



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 Pimpernot Upper	856 m
4 Cucwéll	4.6 km	18 Pimpernot Middle	372 m
5 Cucwéll Viewpoint	281 m	19 Pimpernot Lower	600 m
6 Cucwéll - Blue Flow Line	495 m		
7 Kel-R-Done (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

XC Trail CAUTION: BI-DIRECTIONAL MULTI-USE TRAIL

EASIEST WAY DOWN

VALLEYVIEW NATURE PARK NO BIKING DO NOT RIDE THE BLUFFS

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

kamloops

Let curiosity be your compass.

Seek out adventure in surrounding mountains, valleys and lakes or take time to rejuvenate, recharge and reconnect with what matters most. However you choose to visit, you'll be sure to find boundless space in Kamloops.

Learn more

THREE MOUNTAINS OF RIDING!

45 minutes from Kamloops

Two chairlifts, plus pedal-access trails

83km+ of trail and 595m of lift-accessed vertical

Open daily from late June through September

SunPeaksResort.com/bike-park

bike SUN PEAKS

Kamloops Trails Overview

- Lac Du Bois Grasslands
- Kenna Cartwright Nature Park
- Pineview Trails
- Peterson Creek Nature Park
- Valleyview Nature Park
- Kamloops Bike Ranch
- Dallas-Barnhartvale Nature Park
- Harper Mountain

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www.saveonfoods.com

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

Blackwell Trails are maintained by the Barnhartvale Horse and Hiker Trail Preservation Society.

Share The Trail

Hike/Run

KAMLOOPS BIKE RANCH NO HIKING

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

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

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

Bike Repair Stations Locations:
Kenna Cartwright (South Entrance), Downtown (St. Paul St. & 3rd Ave.), Riverside Park (By East Entrance), McArthur Island (Sports & Event Centre)

Cover: Kamloops Bike Ranch | BC Ale Trail/Ben Haggard

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.

TRAILFORKS

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

Ride at your own risk!

Trails and routes shown on this map are an approximate representation of the trails and routes at the time of publication. Conditions of the trails and roads are subject to change without warning or notice. Tourism Kamloops assumes no responsibility for the accuracy of any particular statement and assumes no liability for any loss or damage which may arise from reliance on the information contained on these maps.

Bike Friendly Hotels

Bikes are either permitted in hotel rooms or in a locked storage unit - please ensure bikes are clean upon arrival. Scan the QR code for a list of bike-friendly properties and confirm directly with your choice of accommodation.

THE THOMPSON HOTEL
650 VICTORIA STREET
THOMPSONHOTEL.CA

VALLEYVIEW DR. TRANS CANADA HWY #1

Kenna Cartwright Nature Park

1 Tower	▲ 177 m ▼ 0 m	1.6 km	22 Beetle Bend	▲ 23 m ▼ 0 m	135 m	46 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	47 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	48 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	49 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	50 Kinnikinnick	▲ 3 m ▼ -122 m	1.4 km
6 Red Fox	▲ 34 m ▼ -2 m	348 m	27 Balsam Root	▲ 62 m ▼ 0 m	414 m	<p>The trail ratings in this park are based on the City of Kamloops trail map.</p>		
7 Prickly Pear Cactus	▲ 34 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	▲ 214 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		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	▲ 7 m ▼ -28 m	243 m	36 Falcon	▲ 53 m ▼ -84 m	157 m			
16 Blowdown Alley	▲ 5 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	▲ 48 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						

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.

