



WELCOME to PAULSON COUNTRY

The Paulson Cross-Country Ski Trails are situated 32 km west of Castlegar, along Highway #3, adjacent to Nancy Greene Provincial Park. The Castlegar Nordic Ski Club maintains approximately 50 km of trails in co-operation with Recreation Sites and Trails BC and BC Timber Sales (BCTS). The club also maintains day use shelters and provides track setting.

Memberships and day use fees at the trailhead are very important, as they provide the required funds to maintain a high standard of set tracks for your enjoyment.

Castlegar Nordic Ski Club
Box 3213
Castlegar, B.C.
V1N 3H5
<http://www.castlegarnordic.ca>

Skier's Responsibility

- * 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
- * No dogs allowed on 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

IMPORTANT

Persons using this area assume all responsibility for personal injury or damage to equipment resulting from the use of these trails and facilities.

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 and 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 CONTACT:

Ambulance	911
R.C.M.P.	911

FOR FURTHER INFORMATION CONTACT:

Recreation Sites and Trails BC
845 Columbia Avenue
Castlegar, BC V1N 1H3
Phone: (250) 365-8600
Visit our website: www.sitesandtrailsbc.ca

Paulson Cross Country Ski Trails

Visitors Map and Guide



In co-operation with the
Castlegar Nordic Ski Club
and
BC Timber Sales



Recreation Sites
and Trails BC



Paulson Cross Country Ski Trails

Legend

- Public Shelter
- Parking
- Survival Kit
- Toilet

Ski Trails - Ability Level

- Beginner
- Intermediate
- Advanced
- Untracked Trails

Distance between points in Kilometers

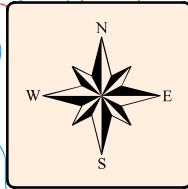
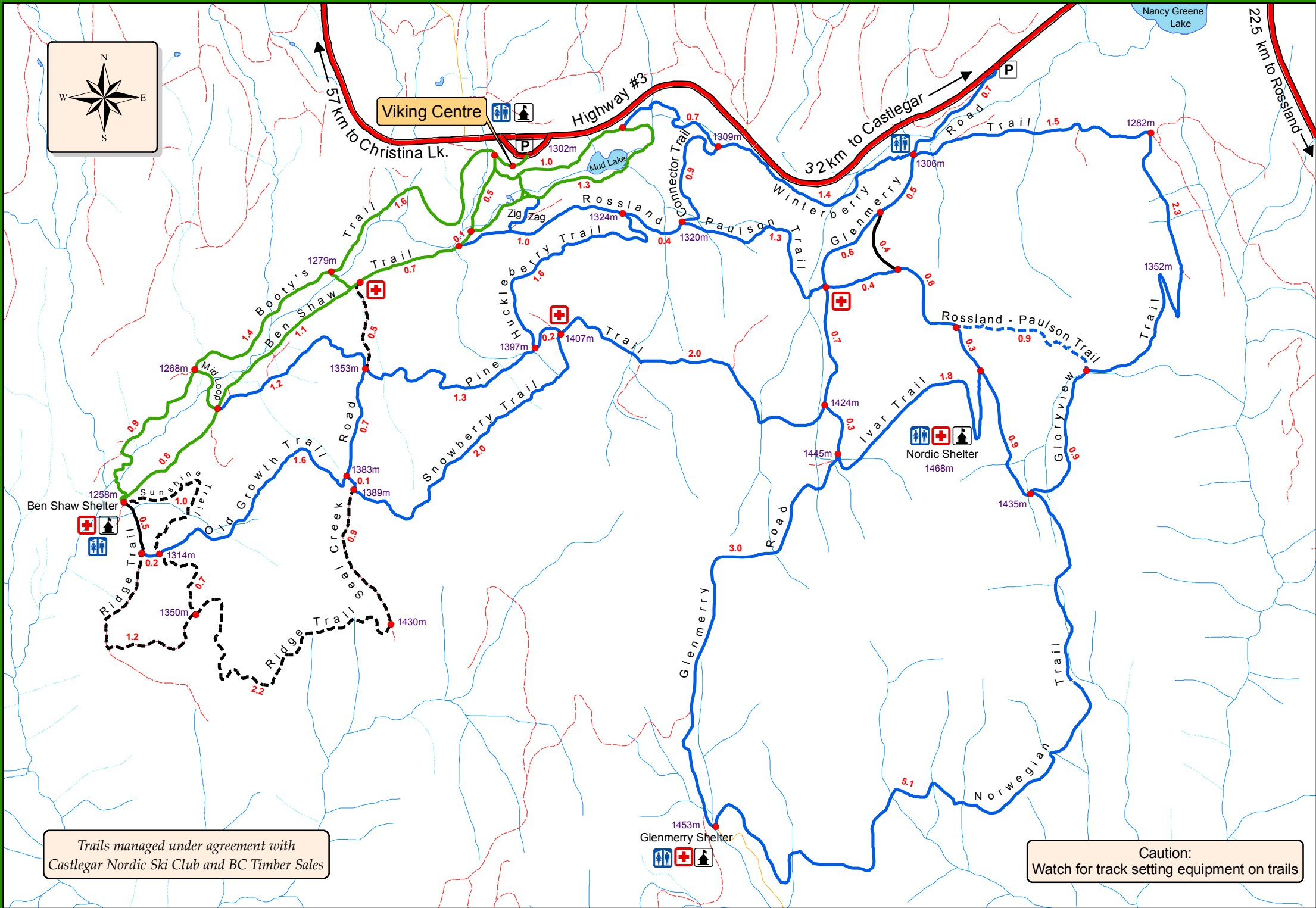
Elevation above Sea Level (metres)

Kilometers to Miles Conversion
4 kilometers = 2.5 miles

0 250 500 750 1,000 m
NAD 83 UTM Zone 11N

Recreation Sites and Trails BC

BCTS
BC Timber Sales
Kootenay



Trails managed under agreement with
Castlegar Nordic Ski Club and BC Timber Sales

Caution:
Watch for track setting equipment on trails