



A Rover's Rest Bed and Breakfast

2660 Balmoral Road, Blind Bay, BC, Canada V0E 1H1

Phone (250) 675-4405 Fax (250) 675-3070

Toll Free 1-TOO-ROVER-BB or 1-866-768-3722

Website: www.aroversrest.com

Email: info@aroversrest.com



Things To Do



One of the feature activities in the South Shuswap area are the remarkable hiking and mountain bike trails. The Columbia Shuswap Regional District (CSRD), Shuswap GeoQuest and the Shuswap Trail Alliance have been working together to provide world-class non-motorized trails for safe public use. These trails link Balmoral Road to Macarthur Heights and White Lake.

The trails have many geocache locations and are great for the whole family. The Balmoral Bluffs trailhead is located 0.5 Km south of A Rover's Rest Bed &

Breakfast on Balmoral Road and has a good parking area and restroom facilities.

These mountain bike and hiking trails would be excellent enjoyment and remarkably beautiful for the family and active individual. The new John Evnakemoff CSRD Mountain Bike Park at White Lake is a great place to start on a biking adventure, and this trail links back to the Balmoral Bluffs trailhead which is only .5 km south of our home.



Shuswap Lake Estates Golf and Country Club is only minutes away. You have access to an 18-hole championship golf course with driving range, tennis courts, restaurant, community center and pub. A green fee discount card is available if you stay at our bed and breakfast and **NEW** Golf Getaway packages are also available.

Just a short distance away are many more activities: beaches with every kind of water sports including water skiing and wakeboarding; fishing; boating tours; snorkelling; hiking (Margaret Falls, Copper Island); trail rides; Adams River rafting, Adams River Salmon Run; wineries and breweries; marinas; snowmobiling and skiing in the winter. There are ancient pictographs on the canyon walls of Shuswap Lake. They are truly inspiring.



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The Shuswap is proud to have a large selection of places to see and activities for all ages and activities levels.

A Rover's Rest Bed & Breakfast David and Kimberly May

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Places To Visit

Historical Buildings	Carlin Hall, Notch Hill Hall, Eagle Bay Hall, Blind Bay Hall and Sorrento Center	All Close By
Tennis Courts	Shuswap Lake Estates Golf Course, Sorrento Blind Bay Park, Sorrento Memorial Hall and Cedar Center	All Close By
Putts Miniature Golf and Ice Cream Parlour	Downtown Sorrento	5 min drive
Shuswap Antique Market	Variety of Dealers ~ over 2000 sqft. (250) 675-3712	5 min drive
Walters Sleigh Rides	Your sleigh ride will include a horse drawn sleigh ride, complimentary hot chocolate and homemade cinnamon buns to be enjoyed at the homestead cabin upon your return. Your sleigh ride experience will be enjoyed for approximately one hour. Prices are only \$12 for Adult and \$10 for Children. For a romantic getaway call and book ahead for a private sleigh ride for you and your special someone. Contact Erwin and Carolyn (250) 835-8384	5-10 min Drive
<u>Crannog Ales Brewery</u>	The only wholly-organic brewery in Canada. Take a tour of the brewery.	10 min drive
Antique Car Museum	White Post Auto Museum. Fascinating Car Collection (250) 835-2224	10 min drive
<u>Jim's Ford Corral Museum</u>	A special collection of gas-station memorabilia, farm equipment and scale-model toys. Gathered locally and through Canada you can come and take a step back in time and view the horse drawn farm equipment and a colourful collection of memorabilia.	10 min drive
Carlin Hill Lavender	Gardens and Tea House. Open 11 - 4 in June - Friday, Saturday and Sunday July and August - Daily September - Friday, Saturday and Sunday	10 min drive
Backcountry Horsemen of BC	Non-profit society of dedicated non-competitive equine enthusiasts. From Spring through Fall, clinics are offered on various topics and rides are scheduled.	10-15 min drive
<u>Recline Ridge Winery</u>	Take a tour of the winery. See website for full details.	15 min drive
<u>Granite Creek Winery</u>	A family owned vineyard and winery located in Tappen. See website for full details.	15 min drive
<u>Canadian Adventure Company</u>	Llama hiking trails for all ages and abilities. Also off seasonal activities such as kayaking, hiking, mountain biking, powder skiing and snowboarding with snow-cats and helicopter access, cross country skiing, ski touring and snow shoeing. 835-4516	15 min drive
<u>Adams River Rafting</u>	Water rafting on Adams River View Our Activities Photo Gallery	30 min drive
<u>Royal Interior Tours</u>	Your Guide To Discovering The Shuswap We provide guided bus tours and shuttle services while offering an extensive look at the Shuswap and all that it has to offer. Savour the Shuswap's finest wines and cheeses, learn how to build a teepee, play a round of golf at one of the local championship courses, take in a live theatre production, enjoy the sheer relaxation of cruising on Shuswap Lake, or explore the beauty of the region.	30 min drive
<u>R.J. Hanev Heritage</u>	Museum and Archive Winter Hours (January to May -	30 min drive

