

## **Giant's Head Mountain Trails Project (Phases 3 & 4) now complete**

**Summerland** – Summerland Council marked the completion of trail redevelopment work at Giant's Head Mountain Park with a celebration held Friday, April 10, attended by and representatives from the Okanagan Nation Alliance, SnPink'tn/Penticton Indian Band, Federal and Provincial governments, Summerland Rotary Club, District of Summerland staff, and project consultants and contractors.

Phases 3 and 4 of the Giant's Head Mountain Trails Project started in 2023 and included upper circulation road upgrades and connecting pedestrian trails, upper parking lot washroom upgrades, construction of the upper section of the Grind Trail to the top of mountain, remedial planting and invasive weed management, trail erosion control measures, First Nations consultation and interpretive signage, brush removal and fire hazard remediation work, park road improvements, updated park signage, and a new park entrance washroom.

The sylix Okanagan people call Giant's Head Mountain kł'əpus which translates to "a large lump on the edge of the bluff", and four interpretive signs developed in partnership with the Okanagan Nation Alliance and SnPink'tn/Penticton Indian Band share information about the Sylix Okanagan Nation, stories of the lands, and the environmental values of water, plants, trees, medicine, food, and animals.

## **Tri-Government Funding Supports Park Improvements**

The Giant's Head Mountain Trail Project was made possible through \$1.2 million in combined funding from the Government of Canada and the Province of British Columbia. The District of Summerland gratefully acknowledges this financial support toward the \$1.6 million cost of the project's final phases, provided through the Community, Culture, and Recreation Infrastructure stream of the Investing in Canada Infrastructure Program. Of this amount the Government of Canada provided \$673,113 and the Province of British Columbia contributed \$560,871. The District of Summerland contributed \$448,798, or 26.7% of the total cost.

## **A Project Six Years in the Making**

Phases 1 & 2 were completed in 2020 and included an environmental management plan, upgrading 5.4 kms of trails, building 2.3 kms of new trail, trail decommissioning for environmental protection and erosion control, new safety guard rails, park entrance improvements, road pull outs, refurbishing viewing tubes and wayfinding signage.

Costs for the initial phases totaled \$800,000 and were funded through grants from the Canada Community-Building Fund (formally the Federal Gas Tax Fund) and provincial Rural Dividend Fund, and donations from the Rotary Club.

The Giant's Head Mountain Trails Project implements a trails redevelopment plan adopted by the District in 2018 in consultation with the community. The plan aimed to balance recreation opportunities and natural conservation in the 87-hectare Giant's Head Mountain Park.

For more information about the Giant's Head Mountain Trails Project, visit: <https://www.summerland.ca/parks-recreation/parks-trails/giants-head-mountain-trail-re-development-plan>

"The improvements made to Giant's Head Mountain Park will provide lasting benefits for the community and honour the cultural and environmental significance of this remarkable landscape. Our government is proud to invest in recreational infrastructure that helps create vibrant spaces where residents and visitors can connect with nature, learn from the land, and enjoy safe and accessible outdoor experiences."

- **The Honourable Stephen Fuhr, Secretary of State (Defence Procurement) and Member of Parliament for Kelowna**

"People in Summerland will benefit from safer, more accessible, and culturally enriching trails that honour both the land and its long history. By bringing together resources, knowledge, and a shared commitment to stewardship, the community has created a space that inspires recreation, learning, and connection. This project shows what's possible when all levels of government work in partnership toward a common vision."

**- Christine Boyle, Minister of Housing and Municipal Affairs**

"Nothing represents Summerland more than Giant's Head Mountain. It is appreciated for its ecological and recreational values by all who live and visit here, and it has strong cultural significance for the syilx Okanagan people. The park upgrade is important work and it wouldn't have been possible without the support of the SnPink'tn/Penticton Indian Band and Okanagan Nation Alliance, financial contributions from the Federal and Provincial governments, and Summerland Rotary's original vision and initiative for the project."

