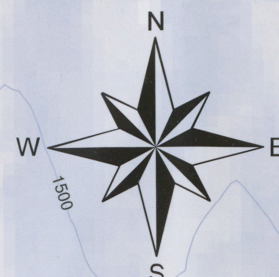


SOVEREIGN & SILVER STAR NORDIC TRAIL SYSTEM

- Easiest Trails
- All Purpose Trails
- Lighted Trails
- More Difficult
- Most Difficult
- Woodland Bell
- Bridal Path
- Northern Lights Loop
- Mystery
- Aberdeen
- Connector Trails
- Direction
- First Aid
- Washrooms
- Parking
- Buildings
- Chair Lifts & T-Bar
- Caution!
- Downhill Skiing
- View Point



Sovereign Lake Trails (Km)

Sovereign	1.25
1/2 Sovereign	0.75
Wylie's Loop	0.5
Woodland Bell	4.3
Passmore	3.3
Connector	2.9
Comin' Round the Mtn.	0.5
Northern Lights	3.5
Black Prince	5.6
Maid of Vernon	2.5
Carl Wylie	6.0
Aberdeen	10.5
Lars Taylor Way	12.6
Prince of Wales	4.5
Silver Queen	9.9
Gold Mountain Parkway	4.5
Montezuma	2.3
White Elephant	5.2
Montezuma's Revenge	2.3
Connector Loop	3.75

Silver Star Village Trails (Km)

Pond Trail	0.5
Meadow Trail	4.0
Sidewinder	3.5
Rollerblade	1.0
Bridal Path	4.0
Knoll Skiway East	0.5
Night Loop	4.0
Silver Streak	0.5
Mountain View	1.0
Bellavista	2.0
Knoll Skiway West	1.5
Grandview Skiway	0.5
T.J.'s Corkscrew	2.0
Heartbeat	0.5
Beetle Juice	1.0
World Cup	3.0
Vance Cut Off	0.5

Putnam Creek Trails (Km)

Paradise	7.0
Comin' Round The Mountain	3.0
Alder Point	5.0
Alder Point Loop	0.4
Howie's Loop	1.0
Aqueduct	3.5
Comin' Round The - Mountain Connector	2.0
Paradise Lake	2.0
Step Turn Hill	1.5

GENERAL INFORMATION



Scale: 1 : 17,000
Date: November 1, 2010
Created By: GEM Mapping & Design
Data Sources: BC Gov't, Don Wylie
Brent Harley & Associates, Geobase.



A DUAL Pass
Is Necessary To
Enter This Area

Sovereign Lake NORDIC CENTRE



Photo: Tim Fitzgerald Paradise Camp



Photo: Jim Miles Black Prince Cabin

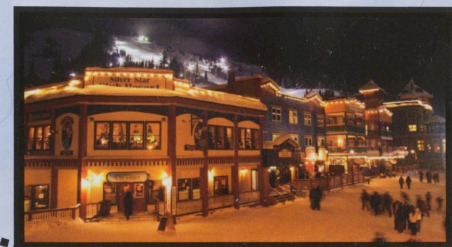


Photo: Tim Fitzgerald Village Centre



Photo: Don Weixl Mountain View Cabin



Photo: Jim Miles Sovereign Day Lodge

A DUAL Pass
Is Necessary To
Enter This Area

Supporters of the Event:

Harris Flower Shop
The Sole Mate
SafeWay Vernon
Earls and Interzzo
Nixon Wenger Lawyers
Heidi Lussi Real Estate
Don Defeo Real Estate
Constructive Concept
Crush Bistro
Little Tex
RBC Dominion Securities
Summit Environmental Consultants
Okanagan Natural Medicine
Silverstar properties
Pistilla & Co and Don Kassa,
Silverstar Properties
Ranchos Vignola
Far North Sauna
IMPACT Magazine
Vantage One Credit Union
Student Works Painting
MJO Tours/Communications

Friends of the Event:

BC Parks
City of Vernon
Community Futures
Cross Country Skier
eload/emen Sport Nutrition
MJO Tours/Communications

Bronze: ORA, KAL TIRE, Western Financial Group, Insurance Services, HOLMENKOL, SIORENAVAL, BVE, SIORENAVAL

Silver: HILLTOP SUBARU, VERNON BC, my mountain

Gold: SILVERSTAR, Sovereign Lake

Title: Sparkling Hill Resort

WORLD CUP MASTERS 2011
SOVEREIGN LAKE, VERNON
BC, CANADA

Sovereign Lake NORDIC CLUB



TRAIL GUIDE

XC Skiing and Snowshoe

The Sovereign Lake Nordic Club is a not-for-profit group and operates the ski area on a 'user pay' system to provide the best skiing possible for everyone. If you do not have a season pass a day ticket must be purchased before entering the trail system. All money from ticket sales is invested back into the ski area.

