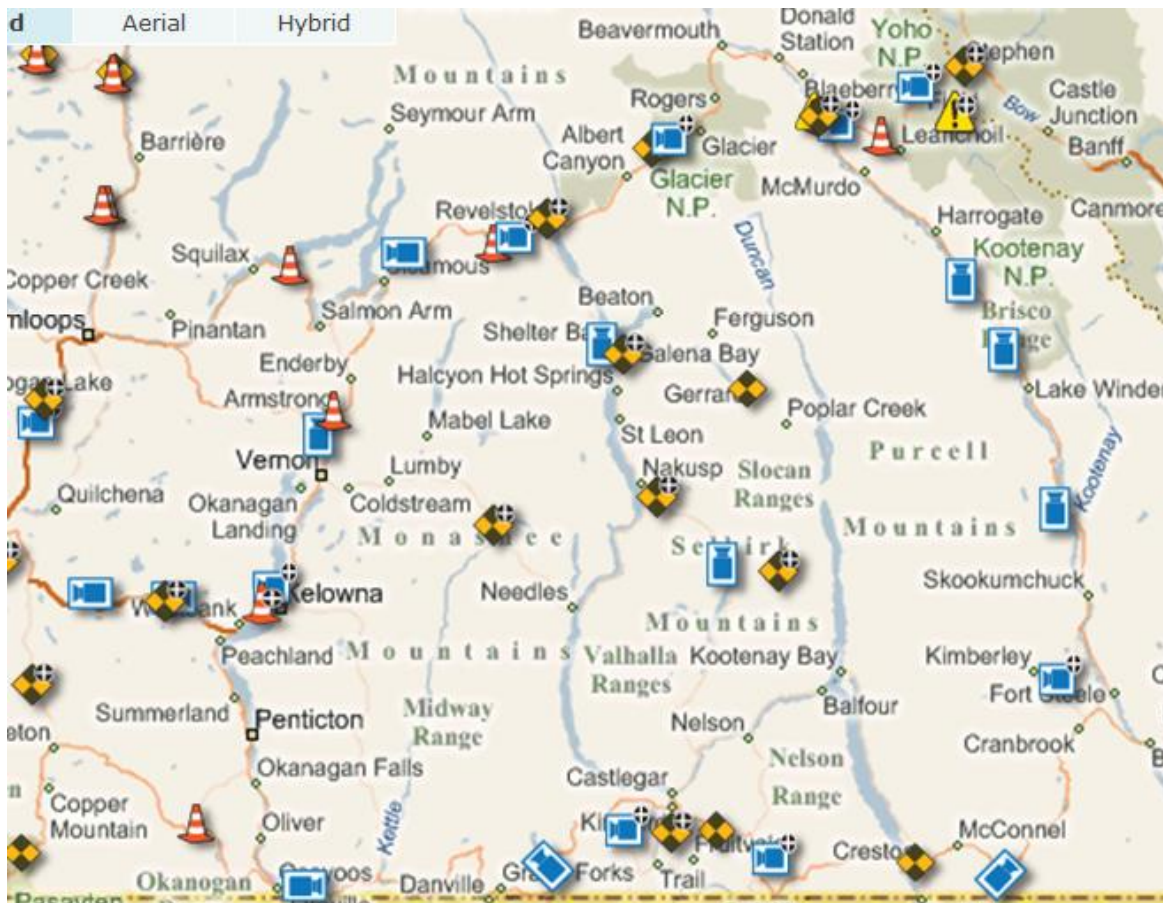
From	To	Distance KM	Control Option	Comments
			Armstrong Cheese Factory	Option for a control – 95 km from Westbank and 52 km from Sicamous
Sicamous	Revelstoke http://revelstokecc.bc.ca/vacation/photo_video.htm	73	Numerous locations	Hwy 1-travel along parts of the Eagle River, Three Valley Lake, Summit Lake and Victor Lake. All have pull outs to enjoy the sights. For those driving, attractions include Craigallache, Beardale Castle, Crazy Creek, Enchanted Forest and zip line
Revelstoke	Golden http://www.tourismgolden.com/about/photogalleries/area	149	Kicking Horse Hostel or other options	Hwy 1-Travel through some of the country's most beautiful national parts. Whether it is the Skunk Cabbage Board Walk, Glacier National Park or Rogers Pass the scenery through this valley will not disappoint.
Golden	Radium Windermere http://www.vancouverisland.com/hotsprings/?id=23	103 Or 122 to Invermere Hostel	Info Centre, Seniors Hall Hostels-Misty River Lodge (radium) or Invermere Hostel (Spillimacheen)	Hwy 95- Travel down this quiet valley through Nicholson, Parson and Brisco and a few other hamlets along the way. Local farms and riparian areas offer some great opportunities to see some amazing wildlife. This route usually has mostly local traffic. Radium is quite scenic and has numerous accommodation options. How about a dip in the hot springs?
Radium	Kimberley http://www.vancouverisland.com/regions/towns/?townID=3499 http://www.city.kimberley.bc.ca/siteengine/activepage.asp	134	Kimberley Civic Centre	Hwy 93/95 & Kimberley Hwy-Great scenery of the Kootenay Rockies as you ride the edges of Windermere Lake, Columbia Lake, and pass a number of golf courses, farms and natural areas/preserves. Travel through the communities of Invermere, Windemere, Fairmont and Canal Flats. Cyclists will ride through the spectacular Hoodoo Canyon south of Invermere. At the end of this leg of the journey enjoy Kimberly, done in a traditional Bavarian theme. Great food at a number of the local cafes and bakeries. A number of newer resort hotels on the Kimberley ski hill are reasonably priced as they wish to attract summer visitors. New pavement in some areas.
Kimberley	Creston http://www.crestonbc.com/	134	Community Hall	Hwy 3/95-Travel through Cranbook and south through the valleys of Moyie down to Yahk before heading north west to Creston. The Creston Valley opens up into beautiful farm land and orchards with spectacular views. Hwy paving has improved the road through various areas along this phase.
Creston	Salmo http://www.salmo.net/	84	Community Hall	Hwy 3 & 6- Hwy will take riders through a variety of mountains and valley scenes.

