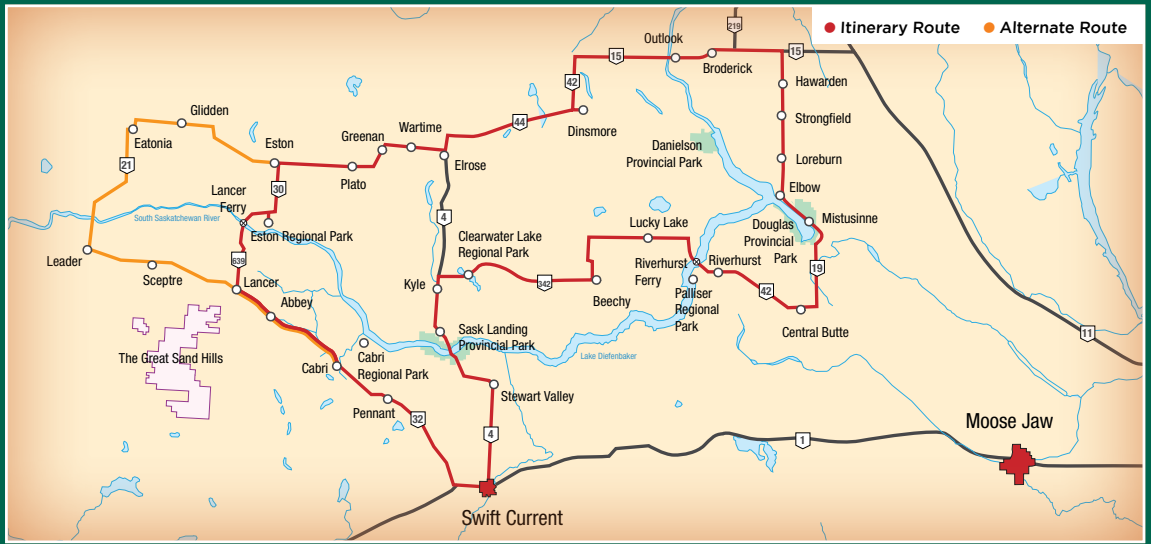




To access online maps of Saskatchewan or to request a **Saskatchewan Discovery Guide** and **Official Highway Map**, visit: www.sasktourism.com/travel-information/travel-guides-and-maps

TRIP LENGTH
8+ days
622 km

LAKE DIEFENBAKER CYCLING TOUR



LEVEL OF DIFFICULTY

This self-directed itinerary is written for an intermediate level, self-supported cyclist travelling approximately 80 km/day at an average speed of 15 km/hr. With the addition of a support vehicle or by shortening the length of your route and/or average daily kilometres, this itinerary is also suitable for beginner cyclists.

Discover the beauty of Lake Diefenbaker and surrounding areas on an eight day cycling journey which winds its way through placid prairie landscapes and crisscrosses the mighty South Saskatchewan River valley.

Explore off-the-beaten-path communities along your route, and enjoy some of the extensive shoreline and excellent regional and provincial parks which make Lake Diefenbaker a premier destination for recreation seekers.

DAY ONE Outlook, Elrose

Outlook, a convenient drive from either Saskatoon (95 km south via Hwy 219) or Regina (179 km north on Hwy 11, then 56 km west on Hwy 15), is the starting point for this eight-day bicycle tour that explores portions of west central and southwestern Saskatchewan.

Start from the Outlook and District Regional Park, located in the scenic South Saskatchewan River valley below the SKYTRAIL, Canada's longest pedestrian bridge. Take some time to appreciate the magnificent views from the SKYTRAIL which spans nearly a kilometre some 15 storeys above the South Saskatchewan River.



Elbow Marina. Tourism Saskatchewan/Greg Huszar Photography



Hiking, Douglas Provincial Park. *Tourism Saskatchewan/Paul Austring*

The first day of this circle tour takes you to the town of Elrose, 80.5 km south via Hwys 15, 42 and 44. The town of Dinsmore, 3 km east of the junction of Hwys 42 and 44, makes a good stop for lunch in a restaurant or a quiet park. If you visit on a Thursday morning from May through September, the Dinsmore Market event is held in the community hall featuring produce, baking and local crafts. Elrose is located on Hwy 4 about 4 km south of the junction of Hwys 4 and 44. Camp overnight at Elrose Regional Park located at the south end of town next to the UniPlex, or choose from fixed roof accommodations available in town.