Pineview Trails

1 Coyote	▲ 30 m ▼ 0 m	523 m	12 Lockie Lake Lane East	▲ 2 m ▼ -63 m	941 m	23 More Speed	▲ 1 m ▼ -103 m	1.2 km	34 HP Sauce	▲ 33 m ▼ -34 m	1.1 km	45 Rodeo	▲ 92 m ▼ -276 m	3.0 km
2 Coyote Too	▲ 7 m ▼ 0 m	72 m	13 Y Not?	▲ 7 m ▼ 0 m	80 m	24 Iron Mask Connection	▲ 14 m ▼ -7 m	652 m	35 Find The Mine	▲ 49 m ▼ -23 m	571 m	46 Hard Rock	▲ 38 m ▼ -18 m	589 m
3 Road Runner	▲ 9 m ▼ -4 m	435 m	14 Sugarloaf Connector	▲ 11 m ▼ -1 m	331 m	25 Stubby	▲ 2 m ▼ -213 m	1.4 km	36 Crank 'n Cujo	▲ 42 m ▼ -24 m	970 m	47 A Blaze On The Hillside	▲ 15 m ▼ -192 m	2.2 km
4 Squatter	▲ 2 m ▼ -20 m	537 m	15 Lockie Lake Lane	▲ 583 m	26 Spin Cycle	▲ 205 m ▼ -49 m	3.0 km	37 Rock and Roll	▲ 28 m ▼ -59 m	1.1 km	48 Down The Hatch	▲ 0 m ▼ -88 m	542 m	
5 Mask Or Aid	▲ 4 m ▼ 0 m	153 m	16 Iron Mask Fitness Test	▲ 1.2 km	27 Boot Chute	▲ 5 m ▼ -108 m	1.2 km	38 Breakfast Coming Up	▲ 76 m ▼ 0 m	521 m	49 Beer Run	▲ 10 m ▼ -185 m	1.7 km	
6 Low Iron	▲ 68 m ▼ -14 m	1.5 km	17 No Mayo	▲ 26 m ▼ -34 m	1.2 km	28 Mikes	▲ 3 m ▼ -153 m	1.3 km	39 Bauble	▲ 48 m ▼ -3 m	770 m	50 Bangers and Mash	▲ 2 m ▼ -250 m	1.1 km
7 Triple Lumen	▲ 188 m ▼ -1 m	2.8 km	18 High Iron	▲ 37 m ▼ -4 m	591 m	29 More Whiskey	▲ 24 m ▼ -18 m	570 m	40 Sofa King	▲ 14 m ▼ 0 m	286 m	51 Sheppard's	▲ 20 m ▼ -189 m	1.2 km
8 Smelly Richard West	▲ 37 m ▼ -8 m	1.0 km	19 Sofa King	▲ 10 m ▼ 0 m	175 m	30 Switch It Up	▲ 110 m ▼ -18 m	2.8 km	41 Sidecut	▲ 12 m ▼ 0 m	103 m			
9 Smelly Richard	▲ 1 m ▼ -41 m	419 m	20 Duffy Hill	▲ 58 m ▼ -9 m	869 m	31 Jammin'	▲ 69 m ▼ -15 m	844 m	42 Stubbs McGee	▲ 0 m ▼ -59 m	491 m			
10 Dog On It	▲ 21 m ▼ -4 m	330 m	21 Iron Mask	▲ 163 m ▼ -362 m	7.0 km	32 Raven	▲ 73 m ▼ -21 m	1.5 km	43 Switch It Up More Lupins	▲ 2 m ▼ -4 m	299 m			
11 Whiskey Traverse	▲ 0 m ▼ -7 m	127 m	22 Meep Meep	▲ 67 m ▼ -3 m	990 m	33 Miner 29'er	▲ 110 m ▼ -121 m	3.5 km	44 Mine	▲ 44 m ▼ -259 m	2.8 km			

KBRA 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 Mingus Mtn 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



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	▲ 35 m ▼ 0 m	284 m	
15 Escape	▲ 19 m ▼ 0 m	285 m	
16 Billy Miner North	▲ 0 m ▼ -26 m	703 m	
17 Billy Miner South	▲ 49 m ▼ -38 m	667 m	
18 Sumac	▲ 0 m ▼ -14 m	190 m	
19 Falls Lookout	HIKE ONLY	▲ 11 m ▼ -40 m	328 m

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

Trailforks Map

Lac du Bois Grasslands

1 Back in the Saddle	▲ 50 m ▼ -43 m	2.3 km
2 Arizona	▲ 15 m ▼ -2 m	1.5 km
3 Lazy Boy	▲ 30 m ▼ -41 m	2.4 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
10 Spring Bypass	▲ 15 m ▼ -23 m	688 m
11 Saddleback	▲ 3 m ▼ -87 m	1.2 km
12 Bighorn	▲ 167 m ▼ -194 m	5.1 km

Trailforks Map



Kamloops MTB Organizations

Kamloops' mountain bike trails are maintained by both the Kamloops Bike Riders Association (KBRA) and the Kamloops Performance Cycling Centre (KPCC). Kamloops MTB Trail Organizations are 100% volunteer-run. Consider becoming a member of the KBRA or donating to the KPCC 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

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 Performance Cycling Centre
- BC Parks
- Recreation Sites & Trails BC
- The landowners
- The incredible volunteers

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