

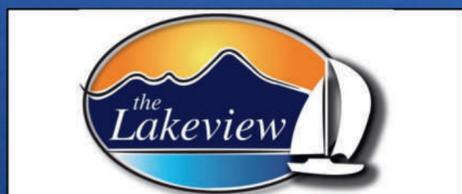


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Crawford Bay Peninsula Mountain Biking

The *East Shore Trail and Bike Association* (ESTBA) has identified two cross country trail routes on the *Crawford Bay Peninsula* which we think you'll enjoy. These trails are designated non-motorized and are also used by hikers. The East Shore Trail and Bike association promotes respect among all trail users.

Slow down, communicate and be prepared to give hikers the right-of-way unless they say otherwise.

Access for both (4x4 recommended)
Drive 3.5 km up Pilot Bay FSR to the Trail Hub (#4)

1) THE RIDGELINE

Summit Trail north to Height of Land, William Fraser and Fraser Hill VP & Woodlot Trail.
Blue Square with some Black Diamond qualifiers
Trail length 8km
Travel time 1.5 hours

This ride requires a vehicle to be dropped at the bottom of the **Wood Lot Trail** and another to transport 3.5 km to the **Trail Hub (#4)**
The ride begins by ascending the **Summit Trail** (20 min) to the **View Point**. From here the **Height of Land** descends north along the peninsula ridge line through conifer forests, past ancient rock formations featuring epic lake viewpoints.

The trail crosses two logging roads (use caution) before the **William Fraser Trail** begins. This century+ old pioneer trail delivers the rider to a north west VP of Ainsworth before a steeper descent to the **Fraser Hill VP** and **Woodlot Trails**. Five minutes down the **Woodlot Trail** the trail forks. Left is the **Fraser Hill Viewpoint Trail** (blue square) or stay right for (black diamond) roots, rocks and water (best avoided during wet season).

Both trails reconnect for the final cruise to the Wood Lot trail head and your dropped vehicle.

2) HERE COMES THE BOOM

Boomers to Upper Levels, East-West to East Shore Trail
Challenging Blue Square with some Black Diamond Qualifiers.
Trail length 12km
Travel time 5 hrs

This challenging cross country ride is a complete loop which is best done counter-clockwise. The ride begins with a sustained flow descent past forest ponds and through old growth forests, then a challenging two km cross-country singletrack to the historic **Lakeshore Trail** featuring fascinating rock formations with views of the Purcell Mountain Range and the Gray Creek Pass.

Drive 3.5 km up Pilot Bay FSR to the Trail Hub (#4)
Descend the Boomers Landing trail to the first bridge. Turn Left after the bridge on to the Upper Levels trail. *Turning right the Boomers Landing trail continues into the park.

At the East West trail turn left. The challenging East West trail makes it's way east and connects to the East Shore trail fork. From the East Shore trail go north. This historical trail will connect you to some secondary roads (watch for signs) before ascending up two short trail segments to the Pilot Bay FSR. the Trail Hub (#4) is left about a 1/2 km.

**Pilot Bay Provincial Park managers have not designated the park trails for mountain biking. The East Shore Trail and Bike Association does not promote this or any other Pilot Bay Provincial Park trail for Mountain Biking.*

**The East Shore Trail and Bike Association does not recommend mountain biking on any of the connecting trails encountered on these rides due to unsuitability and agreements with private land owners and Parks BC*




Leave No Trace, Dig A Cathole

Human waste can affect water quality and pose a health risk to others. Bury it 6 - 8 inches deep and at least 200 feet from any water. Properly buried waste will decompose naturally. Pack out all dog waste and of course any garbage too.



Pilot Bay Provincial Park

PILOT PENINSULA is the popular local name given to Crawford Peninsula. The true Pilot Peninsula is the smaller one where the lighthouse is located. These trails are mostly on Crown (public) land, with some designated woodlots. Please use caution on Forestry roads. If you find a trail not described here, it is headed towards private property. Please stay on the trails listed and respect landowners. The primary role of Pilot Bay Provincial Park is to provide visitors and the local community marine destination recreational opportunities, with upland day use and boat or walk-in camping adjacent to the confluence of the north and south arms of Kootenay Lake.

