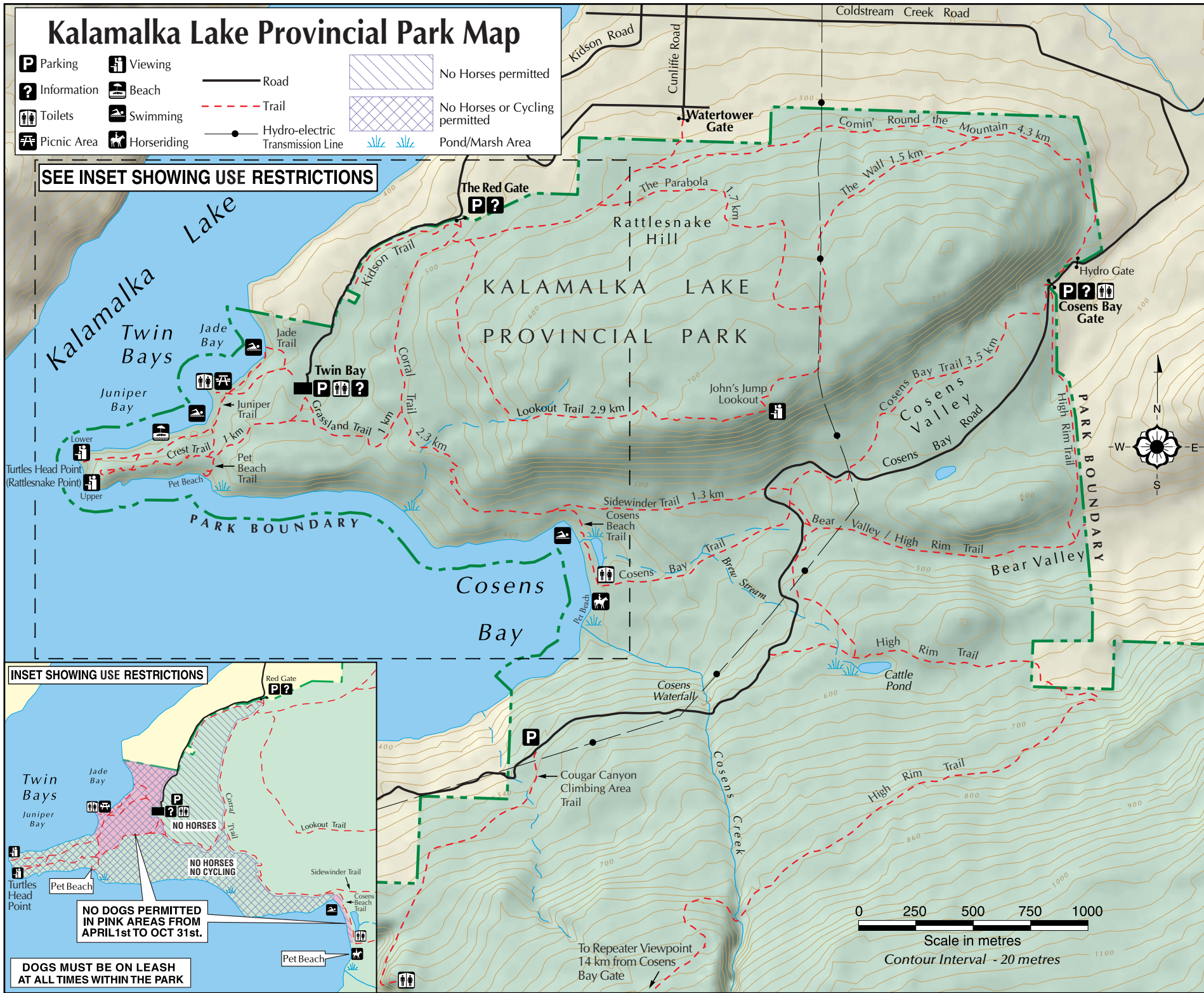


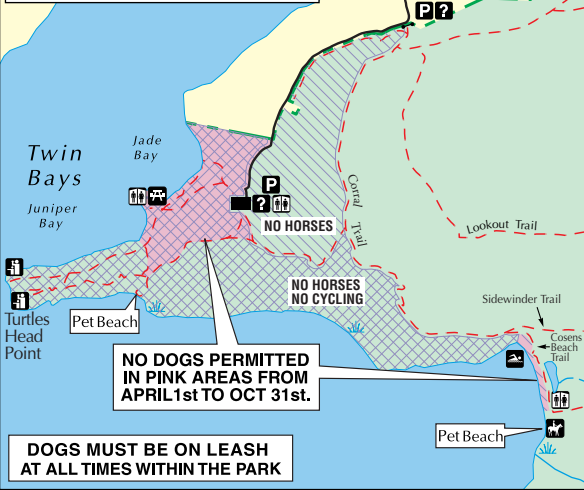
Kalamalka Lake Provincial Park Map

Parking	Viewing	Road	No Horses permitted
Information	Beach	Trail	No Horses or Cycling permitted
Toilets	Swimming	Hydro-electric Transmission Line	Pond/Marsh Area
Picnic Area	Horseshoe		

SEE INSET SHOWING USE RESTRICTIONS



INSET SHOWING USE RESTRICTIONS



NO DOGS PERMITTED IN PINK AREAS FROM APRIL 1st TO OCT 31st.

DOGS MUST BE ON LEASH AT ALL TIMES WITHIN THE PARK

Trails of the Park

FROM TWIN BAYS PARKING LOT:

Juniper Trail – a paved trail that drops gently to the lake and picnic area. It continues as a gravel trail to the **Lower Turtles Head Point** (also known as **Rattlesnake Point**) **Lookout**. A loop combines **Juniper Trail** and **Crest Trail** back to the parking lot.

Jade Trail - drops steeply through ponderosa forest to lake level and a small picnic area.

Grassland Trail - gives hikers and bikers easy meadow access to the **Corral Trail** and the switchbacks down to **Cosens Bay**.

Crest Trail - is the only route to take dogs to the **Pet Beach**. The trail continues as a moderate ridge walk to the **Upper Turtles Head Point Lookout**.

FROM THE RED GATE:

Corral Trail - starts as an easy, grassland walk to the rim overlooking Kalamalka Lake. It continues down switchbacks to Cosens Bay.

Comin' Round the Mountain - an easy walk to Cosens Bay gate along the north side of the Park. The trail crosses grasslands and some mixed forest providing views north towards Vernon and east down the Coldstream Valley.

The Parabola - climbs fairly steeply through grassland and forest to join **The Wall** near the top of Rattlesnake hill.

The Wall - climbs steeply from the **Comin' Round the Mountain Trail**, through forest, to the top of the hill and the edge of the escarpment.

