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# The Endless Opportunities for Adventures Along the Kettle Valley Rail Trail: A Day on the KVR

The [Kettle Valley Rail Trail \(KVR\)](#) is a historic railway that spans almost 650 km (400 mi) of connected pathways from Hope to Castlegar. The pathways of the decommissioned rail are some of the best ways to explore the Thompson Okanagan's hidden beaches, see wildlife, learn about the region's history, and try out some of locals' favourite spots.

This recreational trail has many routes to start your adventure at. One of my favourites is the [Cold Stream to Kekuli Bay 20 km \(12.5 mi\)](#) and [Kekuli Bay to Lake Country 22.8 km \(14 mi\)](#). These trails are flat and well graded making them easily walkable and accessible to mobility aids, or if you are interested in completing it in one day, it is perfect for a bike. These trails also offer great camping sites throughout, an excellent spot, halfway through the trail along Kalamalka Lake, you will find [Kekuli Bay Campground](#).



Bring your furry friends too! All sections of the trail are dog-friendly (on-leash), with some off-leash dog parks found along the way.

## Starting in Cold Stream

Starting this trail going north to south you can begin in Coldstream near [Kal Beach](#) and 'Kilometre Zero'. However, ample free parking allows a flexible starting point. The [Rail Trail Café & Market](#) opens early in the morning, so grab some breakfast before you start the trek. Head towards [Lake Country](#) for activities, stunning views, and an easily achievable round day trip, by bike, along the paved, and gravel path. Perfect for a beach day, a fall or spring bike ride, or a winter nature walk. Garbage bins and water fountains along the way add convenience to your adventure. Enjoy a memorable experience with the whole family on this accessible section of the KVR.



### Step 1

Coming from Coldstream you'll hit [Pumphouse Beach](#), a small beach perfect to launch a kayak or canoe. This pebbled beach is just past Kal Beach so, it allows for a more quiet and relaxing spot to stop at.

### Step 2

At kilometer 4, take out your camera and see the most picturesque part of the trail. The trail shoulders Kalamalka Lake, and it's here where you can read the information signs and learn about what makes Kalamalka so beautiful. Take some pictures so you can look back on this renowned destination.



### Step 3

Just past kilometer 8 you'll arrive in [Kekuli Bay Provincial Park](#) and beach. This park has a [campground](#), boat launch, and playground. It's a great place to stop and go for a swim, and take in the views. This marks the end of the Cold Stream to Kekuli Bay, where the trail seamlessly transitions into the Kekuli Bay to Lake Country section of this route.

### Step 4

You've probably worked up an appetite by this point! Fuel this adventure by savouring some local flavours and stop by some cafes, food trucks and restaurants. Near [Lake Country](#) in Oyama, stop by [OKF Grill](#) and the [Oyama General Store](#). Or just off the path, up the road, you'll find a gift shop, a fruit stand, a pizzeria, and, opening in 2024 a cidery.

#### [OKF Grill \(Open Spring 2024\)](#)

This casual grill is the place to get the best burger and fries in Oyama. It hits the spot after a long day swimming, biking or hiking. Try their fish & chips, or crispy chicken sandwiches, and grab a slushy and an ice cream when you're done.

#### [Pane Vino Pizzeria \(Open April 2024\)](#)

For family owned farm to table pizzeria, enjoy some authentic Neapolitan woodfired pizza at Pane Vino Pizzeria. This restaurant allows for a seated meal or a call ahead option to order some pizza to-go. With vegan and gluten free options, be sure to try this wonderful place out.

