

"Paddle AnD Discover the Lake's Environment"

P. Arasim, T. Campbell



PARK HOURS

8:00 A.M. — SUNSET,
SEVEN DAYS A WEEK

(LAKE CLOSES 30 MINUTES BEFORE GATES)

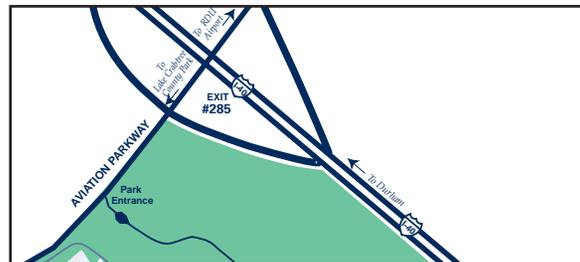


LAKE CRABTREE COUNTY PARK IS CLOSED
THANKSGIVING DAY
CHRISTMAS EVE
CHRISTMAS DAY
NEW YEAR'S DAY

PARK RULES AND REGULATIONS

Safety and enjoyment go hand in hand at Lake Crabtree County Park. The following rules and regulations have been established to ensure a safe and pleasant visit.

1. SPEED LIMIT IS 20 MPH
2. PETS MUST BE KEPT ON A 6 FOOT LEASH
(Please clean up after your pet)
3. OPEN FIRES ARE NOT ALLOWED
(Use park grills only)
4. PARK ONLY IN DESIGNATED AREAS
(No parking on roadsides or outside park gates)
5. THE FOLLOWING ARE PROHIBITED:
 - a. Alcoholic beverages
 - b. Hunting
 - c. Feeding of wildlife in the park
 - d. Swimming
 - e. Collection or release of any animal, plant or mineral material
 - f. Amplified music
 - g. Littering
 - h. Firearms
This does not prohibit concealed handgun permit holders from legally carrying a concealed handgun in accordance with N.C.G.S. 14-415.11.
 - i. Overnight parking and camping



Lake Crabtree County Park
1400 Aviation Parkway
Morrisville, NC 27560
919-460-3390

www.wakegov.com/parks/lakecrabtree
lakecrabtree@wakegov.com

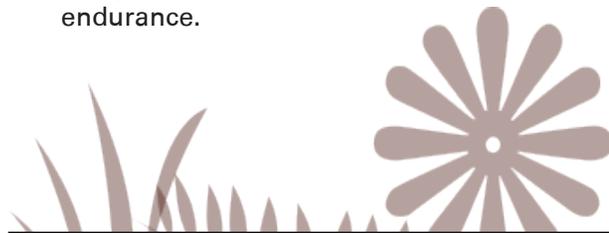
PADDLE Lake Crabtree



**Parks, Recreation
& Open Space**

Facts, Tips and Tricks

- Did you know the average paddler travels at 2mph?
- Paddling canoes and kayaks provides a great cardiovascular, aerobic, and upper body workout, often in a beautiful setting.
- Before and after paddling, it is important to complete a series of stretches for your back, shoulders, arms and waist to reduce muscle fatigue.
- Technique is key while paddling, especially for exercise. The repetitive nature of the sport can cause wear and tear on your joints when proper posture and paddling techniques are not observed. Good posture and technique reduces the likelihood of injury or soreness and improves endurance.



Technique Basics

1. Lean back, rest your back comfortably on the seat to stabilize the boat.
2. Grip the paddle over-handed with thumbs under. Knuckles should line up with the upward blade edge.
3. Pull and push; Each stroke is a pull with your downward stroke while the upward arm pushes the paddle shaft away from you.

*Go at your own pace and
Know your limits!*

Safety

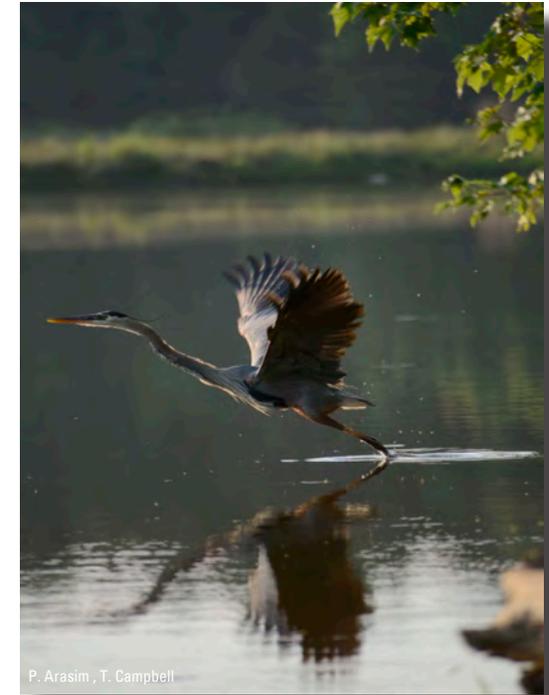
Before you embark on your paddling adventure across Lake Crabtree, it is important to make sure you are well prepared. Days on the lake are often very hot and humid May through September. Make sure you bring plenty of water and/or sports drinks to stay hydrated and replenish electrolytes. The strength of the sun can be underestimated, so it is important to always wear sunscreen while paddling. Overexposure to the sun without the proper protection can lead to sunburn, dehydration, heat exhaustion, or heat stroke.

