Explore the Thompson Okanagan • Outdoor Adventure

Hiking the Thompson Okanagan Mountain Resorts

Hiking Mountain Resorts

Explore the many amazing ski mountain resorts in the Thompson Okanagan region. When the resorts transition to summer they offer a new array of exciting warm-weather adventures. Among these, hiking is one of the many adventures that can be enjoyed on these famous mountains. From easy to challenging hikes, and opportunity for trail running, these mountains have it all. Next time you're looking to change up your hiking scenery try hiking these mountain resorts.

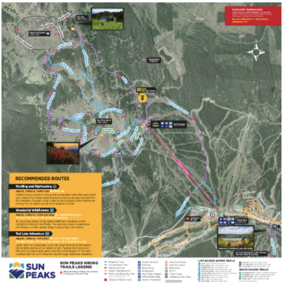
Much of the trails start from the village and allow you to challenge yourself to make it to the top, or take the chair lift or gondola up, and start mid-mountain. Just like in the winter, some of the mountains require day-passes to use their trails and facilities, so know before you go and check the mountain resort's website. If you like these mountain resorts in the winter, you'll love them in the summer!

Sun Peaks

Starting in the South Thompson Valley just 45 minutes North of Kamloops, is Sun Peaks (55.7 km/34.6mi). With 17 designated hiking trails, and a wide range of difficulty, there's a hike for everyone. The variety of hikes offered at Sun Peaks means every trip to the mountain allows for a fresh, new adventure, never seen before.

What to expect while hiking Sun Peaks:

Sun Peaks stands proudly at an elevation of 6,000 ft (1,828 m) above sea level. A journey to its summit leads to the breathtaking Tod Lake, a tranquil lake nestled atop the peaks. During the much-celebrated **Alpine Blossom Season** , a time cherished by all who hike, the landscape transforms into a vivid wildflower meadow. Exploring the trails during this season is a favorite for visitors – Learn more about the flowers with Sun Peaks' comprehensive wildflower guide. This resource enriches your hikes by unraveling the identity of the flora and fauna that lines the paths as you hike. Sun Peaks also has an abundance of birds and wildlife. As you embark on your hike, your senses will be constantly engaged, drawn in by the song birds and the potential spotting of wildlife, as well as flowers around every corner.


RECOMMENDED ROUTES
SUN PEAKS
SUN PEAKS HIKING TRAILS LEGEND

Click to Download Map

Get your hiking pass

Check hiking trail status, difficulty, and duration

Summer Season at Sun Peaks

June 16 to September 4, 2023 Daily, 10:00am to 7:00pm

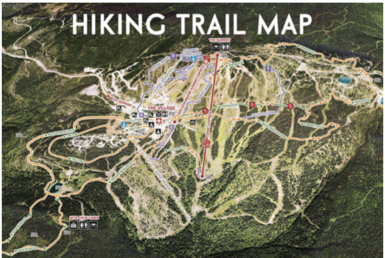
September 5 to 24, 2023 Daily, 10:00am to 5:00pm

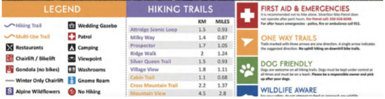
SilverStar Mountain Resort

Heading to the North Okanagan, 25 minutes Northeast of Vernon (23.6km/14.67mi), is SilverStar Mountain Resort. SilverStar is a family and pet friendly spot – Welcoming dogs on every hiking trail. Try the express Gondola or the hike up to the summit all summer. You can hike straight from the village or take the Gondola, and walk down on the trails.

What to expect while hiking SilverStar:

SilverStar offers a captivating panorama view of the vistas that make up the Monashee Mountain Range and the Okanagan Valley. The trails, ranging from casual strolls to longer journeys, open up these vistas at every step. Embark on looped hikes, each bend revealing new landscapes, or opt for unidirectional trails and take the chairlift back to the start. A worthwhile recommendation is venturing on the Ridge Walk, where a conveniently placed bench atop the trail invites you to pause and take in the breathtaking scenery (or a well-deserved break from hiking). With an abundance of diverse hiking options to choose from, SilverStar ensures that your curiosity will remain sparked throughout the entirety of your hike.


HIKING TRAIL MAP
THE SUMMIT
RIDGE WALK
ALPINE MEADOWS
TO VERNON
THE VILLAGE
COMET EXPRESS
MILKY WAY
PARADISE
SILVER QUEEN
MOUNTAIN VIEW
SILVER WOODS
MTN. VIEW CABIN


LEGEND
Hiking Trail
Multi-Use Trail
Restaurants
Chairlift / Bikelift
Gondola (no bikes)
Winter Only Chairlift
Alpine Wildflowers
Wedding Gazebo
Patrol
Camping
Viewpoint
Washrooms
Gnome Roam
No Hiking

HIKING TRAILS

	KM	MILES
Attridge Scenic Loop	1.5	0.93
Milky Way	1.4	0.87
Prospector	1.7	1.05
Ridge Walk	2	1.24
Silver Queen Trail	1.5	0.93
Village View	1.8	1.11
Cabin Trail	1.1	0.68
Cross Mountain Trail	2.2	1.37
Mountain View	4.5	2.8

FIRST AID & EMERGENCIES
It is recommended not to hike alone. SilverStar Bike Patrol does not operate after park hours. For Patrol call: 250-558-6048. For after hours emergencies - police, fire or ambulance call 911.

