

**● Armstrong / Spall Bike Loop**

Route Type: Cycling

Distance: 18.1 km Difficulty: Moderate

Access: This route starts at O’Keefe Ranch on Highway 97

Located 6 km north of the Vernon city limits, Spallumcheen is one of the finest agricultural areas in BC, comprised of diverse farms nestled into the pine-clad hillsides. The name “Spallumcheen” is derived from the First Nations word meaning “beautiful valley”, which you will see as you cycle this loop. Once in Armstrong, you can stop and refuel and visit the Village Cheese Co. The influence of Dutch immigrants settling in the valley after the Second World War is represented by their cheese-making knowledge, and Armstrong is well known today for the great cheese it produces.

Option: 4 km Corkscrew Road Loop



**Hiking and Biking Routes**

- BX Bike Loop
- Bella Vista Bike Loop
- Coldstream Valley Bike Loop
- Commonage / Bench Row Bike Loop
- Middleton Mountain Bike Loop
- Swan Lake Bike Loop
- Suggested Bike Commuter Roads
- ~ Unpaved Hiking and Biking Routes
- ~ Paved Hiking and Biking Routes
- ~ Uphill Routes

**Parks / Beaches**

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 Becker Park                   | 16 Kekuli Bay                  |
| 2 BMX Park                      | 17 Kin Beach                   |
| 3 BX Community Park             | 18 Lakeview Park               |
| 4 BX Falls Park / BX Trail Park | 19 Lavington Park              |
| 5 BX Ranch Park                 | 20 MacDonald Park              |
| 6 Coldstream Park               | 21 Marshall Field              |
| 7 Cools Pond                    | 22 McKergow Meadows            |
| 8 Ellison Provincial Park       | 23 Mission Hill Park           |
| 9 Fintry Provincial Park        | 24 N’Kwala Park                |
| 10 Girourard Park               | 25 Paddlewheel Park            |
| 11 Grahame Park                 | 26 Polson Park                 |
| 12 Heritage Park                | 27 Sawicki Park                |
| 13 Jubilee Park                 | 28 Silver Star Provincial Park |
| 14 Kal Beach                    | 29 Stenquist Park              |
| 15 Kalamalka Provincial Park    | 30 Middleton Mountain Park     |

**Points of Interest**

- 1 Allan Brooks Nature Centre
- 2 Bella Vista Farm Market
- 3 Davison Orchards
- 4 O’Keefe Ranch
- 5 Performing Arts Centre
- 6 Planet Bee
- 7 Pleasant Valley Fruit & Garden
- 8 Polson Park Mall
- 9 Swan Lake Nurseryland
- 10 Vernon Museum & Library
- 11 Vernon Recreation Centre
- 12 Village Green Mall