British Columbia's second largest inland lake, Kootenay Lake attracts thousands of outdoor enthusiasts every year to its waters. Pilot Bay Provincial Park is an integral part of the visitor experience and appreciation of the lake, offering not only one of the few safe natural harbors for boat moorage, but also an unprecedented opportunity to enjoy and understand the area's rich cultural heritage and natural features.

The secondary role of the park is to protect a variety of endangered flora situated amongst distinctive karst formations. Karst formations are recognized as a highly valuable, non-renewable resource that can be especially vulnerable to disturbance, more so than many other land resources. The intricate relationship between karst's unique surface characteristics and hydrology make for a delicately balanced system. In addition, carbonate rock often supports a variety of rare plant species and Pilot Bay Provincial Park is no exception.

Rules of the Trails

ESTBA in alignment with the *International Mountain Bike Association* IMBA presents the "Rules of the Trail" to promote responsible and courteous conduct on shared-use trails.

Ride Open Trails: Respect trail and road closures. Ask us for clarification if you are uncertain about the status of a trail. Do not trespass on private land. Be aware that the Pilot Bay Provincial Park trails are not designated for mountain biking.

Leave No Trace: Be sensitive to the dirt beneath you and the environment around you. Wet and muddy trails are more vulnerable to damage than dry ones. When the trail is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Don't ride around standing water which results in widening the trail. Be sure to pack out at least as much as you pack in. Consider improving the trail experience for those that follow by picking up and removing any litter.

Control Your Bicycle: Inattention for even a moment could put yourself and others at risk. Ride within your limits. Conflicts on trails often result when riders are going too fast.

One of the highest known occurrences within the province of the giant helleborine orchid is found within the park. This red-listed plant's dependency on a calcareous water supply is paramount and land use (logging, road building) adjacent to Pilot Bay Provincial Park has a high potential to disturb the natural hydrology in the area. Moreover, recreational impacts from off trail use can cause equally devastating effects on the species. Please stay on the trails.

Two other flora at risk have been recorded in the park; marsh muhly, a blue-listed species, and prairie wedge grass, area-listed species. These plant species also rely on a complex hydrological balance associated with the calcareous-rich water supply. Trampling, spreading of non-native plants, and habitat loss because of fluctuating water levels related to dam control on Kootenay Lake, are further compounding threats to the species. The important conservation role of Pilot Bay Provincial Park is strengthened by the presence of a rookery within the park for the endangered great blue heron (blue listed). This colony, one of nine with in the interior of the province, provides a vital nesting and staging habitat for up to 10 nesting pairs. These sites are highly sensitive to human disturbance and disruption within the rookery can lower reproductive rates. By placing a high emphasis on protecting the known rare and endangered species/ecosystems in the park, it also provides an opportunity to maintain critical winter range for ungulates. Pilot Bay Provincial Park supports healthy populations of both mule deer and black tail deer.

Yield Appropriately: Do your utmost to let your fellow trail users know you're coming — a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Mountain bikers should yield to other non-motorized trail users. Bicyclists traveling downhill should yield to all users headed uphill. In general, strive to make each pass a safe, controlled and courteous one.

Never Scare Animals: Animals such as horses are easily startled by an unannounced approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you. When passing horses, dismount from your bike, walk around them on the downhill side of the trail, use special care and follow directions from the horseback riders (ask if uncertain). Disturbing wildlife is also discouraged.

Plan Ahead: Know your equipment, your ability and the area in which you are riding and prepare accordingly. Strive to be self-sufficient: keep your equipment in good repair and carry necessary supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear.

