

Suggestion for Wednesday afternoon

1. Knox Mountain Park (450 Knox Mountain Dr. Kelowna BC, V1Y 1Y3) 11

Transit - Taxi : Current Taxi Kelowna 1-250-864-8294,
Checkmate Cabs Ltd 1-250-861-1111

Bus : Bus 97 leaving from campus at 1:08pm from the transit exchange to downtown Kelowna "Queensway Exchange". It takes about half an hour. It costs \$2.50 and can be paid in cash or tickets.

Walk to Knox Mountain Park, and in the Park. Or walk around Kelowna as you desire. It takes about 30 minutes to walk to the park from the bus station. Once there, you can find hikes of different lengths.

2. Frind Estate Winery (3725 Boucherie Rd, West Kelowna BC, V4T 0A8)

Meet at the base of Knox Mountain (corner of Broadway and Ellis) at 4:40pm (the latest). Then we need to take taxis to the Frind Estate winery - 30 minutes in a taxi. Last tasting is at 5:30pm but the grounds are open till 7pm. The winery is on the lake and there is a nice picnic area. There is a patio restaurant offering wood fire pizzas, sandwiches, burgers, salads, soups and more

3. Downtown Kelowna

Taxi back to Downtown Kelowna take a tour. Bus or taxi back to UBCO.

Dogs

Dogs are permitted in Knox Mountain Park only if they are on-leash, on trail and have a current dog license. The only exception is the designated off-leash dog park south of Knox Mountain Drive.

Keeping dogs on-leash and on trails helps to avoid injury to wildlife, impacts to environmentally sensitive areas and damage to Kokanee spawning habitat. It also helps to protect public health and safety.

On-leash:

- Pick up after your dog.
- Keep your dog under control at all times.
- Keep your dog on a leash of two meters or less in length.
- Stay on designated trails.

Off-leash Dog Park:

- Pick up after your dog.
- Keep your dogs under control at all times.
- Keep sick dogs at home.
- Keep dogs on-leash when entering and exiting the dog park.



Park & Trail Etiquette:

- Stay on designated hiking and cycling trails. Don't go around water bars, stairs or other structures as they help stabilize trails and minimize erosion. Ride...don't slide – control your bicycle to avoid eroding trails.
- When there's heavy rain, don't ride or hike. Please refrain from using until the trails dry out.
- Enter the park only from sanctioned access points.
- Cyclists yield to hikers and dismount when approaching groups.
- Respect the environment. Take only photographs and leave only footprints.



Knox Mountain Park



Emergency Services
Call 911

RCMP Non-Emergency
250-762-3300
24 hours

City of Kelowna
Park Services:
250-71-PARKS
7 a.m. to 3 p.m. (M to F)

Bylaw Services:
250-459-8886
8 a.m. to 4 p.m. (M to F)

For more information about Knox Mountain or other City parks: 250-71-PARKS or visit kelowna.ca/parks.



Trail Information

Note: Trail difficulty ratings are for the trail in general and riders/hikers should be aware and expect sections with varying difficulty/terrain.

1 Apex Trail	Permitted Uses: Hiking, Shared Use with light cycling only Time: 60 min, stroll one way, 25 min, ride up Trail Difficulty Rating: More difficult
2 Paul's Tomb Trail	Permitted Uses: Shared Use Time: 45 min, stroll one way, 30 min, ride one way Trail Difficulty Rating: More - easy to more difficult
3 Pavilion Trail	Permitted Uses: Hiking Time: 25 min, stroll one way Trail Difficulty Rating: Easy
4 Magic Estates Trail	Permitted Uses: Hiking, Biking, Shared Use, Cross Country Cycling Time: 20 min, stroll one way, 15-20 min, ride Trail Difficulty Rating: Hiking and shared use Cycling
5 Camelot Trail	Permitted Uses: Hiking Time: 30 min, stroll one way Trail Difficulty Rating: Easy
6 Summit Trail	Permitted Uses: Hiking Time: 20 min, stroll one way Trail Difficulty Rating: Most difficult
7 Ogopego Trail	Permitted Uses: Hiking Time: 20 min, stroll one way Trail Difficulty Rating: Most difficult
8 Boyce Trail	Permitted Uses: Hiking, Shared Use Time: 15 min, stroll one way Trail Difficulty Rating: Easy
9 Simpson Trail	Permitted Uses: Biking Time: 15 - 20 min, ride one way Trail Difficulty Rating: Easy
10 Shale Trail	Permitted Uses: Biking Time: 15 - 20 min, ride downhill Trail Difficulty Rating: Most difficult
11 Lochview Trail	Permitted Uses: Hiking Time: 20 min, stroll one way Trail Difficulty Rating: More difficult
12 Kathleen Lake Trail	Permitted Uses: Hiking, Biking, Shared Use Time: 30 min, stroll one way, 15 min, ride on shared use section Trail Difficulty Rating: More - easy with more difficult
13 Glenmore Ridge Trail	Permitted Uses: Shared Use Time: 20 min, stroll one way, 10 to 15 min, ride Trail Difficulty Rating: More difficult
14 Saddle Trail	Permitted Uses: Shared Use Time: 20 min, stroll one way, 10 min, ride Trail Difficulty Rating: Easy
15 Glenmore Highlands Trail	Permitted Uses: Shared Use Time: 30 min, stroll one way, 15 min, ride Trail Difficulty Rating: Easy with some rocky sections

Frind estate Winery

10\$, waived upon buying a bottle

5 wines

Closes at 7pm



Long trail

Paul's Tomb, Ogopogo, Pavilion, and Apex Trails is a great grind with fantastic views.

Loop, moderately difficult

2h30

Length 6.9 km

Elevation gain 365 m



Short trail

Apex trail, out and back

Moderately difficult









1h40

Length 4.0 km

Elevation gain 263 m



Bus 97 stop

	1:08 PM (Wednesday)—1:36 PM	28 min
	97	
	1:06 PM from UBCO Exchange	2 min
	1:25 PM (Wednesday)—1:53 PM	28 min
	97	
	12:58 PM (Wednesday)—1:51 PM	53 min
	22	
	1:48 PM (Wednesday)—2:19 PM	31 min
	22	

Explore Queensway Exchange