#### [The Oyama Red Bran \(with Folktale Cider coming 2024\)](#)

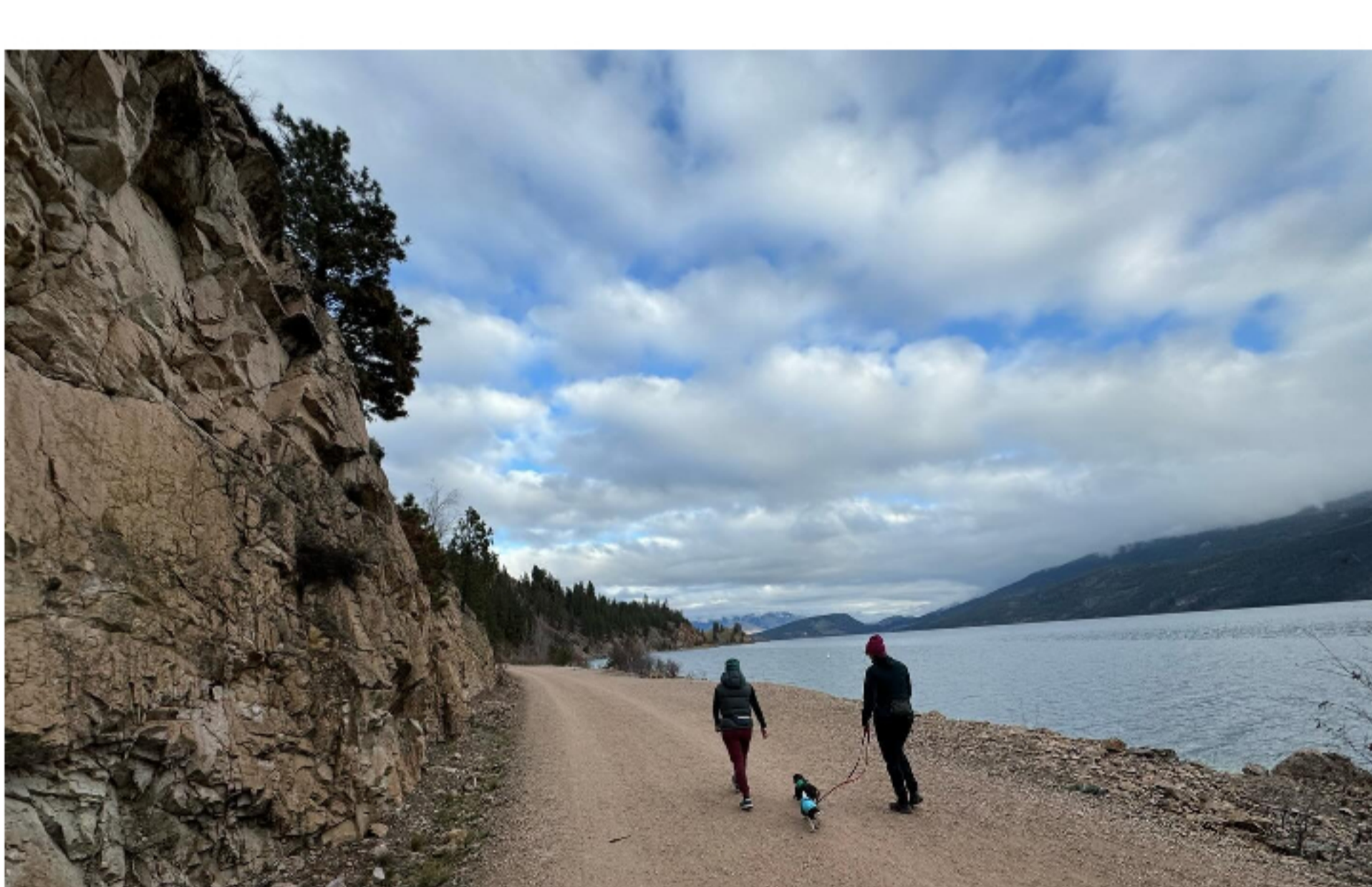
This family owned and family centered place is going to be a great addition to Oyama's community, coming 2024. With some farm youth activities and ciders for adults to enjoy, this farm is perfect for the family.



However, if you packed your own lunch, take advantage of the picnic tables on the beaches along Wood Lake, "[Okanagan's warmest & calmest lake](#)". It's in Oyama where you can decide to go southwest along the highway side of the trail, or southeast along Wood Lake section of the trail. Whichever path you take, the trail loops back around Wood Lake to end up back in Oyama.

## Southwest

Much of this side of the lake is paved or has packed gravel along the water's edge. This part of the trail will take you to Wood Lake Beach for a swim, Pelmeash Dog Off-Leash Beach with your four legged friends, and end up in [Turtle Bay](#). Turtle Bay has lots to offer such as dining options, resort and hotel, park, and marina. [Turtle Bay Marina Resort](#) and Boat Rentals give you the opportunity to try out some water activities, go for a swim, or rent a boat.



## Southeast

This direction of the trail will take you through the town of Oyama along a scenic route with history, parks, and pebble beaches. There are two dog parks in this direction, as well as, [Pioneer Park](#), [Kaloya Regional Park](#), Oyama boat launch and [Ribbleworth Falls](#) at kilometer 23 marker. These falls are part of the [three interpretive sites on Okanagan Rail Trail](#) completed October 2020. This section of the trail will also loopback through Turtle Bay.

### Need a pedal bike or E-bike? Check out these rental places:

|  |  |                                  |  |
|--|--|----------------------------------|--|
| <p><b>Sun Country Cycle</b></p>        | <p>Sun Country Cycle is located in Vernon and offers a full fleet of Electric Bikes, Cruisers, &amp; Kids Bikes.</p>               | <p><b>Kalavida Surf Shop</b></p> | <p>Kalavida Surf Shop is located in Coldstream and offers parking and bike rentals for the rail trail.</p> |
| <p><b>Oyama E-Bike &amp; Board</b></p> |  |                                  | <p>Oyama E-Bike &amp; Board is located in Oyama and they offer Ebikes and Paddle Board rentals.</p>        |
| <p><b>Pedego Electric Bikes</b></p>    | <p>Pedego Electric Bikes in Oyama opens March 1, 2024 and offers the best-selling brand of electric bicycles in North America.</p> | <p><b>Lake Country Cycle</b></p> | <p>Lake Country Cycle in Lake Country offers pedal bikes, eBikes, kids bikes, and Weehoo trailers.</p>     |

Many of these bike shops offer kids bikes, kid bike trailers, electric bikes, as well as service and repair options for your personal bike!

[#KnowBeforeYouGo](#) and stay on the trail except where there are designated trailside rest areas. Native trailside vegetation provides beauty and habitat, to preserve the land - respect the land - respect the markers. Respect landowners and agricultural operations along the trail.

### Written by Caroline Peterson

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

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