**- Mayor Doug Holmes**

"Places like kłtəpus - Giant's Head carry special meaning. When we think about place, it's not just about looking at the land from a distance. It's about what that place does for you and what it means to you. Places like this hold our memories—you remember the Elders and the people who have passed on who were here before us. That's what makes places like this so important."

**- caylx Richard Armstrong, Elder SnPink'tn/Penticton Indian Band**

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Photo Enclosures:

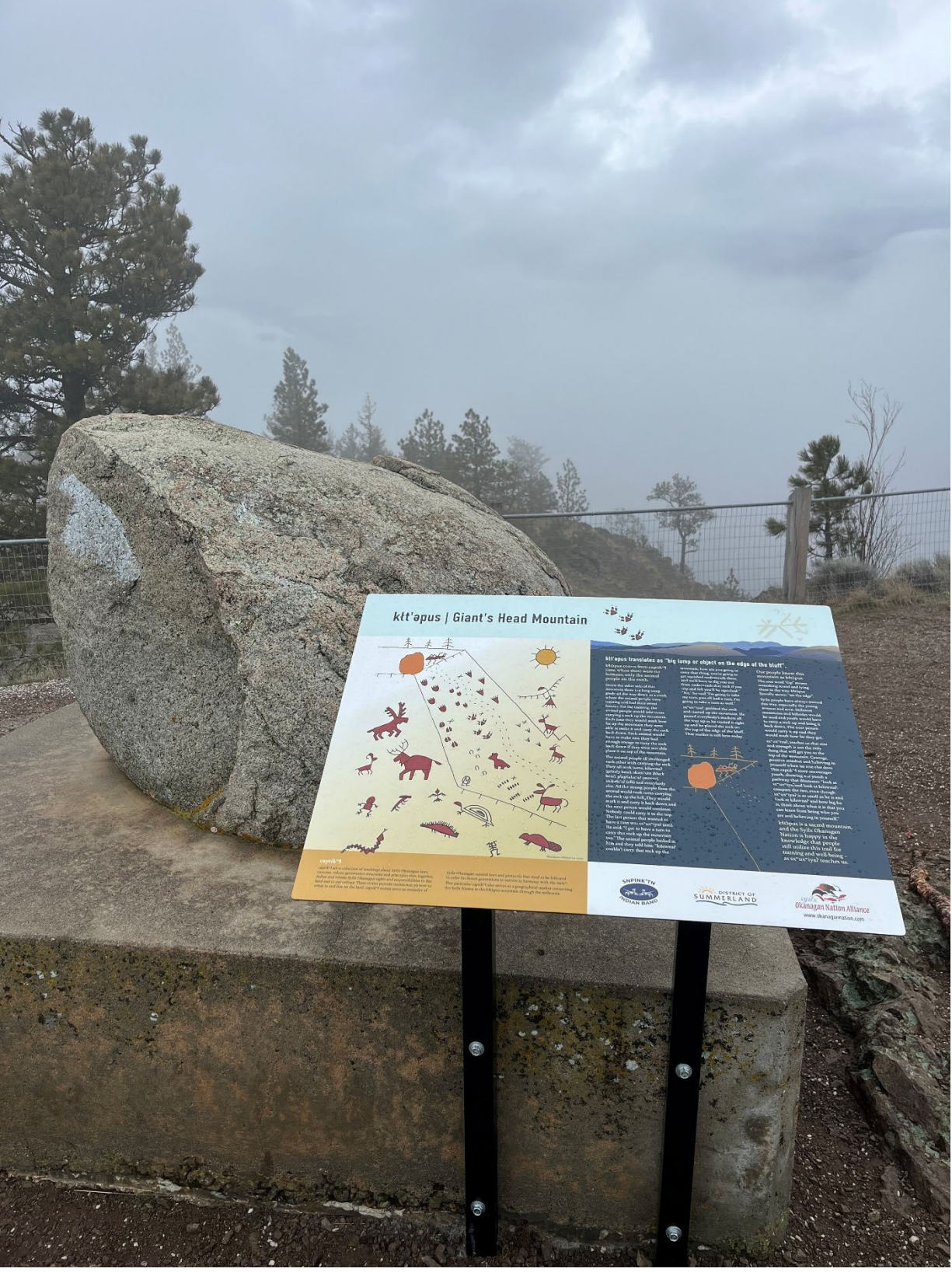
- Photos of the ceremony
- Photos of the improvements
- New map of the trails