<u>Park & Musuem</u>	<p>Tuesday to Friday 11:00 am to 4:00 pm). Ernie Doe Archive (Year Round 10:00 am to 2:00 pm or by appointment). Park Opens Full Time May 18 (Wednesday to Sunday 10:00 am to 4:00 pm). Tea Room Opens June 15 (Wednesday to Sunday 10:00 am to 4:00 pm). Dinner Theatre (July 3rd to September 2 Sunday Wednesday and Friday). Museum and Archive Winter Hours (September 25 - Tuesday to Friday 11:00 am to 4:00 pm).</p>	
Scotch Creek Family Fun Center	Mini Golf, Blaster Boats, Bowling and Family Fun Activities. Good Times For Everyone! Open May to September in Scotch Creek (250) 955-6100	45 min drive
<u>Phoebe Ann Shuswap Lake Tours and Rentals & Narrows Village</u>	Located directly East of Cinnemousun Narrows on the shore of the World Class Shuswap Lake, Narrows Village offers visitors a unique wilderness experience. Narrows Village can only be reached by water, which makes it a very private getaway.	Boat Access Only
<u>DeMille's Farm Market</u>	DeMille's has guided group tours of their country style market and farm. Visit DeMille's unique attraction The Corn Maze. Daily from July through to September visit an elaborate twist and turns in a living Labyrinth. Great adventure from both young and old!	15 min drive

Restaurants

<u>Log & Hearth Restaurant - Shuswap Lake Estates</u>	(250) 675-4433	Blind Bay
<u>Blind Bay Café and Marina</u>	(250) 675-2266	Blind Bay
Duffers Den Lounge - Shuswap Lake Estates	(250) 675-2510	Blind Bay
H & V German Deli - Shuswap Lake Estates	(250) 675-2560	Blind Bay
Blind Bay Country Market - Shuswap Lake Estates	(250) 675-3464	Blind Bay
Steamer's Coffee Co. - Shuswap Lake Estates	(250) 675-4165	Blind Bay
Blind Bay Village Grocers	(250) 675-2046	Blind Bay
Billabong Pub	(250) 675-2781	Sorrento
<u>Home Restaurant</u>	(250) 675-3552	Sorrento
Toby's Restaurant	(250) 675-4464	Sorrento
Frankie's Pizza	(250) 675-3100	Sorrento
Sorrento Center	(250) 675-2421	Sorrento
Stratis Mediterranean Grill	(250) 675-6377	Sorrento
Natures Bounty - Organic Grocery	(250) 675-4323	Sorrento
Goldpanner Restaurant	(250) 835-8822	Tappen
<u>Carlin Hill Lavender Tea Garden</u>	(250) 835-8801	Tappen
<u>Table 24 Restaurant</u>	(250) 832-2410	Salmon Arm
<u>The Barley Station Brew Pub</u>	(250) 832-0999	Salmon Arm
Carri's Restaurant	(250) 832-5560	Salmon Arm
Yans Restaurant	(250) 832-3007	Salmon Arm
Setters Pub	(250) 832-0266	Salmon Arm
Ming's Garden	(250) 832-1038	Salmon Arm
Joey's Only	(250) 833-1188	Salmon Arm
PJ's Family Restaurant	(250) 832-1566	Salmon Arm
<u>Boston Pizza</u>	(250) 833-1151	Salmon Arm
<u>Quaaout Lodge- First Nations Cuisine</u>	(250) 679-3090	Scotch Creek
<u>The Creekside Restaurant</u>	(250) 955-6100	Scotch Creek
Seymour Arm Hotel & Pub		Seymour Arm
The North Shore Inn and Pub at St. Ives	(250) 955-6210	St. Ives
Lulu's Bar and Grill	(250) 835-5995	Enderby

Nature Trails

The Shuswap Hut and Trail Alliance

The *Shuswap Hut and Trail Alliance*. This group has taken on the challenge of building non-motorized trails around Shuswap Lake. Our wonderful Shuswap Lake has over 400 km of shoreline, and is located along the Trans-Canada Highway 1, halfway between Calgary and Vancouver.

The *Shuswap Hut and Trail Alliance* represents the coming together of many community groups and residents throughout the region who are interested in reshaping how we live, play, and work. They are building more than trails; they are building a whole new way of living and thinking as communities. Designed and built well, a trail system engages us in the landscape around us and connects us to each other in ways that encourage healthy lifestyles and ecological well being. Simply put – they are trying to get people to park their cars, get outside, smell the air, take a walk, and discover the natural world around them – Beautiful Shuswap Lake.