Kootenay Lake Chamber of Commerce



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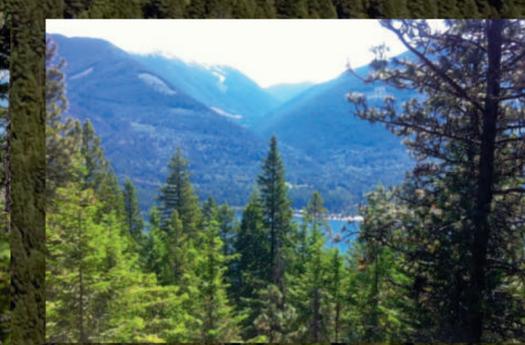
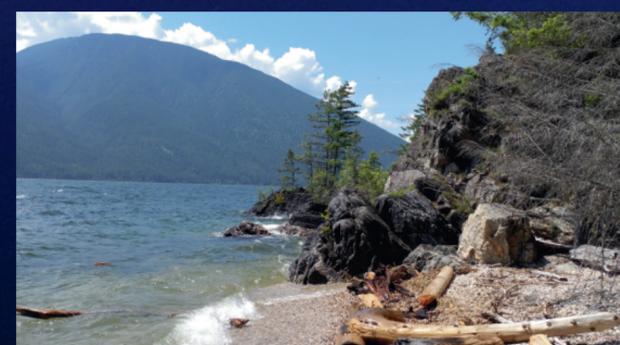
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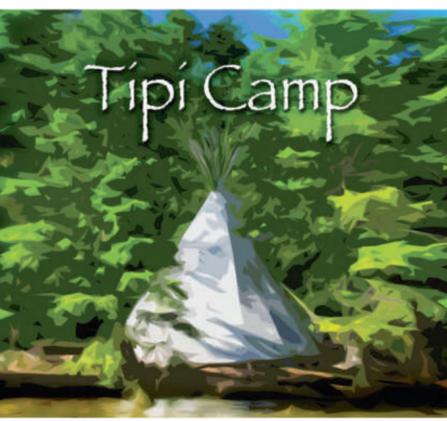


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The Tipi Camp is a wilderness retreat that operates annually from June through September.

The Camp is located on private property and hosts a variety of workshops and youth programs. The Tipi Camp is not a drop in facility.

For information about Tipi Camp and its programs go to: www.tipicamp.bc.ca

Legend:

- Highway 3a
- Road
- Dirt Road
- Secondary Dirt Road
- Trails
- Main Biking Trail
- Pilot Bay Provincial park
- Private Land

Pilot Peninsula Trails

| | | |
|-----------------------------|--------------------|--|
| 1. Wood Lot | 2km Moderate | [Icons: Hiker, Mountain Biker, Dog] |
| 2. William Fraser VP trail | 1km Moderate | [Icons: Hiker, Mountain Biker, Dog] |
| 3. Height of Land | 5.5km moderate | [Icons: Hiker, Mountain Biker, Dog] |
| 4. Trail Hub | @3.5km | [Icons: Hiker, Mountain Biker, Dog] |
| 5. Boomer's Landing | 3km Moderate | [Icons: Hiker, Mountain Biker, Dog, Horse] |
| 6. Lake Shore | 2km More difficult | [Icons: Hiker, Mountain Biker, Dog, Horse] |
| 7. East Side | 3km More difficult | [Icons: Hiker, Mountain Biker, Dog, Horse] |
| 8. Upper Levels | 3km More difficult | [Icons: Hiker, Mountain Biker, Dog, Horse] |
| 9. Light House | 0.5km Easy | [Icons: Hiker, Mountain Biker, Dog] |
| 10. William Fraser VP trail | 1.5km Easy | [Icons: Hiker, Mountain Biker, Dog] |
| 11. Wetlands / Beach | 3km Easy | [Icons: Hiker, Mountain Biker, Dog] |
| 12. Cape Horn Trail | 1km Easy | [Icons: Hiker, Mountain Biker, Dog] |
| 13. Cortiana Trail | 1km Easy (private) | [Icons: Hiker, Mountain Biker, Dog] |



Golf Course Trails

- 1. Short Bend
- 2. Long Bend
- 3. Bridge trail



ESTBA MISSION
 east shore trail & bike association

The mission of the East Shore Trail and Bike Association is to have a community coordinated, inclusive process to strategically guide the preservation, use and environmentally sustainable growth of non-motorized trails and user groups on Kootenay Lakes East Shore.

ESTBA VISION
 The vision of the East Shore Trail and Bike Association is to have:

- A collaborative and sustainable process to review and coordinate trail management annually
- Identified and empowered trail interest groups as champions to guide strategic location and selection of new trails as well as their user designation
- An up to date trail inventory and maintenance program on existing trails while aiming to formalize legal status of unmanaged trails
- Support from all stakeholders, including First Nations, Water-User Groups, Woodlot and Private Land Owners for a collaboratively managed trail network

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Trail Map
 Crawford Bay Peninsula
 Trans Canada Trail
 & more