DAY TWO **Eston**

Day two covers Elrose to Eston Riverside Regional Park, located 75.5 km west on Hwys 44 and 30. From Elrose, return to Highway 44 and continue west via Wartime, Greenan and Plato. Although there are no services, these hamlets along the route offer a shady place to enjoy a picnic lunch. Listen for whispers of the past as you explore these near ghost towns. There's a well-preserved water tower in Wartime, a relic of the days when steam locomotives ran on this rail line. In Greenan, a cairn commemorates the historic Battleford Trail, an important freighting route between Swift Current and Battleford in the late 1800s. Plato is home to one of the smallest Canada Post outlets you'll ever come across!

As you peddle down Eston's Main Street, you'll be greeted by a giant gopher statue commemorating the town as the home of the World

Gopher Derby. At the annual indoor rodeo on the second weekend in June, you can participate in the Gopher Derby by placing a bet on your favourite furry critter. Eston has a full range of services available.

Eston Riverside Regional Park is your final destination, located 21 km south of Eston on Hwy 30. This picturesque park, nestled on the banks of the South Saskatchewan River, will provide a relaxing respite from a day on the road. Enjoy an evening camping in the well-treed river valley. A small concession is available in the park.

DAY THREE **Cabri**

Today the route will cover 75.5 km, including 36 km of gravel road. The route features a ride through the scenic South Saskatchewan River valley, with the unique experience of crossing the river on a reaction ferry. If you're making your tour accompanied by motor vehicle and decide to carry your bikes over the gravel, today's ride can be reduced to 40 km. If departing from the regional park, go north 5.1 km on Hwy 30 and then go west on the grid road. At 4.6 km follow the road as it meanders south into the valley for the remaining 4.6 km to the ferry. After crossing the river, continue south for 22.9 km to Lancer, returning to paved road at Highway 32.

Tonight you will overnight in Cabri, located 38.7 km east of Lancer along Hwy 32. Cabri has services, including dining and a campground and motel. Along the way you will pass through Abbey, which has enough services for a lunch stop, and Shackleton which has no services.

Cabri is popular with birders, and during the months of September and October, thousands upon thousands of geese and ducks gather. Boggy Lake just south of town is a man-made “duck hotel,” which provides a nesting and staging area for waterfowl.

For a longer, alternate route that avoids gravel (and a ferry ride), stay on Hwy 44 west of Eston going through Snipe Lake (no services), Madison (no services), Glidden (services) and Eatonia (services). From Eatonia, take Hwy 21 south to Leader (all services), then continue southeast on Hwy 32 to Cabri. This route is 93.8 km from Eston to Leader and another 87.9 km to Cabri, adding another two days to the trip. If you decide to add these days to your route, you can also make a trip in to explore the Great Sand Hills, which is a dramatic area of desert-like sand dunes sprawling over 1,900 sq. km. Visit the Great Sand Hills Museum in Sceptre for directions and landowner permission. The museum is open mid-May to September.

DAY FOUR Swift Current

Cabri to Swift Current is a short 58.5 km ride that allows you time to explore southwest Saskatchewan's biggest city. If you aren't in a hurry to finish your vacation, taking an additional rest day in Swift Current can be rewarding. There are few services in Pennant and none in Success or Cantuar, but each town can provide a shady place to stop for a rest or a picnic lunch. If you look out into the fields, you will see that you are in oil country.

After entering the Trans-Canada Hwy 1 south east of Cantuar, travel 7.5 km and take the 11th Ave NW exit into Swift Current. At 11th Ave NW, go north for 0.6 km and you will find the large and modern Trail RV Park & Campground, or go south to Herbert St to take a leisurely ride into Swift Current's pleasant downtown core. There are plenty of services downtown and along the highway. From downtown, Chaplin St can take you east, across Swift Current Creek and past the Chinook Golf Course to Hwy 4 at the east edge of the city. Going north for 2.3 km and 0.8 km east on Hwy 1 takes you to the Pondarosa Campground. Swift Current offers a host of fixed-roof accommodations, restaurants and services if you're looking for a more comfortable respite while in the city.

Be sure to visit the Swift Current Visitor Centre, located in the Swift Current Museum at 44 Robert Street West, for information on all there is to see and do in the city. Meander along the Chinook Parkway which winds along Swift Current Creek, take in a showing at the Art Gallery of Swift Current, experience yesteryear at Doc's Town and the Mennonite Heritage Village, see a performance at the historic Lyric Theatre, or try your luck at the Living Sky Casino.

