



## 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 approx. 50 km of trails in co-operation with the Ministry of Tourism, Culture and the Arts and BC Timber Sales (BCTS) division of the Ministry of Forests and Range. The club also maintains day use shelters and provides track setting.

**Memberships and donations** 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 CODE

- \* 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:

<b>Ambulance</b>	<b>911</b>
<b>R.C.M.P.</b>	<b>911</b>

### FOR FURTHER INFORMATION PLEASE CONTACT:

Ministry of Tourism, Culture and the Arts  
Recreation Sites & Trails Branch  
Kootenay Boundary District  
845 Columbia Avenue  
Castlegar, B.C. V1N 1H3  
Phone: (250) 365-8600



Ministry of  
Tourism, Culture  
and the Arts

# PAULSON

## CROSS-COUNTRY SKI TRAILS



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





# Paulson Cross Country Ski Trails

## Legend

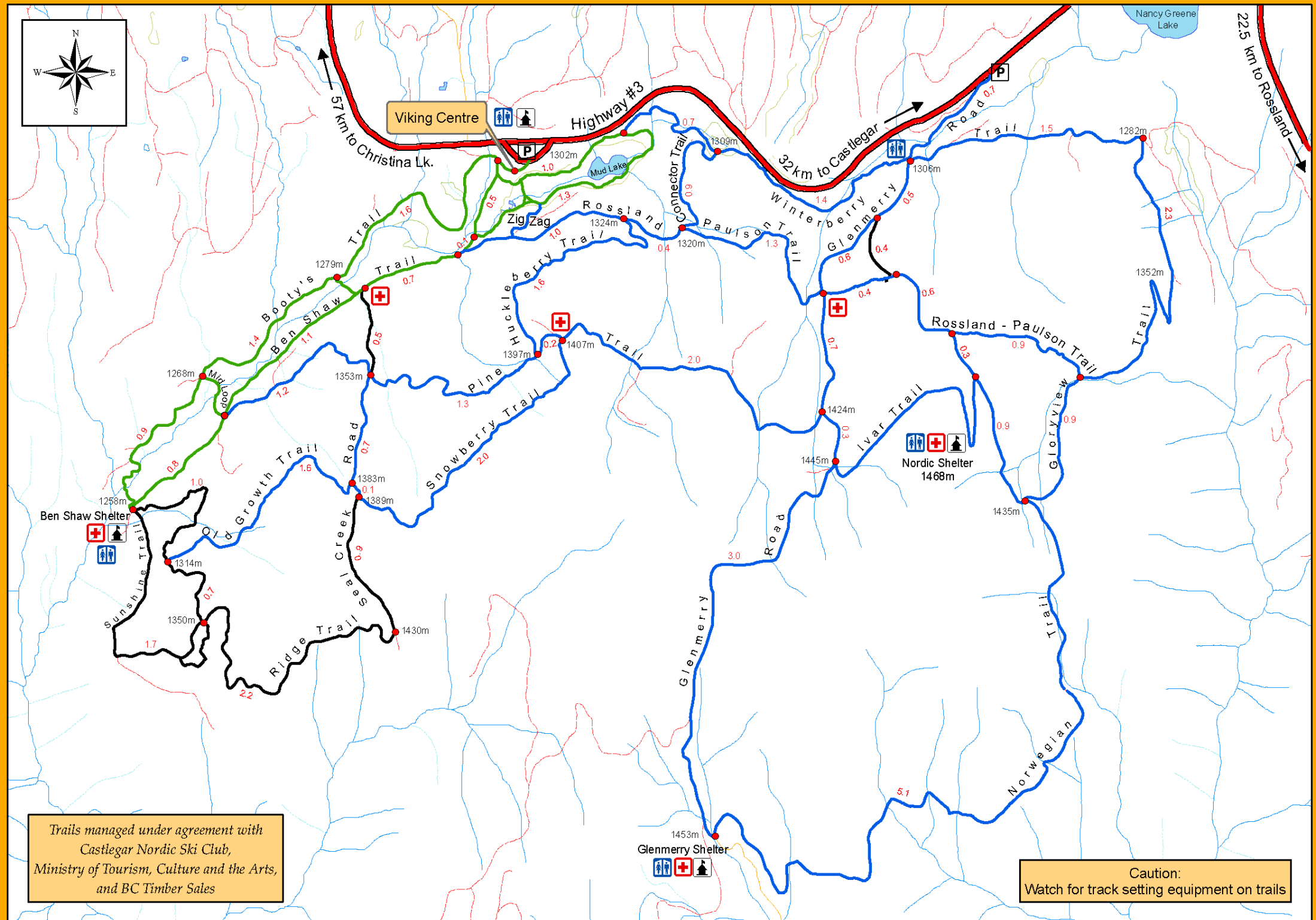
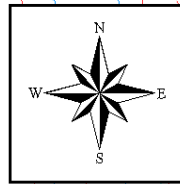
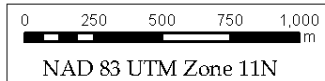
- Public Shelter
- Parking
- Survival Kit
- Toilet

## Ski Trails - Ability Level

- Beginner
- Intermediate
- Advanced

Distance between points in Kilometers

Kilometers to Miles Conversion  
4 kilometers = 2.5 miles



Trails managed under agreement with  
Castlegar Nordic Ski Club,  
Ministry of Tourism, Culture and the Arts,  
and BC Timber Sales

Caution:  
Watch for track setting equipment on trails