

# ● Middleton Bike Loop

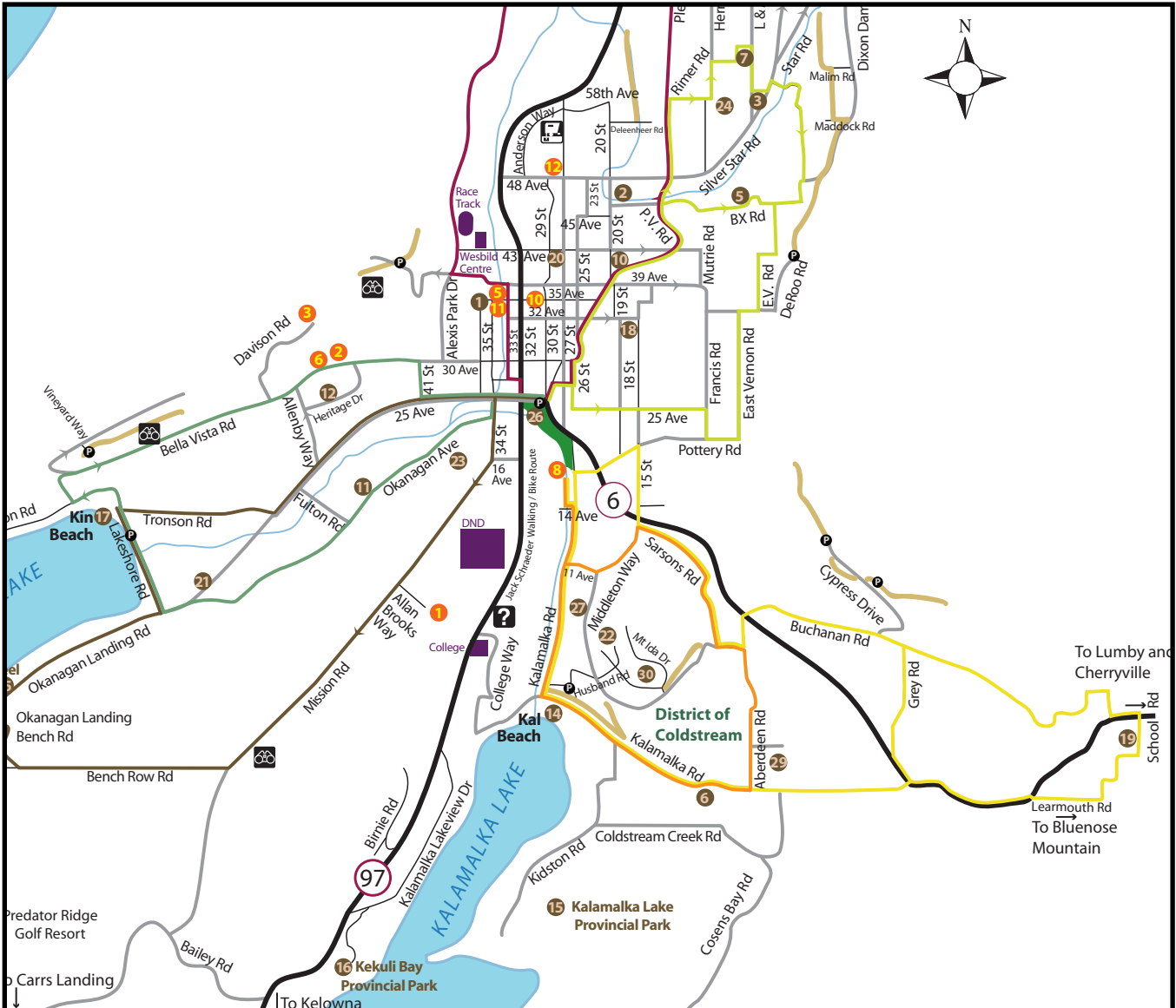
Route Type: Cycling

Distance: 11 km

Difficulty: Moderate

**Access:** This route starts at the south end of Polson Park boardwalk, located at the corner of 32nd St and 25th Ave, at 14th Ave.

This 11 km route is a great way to see a sample of the areas that Vernon has to offer. Starting at Polson Park, this trail heads out along the interpretive boardwalk to the south of the Park and onto 14th Avenue. The trail then heads through the Middleton Mountain area, and into the agricultural community of Coldstream. Stenquist Park, a great picnic site just off of Paisley Drive on Aberdeen Road, is 5 km into your ride. Once back on Kalamalka Road, it is 3 km of winding through the beautiful community of Coldstream until you reach Kalamalka Beach.



## Hiking and Biking Routes

- BX Bike Loop
- Bella Vista Bike Loop
- Coldstream Valley Bike Loop
- Commonage / Bench Row Bike Loop
- Middleton Mountain Bike Loop
- Swan Lake Bike Loop
- Suggested Bike Commuter Roads
- ~ Unpaved Hiking and Biking Routes
- ~ Paved Hiking and Biking Routes
- ~ Uphill Routes

## Parks / Beaches

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 Becker Park                   | 16 Kekuli Bay                  |
| 2 BMX Park                      | 17 Kin Beach                   |
| 3 BX Community Park             | 18 Lakeview Park               |
| 4 BX Falls Park / BX Trail Park | 19 Lavington Park              |
| 5 BX Ranch Park                 | 20 MacDonal Park               |
| 6 Coldstream Park               | 21 Marshall Field              |
| 7 Cools Pond                    | 22 McKergow Meadows            |
| 8 Ellison Provincial Park       | 23 Mission Hill Park           |
| 9 Fintry Provincial Park        | 24 N'Kwala Park                |
| 10 Girouard Park                | 25 Paddlewheel Park            |
| 11 Grahame Park                 | 26 Polson Park                 |
| 12 Heritage Park                | 27 Sawicki Park                |
| 13 Jubilee Park                 | 28 Silver Star Provincial Park |
| 14 Kal Beach                    | 29 Stenquist Park              |
| 15 Kalamalka Provincial Park    | 30 Middleton Mountain Park     |

## Points of Interest

- 1 Allan Brooks Nature Centre
- 2 Bella Vista Farm Market
- 3 Davison Orchards
- 4 O'Keefe Ranch
- 5 Performing Arts Centre
- 6 Planet Bee
- 7 Pleasant Valley Fruit & Garden
- 8 Polson Park Mall
- 9 Swan Lake Nurseryland
- 10 Vernon Museum & Library
- 11 Vernon Recreation Centre
- 12 Village Green Mall