DAY FIVE Sask Landing Provincial Park, Kyle

Today you will experience gently rolling hills, as you journey 85.2 km north on Hwy 4 across the South Saskatchewan River to Clearwater Regional Park near Kyle. Take a rest at Stewart Valley (some services), 35.5 km north of Swift Current on Hwy 4, but save lunch for Saskatchewan Landing Provincial Park at 51.4 km. The park has some services including a concession and a seasonal restaurant at Sask Landing Golf Resort. When you reach the park, you will see a circa 1900 stone dwelling to your left known as Goodwin House, built by former North West Mounted Police member Frank Goodwin. The building now houses the park's visitor information and interpretive centre. Check out the excellent displays in the newly-renovated interpretive centre and pick up a trail map. The provincial park offers full service camping, so you could make this an additional overnight stop if your schedule allows it.

After cycling north out of the valley on Hwy 4, you'll reach the town of Kyle at 72.7 km. Stop in at the Kyle & District Museum at the east side of town. The town has most services including several restaurants and fixed-roof accommodation. There is also a restaurant and a hotel with cabins in nearby Clearwater Regional Park, 3.2 km north of Kyle on Hwy 4. For an unusual treat, take a short 6.5 km ride from the regional park to watch a movie under the stars at Clearwater Drive-in Theatre, one of Saskatchewan's few surviving drive-ins. Don't forget to pack your lights for the trip back to camp!



Saskatchewan Landing Golf Resort. *Tourism Saskatchewan/Greg Huszar Photography*

DAY SIX Riverhurst, Palliser Regional Park

Your destination today is Riverhurst, a 93 km ride from Clearwater Regional Park. Follow Highway 342 for 43.9 km east to Beechy (services) for lunch, before continuing northeast on Hwy 42 to Lucky Lake (services include a restaurant, museum) at the 74.4 km mark. Go east on Highway 42, crossing Lake Diefenbaker by ferry to reach Riverhurst. The small village of Riverhurst has a restaurant, hotel, campground, store and the F.T Hill Museum. Palliser Regional Park is located about 8 km southwest of Riverhurst, accessible via Hwy 42 and Grid 644. The park boasts excellent camping, beaches, a seasonal food concession and golf. The Mainstay Inn is located within the park and offers fine dining and accommodations year-round.

DAY SEVEN Douglas Provincial Park

Douglas Provincial Park is your destination on day seven, located 64 km from Riverhurst. Travel 30.4 km east from Riverhurst on Hwy 42 to the town of Central Butte which makes a good lunch stop. The community of Central Butte has services including restaurants, a grocery store, pharmacy, hotel, bed and breakfast and a museum. From Central Butte, head east on Hwy 42 for 6.4 km, then turn north on Hwy 19 and continue 27.2 km to Douglas Provincial Park. Named after former Saskatchewan premier T.C. Douglas, it is a natural environment park with massive inland sand dunes on the southeast shore of Lake Diefenbaker. Take some time to explore the sandy shoreline or hike to the active sand dunes along the Cacti Trail, accessible from the Dunes Nature Centre located across from the main entrance of the park. Douglas Provincial Park includes a food store, laundry and four walk-in camping sites along the Trans Canada Trail.

DAY EIGHT Elbow, Broderick, Outlook

Your final day on the road will take you 90.5 km back to Outlook. The town of Elbow, located 12.5 km north of Douglas on Hwy 19, has all services including a selection of restaurants and several unique shops. A quick ride over to the Elbow Harbour Recreation Site affords beautiful views of Lake Diefenbaker and the deep-water marina where speedboats, houseboats and sailboats are moored.

Next down the road, the villages of Loreburn (26 km) and Strongfield (36.4 km) have coffee shops and a few other services. Any of the towns along the route, including Hawarden (no services) at 47 km, can provide shady places to rest on a hot day. Broderick (79 km) is home to the Terrace Dining Room located in a restored character building. Originally constructed as an army barracks, the building has had various incarnations over the years including a town hall, church, toy factory and an antique store. A short 10 km peddle west on Hwy 15 will take you back to Outlook, the starting place of your prairie tour near Lake Diefenbaker's shores.

SHORTEN YOUR TRIP!

If you haven't got a week or more to explore the entire Lake Diefenbaker Cycling Tour, this route is easily adaptable for a shorter trip. An Outlook to Swift Current route or vice versa would take between three and four days. Or, start and end in Outlook, cutting across at Gardiner Dam and camping overnight at either Danielson Provincial Park or Palliser Regional Park.

Lake Diefenbaker – Jump In!