It is also common for an afternoon thunderstorm to come up behind the trees surrounding Lake Crabtree. Do not paddle in lightning or a thunderstorm. If you notice a storm approaching, take shelter immediately before getting caught in bad weather. If boat rental is open, a staff member will warn all boaters of the approaching storm and rented boats are required to come in.

Last, but not least, paddlers are encouraged to wear personal flotation devices (PFDs) in the form of life jackets. Although most of the lake is only 3-6 feet deep, parts of the lake get much deeper. In the event your boat should capsize, a PFD could mean the difference between life and death. A PFD is the most preventable cause of injury or death while boating. If you are not wearing your PFD, it will not help you in an emergency.



PFD...wear it, dont just store it!



Rules on the Lake

For your safety, and the safety of others, there are rules and regulations all boaters must adhere to on Lake Crabtree

All boaters using Lake Crabtree's rental facility must wear a PFD.

The Following are Prohibited :

- Swimming
- Alcohol or drug use
- Horseplay
- Litter
- Harassing wildlife
- Access to restricted areas

1 Fishing Guide

10 The most common types of fish found in Lake Crabtree are catfish, crappie, bluegill and largemouth bass.



There are several types of lures and live baits that have proven successful among fishermen on the lake. Some of the most popular choices are spinners and flies for lures, and crickets, worms, grubs and chicken

gizzards for bait. Fishing guides are available at the manager's office and boat rental. Due to polychlorinated biphenyls (PCB's), fishing in Lake Crabtree is catch - and - release only. High levels of PCB's are found in bottom-feeding fish, such as catfish and carp, which ingest the contaminated sediments. If we were to ingest these fish, we could be at risk for infections, skin disease or cancer. Touching the water or lake bottom poses no health risks and is not affected by advisories. For more information on PCB's in Lake Crabtree, pick up one of the brochures located in several kiosks around the park.

2 Park History

1 Lake Crabtree was the first regional park developed and staffed by Wake County Parks, Recreation and Open Space. It opened to the public in 1988. The 520 acre lake was primarily designed as flood control for areas downstream. While the lake itself is owned by Wake County, most of the land around the lake is leased by the county from the RDU Airport Authority and was developed to be used as a park.



3 Hibiscus moscheutos

2 While most people associate the hibiscus flower with more tropical climates, North Carolina is home to a non-tropical species of this beautiful flower. Commonly known as the Swamp Mallow, these



perennial shrubs bloom along the shore of Lake Crabtree; usually June-September. They bloom in multiple colors: white, light pink and dark pink and almost always have a purple center. Keep an eye out during your paddle and count how many of these flowers you see!

4 Bald Eagles

3 The marsh area Northwest of Aviation parkway is an active breeding and nesting habitat for many bird species and other wildlife. Bald eagles have nested in at least two verified locations in past years. The area can be accessed by boaters from July to December.

