



# MILLERTON LAKE STATE RECREATION AREA

Millerton Lake State Recreation Area is located where the San Joaquin River flows out from the Sierra Nevada foothills and into the Central Valley. The 319-foot-tall Friant Dam was built across the river canyon in 1944 to form Millerton Lake State Recreation Area.

[View Park Brochure](#)



## Day Trip Option

Millerton Lake State Recreation Area offers a wide variety of recreational opportunities, including fishing, boating, swimming, hiking, bicycling, and kayaking. Trails range from the short ¼-mile interpretive trail at Fort Miller Campground to the 14-mile San Joaquin River Trail. Don't forget your binoculars—our landscape is home to a wide variety of birds, including the majestic bald eagle! Tips on how to recreate responsibly during your visit are available at [parks.ca.gov/SafetyTips](http://parks.ca.gov/SafetyTips).