



FRONTENAC

2024 INFORMATION GUIDE

WELCOME TO FRONTENAC PROVINCIAL PARK! On your way here, you may have noticed a change in the landscape. Where otherwise flat and plain countryside is suddenly interrupted by rolling hills and rugged cliffs. Frontenac Provincial Park is located on a southernly extension of the Canadian Shield, known as the Frontenac Arch. It is where the north meets the south. With upland forests, rocky ridges, and tranquil lakes. You will discover a range of habitats, plants, and animals.

Frontenac is often referred to as the hidden backcountry gem of Southeastern Ontario. Offering opportunity to explore 5355 hectares of wilderness. Embracing a “threshold wilderness” model, Frontenac has something for backcountry veterans and newbies alike.

We encourage you to explore the magic of the changing of the seasons. From admiring the blankets of wildflowers in the spring; paddling on a clear lake on a hot summer day; hiking in a fiery coloured forest in autumn; to cross-country skiing through a snow-covered forest - each season offers a unique experience in Frontenac.

During your visit, take time to explore the Visitor’s Centre. Here you will learn about the park’s rich biodiversity and cultural history. The Park Office also hosts wilderness skills programs and local education groups.

Frontenac is privileged to have a strong group of Friends and community partners. The Friends of Frontenac Park is a charitable volunteer organization. The Friends work to supplement and enhance programs and projects at Frontenac.

Please remember to take nothing but photos and leave nothing but footprints. Help us maintain this backcountry playground for future generations to enjoy!

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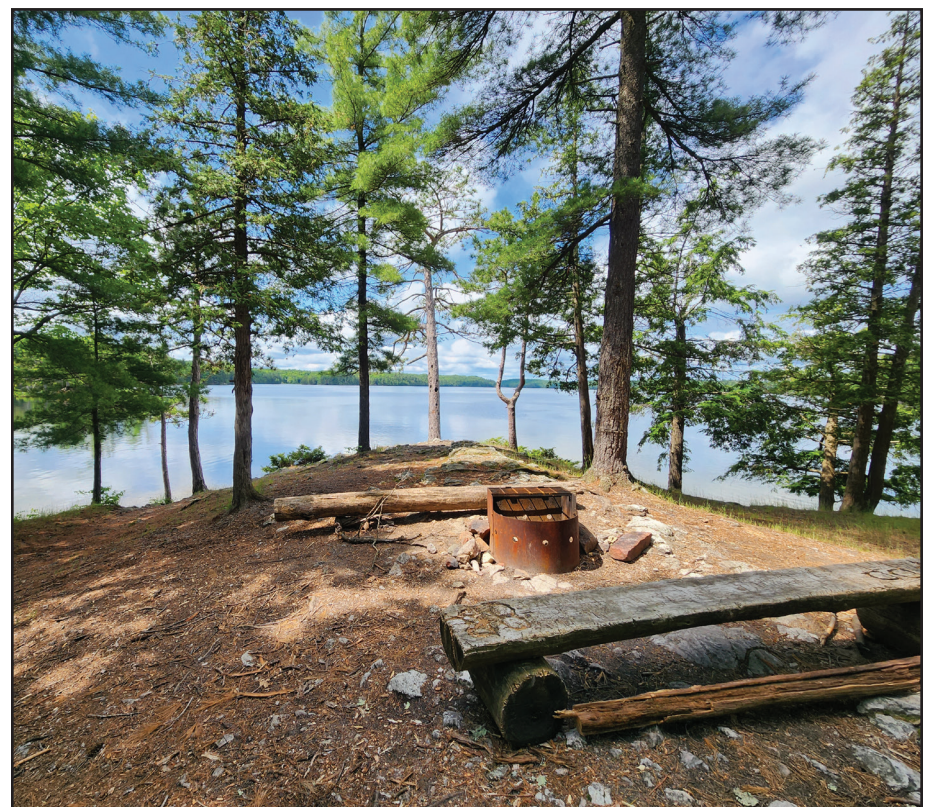


Photo: Erica Kendrick

Backcountry Information

Park Office

The park office is located at 6700 Salmon Lake Road. The park office is where visitors can get permits, information, buy merchandise, and learn more about the park from our interpretive displays. The park office is also a gathering place for the Wilderness Skills Training Programs.

April 26 – May 16, 2024:

Open Daily: 8:00 am – 4:30 pm

May 17 – September 1, 2024:

Open Daily: 8:00 am – 6:00 pm

Sept. 2 – Oct. 27, 2024:

Sunday to Thursday:

8:00 am – 4:30 pm

Friday and Saturday:

8:00 am – 6:00 pm

Oct. 28 – Nov. 10, 2024:

Open Daily: 8:00 am – 4:30 pm

Nov. 11 – Dec. 27, 2024:

Monday to Friday:

8:30 am – 4:00 pm

Dec. 28, 2024 – March 9, 2025:

Open Daily: 8:30 am – 4:00 pm

March 10 – April 25, 2025:

Monday to Friday:

8:00 am – 4:00 pm

Camping

Frontenac has 54 campsites (13 clusters, 6 singles) which are open for camping year-round. The campsites are indicated by triangles on the Park Boundaries and Facilities Map (page 16), and by orange campsite signs at the sites themselves. Most clusters have four tent pads and a privy toilet.