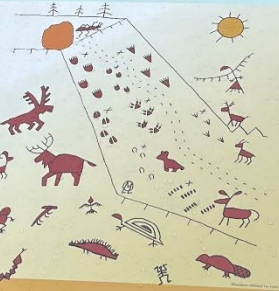
Photo 1 – April 10, 2026 Ceremony



*Photo 2 – April 10, 2026 Ceremony*



**klt'apus | Giant's Head Mountain**



**klt'apus translates as "big lump or object on the edge of the bluff"**

Our people's larger than life presence in klt'apus is a testament to the strength of our traditions and the resilience of our people. The story of klt'apus is a story of survival, of a people who have thrived in the face of adversity. It is a story of a people who have a deep connection to the land and a strong sense of community. The story of klt'apus is a story of a people who have a rich and vibrant culture and a deep respect for the land. The story of klt'apus is a story of a people who have a strong sense of identity and a deep pride in their heritage. The story of klt'apus is a story of a people who have a strong sense of responsibility and a deep commitment to their community. The story of klt'apus is a story of a people who have a strong sense of hope and a deep belief in their future. The story of klt'apus is a story of a people who have a strong sense of love and a deep respect for their land.

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SHISHIMOON INDIAN BAND DISTRICT OF SUMMERLAND OKANAGAN NATION ALLIANCE

ONA Interpretive Sign (Top of GHM)



**THE OKANAGAN SONG**  
 ali k'u\_swi wi nūmāx | We are beautiful  
 ali k'u\_suknaqinx | We are Okanagan  
 ali axa? (ʔ tmx'ulax' |) Because our land is beautiful

Watch a video on the importance of the land to the Shuswap People - what it means to them through their language and song.

**k'w'u syilx**  
 We are the Indigenous People of this land.

**nīʔayp kus alaxʔ. We Have Always Been Here.**

We are the Shuswap Okanagan Nation, a nation of Shuswap and Okanagan peoples, the Northern Interior Dene and the Shuswap Nation. Our Shuswap members, known as the Shuswap, are comprised of seven member communities in the Southern Interior of British Columbia and one in Northern Washington State, that together encompass over approximately 10,000 square kilometers. It is a unique and beautiful landscape of diversity, open to each, encompassed by mountains, rivers, and lakes. This indigenous place has led to a haven for many species and it has provided for our people since time immemorial.

We are a diverse and sovereign Nation, sharing the same land, culture, values, and traditions. Our common language, history, and traditions are the heart of our identity and the heart of our people. We are a Nation where we have lived and thrived for thousands of years. We are a Nation where we have lived and thrived for thousands of years. We are a Nation where we have lived and thrived for thousands of years.

Shuswap language is embedded in the rock walls and waterfalls, in the mountains and valleys of the Shuswap Nation. The language is a living, breathing entity, one that has survived through the centuries, and is a testament to the resilience of our people. We are a Nation where we have lived and thrived for thousands of years. We are a Nation where we have lived and thrived for thousands of years.

ONA Interpretive Sign (GHM Lookout)



**i? tmx'ulax', i? tmix'w na?ł mniimttat ʔi? k'w'u snaqsx'**  
**The Land, All Creation and we, as Syilx People, are One.**

**We, the Syilx People, feel a deep connection with our land, our water and with our relatives, the animals and the trees and all living things that share the environment.**

For thousands of years, Syilx People were self-reliant and well provided for through our own ingenuity and use of the land and nature. We lived united as a Nation with a whole economy, travelling the breadth and depth of our territory, hunting and fishing, growing and harvesting, crafting and trading to meet our needs. Syilx ceremonies and practices continue to reflect generations of knowledge, respect and honour for food animals and plant harvests. We are guided by our capik'it (story systems) and the teachings embedded in our syilxan language. The ability of Syilx People to have survived upon the land, over thousands

of years, is based upon the principle of reciprocity. When we were created, a covenant was made that we would act as caretakers of our sil'ak'tan'at' (what which gives us life). In return, we would be looked after. This bond of reciprocity, responsibility and cultural ways of knowing have been handed down to us from our ancestors and will continue to be passed down through the generations to come through our capik'it. The capik'it serve as a reminder of Syilx natural laws and protocols that are needed to be followed for future generations to survive in harmony with the tmix'.

