



# Paul Lake

PROVINCIAL PARK



Established in 1961, Paul Lake Provincial Park is located 17 kilometers northeast of Kamloops, off Highway 5 and is nestled in a mixed forest of Douglas-fir, pine and aspen. The Park offers a large campground with 90 sites, a sani-station and an adventure playground, as well as a popular day use area with beach and cartop boat launch, and over 7 kilometers of hiking trails.

Easy access, beautiful scenery, plentiful fishing and a diversity of outdoor recreational activities make Paul Lake a popular destination. The lake is stocked with Rainbow trout and Gerrard rainbow trout, a subspecies from Kootenay Lake which mature much later than most rainbow and grow to a larger size. The day use area offers 400 meters of sandy beach, flush toilets, picnic tables and briquette barbecue stands. The hiking trails lead through the forest to the summit of Gibraltar Rock, 900 meters in elevation. The last portion of the trail is somewhat steep but there are rest stops along the way. The summit gives spectacular views of the lake and Harper Mountain, as well as a bird's eye view of ospreys, swallows and the rare white-throated swift.

**Thompson Region**

## Water Safety

Marker buoys indicate the area along the beach where swimming is allowed. Boaters are restricted to outside of this area.

As the park does not provide lifeguards, all children must be supervised, and solo swimming should be avoided. Safe swimming and boating procedures should be practiced at all times.

## Recycling

Blue recycling containers are located at the garbage corrals for all your refundable containers. Due to a lack of recycling facilities in the area, if you wish to recycle other items such as paper and tin cans we encourage you to take them home with you and recycle them there.

## Bears

Bears are seen occasionally within the park. To avoid attracting them, put all your garbage in the garbage cans. Keep a clean campsite. Store all your food in your vehicle. If a bear is seen in the park please report it immediately to the Park Operator or Campground Host.

## Park Hosts

Park hosts are located in campsite #36. They will be pleased to answer any questions you may have on facilities, services and recreation opportunities in the park and surrounding area.

## Group Site

Day use and overnight camping facilities include: picnic shelter, well with hand pump and open activity area. For reservations April 1 to October 30 check out the BC Parks website. Fees apply.

## Things To Do

- ▶ Go for a swim in the lake
- ▶ Take a nature walk up the trail to Gibraltar Rock
- ▶ Visit the Park Host and find out more about the park and area
- ▶ Bird-watch in the various areas of the park
- ▶ Try your luck at fishing for Rainbow or Gerard trout
- ▶ Boat rentals are available, check with the Park Operator or Host for more information
- ▶ Relax at your campsite or the beach with a book

## Trail Information

The trail takes you from the lakeshore up a gentle grade through a mature Douglas-fir forest to the summit of Gibraltar Rock. Only the last portion of the climb (about 300 metres) is somewhat steep and there are rest stops along the way. You may wish to take the alternate route back by way of the campground (see map on back).

**CAUTION: Keep well back from the edges of the steep cliffs at the top of the bluff.**

## For More Information

BC Parks, Thompson Region  
<http://wlapwww.gov.bc.ca/bcparks>



BRITISH COLUMBIA

Ministry of Water, Land and Air Protection

## Camping Ethics

We hope you enjoy your visit to Paul Lake Provincial Park. BC Parks is dedicated to preserving the natural state of parks while providing recreational access to their features. Park regulations and policies protect park values, ensuring a quality experience for all visitors, both today and in years to come.

Here are a few simple rules and regulations to help make your stay more pleasant. Please be aware of them — we need your help.

**Pets** must be kept on a leash while in the park and are not permitted in the day use area. Please collect any feces your pet leaves on trails and roadways and deposit in garbage containers.

**Visitors** must leave by 11pm. Only registered campers are allowed in the park after 11 pm. The park security gate is closed between 11 pm and 7 am.

**Excessive Noise** is not permitted. Please remember that sound travels farther in open air, especially music and loud talking.

**Campfires** must not exceed half a metre in height. Keep fires small, save trees and conserve firewood. Do not leave your campfire unattended. This is a high risk forest fire area. Firewood can be purchased from the Park Facility Operator.

**Trees and Shrubs** are easily damaged; do not use them for wiener sticks or clothesline supports. Flowers, trees and shrubs are part of the park's natural heritage. Please do not damage or remove them.

**Valuables** should be locked away and out of site. Report all thefts to the Park Facility Operator as soon as possible.

**Anglers** are required to have valid BC angling licenses for all waters in BC.

**Boat Launch**, located in the day use area, is for cartop type boat launching only; no trailer ramp available.

**Tents and Equipment** must remain on the gravel portion of your campsite.

