

***Cycling: Getting Around by Bicycle*** (Faye Brownlie)

Adults are copying kids. For years, kids have known how much fun it is to spend hours roaming around on their bikes, sometimes alone and sometimes in a group. Now, adults are trying to get in on the action. More and more adults are choosing to cycle. People are riding to work, for recreation, to save money because gas is becoming so expensive, for health reasons, and often, just for fun! Cycling is quite cheap. It is great exercise and it takes you outdoors, often exploring areas that you wouldn't see from a car.

**Bike Routes**

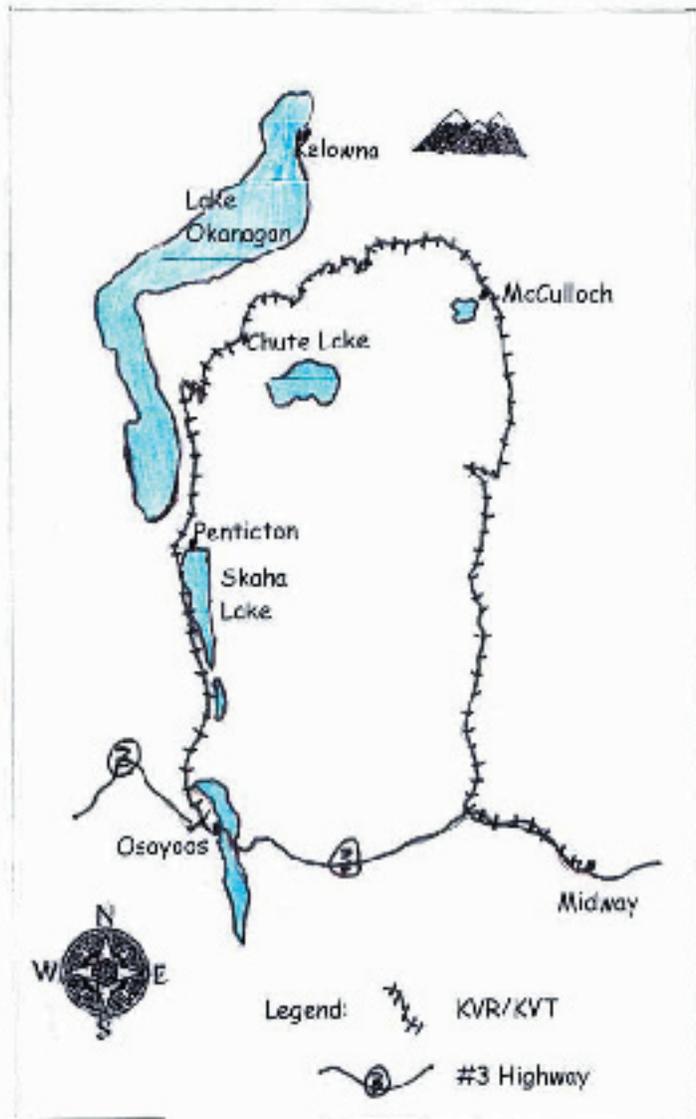
In some towns and cities, special bike routes have been established to help cyclists have a safer ride. These routes are generally paved or on hard gravel surfaces. Sometimes no one is allowed on these routes except those riding a bicycle. At other times, the route is shared with walkers, skateboarders, and people with roller blades.



British Columbia has many famous biking routes. In the southern part of the province is the Okanagan, and there you can find one of the famous routes, the Kettle Valley Trail (KVT). This is a trail that follows the abandoned Kettle Valley Railroad (the KVR). You ride on busy trails, on deserted gravel roads, over high trestle bridges, through forests and open fields, following the trail that was the railbed. Sometimes you will share the trail with hikers, cars, horses and even cows!

### Kettle Valley Trail (KVT)

One popular trip on the KVT begins at Midway, heads north through McCulloch and Chute Lake, then circles back to Midway along Highway #3. As you head north, you climb almost always until McCulloch. The trail is almost flat to Chute Lake, when it begins to descend. Expect to see spectacular views of Lake Okanagan as you zigzag your way down toward Penticton. With the sun blazing down and the lake sparkling below, it is almost certain that when you arrive in Penticton, you'll be pedaling straight for the water and a quick dip to cool off! When the railroad was built, these zigzags kept the train from going too fast as it traveled down the steep line. This trip will take you 4 or 5 days. You can pitch a tent and



Kettle Valley Trail (KVT)

camp at night or stay in small cabins and bed-and-breakfasts. Either way, in the summer you'll need lots of suntan lotion, water and snacks to keep you going on the trail!

Cyclists take their supplies with them in backpacks or in special bike carriers called panniers. These are strapped behind the seat, keeping the extra weight on the rear tire. Some families traveling on the Kettle Valley Trail have been known to give the extra baggage to the kids so watch out! Some adults find the trail a little rough and their legs a little tired. They know, however, that the kids will have energy and muscle!



*a pannier*

### **More Safety Tips**

To ride safely in British Columbia, you need a helmet. Always ride in single file on the right hand side of the road. Always use hand signals. Having a bell on your handlebars is also a good idea. Then when you come up quickly behind someone, you can ring your bell and warn that you are going to pass.



Whether you head off for a long cycling adventure or simply wheel down your lane, biking opens up new worlds. Grab your water bottle and maybe your mom and dad - and have fun!