Lookout Trail - starts as a moderate woodland trail but then becomes steep and rocky with excellent views. Good footwear is essential.

Loop Trail 1 - a 10km loop of moderate difficulty consists of the **Corral Trail** to **Sidewinder Trail** to **Cosens Bay Trail** to **Cosens Bay Gate**. The **Comin' Round the Mountain Trail** completes the loop back to **The Red Gate**.

Loop Trail 2 - a loop consisting of the **Lookout Trail** to the top of the escarpment returning to **Comin' Round the Mountain Trail** and **The Red Gate** via **The Parabola** (5.7km) or **The Wall** (7.5km).

FROM COSENS BAY GATE:

Cosens Bay Trail - after a short climb, it becomes an easy downhill route through the major grassland meadows of the park to the beach at Cosens Bay. Remember that the return trip is a long uphill walk. The only parking is at Cosens Bay Gate.

High Rim Trail - hugs the fence line heading south and over a steep rocky saddle into **Bear Valley**. An easier route is down **Cosens Bay Trail** to join the **High Rim Trail** at the western end of Bear Valley. The **High Rim Trail** then climbs steadily through forest, past the **Cattle Pond**, to the **Repeater Station Lookout** 14km from Cosens Bay Gate. It continues to Oyama.

Cougar Canyon Climbing Area Trail - can be reached from the parking lot located under the powerline along Cosens Bay Rd.

What to see in the Park

Interesting places to visit in the park are the Cattle Ponds, the lagoon behind Cosens Bay Beach, Bear Valley, John's Jump Lookout and the cliffs of Cougar Canyon Climbing Area.

Mammals - There is an abundance of wildlife including white-tailed deer, mule deer, coyote and yellow-bellied marmot. Visitors may see mink, bobcat, red fox, black bear and rarely a cougar. Blue-listed mammals include the western harvest mouse and Townsend's big-eared bat.