From	To	Distance KM	Control Option	Comments
Salmo	Grand Forks http://www.city.grandforks.bc.ca/	147	Community Hall or High School	Hwy 3, 6 & 3B- Cyclists will travel over Kootenay Pass and Paulson Summit. Road upgrades and recent paving have improved the road through this area. Cyclists will travel through communities such as Fruitvale, Trail, Rossland and then along the edge of Gladstone Prov. Park passing through popular Christina Lake prior to ending in Grand Forks.
Grand Forks	Osoyoos http://www.destinationosoyoos.com/visit-osoyoos/activities-attractions	124	Numerous options	Hwy 3- Travel through various small communities such as Rock Creek and Midway as you push your way west to Anarchist Mtn which provides great views of Osoyoos and Oroville Washington. You will move from the lush Kootenay mountains to BC's inland dessert. Welcome to the start of Wine Country!
Osoyoos	Westbank http://okanagan.com/photos/	110		Hwy 97-Very pretty views and a common bike/training route. Oliver offers Beautiful riding through wine country with awesome orchards and vineyards. Can ride Blacksage Rd through Oliver as an option as well. Great scenery through Gallaghers Canyon Travel from OK Falls to Penticton via Lakeshore Rd down the back side of Skaha Lake. Continue north on Hwy 97 along Okanagan Lake past the Hoodoo Cliffs of Summerland and great views of Naramata Bench and then the former Okanagan Mtn. Park Fire. Hwy upgrades have improved riding conditions through this area with widened shoulders.
Total Est. Distance		1205 km		

Safety

Highway upgrades have been ongoing. Hwy 93/95 routes have seen numerous paving upgrades and Hwy 97 has seen large capital expansions to 4 lanes with shoulder widening and rumble strips. Major construction along the identified routes will be completed by 2012, with no new projects scheduled at this time. Routes such as Hwy 1 and Hwy 97 are major travel corridors with lots of traffic. However this route is proposed due to the limited riding distance on Hwy 1 and with consideration of the recent 4 laning and upgrades to Hwy 97 from Osoyoos to Westbank. The remaining routes are much quieter, yet offer a number of communities along the way should assistance be required. Major hospitals are located in Kelowna, Cranbrook, Penticton along with slightly smaller facilities in Revelstoke, Golden, Trail and Oliver. There are also numerous smaller facilities and clinics in smaller towns.

The Kootenay route has numerous highway cameras for which to monitor conditions. As well, providing a map of camera locations to riders provides an additional means of signally for assistance and may help identify where people may have become stranded, or abandoned, so a pick up vehicle can be notified. Cell service is available through most major communities however the more isolated areas or narrower valley's often do not have reliable coverage.



Support and Services

Riders can fly in and out of Kelowna International Airport and Kelowna offers numerous accommodations and services for which to base a ride of this nature.

All of the identified routes have numerous communities with facilities for controls as well as offering accommodations and services for support crews and volunteers. Accommodations are diverse ranging from hostels, hotels and B&B's, to camping opportunities for those with trailers etc.

Even when not in a community you will find some road side gems which can provide meals, sundries and other support if required.

Appeal

This route includes the Kootenay Rockies region, including UNESCO Rocky Mountain World Heritage Sites, fascinating Victorian heritage towns and a rich history of the railway and mining from years gone by. Wilderness and wildlife viewing along the route is amazing, and great resorts provide restful stays. This route will showcase the extraordinary diversity of southern British Columbia, moving from lush rain forest to true desert in a matter of hours. The many vineyards and succulent fruits trees of the Okanagan Valley line the route's western boundary, while the Rocky Mountain Trench defines its eastern portion.

Kelowna has an international airport therefore many flights can be arranged directly. Further the route is a simple circle route not requiring a return trip to pick up vehicles or having friends or family drop a rider off for pick up elsewhere, at the end of the ride. The route does not rely on ferries for transportation. Limited to no additional transportation or shuttling is required for riders to access the start of the ride. All of these items contribute to reducing the carbon footprint of the ride.

Having numerous smaller communities also provides a variety of options for facilities, as control locations, with a potential of greater availability. Traditionally smaller communities have cheaper rental rates.