



Volkssport Association of British Columbia CVF Director's Walk



PT 103 Kamloops – 5 km – Rated 1B

This walk begins at Pioneer Park, 7th Ave and Lorne Street (V2C 1V7). Free parking, washrooms, picnic tables, and a beach are available. Go north on either 3rd Ave or 10th Ave to pass under the railway tracks. From 3rd, turn right on Lorne and left on 7th. From 10th, turn left on Lorne and right on 7th. 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 path closest to the water. 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. **LEFT** at trail junction near railway lines. Walk along the paved path closest to the rail lines. Keep **RIGHT** at any junctions. Go through underpass going under the rail line.
5. Cross **Lansdowne St** and **1st Ave** and walk a short distance up the left side of **1st Ave** to **1st and Victoria St.** (2.0 km)
6. **LEFT** on **Victoria St** and pass the Hotel Five540Forty. (2.8 km)
7. **RIGHT** on **6th Ave.** **LEFT** on **St. Paul St.** and continue to **10th Ave.** **LEFT** on **10th Ave.** (3.8 km)
8. **Cross Victoria St.** at the light. Pass under the train tracks 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.
9. At the corner of 10th Ave and River St, there is a small stone cairn indicating “**River Trail**” (4.1 km). Turn **LEFT** onto the path.
10. At T-junction, turn **LEFT**
11. **RIGHT** on **Lorne St.** (unsigned). **RIGHT** on **8th Ave.** Follow 8th Ave to paved path.
12. 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.(5.1 km)

We hope you enjoyed your walk!

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

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