**When we take care of the land and water, the land and water take care of us. This is our Law. Understanding the living land and teaching how to be part of that is the only way we, the Syilx, have endured.**

ONA Annual General Assembly, 2011.

**How Food Was Given**

This shortened version of the capik'it "How Food Was Given" tells the story of how the Four Food Chiefs came together to decide how they were going to support the People-to-Be. This capik'it gives you a sense of the significance of the tmix'. Important to our people are responsibility and reciprocity to the land and all living things. Without this we would not have survived.

In a world before this world, before there were people, and before things are like they are now everything was alive and walking around like we do. There were four chiefs. Chief sp'ik'am who represents everything below the ground, Chief sp'ay' who represents everything growing above the ground, Chief in'w'ix' who represents the water and everything in the water, and Chief sk'aw'w' who represents all the animals on the land. They were told that there were changes coming and they needed to prepare and decide how the People-to-Be would live and what they would eat. They had many meetings and thought for a long time, what can we give to the People-to-Be? The three other chiefs said to sk'aw'w' "you are the wisest and the oldest among us. You tell us what you are going to do". He said "I will give myself, and all the animals that I am Chief over, to be food for the People-to-Be". All the other chiefs agreed to do the same and laid their lives down. Their decision was to give up every part of themselves as a means of survival for the people to come. In this way the people became part of the tmix' as well.

To hear the full story scan here:



ONA Interpretive Sign (GHM Start of Grind trail)



# acktt'pus GIANT'S HEAD MOUNTAIN

The silyx Okanagan people call Giant's Head Mountain acktt'pus which translates to "a large lump on the edge of the bluff".

The silyx Okanagan people have always had a special relationship with the natural life forms that the land provides: water, fish, wildlife, plants and the tmixw - all living things that share the environment. This relationship is based on subsistence needs, and social and cultural values extending back thousands of years.

This place provided food and medicine, and was a gathering place. There is a captikw (story passed down through the generations) about this mountain when there were no humans; only the Animal People on the earth. The captikw describes how the Animal People used acktt'pus as a training ground. The lesson passed down in this story is that size and

strength are not the only things that will get you to the top of the mountain but that courage, a positive mindset, and believing in yourself when no one else does will also get you to the top. This practice continued for a long time, as historically, the silyx people used acktt'pus as a training ground for young women and men, to encourage them to think about what it is that they can learn from being who they are, and believing in themselves.

This place continues to be an important site to the silyx people today.



**sily?**  
Bluebunch Wheatgrass  
Major and best source of deer and goat. It's the most drought resistant of food for the silyx.



**siya?**  
Saskatoon Berry  
A main food source for silyx people. Wood used to make arrows. Digging sticks, spears, and tools.