DAY PASS RATES (prices include tax)

Sovereign Lake	Adult \$16.50	Youth \$12.00	Jr./Sr. \$10.00
Dual Area	Adult \$21.00	Jr./Youth/Sr. \$16.00	

Ask about our early season, group, or multi-day deals to help you save money. Season passes are also available.

TRAILFEES

Easy Trails

Woodland Bell 4.3km is our most skied trail with perfect terrain for you and your family.
Sovereign 1.25km is an easy trail with a couple of fun little hills.
Half Sovereign .75km is an easy loop around the lake. It's great for beginners.
Wylie's Loop 0.5km is another short and fun trail for families.
Passmore 3.3km is a fun and moderately easy trail.
Northern Lights 3.5km utilizes parts of Passmore and Wylie's loop connecting them through the stadium. Enjoy skiing in the evening under the warm glow of the lights.

Intermediate-Trails

Black Prince 5.6km offers a moderate downhill run including a couple of thrilling corners. After the black Prince cabin the invigorating climb will get your heart going. The additional 1.3km loop from the cabin toward Lars Taylor features a steep climb followed by an exhilarating downhill.
Maid of Vernon 2.5km offers ideal rolling, curvy terrain. Carl Wylie Trail 6km is guaranteed to be a new favorite; designed by Carl's son. It is a great way to experience Black Prince cabin as well as some scenic views of the Shuswap Valley. It's an amazing ski at sunset.

TRAIL DESCRIPTION

With more than 50km of trail the Sovereign Lake Nordic Centre has something for everyone. Our trails offer a wide variety of terrain for beginners and experts alike. For those who want to go a little farther, the connected Silver Star Mountain Resort trails bring the total up to more than 100km of regularly groomed trails. The trail system is a mix of one way and two way traffic. Please be cautious and obey all signs.

Advanced-Trails

Aberdeen 10.5km trail leads to the summit of Silver Star Mtn. Enjoy great views of the Vernon Valley and an exhilarating downhill on the return. (Access to Silver Star Mountain Resort) Lars Taylor Way 12.6km is the slightly longer way over the mountain with a challenging climb to the summit and another thrilling descent. (Access to Silver Star Mountain Resort) Silver Queen 9.9km is a true wilderness experience connecting Black Prince to the Prince of Wales trail with one long, fun downhill and a long rolling uphill.
Prince of Wales 4.5km offers an exciting downhill followed by a relaxing, rolling climb back up to the lodge.
The "Zuma's" start at the far end of the stadium and offer what many consider to be the best terrain around. These trails are characterized by fun downhills which lead seamlessly into invigorating uphills.
Montezuma 2.3km offers a fun and challenging downhill linked to a vigorous climb.
Montezuma's Revenge 2.3 km is a great additional loop (starts and ends at the same place) with amazing humps, bumps and curves.
White Elephant 5.2km is the longest of the Zuma's with the same great terrain.
Connector loop 3.75km A great way to take a couple of short cuts while you are in the Zuma's while still enjoying the terrain.
Gold Mountain Parkway 2km is the most direct connection to Silver Star Resort. A challenging trail where you can take your dog.

RENTALS

The Sovereign Lake Nordic Centre offers a full range of high quality rental equipment for all levels of skiers.

RATES (prices include tax)

Adult	Full Day	Part Day
Classic	\$21.50	\$15.00
Skating	\$29.00	\$20.50
Baby sleds (pulkis):	Full day \$24, half day \$16.50	

Individual pieces of equipment available as well

TRAIL ETIQUETTE AND SAFETY

All skiers ski at their own risk.
Stay on marked trails.
Move off the trail and out of other skiers way when taking a break.
No walking or snowshoeing on the ski trails.
Ski on trails that suit your ability and stay in control.
Dogs are only allowed on leash and on designated trails.
Ski to the right on two way trails and yield to downhill traffic.
Ski in the direction indicated and obey all signs.
If you fall please repair any trail damage.

Other programs offered include: Women's Days, Full Season Masters program, Yoga and Ski Days, Kids Holiday Camps.

Booking: Please contact us at the lodge at 250.545.3036 or email us at info@sovereignlake.com. Giving us at least 24 hours notice is appreciated.

Private Lesson \$48.00
Additional person \$32.00
Group (three or more) \$28.00 per person
Thursday Evening Group Lesson \$25.00 per person
Sunday Skate Clinics \$40.00 for 2.5 hour clinic

out the whole family (2 adults and 2 children) for only \$105. It includes a day pass, rental, and a lesson all for only \$45. Bring if you are just starting out, this package is perfect for you.

