



Enjoy the View

Standing 845 metres above the town like a beacon, the ancient face of Giant's Head Mountain has been surveying its surroundings for thousands of years. You can take a variety of paths to the top for a panoramic view of Okanagan Lake and our fertile valley. This is just one of a dozen popular hiking and biking trails in a town that loves the outdoors. Check them all out [here](#).

You're on the Right Trail

The Trans Canada Trail will be complete from coast to coast in 2017. Of the 600 km of the trail located in BC, 10% is in Summerland and follows the old Kettle Valley Rail line. Don't miss the highest bridge on the whole line, the Trout Creek Trestle Bridge, to see views that have been unchanged for thousands of years.

Test of Humanity

Looking for some great single track cycling? Try out the miles of scenic trails on Cartwright Mountain. You can do these any time of year or hone your skill at the [Test of Humanity](#) race held every September. With race categories for children as young as age 3 up to professional racers, everyone can participate in this event.

Important Cause

The Test of Humanity race donates all financial proceeds to Canadian Humanitarian's work in Ethiopia.

For more information on Test of Humanity, contact: Race co-director, Sherri Seaton testofhumanityatgmail.com

What a Grind!

Looking for a little more adventure?

[The Giant's Head Grind](#) follows a 5 km uphill path from the beach to the peak of Giant's Head. Do it on your own or enter the race to the top held every May. Yoga on the beach and a catered gourmet BBQ make race day even more fun!

Important Cause

The Christopher Walker Giant's Head Grind Memorial Race raises funds for colon cancer research.

For more information on Giants Head Grind, contact: Ellen Walker Matthews – experiences@totabc.com

