



Coldstream Valley

Middleton Mountain is a prominent geographic feature situated at the head of Kalamalka Lake, offering stunning views of Greater Vernon and surroundings.

Several parks and trails are located on this table-top hill providing sweeping 360 degree views encompassing Kalamalka Lake, Coldstream Valley, Vernon Hill, Silver Star Mountain, Swan Lake, City of Vernon, Turtle Mountain, and the Commonage.

TRAILS AND PARKS

Middleton Mountain Circle trail begins at the Kalamalka Beach parking lot and climbs to the summit of Middleton Mountain, passing through Middleton Mountain Park, Farnsworth Nature Reserve, McKergow Meadows Natural Area, and returns back to the Kalamalka Beach parking lot.

Sections of the circle trail are on the road through residential neighbourhoods. Total hike is approximately 6 km and takes 2 ½ hours.

Portions of the trail are steep and require good fitness. Dogs must be on a leash. Remain on the trail to avoid cacti and disturbing the wildlife.

Access points include: Kalamalka Beach parking lot on Husband Rd; north of Kidston Rd off Kalamalka Rd; Middleton Mountain Park; Mt Ida Drive.

Middleton Mountain Park, located on Mt Ida Drive, includes parking, tennis courts, beach volleyball court, loop trail, tot playground, basketball hoop, and a large playing field. Access from Mt Ida Drive; or Mt York Drive

Farnsworth Nature Reserve is situated at the summit of Middleton Mountain protecting the grassland and wildlife. Several loop trails offer stunning views. Interpretive signs describe the geology, flora and fauna of Middleton Mountain. Access from Mt Ida Drive, climbing steep staircase on the east side of the road; or Mt Tanner Place, east end

McKergow Meadows Natural Area features Mud Lake, a marshy pond and habitat for duck, geese, toads and salamanders. Access from Husband Close (cul-de-sac at the top of Husband Rd); or from Mt Ida Drive, take path on west side of the road



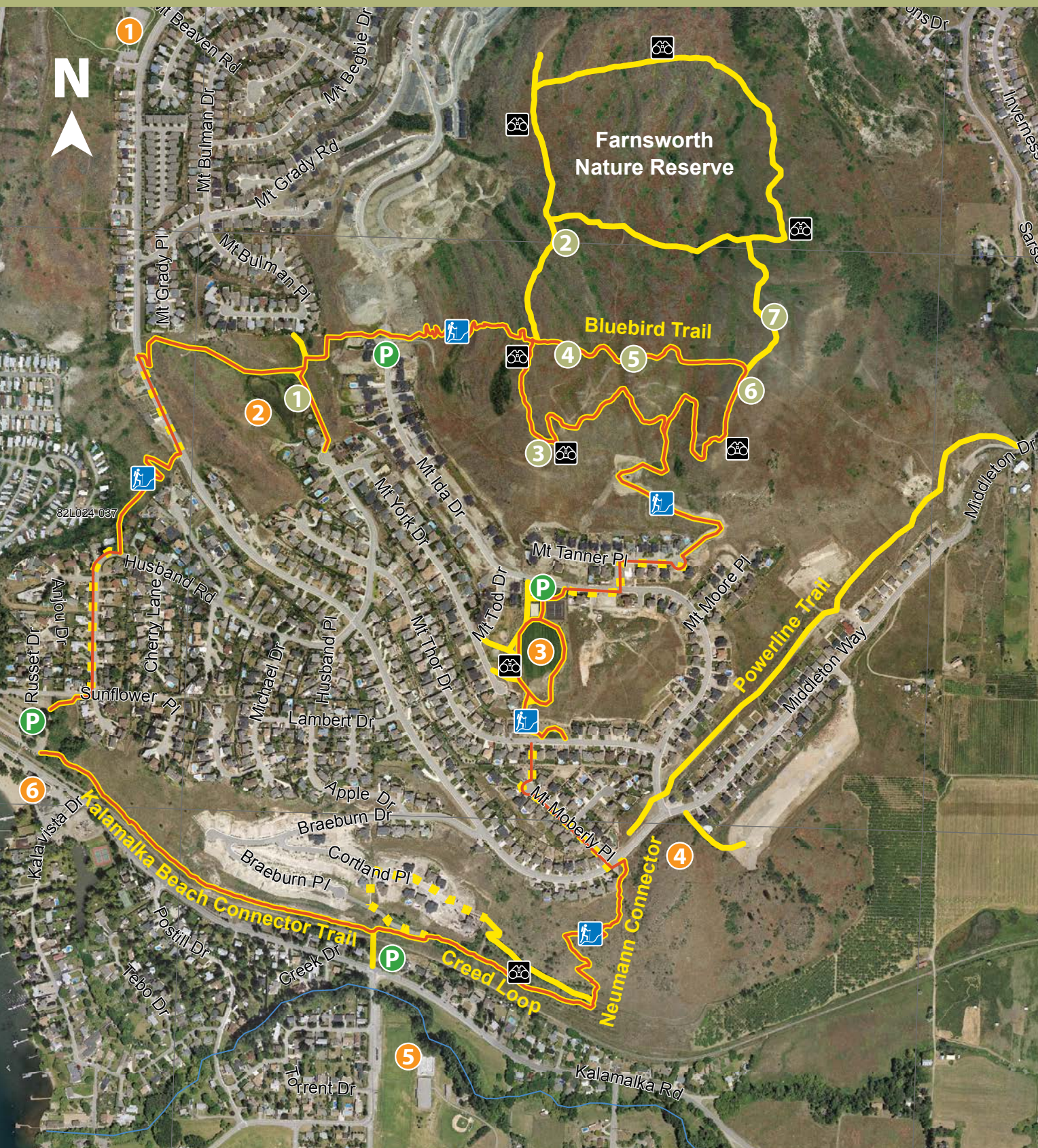
MIDDLETON MOUNTAIN
TRAILS & PARK








Kalamalka Lake



Coldstream





LEGEND

-  Middleton Circle Trail
-  Middleton Mountain Trails
-  View Point
-  Moderate Difficulty
-  Parking

INTERPRETIVE SIGNS

-  Wetlands and Ponds
-  Geology
-  Plants
-  Bluebird 1
-  Bluebird 2
-  Bluebird 3
-  Wildlife

PARKS / BEACHES

-  Sawicki Park
-  McKergow Meadows Natural Area
-  Middleton Mountain Park
-  Webster Park
-  Creekside Park
-  Kalamalka Beach