Shuswap Geoquest	Geocaching is a high-tech version of hide-and-seek where geocachers seek out hidden treasures utilizing GPS technology. View the website for more information.	Shuswap Wide
Sorrento Blind Bay Park	15 minute stroll around the park. Just off Notch Hill Road	Sorrento
Pement Lakes	19 km of Skimiken Road. Two hikes 1.5 km Bryden and 2 km to Pement	Sorrento
Historic Flume Trail	Off Holdings Road. Moderate climb beside creek.	Sorrento
Sunnybrea Bluffs	Moderate hike with good views of Salmon Arm and Shuswap Lake.	Sunnybrea
Bastion Mountain	Hike with views of lake and surrounding valleys.	Sunnybrea
Margaret Falls	10 min hike to falls, cool forest setting. Very Nice!	Sunnybrea
Upper Canyon Trail	Moderate hike looping above Margaret Falls and winds back to the road.	Sunnybrea
White Lake Look Out	Off Parri Road, moderate hike of 30 min, nice view of the lake and valley.	White Lake
White Lake South Shore	Off Hautala Road, moderate 8 km hike or bike through the forest exiting onto Blind Bay Road.	White Lake
Reinnecker Creek	At the end of Settle Road, moderate to hard hike of 4 to 5 hours, horseback is preferred.	White Lake
Fly Hills Trails	Hiking and Horse Back Riding	Silver Creek
Silver Creek Trails	Hiking and Horse Back Riding	Silver Creek
Salmon Arm Nature Trail	3/4 Hour to 1 Hour In Length	Salmon Arm
McGuire Lake	20 min Walk	Salmon Arm
Salmon Arm Nature Bay	Walkways with picnic tables, canoe routes, cycling paths and observations points. Over 150 species of birds including Grebe nesting areas.	Salmon Arm
Raven Trail	Salmon Arm Bay	Salmon Arm
RJ Haney Park	Salmon Arm ~ Easy Nature Trail	Salmon Arm
Turner Creek Trails	Upper End Of Okanagan Ave ~ Hiking and Cycling	Salmon Arm
Little Mountain Lake Trails	Upper End Of Okanagan Ave ~ Hiking and Cycling	Salmon Arm
Canoe Beach Trail	Canoe ~ Hiking and Horse Back Riding	Canoe
South Canoe Trail System	Canoe ~ Hiking and Horse Back Riding	Canoe
<u>Copper Island</u>	Boat Access - 2.8 km hike around the island.	Boat Access

Roderick Haig-Brown Park	North Shuswap. Easy trails to hike or bike along Adams river to the lake. Upper trail is fairly moderate hiking or biking along the river and through the forest.	North Shuswap
Skimiken Lakes	South from Squilax bridge to Skimiken Road for 15 km. Easy trails for hiking or biking around the lakes and through the forest.	North Shuswap
Albas Provincial Park	Hike to Albas Falls By Boat or 41 km Drive	Seymour Arm
Skmana Lakes	Near Flume Trail, on Loakin-Bear Creek Road. Easy Walking or biking around the lakes and through the forest.	Chase

Parks

<u>Adams Lake - Bush Creek</u>	Adams Lake - Adams Lake West Road	40 min drive
<u>Copper Island</u>	Boat Access - 2.8 km hike around the island.	10 min by boat
Sunnybrea Provincial Park	Sunnybrea - 6 km Tappen Road	8 min drive
Herald Provincial Park	Sunnybrea - 13 km up Tappen Road Margaret Falls	10 min drive
Shuswap Lake Provincial Park	Scotch Creek - Squilax Anglemont Highway	40 min drive
Albas Provincial Park	Boat Access or 41 km Drive	1 1/2 hour drive

Rentals

Glenn's Place	Mountain Bike Rentals 675-4500	5 min drive
<u>Sea Dog Marina</u>	Boat and Sea-Doo Rentals	30 min drive
<u>Fish N' Fins</u>	Houseboat Rental (250) 955-2815 Boat Tours, Fishing, Diving, Snorkelling and Swimming Tours.	45 min drive
<u>Shuswap Marina</u>	Sorrento (250) 675-2250 Summer moorage, winter storage, used and consignment boat sales, boat and toy rentals, full service and parts department, fuel sales, marine hardware and accessories, wakeboards and water toys, Walker Bay Dinghy's, boat detailing, arts and crafts store with gourmet coffee to go, propane sales and home to SUM-R-FUN Houseboat Vacations.	10 min drive
<u>Phoebe Ann Shuswap Lake Tours and Rentals.</u>	Our guided boat tours, ATV tours, Kayak and Canoe rentals and water accessible camping packages on Shuswap Lake, are all a fantastic way to see our world from the water! Operating out of Sicamous on the Trans Canada Highway	1 hour drive