

LAKE GUIDE

Okanagan Lake Launch Spots

Where to launch a paddleboard around Kelowna, from the shop on Jim Bailey Crescent.

Okanagan Lake is long and narrow, and that shape is the whole story. On a calm morning it is glass from shore to shore. Once the valley heats up, the wind tends to fill in, and a long lake gives it plenty of room to stack up chop.

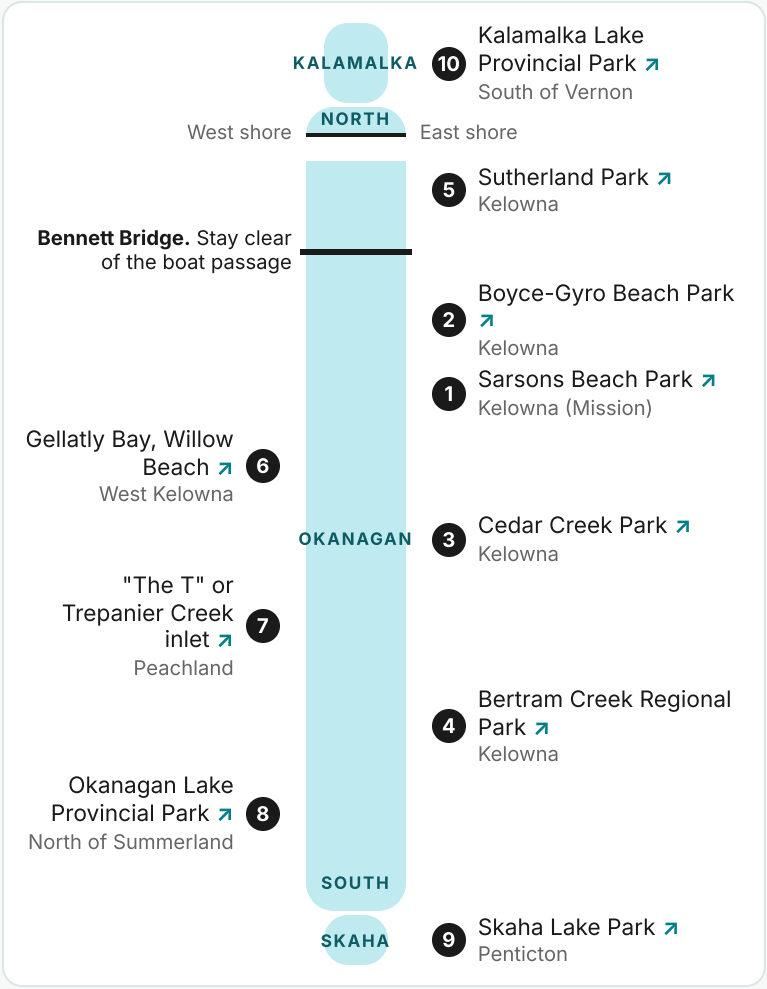
10 spots
Public launches from Vernon to Penticton

Go early
Mornings are usually the calmest

PFD + whistle
Canadian-approved PFD for each person, and a sound signal

Stay near shore
And well clear of boat traffic around the bridge

NORTH TO SOUTH, NOT TO SCALE. TAP A SPOT TO OPEN IT IN GOOGLE MAPS



Our habits on this lake

- Be on the water early. A 7 or 8 a.m. launch on a July weekday is a different lake from a 2 p.m. launch on a Saturday.
- Paddle into the wind on the way out. If it builds, it pushes you home instead of away from your car.
- Stay close to shore.
- Watch the water upwind. Dark ruffled patches moving toward you mean wind is coming. Head in before it arrives.
- Kneel when it gets choppy. Lower is more stable.

Boat traffic and the bridge

- Assume boat drivers cannot see you, especially into the sun. Wear bright colours.
- Do not cross the lake near the William R. Bennett Bridge, and do not paddle through the navigation passage. Stay close to shore and well clear of the opening.
- Turn the nose into big wakes, and kneel if you need to.
- Stay out of marked swim areas and away from boat launches when boats are loading.

Launch spot cheat sheet

Spot	Parking and access	Best for	Wind exposure (our read)
1 **Sarsons Beach Park**	4398 Hobson Rd, washrooms	First paddles, families	Open to the main lake; go early
2 **Boyce-Gyro Beach Park**	3400 Lakeshore Rd, busy in summer	Early-morning laps	Open; gets choppy in the afternoon
3 **Cedar Creek Park**	5200 Lakeshore Rd, beach and boat launch listed	Paddling with dogs	Open to the main lake
4 **Bertram Creek Regional Park**	Regional park, grass and shore	Quieter starts, south end of the paddle trail	Open to the main lake
5 **Sutherland Park**	Ellis Street	Paddling toward Knox Mountain and Paul's Tomb	Moderate; watch boat traffic
6 **Gellatly Bay, Willow Beach**	4030 Gellatly Rd, sand beach, washrooms	Calm-morning bay paddles	More sheltered inside the bay
7 **"The T" or Trepanier Creek inlet**	Public launches (not Swim Bay)	Experienced paddlers eyeing Rattlesnake Island	Crossing is exposed; calm days only
8 **Okanagan Lake Provincial Park**	11 km north of Summerland on Hwy 97, pebbly beach	A road-trip stop	Open to the main lake
9 **Skaha Lake Park**	Free parking, boat launch, washrooms	Families, shallow sandy entry	Smaller lake; still check the forecast
10 **Kalamalka Lake Provincial Park**	Off Hwy 6, carry from parking, no boat launch	Exploring coves and clear water	Bays and coves give some shelter

What to bring

- ☐ Canadian-approved PFD for every person, worn
- ☐ Pealess whistle clipped to the PFD
- ☐ Leash (coiled for the lake)
- ☐ Watertight flashlight if you might be out near sunset
- ☐ Water, sunscreen, hat and sunglasses with a strap
- ☐ Phone in a waterproof pouch, and someone ashore who knows your plan
- ☐ Water shoes for pebbly and rocky beaches
- ☐ A warm layer and a towel, plus a wetsuit in spring and fall
- ☐ Pump, and a gauge check before you leave home

Local rules we have verified

- **Peachland Swim Bay:** no paddleboards, kayaks or inflatables in the swimming area. Launch elsewhere.
- **Okanagan Lake Provincial Park:** pets are not allowed in beach areas.
- **Kalamalka Lake Provincial Park:** obey posted speed and vessel restrictions. Pets on leash except in designated pet areas.

Season. The water stays cold long after the air feels warm, so dress for the water temperature, not the air. Beach hours, parking and dog rules change: check the posted signs before you go.

For this lake: 11'6 El Capitan Bomber ↗ · 11' Yacht Hopper ↗ · PFDs and water safety ↗

MORE GUIDES FROM CANADIAN BOARD CO

01 · Which Dock?
02 · Paddleboard Size Chart
03 · Winter Storage Card
04 · Water Gear Gifts by Budget
05 · 2027 Show Schedule
06 · Okanagan Lake Launch Spots

Read them all at **canadianboardco.com/blogs/water-sports-guide**

THIS GUIDE ONLINE

Questions? 1-800-399-5260 · info@canadianboardco.com · Monday to Friday, 10 AM to 5 PM Pacific

Checked November 2026. Launch details come from city, regional district and BC Parks pages linked in the online guide.