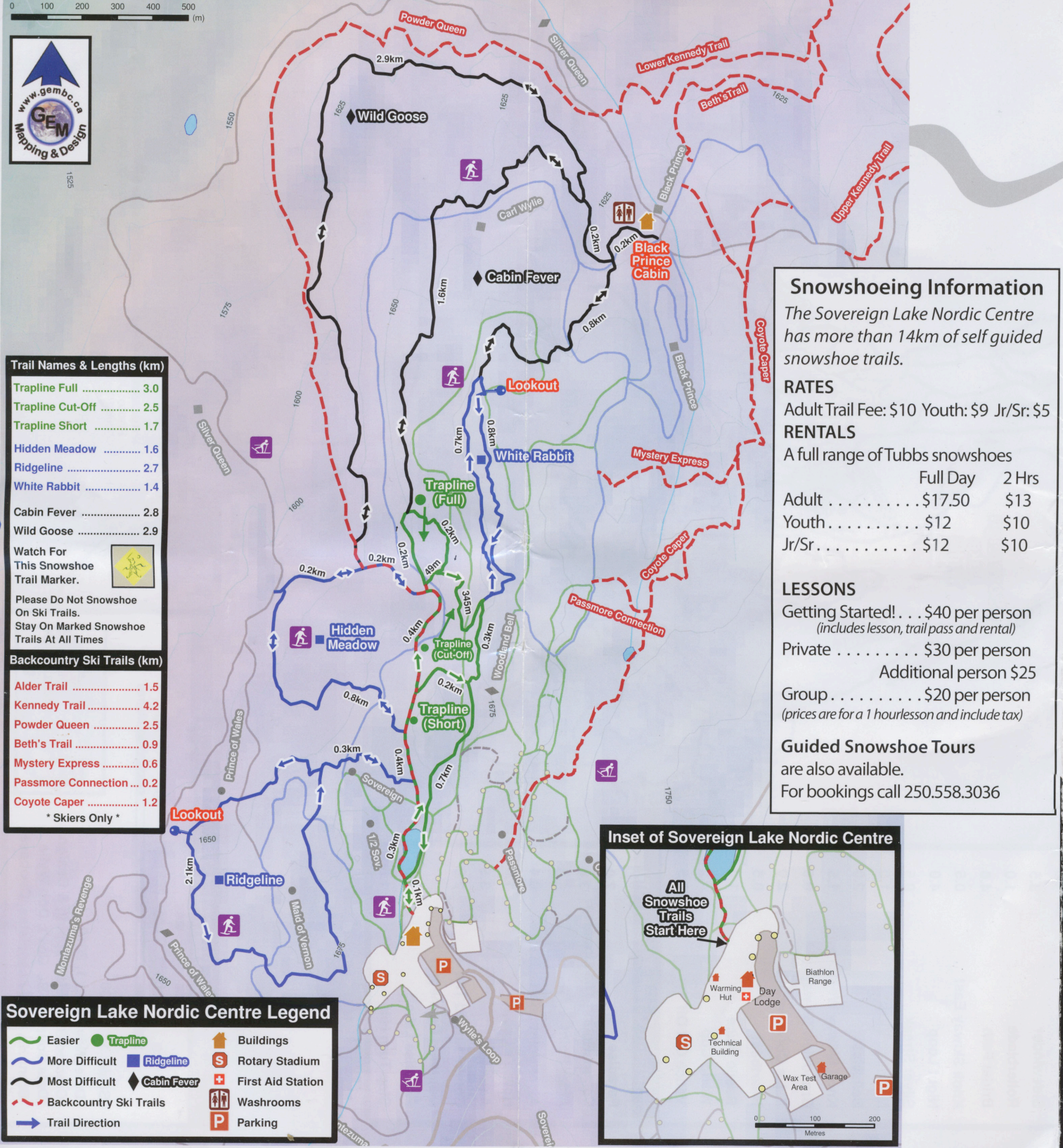
Getting Started Package:

The Sovereign Lake Nordic Centre operates a full service ski school and lessons in both the classic and providing a wide variety of programs and certified (NCCP/CANSI) professional instructors will have you gliding faster and easier than you ever thought possible.



SKI SCHOOL

SNOWSHOE and BACKCOUNTRY SKI TRAILS



CONTACT US

For more information or if you need to get in touch please contact us at the following:

Sovereign Lake Nordic Centre
Box 1231 Vernon, BC V1T 6N6
phone: 250.558.3036
1.877.SOVLAKE (768.5253)
fax: 250.558.3076
email: info@sovereignlake.com

BC Parks
Okanagan District Office
102 Industrial Place
Penticton, BC V2A 7C8

The Sovereign Lake Nordic Centre is located in beautiful Silver Star Park, just 22km from Vernon BC. Operated by the Sovereign Lake Nordic Club in co-operation with BC Parks the club offers a full range of activities, events and programs. These include lessons, coaching for children, masters and elite athletes, snowshoeing, biathlon, races, socials and more. Our club operates as a Not-For-Profit Society, which means that all revenues are put directly back into operations and development of the area. Visit our website for more information www.sovereignlake.com

SNOW CONDITIONS

For daily snow conditions, please call our
Snowphone: 250.260.5335
or visit our website:

www.sovereignlake.com

250.558.3036

www.sovereignlake.com