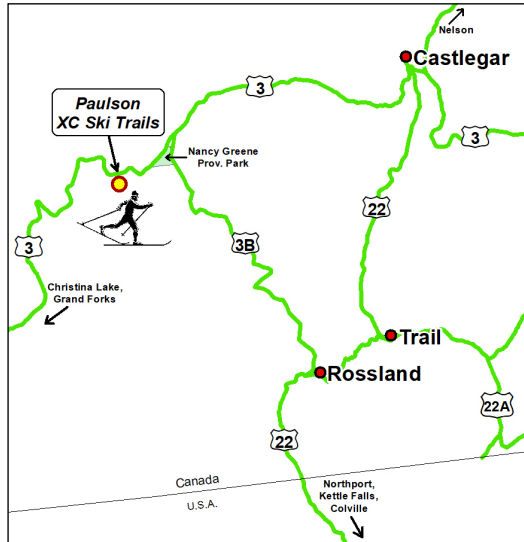




Viking Centre at Mud Lake Trailhead

WELCOME to PAULSON COUNTRY!

The Paulson Cross Country Ski Trails are located 32 kilometres west of Castlegar, along Highway #3, adjacent to Nancy Greene Provincial Park.



The Castlegar Nordic Ski Club maintains 45 kilometres of ski trails under a partnership agreement with Recreation Sites and Trails BC. The club provides trail grooming and track setting and maintains a visitor center, as well as four day use warming shelters.

Membership and day use fees at the trailhead are very important as they provide the required funds to maintain a high standard of trail grooming for your enjoyment.

Skier's Responsibility

("Rules of the Road")

- * Be aware - Ski with care
- * Skiers going downhill on the trail have the right-of-way
- * When stopped, move off the trail so that other skiers will not have to detour around you
- * Keep to the right when approaching oncoming skiers
- * Be courteous when passing, and use common sense. Approach slowly and from a distance. Say either, "Track please" or "Passing on your left"
- * Lend assistance when needed
- * Step off the track to allow track-setting equipment to pass
- * Dogs are not allowed on the trails

Please Note These Trail Designations:



Beginner: Designed for skiers with little experience or limited ability



Intermediate: Suitable for skiers with a moderate amount of experience and ability



Advanced: Designed for skiers with considerable experience and ability

NOTICE: Persons using this ski area assume all responsibility for personal injury or damage to equipment. Ski at your own risk.



Castlegar Nordic Ski Club

Box 3213

Castlegar, B.C. V1N 3H5

www.castlegarnordic.ca

castlegarnordicski@gmail.com

Equipment Check

Before leaving home, make sure that your equipment is in good shape and that you have everything you need. Dress warmly, preferably in layers. Avoid excessive perspiration; shed layers if you get too warm. Use the quick check-list below to help ensure you don't forget any important items:

- Food & water (or warm liquid like tea)
- Extra dry socks, hat, gloves and jacket
- Sunglasses and sunscreen
- Wax, cork and scraper (if using waxable skis)
- First aid kit, including a blister treatment kit
- Day pack to carry gear
- Spare dry clothing for after your outing
- Ski repair kit, flashlight, matches, map and compass (depending on the length/location of your trip)

IN CASE OF AN EMERGENCY

Note: The Paulson area does not have cell phone coverage. In case of an emergency, locate a Club Fee Collector, Trail Groomer, or Ski Patroller. These personnel will have radio contact with each other and will have access to a satellite phone to request an ambulance or RCMP. If Club personnel are not on site, dispatch someone with a cell phone to make a 911 call and report back. It will be necessary for a volunteer to drive approx. 15-18 km. towards Rossland (on Highway 3B) until 911 cell phone coverage is obtained.



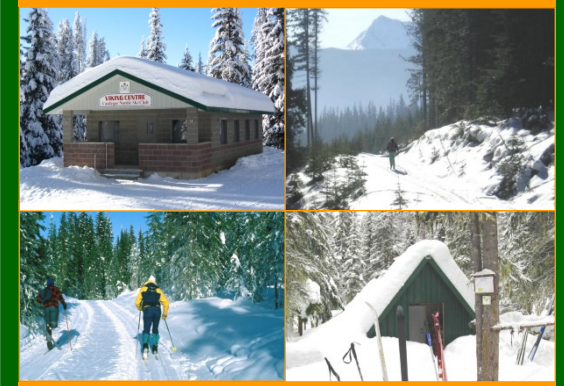
Recreation Sites and Trails BC

1907 Ridgewood Road
Nelson, BC V1L 6K1
(250)-825-1100

www.sitesandtrailsbc.ca

Paulson Cross Country Ski Trails

Visitors Map and Guide



Trails managed in partnership between

Castlegar Nordic Ski Club



and

Recreation Sites and Trails BC

in co-operation with

BC Timber Sales



BCTS
BC Timber Sales
Recreation Business Area



Recreation Sites and Trails BC



Paulson Cross Country Ski Trails

Legend

- Public Shelter
- Parking
- Emergency Kit
- Toilet

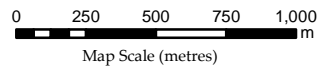
Ski Trails - Ability Level

- Beginner
- Intermediate
- Advanced
- Untracked Trails

Distance between points in Kilometres

Elevation above Sea Level (metres)

Distance Conversions
1 kilometer = 0.6 miles
1 mile = 1.6 kilometres



The Paulson Cross Country Ski Trails are managed under a Partnership Agreement between the Castlegar Nordic Ski Club and Recreation Sites and Trails BC, in co-operation with BC Timber Sales.

Caution: Please watch for track-setting equipment on trails.

Map Updated: 2018-09-24 by Helm Consulting

