



# Volkssport Association of British Columbia

## CVF Director's Walk



### PT 103 Kamloops – 10 km – Rated 2B

This walk begins at Pioneer Park, 7<sup>th</sup> Ave and Lorne Street (V2C 1V7). Free parking, washrooms, picnic tables, and a beach are available. Go north on either 3<sup>rd</sup> Ave or 10<sup>th</sup> Ave to pass under the railway tracks. From 3<sup>rd</sup>, turn right on Lorne and left on 7<sup>th</sup>. From 10<sup>th</sup>, turn left on Lorne and right on 7<sup>th</sup>. Park is on left.

1. Follow the path on the south side of Pioneer Park, to the right (towards the Red Bridge). Cross the entry road to the parking area to another stone cairn indicating "Rivers Trail". **RIGHT** on Rivers Trail
2. Stay on paved path between two stone markers (0.9 km). Take the trail closest to the river. The City of Kamloops began purchasing parkland from the old Shuswap Lumber Mill in 1901. Riverside Park was developed as a picnic and swimming area with many beautiful trees planted, flower beds and a fountain installed and a beach and grandstand developed for community use. It remains the heart of the city.
3. Pass the Japanese Friendship Garden (Kamloops' sister city is Uji, Japan). (1.5 km)
4. **RIGHT** at trail junction. Pass Hidee Saito Volunteer Memorial stone. Continue on paved path between two wire mesh fences as it curves right and follows the river (railway on left).
5. **RIGHT** to cross bridge. **RIGHT** after crossing bridge onto paved trail. Immediately **RIGHT** signed to McArthur Island Park. After 20 metres, **LEFT** at T junction to Overlander Beach. The paved trail becomes gravel trail.
6. At chain link fence turn around (2.9 km) and retrace the route back over the bridge.
7. Return into Riverside Park. Walk along the paved path between the two wire fences (railway on right). When chain link fence ends, the trail forks. Take the **RIGHT** fork (4.3 km). Keep right at junctions to go under the railway and cross over Lansdowne Road. Continue straight ahead on 1<sup>st</sup> Ave for about 20 metres then **RIGHT** at a sculpture onto a sidewalk beside BCLC.
8. Continue on sidewalk on left side of Lansdowne, cross slip road on pedestrian crossing, and then cross Seymour St at a second pedestrian crossing (with lights). (5.0 km)
9. Turn **LEFT** on the sidewalk uphill and curving right. When the paved sidewalk ends, climb the set of stairs on your right and continue straight onto McIntosh St.
10. At the concrete road-support wall turn **LEFT**. Road merges with St. Paul St. **RIGHT** at Lee Rd. (5.3 km)
11. **LEFT** at barrier and one way street. **RIGHT** at Battle St and, almost immediately, **LEFT** on continuation of Lee Rd. Note markers on historical residences.
12. **LEFT** on Nicola St. **W** Take the time to read the history of the houses. **RIGHT** on 4<sup>th</sup> Ave. **LEFT** on Columbia St. (6.4 km)
13. **LEFT** on 5<sup>th</sup> Ave. **RIGHT** on Victoria St. (7.2 km)
14. **RIGHT** on 6<sup>th</sup> Ave. **LEFT** on St. Paul St. and continue to 10<sup>th</sup> Ave. **L** on 10<sup>th</sup> Ave.
15. Cross Victoria St. at the light. Walk through the underpass. Continue straight ahead, passing Lorne Street on your left. The 1929 Sheep Breeders Association building on your left indicates the prominent role sheep raising played in early Kamloops.
16. Continue **STRAIGHT** on 10<sup>th</sup> Ave. **RIGHT** on River St. (8.5 km) Immediately after passing the Old Yacht Club Public Wharf, turn **LEFT** and go up stairs to a paved pathway.
17. **LEFT** on pathway. **LEFT** at small circle planter. **RIGHT** at Lorne St. (unsigned) (9.4 km)
18. **RIGHT** on 8<sup>th</sup> Ave. Follow 8<sup>th</sup> Ave to paved path.
19. Follow path with tennis courts on your left and South Thompson River on your right. Cross an aluminum bridge. Follow the path as it curves left back to Pioneer Park. (10.0 km).

**We hope you enjoyed your walk!**

If there are any problems with the instructions or the map, please contact:

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