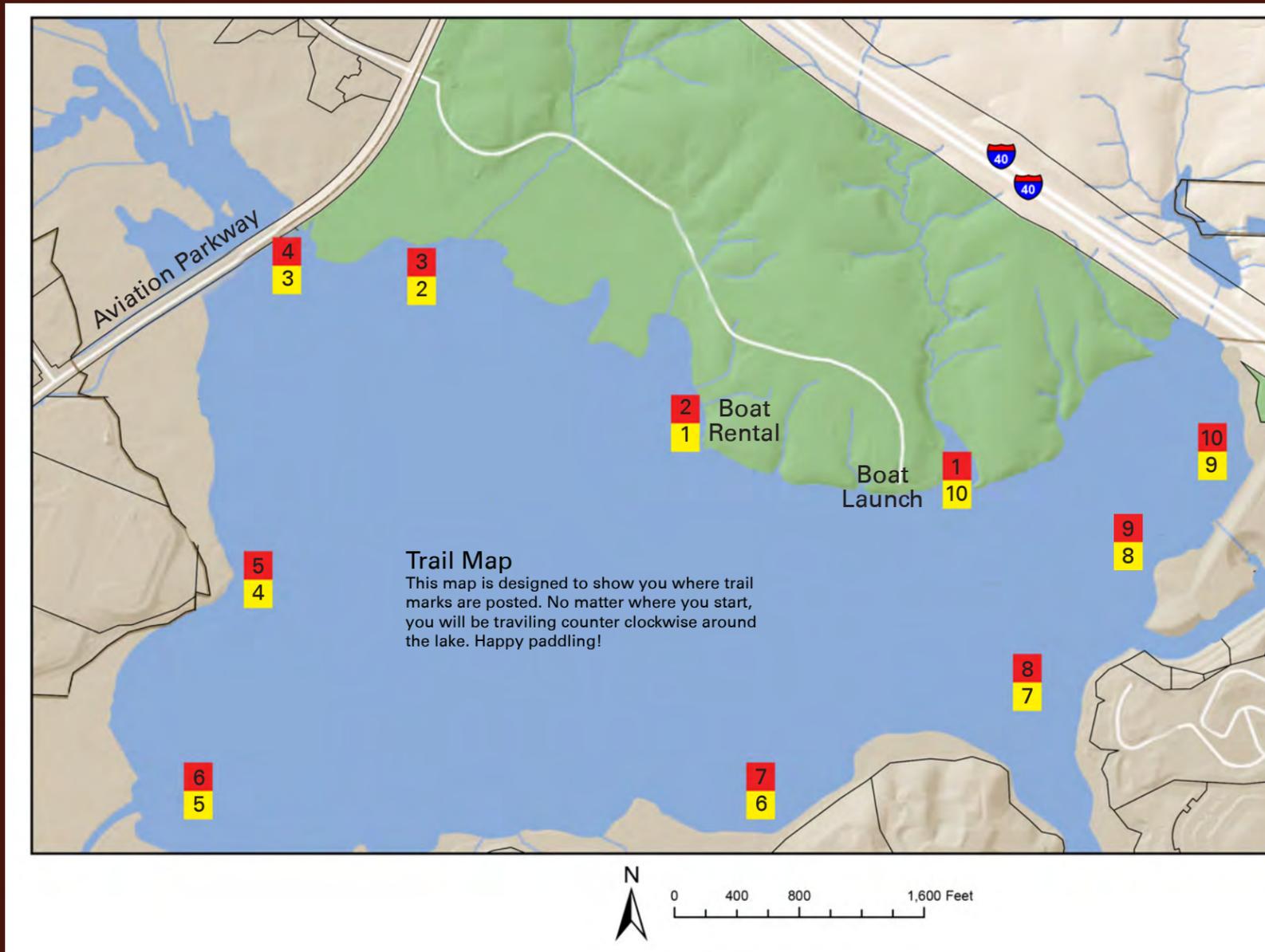
WARNING:

Very shallow areas may be encountered. Boaters enter at their own risk. No foot traffic is allowed in this area at any time.



Start at Boat Launch

Start at Boat Rental



Trail Map

This map is designed to show you where trail marks are posted. No matter where you start, you will be traveling counter clockwise around the lake. Happy paddling!

5 Birds of Lake Crabtree

4 There are several different species of birds that call Lake Crabtree home. Some of the most common you might encounter while paddling include osprey, mallard duck, belted kingfisher and great blue heron. Lake Crabtree hosts several bird walks around the park throughout the year, but seeing these birds in action on the water is truly a memorable experience.



6 Crabtree Creek

5 This is the area where the popular waterway makes its way into Lake Crabtree. The creek itself is about 22 miles long, spreading from Cary to near Knightdale where it empties into the Neuse River. In order to build Lake Crabtree, Crabtree Creek was dammed and an outflow structure (which you will see later) was built so the creek could be directed back out of the lake. Crabtree Creek is home to diverse wildlife; several wood duck boxes have been placed in the area to house young ducklings in the early stages of life. Though rare, otters and beavers have also been spotted in the area! Although paddling down the creek is not part of the paddling trail, you should explore upstream if you have time!



10 Structure 23

9 As you saw earlier during your paddle, Crabtree Creek flows into our lake and is about 22 miles long. But where does it flow out of our lake? This outflow structure, also known as Structure 23, controls water flow through metered holes. The higher the water level, the more water is filtered through this structure and redirected to Crabtree Creek. The structure also collects sediments, providing cleaner water downstream.



9 Erosion

8 Heavy use of the area by fishermen and other recreation enthusiasts, as well as heavy rain and high wind has caused the shorelines on this side of the lake to erode. While high waves that kick up during storms cannot be prevented, overuse can be monitored. This area is closed to fishing to avoid further damage of the shoreline and to preserve what remains.



8 Black Creek

7 Black Creek flows from downtown Cary into Lake Crabtree. Much of the creek has been built up into residential and business areas but efforts to preserve its beauty are in effect. With little rain to alter water levels, the cove that leads to Black Creek is often too shallow to paddle.



Beware of shallow waters, enter at your own risk!

7 Leave No Trace

6 What's wrong with this picture? As you can see from the abundance of trash that makes its way downstream into our lake, it is important to clean up after yourself. It is especially imperative to do so in natural areas like Lake Crabtree. With the abundance of wildlife in the park, it is possible for an animal to become entrapped or ingest trash humans leave behind. If you are interested in getting involved, "Big Sweeps" are held on the first Saturday in April and the first Saturday in October to pick up garbage around the park that threatens wildlife... because garbage stinks!