ONE WAY TRAILS
Trails marked with three arrows are one direction. A single arrow indicates the suggested direction. No uphill hiking on downhill bike trails.

DOG FRIENDLY
Dogs are welcome on all hiking trails. Dogs must be kept under control at all times and must be on a leash. Please be a responsible owner and pick up after your dogs.

WILDLIFE AWARE

Click to Download Map

Get your hiking pass

Check hiking trail status, difficulty, and duration

You must have a valid ticket to be on the mountain for hiking. These hiking tickets are complimentary! However, they do not grant lift access.

Summer Season at SilverStar

June 23rd to September 4th 2023 Daily, 9:30am to 5:30pm

Followed by Weekends Only September 9th to 10th, and September 16 to 17th.

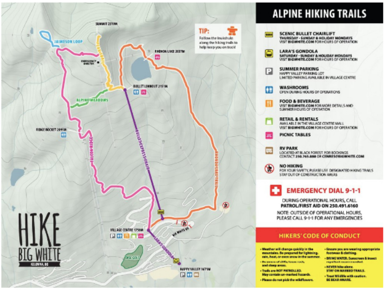
Big White Ski Resort

On the way to Boundary Country, 1 hour outside of Kelowna (61.9km/38.46mi), is Big White Ski Resort. Big White is another excellent option for dog-friendly hiking. You can even bring your four legged friend on the chairlifts, just keep them on leash at all times.

Tip: follow the Inukshuks along the trails to help keep you on the right track!

What to expect while hiking Big White:

Big White offers an array of trails that cater to individuals of all ages, making it an ideal destination for the entire family. The diverse range of hiking grades offers options for leisurely strolls or the chance to conquer the summit at an impressive 7600 ft (2316 m). The convenience of a chairlift and gondola adds the choice for hikers to explore different pathways to the summit and discover new trails along the way. Lake lookouts and picnic tables allow for a chance to relax, and restrooms near the peak ensure a comfortable journey on this mountain. Try the Rhonda Lake Trail for a lake lookout unique to the summer; this trail and lake is entirely hidden by snow in the winter!


SUMMIT 2319M
JAIMESON LOOP
EMERGENCY SHELTER
RHONDA LAKE 2037M
TIP:
Follow the Inukshuks along the hiking trails to help keep you on track!
BULLET LOOKOUT 2151M
ALPINE MEADOWS
RIDGE ROCKET 2095M
FALCON RIDGE
BULLET EXPRESS CHAIR
RHONDA LAKE TRAIL
VILLAGE CENTRE 1758M
BIG WHITE RD
LARA'S GONDOLA
DISC GOLF
HAPPY VALLEY 1679M
HIKE
BIG WHITE
KELOWNA, BC

ALPINE HIKING TRAILS

SCENIC BULLET CHAIRLIFT
THURSDAY - SUNDAY & HOLIDAY MONDAYS
VISIT **BIGWHITE.COM** FOR HOURS OF OPERATION

LARA'S GONDOLA
SATURDAY - SUNDAY & HOLIDAY MONDAYS
VISIT **BIGWHITE.COM** FOR HOURS OF OPERATION

SUMMER PARKING
HAPPY VALLEY PARKING LOT
LIMITED PARKING AVAILABLE IN VILLAGE CENTRE

WASHROOMS
OPEN DURING HOURS OF OPERATIONS

FOOD & BEVERAGE
VISIT **BIGWHITE.COM** FOR MORE DETAILS AND SUMMER HOURS OF OPERATION

RETAIL & RENTALS
AVAILABLE IN THE VILLAGE CENTRE MALL
VISIT **BIGWHITE.COM** FOR HOURS OF OPERATION

PICNIC TABLES

RV PARK
LOCATED AT BLACK FOREST. FOR BOOKINGS
CONTACT **250.765.888** OR **CENRES@BIGWHITE.COM**

NO HIKING
FOR YOUR SAFETY, PLEASE USE DESIGNATED HIKING TRAILS
STAY OUT OF CONSTRUCTION AREAS

EMERGENCY DIAL 9-1-1

DURING OPERATIONAL HOURS, CALL
PATROL/FIRST AID ON 250.491.6160

NOTE: OUTSIDE OF OPERATIONAL HOURS,
PLEASE CALL 9-1-1 FOR ANY EMERGENCIES

HIKERS' CODE OF CONDUCT

- **Weather will change quickly in the mountains. Be prepared for lightning, rain, heat, or even snow in the summer.**
- **Be aware of cliffs, loose rock, and steep areas.**
- **Trails are NOT PATROLLED. May contain un-marked hazards.**
- **Please do not pick the wildflowers.**
- **Ensure you are wearing appropriate footwear & clothing.**
- **BRING WATER. Sunscreen & Insect repellent recommended.**
- **NEVER hike alone. STAY ON MARKED TRAILS.**
- **Treat Wildlife with caution. BE BEAR AWARE.**