Birds - It is also a great spot for birdwatchers. The park provides habitat for the canyon wren, white-throated swift, western screech owl, Lewis' woodpecker and flammulated owl, all of which are threatened species. There are many other birds as well. In the Spring the western meadowlark may be heard in the grasslands and pileated woodpeckers may be seen looking for pine beetles on the ponderosa pine trees. In the fall golden eagles hunt over the cliffs of Rattlesnake Hill.

Reptiles - There is a variety of reptiles here including western rattlesnake, western yellow-bellied racer, gopher snake, common and western terrestrial garter snakes and western painted turtle. Present, but rarely seen, are the rubber boa, Great Basin spadefoot toad and the northern alligator lizard. There is even a unique butterfly called the immaculate green hairstreak.

More detailed information can be found in "A Guide to the Natural History of Kalamalka Lake Provincial Park" available in local bookstores and the library.

Report Management issues:

Park Facility Operator: quality-recreation@shaw.ca
BC Parks North Okanagan Area Supervisor: 250-490-2293

This brochure was produced by Friends of Kalamalka Lake Provincial Park in conjunction with BC Parks assisted by donations from N.O. Naturalists and Kay Bartholomew, Kal R.A.T.S., Backcountry Horsemen. Your support through membership or donation is appreciated.

Membership is \$10 for individual, \$20 for a family.
Mail to: FKLPP, Box 1730, Vernon, V1T 8C3
Tax receipts for donations over \$10.



Description of the Park

Kalamalka Lake Provincial Park protects more than 3,700 hectares of North Okanagan grasslands as well as unique cliff and wetland habitats. It contains a number of endangered or threatened plant and animal species. It is one of the few publicly owned examples of the rapidly disappearing natural grasslands that once stretched from Vernon to Osoyoos. It is a living museum of the region. Kalamalka Lake is a "marl" lake. When the lake warms in the summer, dissolved limestone crystallizes gives the lake a distinctive blue and green hue. When the lake cools, the limestone crystals disappear along with the characteristic hue.



The best time to see the wildflowers is in the early spring through mid June.

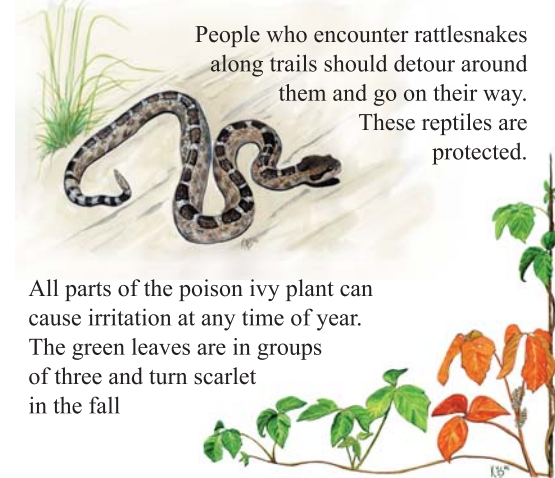
History of the Park

The presence of at least one stone circle suggests long human use of the park area, probably as a camp during fall kokanee spawning. In 1893 Cornelius Cosens pre-empted land in the Cosens Bay area. Later it became part of Lord Aberdeen's Coldstream Ranch and was used for grazing cattle. During WWII it was used as a Commando Training Area. When population pressures in the Vernon area brought the threat of development, local people successfully lobbied the provincial government to purchase the property. The Park was established in 1975. It is a day-use only park with extensive trails and several beaches.

Visitor Safety:

Kalamalka Lake Park is undeveloped - visitors please remember:

- Be prepared for changeable weather.
- Carry water, wear a hat and use sunscreen.
- Young children should be watched at all times.
- In spring and early summer check clothes and skin for wood ticks after visiting the park.
- Some trails are over rough terrain or close to steep drop-offs.
- Bears and cougars live here.
- Poisonous rattlesnakes may be seen here.
- Poison ivy grows along some of the beaches.



Protect the Park

This beautiful park contains fragile ecosystems and is shared by many users - walkers, hikers, mountain bikers, horseback riders and climbers. The spread of invasive weeds is a major threat to the park. Please help protect it by following a few simple guidelines:

- Stay on the established trails.
- Leave nothing but footprints; take nothing but photographs.
- Cyclists, please make some sound so others know you are coming.
- Keep your dog on a leash – the park is a nursery for many animals and ground nesting birds.
- Please pick up after your dog.
- Check your clothing, boots, bike and/or dog/horse for any weed seeds before entering the park.



Kalamalka Lake Provincial Park