**sim'k'o'xan**  
Arrowweed  
The flowers bloom April to July. The seeds resemble silyx sandbar seeds.



**spidam**  
Biscuitroot  
Restricted to the drier parts of silyx's mountain. It is white flowers bloom in spring.



**s'atq'ip**  
Pendulous Pine  
Used for making skagag (cannas). These trees are glue and to waterproof moccasins.



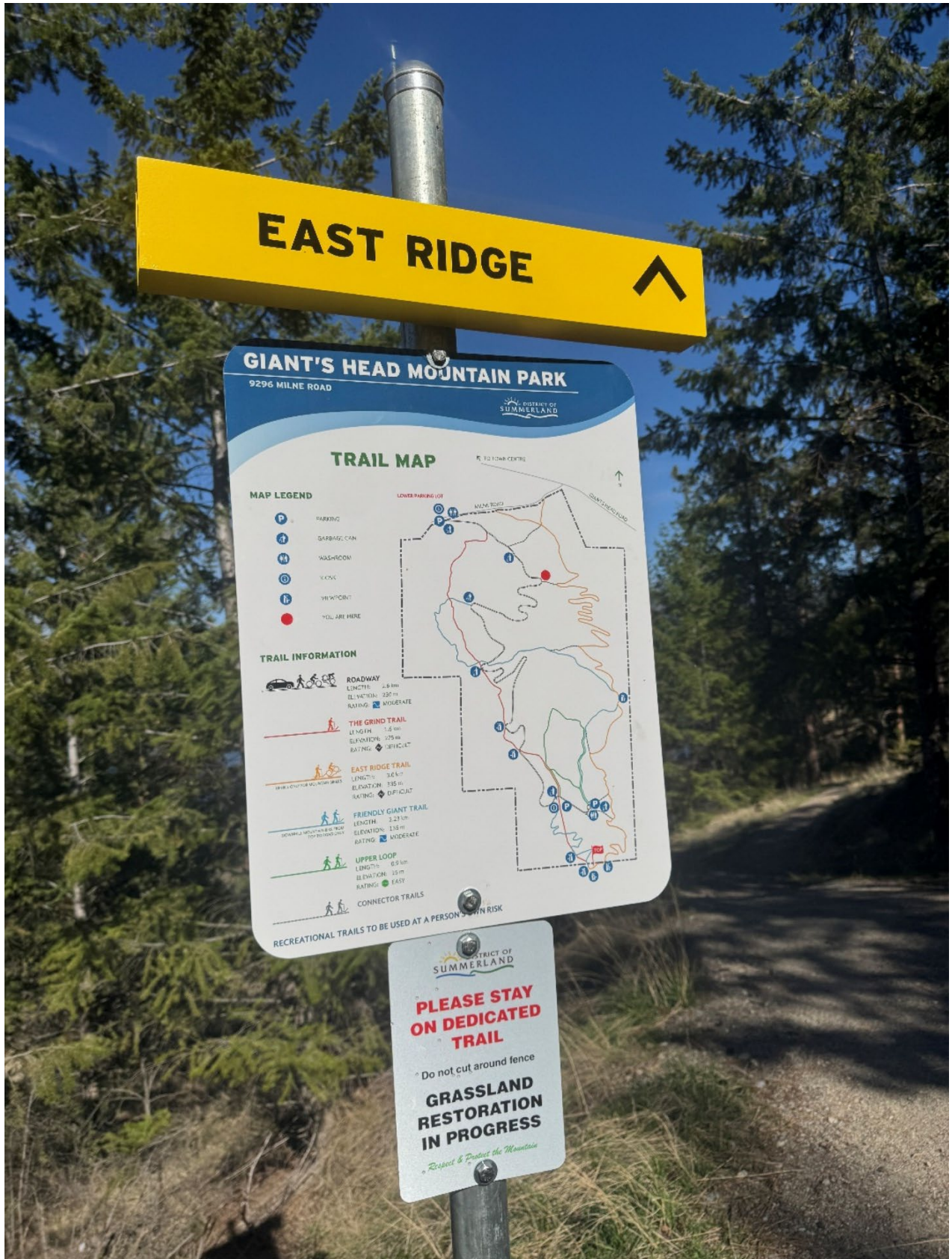
SCAN HERE  
To Hear  
About  
acktt'pus



ONA Interpretive Sign (GHM Lower Parking Lot)



*Sign Kiosk Upper Parking Lot*



Sign (GHM Start of East Ridge Trail)



Sign (Grind Km Marker Upper Parking Lot)