Click to Download Map

Get your hiking pass

Check hiking trail status, difficulty, and duration

Hiking tickets complimentary! However, do sign this waver before your ascend

Summer Season at Big White

June 29th to September 4th, 2023 Daily, 10:00am to 4:00pm

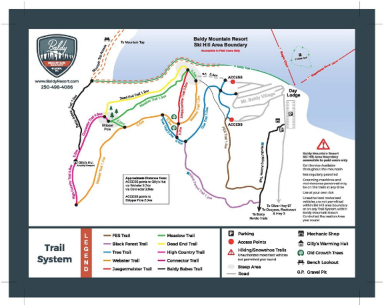
Baldy Mountain Resort

The South Okanagan is home to Baldy Mountain Resort, 45 minutes outside of Oliver (37.2km/23.12mi). The summer of 2023 Mt Baldy is open for its first summer season, and they can't wait to welcome summer hikers. With ten trails to kick off the season, Mt Baldy is ready for people to come see what they have to offer in the summer.

KELOWNA 137 km
SEATTLE 514 km
VANCOUVER
OSOYOOS 58 km
#mtbaldyresortoliverbc
Baldy
Baldy
#takeabreakfromthelake
LOVE EVERYWHERE
HOLLYWOOD
BALDY Beach
AREA 27

What to expect while hiking Mt Baldy:

This summit is in the Okanagan Highlands, so Mt Baldy is surrounded by old growth forest and multiple viewpoints for all levels of hikers to enjoy. There's chances to see wildlife from a distance, as well as smell the alpine flowers as you hike and listen to the surrounding birds. Take a pit stop at one of the many picnic benches or enjoy lunch at the village.


Baldy Mountain Resort
www.BaldyResort.com
250-498-4086
To Mountain Top
Mountain Top Access
Baldy Mountain Resort
Ski Hill Area Boundary
Accessible to Paid Users Only
Baldy Trail
ACCESS
ACCESS
Day Lodge
Mt. Baldy Village
Dead End Trail 1.2km
Meadow Trail 1.3km
Jaegermeister Trail 0.5km
Webster Trail 1.0km
Tree Trail 1.0km
FES Trail 1.0km
Baldy Babes Trail 1.5km
Connector Trail 0.8km
Stripper Pole
Gilly's Hut
High Country Trail 0.6km
Webster Trail 1.1km
Black Forest Trail 1.3km
Nordic Hiking Access Trail
Approximate Distance from: ACCESS points to Gilly's Hut via Webster 3.7km via Connector 2.9km
ACCESS points to Stripper Pole 2.0km
To Oliver Hwy 97
To Osoyoos, Rockcreek & Hwy 3
To Baldy Nordic Trails
Baldy Mountain Resort Ski Hill Area Boundary accessible to paid users only
Cell Service Available throughout the mountain
Not regularly patrolled
Grooming machines and maintenance personnel may be on the trails at any time
Use at your own risk
Unauthorized motorized vehicles are not permitted within Ski Hill area boundary or on any Trail System within Baldy Mountain Resort Controlled Recreation Area year round
Trail System
LEGEND
FES Trail
Black Forest Trail
Tree Trail
Webster Trail
Jaegermeister Trail
Meadow Trail
Dead End Trail
High Country Trail
Connector Trail
Baldy Babes Trail
Parking
Access Points
Hiking/Snowshoe Trails
Unauthorized motorized vehicles not permitted year round
Steep Area
Road
Mechanic Shop
Gilly's Warming Hut
Old Growth Trees
Bench Lookout
G.P. Gravel Pit

Click to Download Map

Get your hiking pass

Check hiking trail status, difficulty, and duration

Purchase a lift ticket before you go, or buy one at the guest service once you arrive.

Summer Season at Baldy Mountain

From 11:00am to 4:00pm, Saturday and Sunday and select holiday Fridays and Mondays.

The last weekend of Summer operations is September 2nd and 3rd.

The Thompson Okanagan mountain resorts offer natural beauty, outdoor adventure, and seasonal charm. Always stay on marked trails to ensure the preservation of the flora and fauna of the mountains, and stay bear aware. Whether you're seeking panoramic views and wildflowers, family-friendly trails, or the excitement of exploring a new summer hiking destination, these resorts are calling you to the great outdoors. So, get your hiking boots, get ready for crisp mountain air, and set out on an unforgettable journey through these trails.

Written by Caroline Peterson

A BC local who went from the lower mainland to the Okanagan. A student with a passion for tourism, she aims to highlight the Thompson Okanagan experience with a fresh, adventurous perspective.

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‹ Local Winter Flavours

Touring Okanagan Wine Country: Where to stop, what to expect ›

Traveller Sites

BC Rail Trails - Route 97 - Hello BC

Social Media Links

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Search

Corporate Information

Accessibility

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our tool for an inclusive,
digital content experience.

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FORTIS BC
Energy at work
TELUS
Sustainable Life App

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GreenStep
Carbon Conscious
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