For more information about the Lake Diefenbaker Tourism Destination Area, visit Lake Diefenbaker Tourism online at www.2sk.ca/8828 or call 306-854-2277.

SPECIAL EVENTS

Eston:

Indoor Rodeo including the World Gopher Derby, June –

www.2sk.ca/com/1000277

Swift Current:

SaskPower Windscape Kite Festival, June –

www.2sk.ca/13429

Living Sky Casino Roundance & Powwow, July –

www.2sk.ca/22170

Elbow:

Heritage Day Celebration, July 1 –

www.2sk.ca/com/1000255

Lakeshore Stampede, July –

www.2sk.ca/10187

FERRY INFORMATION:

For information on the operation of ferries, visit Saskatchewan Highways and Infrastructure at www.highways.gov.sk.ca/ferry.

Lancer Ferry: 306-962-6253

Riverhurst Ferry: 306-353-6250, leaves the west shore on the half hour

CONTACTS AND RESOURCES

Outlook

Information on accommodations, attractions and services

P: 306-867-8663 / 306-867-9566

W: www.2sk.ca/com/1000675

Outlook & District Regional Park

Adjacent to Outlook

Open: May-Sep, call ahead for seasonal opening dates

P: 306-867-8846

W: www.2sk.ca/15788

Dinsmore

Information on accommodations, attractions and services

P: 306-846-2220

W: www.2sk.ca/com/1000226

Elrose

Information on accommodations, attractions and services

P: 306-378-2202

W: www.2sk.ca/com/1000263

Elrose Regional Park

Adjacent to Elrose UniPlex

Open: May-Sep, call ahead for seasonal dates

P: 306-378-2277 / 306-378-2262

W: www.2sk.ca/15746

Eston

Information on accommodations, attractions and services

P: 306-962-4444

W: www.2sk.ca/com/1000277

Eston Riverside Regional Park

21 km S of Eston on Hwy 30

Open: May-Sep, call ahead for seasonal dates

P: 306-962-3845 / 306-962-4864

W: www.2sk.ca/15750

Cabri

Information on accommodations, attractions and services

P: 306-587-2500

W: www.2sk.ca/com/1000119

Cabri Regional Park

20 km NE of Cabri via Hwys 32, 37 and Grid 738

Open: May-Sep, call ahead for seasonal dates

P: 306-587-2755

W: www.2sk.ca/15995

Swift Current Museum/Tourism

Visitor Centre

Information on accommodations, attractions, shopping and dining

44 Robert St W

Open: year-round

P: 306-778-9174

W: www.2sk.ca/com/1000884

Saskatchewan Landing Provincial Park

50 km N of Swift Current on Hwy 4

Open: May-Sep, call ahead for seasonal dates

P: 306-375-5525 **TF:** 1-800-205-7070

W: www.2sk.ca/11231

Kyle

Information on accommodations, attractions and services

P: 306-375-2525

W: www.2sk.ca/com/1000462

Clearwater Lake Regional Park

3.2 km N of Kyle on Hwy 4, 8 km E on Hwy 342

Open: May-Sep, call ahead for seasonal dates

P: 306-375-2726

W: www.2sk.ca/15740

Beechy

Information on accommodations, attractions and services

P: 306-859-2205

W: www.2sk.ca/com/1000063

Lucky Lake

Information on accommodations, attractions and services

P: 306-858-2234

W: www.2sk.ca/com/1000534

Riverhurst

Information on accommodations, attractions and services

P: 306-353-2220

W: www.2sk.ca/com/1000761

Palliser Regional Park

8 km S of Riverhurst on Lake Diefenbaker

Open: May-Sep, call ahead for seasonal dates

P: 306-353-4604 / 306-353-2190

W: www.2sk.ca/15790

Mainstay Inn Resort Hotel &

Conference Centre

Inside Palliser Regional Park

Open: year-round

P: 306-353-2077

W: www.2sk.ca/14289

Central Butte

Information on accommodations, attractions and services

P: 306-796-2288

W: www.2sk.ca/com/1000147

Douglas Provincial Park

11 km S of Elbow on Hwy 19

Open: May-Sep, call ahead for seasonal dates

P: 306-8546266 **TF:** 1-800-205-7070

W: www.2sk.ca/17365

Elbow

Information on accommodations, attractions and services

P: 306-854-2277

W: www.2sk.ca/com/1000255

Terrace Dining Room

22 King St, Broderick

Open: year-round, Tues-Sun

P: 306-867-2216

W: www.lakediefenbakertourism.com/terrace.htm