*Grassland Restoration in Progress Sign*



*Decommissioned Trail (Lower Grind Trail)*



*Decommissioned Trail (Mid Grind Trail)*



*New Trail*



*New Staircase*



*New Washroom Building Area*



*New Washroom*



*Bike station (Washroom Building Area)*



*Bike station upper parking lot*



*Giant's Head Mountain Park Sign*



*Giant's Head Mountain View 1*



*Giant's Head Mountain View 2*

# GIANT'S HEAD MOUNTAIN PARK

9296 MILNE ROAD



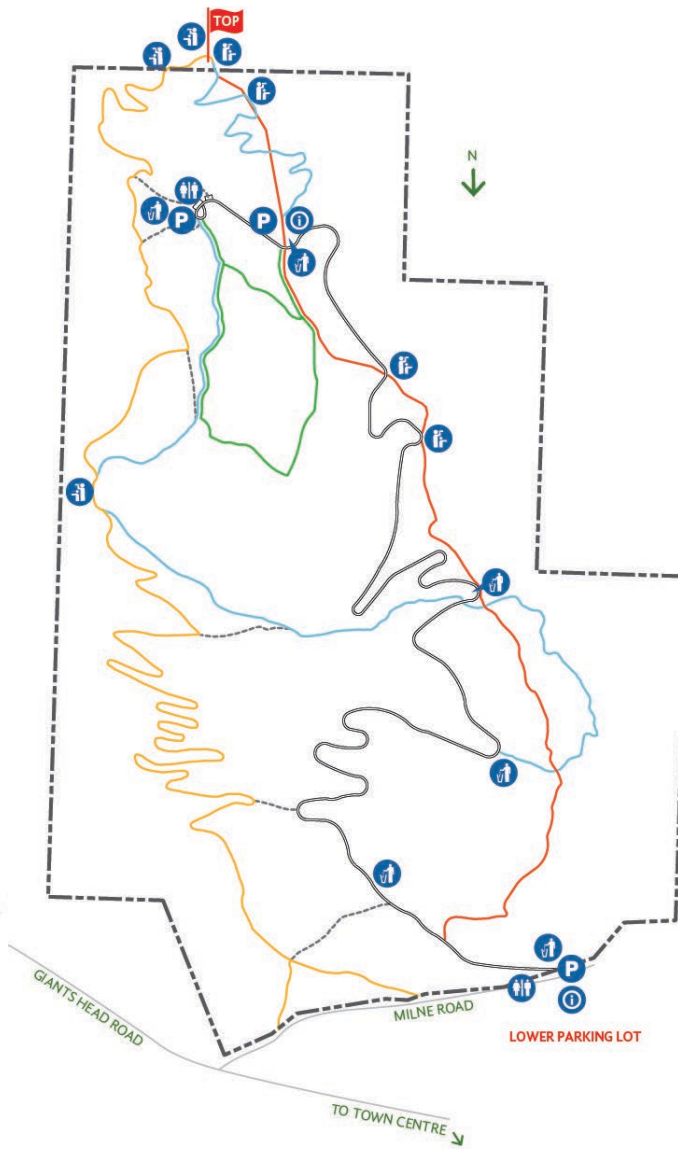
## TRAIL MAP

### MAP LEGEND

- PARKING
- GARBAGE CAN
- WASHROOM
- KIOSK
- VIEWPOINT
- YOU ARE HERE

### TRAIL INFORMATION

- ROADWAY  
LENGTH: 2.6 km  
ELEVATION: 230 m  
RATING: MODERATE
- THE GRIND TRAIL  
LENGTH: 1.6 km  
ELEVATION: 275 m  
RATING: DIFFICULT
- EAST RIDGE TRAIL  
UPHILL ONLY FOR MOUNTAIN BIKERS  
LENGTH: 3.0 km  
ELEVATION: 335 m  
RATING: DIFFICULT
- FRIENDLY GIANT TRAIL  
DOWNHILL MOUNTAIN BIKE FROM TOP TO ROAD ONLY  
LENGTH: 2.23 km  
ELEVATION: 135 m  
RATING: MODERATE
- UPPER LOOP  
LENGTH: 0.9 km  
ELEVATION: 15 m  
RATING: EASY
- CONNECTOR TRAILS



RECREATIONAL TRAILS TO BE USED AT A PERSON'S OWN RISK

Giant's Head Mountain Trail Map