- Camping is permitted at your designated campsite with a valid permit.
- Campers must be off their campsite by 2:00 pm.
- The beach and waterfront area at each campsite is for the use of the registered campers only.
- Camping permits must be purchased prior to entering the Park.
- There is no car, RV or trailer camping at Frontenac Park.

Camping Reservations

Camping reservations can be made up to 5 months in advance of your arrival date and are available year-round. Reservations are site-specific. Be sure to research your route before making a reservation. Park maps are available for purchase online and at the park office.

Reservations can be made:

- online at reservations.ontarioparks.com (select the “Backcountry” tab)
- by phone at 1-888-ONT-PARK (1-888-668-7275)
- in person at the park office

Campers with a reservation can go directly to their campsite, without picking up a permit at the park office. Please have an electronic or printed copy of your confirmation letter with you.

Before your trip, ensure all your reservation details are correct. This includes:

- party size
- name of party member(s)
- trip itinerary
- licence plate number(s)
- description of equipment (eg. tent, canoe, and/or pack colour, pets, etc.)

Youth Group Camping

There are no designated Group Sites at Frontenac, however, we do accept Youth Groups. Please contact the park office to directly inquire about the Youth Group Discount and for trip planning advice.

Day Use

Daily Vehicle Permits can be purchased online up to 5 days in advance or at the park office during operating hours. Please follow the steps below to reserve your daily vehicle permit:

Step 1: Go to reservations.ontarioparks.com and select the “Day-Use” tab.

Step 2: Select “Frontenac” from the drop-down menu and the date that you would like to visit. Click on “Reserve”.

Step 3: Follow the prompts to complete the reservation.

Step 4: Before you head to the park ensure the reservations details are correct, especially your license plate number.

Step 5: Ensure you have proper proof of purchase to provide to park staff when asked.

Seasonal permit holders are also required to reserve their daily vehicle pass in advance. There is no extra charge for this.

To reserve your daily vehicle permit with your seasonal permit:

Step 1: Follow the steps listed above.

Step 2: In the payment screen you can select “seasonal permit” and enter your seasonal vehicle permit serial number; this will remove the permit fee.

Step 3: Before you head to the park ensure the reservations details are correct, especially your license plate number.

Step 4: Ensure you have proper proof of your purchase to provide to park staff when asked.

Trip Planning

The success of any canoeing, hiking, or camping trip depends upon the planning, resourcefulness, and experience of those involved. *Night travel and travel across ice is not recommended! Stay on the trails.

If you wish to travel extensively in the backcountry of Frontenac, then the park office should be your first stop. Here, you will find a wall-sized aerial map of the park and the surrounding area.

Campfires

Campfires are allowed only in the designated firepits at campsites. Shore and trail side fires are not permitted. Firewood can be purchased at the park office. Only the gathering of fallen, dead wood is permitted.

Never leave your campfire unattended. Before going to bed or leaving camp, make sure your fire is out. There is only one safe way to put out a fire – drown it with water, stir thoroughly, and drown it again. Drown your campfire whenever you leave your campsite.

During the fire season (April 1 to October 31), please exercise extreme caution when building campfires in the interior of Frontenac Park.



PUT OUT YOUR FIRE!
Drown -> Stir -> Drown Again

Fire Ban

In the event of a fire ban, NO fires are permitted. Be prepared with a camp stove. If you detect a fire, report it immediately to the park office (613) 376-3489 or call 1-888-239-4565

Big Salmon Lake Road

Big Salmon Lake Road is open from mid-April until the second Sunday in November. The road is a single lane only, please drive slowly. Watch for pedestrians and wildlife. Pull-offs along the road are available to ease vehicle traffic and passing. Do not park or leave your vehicle unattended on these pull-offs.

PARK INFORMATION

Park Office 613-376-3489

Frontenac Provincial Park, 6700 Salmon Lk. Rd.,
South Frontenac Township, Sydenham, Ontario K0H 2T0

Reservations ontarioparks.com/reservations

..... 1-888-ONT-PARK (1-888-668-7275)

EMERGENCY INFORMATION

Emergency and Ambulance 911

Ontario Provincial Police 1-888-310-1122

Hospital 613-548-3232

Poison Control 1-800-267-1373

Forest Fire 1-888-239-4565

Winter Use

Frontenac Park is open all year and permits are required for all day use and camping, regardless of the season. Camping is permitted only at the designated campsites. There are five emergency barrels located throughout the park. Their locations are identified with cross symbols on the map on page 16. They are for emergency use only.

Snowshoe rentals are available at the park Office. See page 11 for details.

**Night travel or ice travel is not recommended. Ice conditions vary greatly from lake to lake or even on a single lake.*

Cell Phones

Cellular phone reception is inconsistent throughout most of the park. There is a cell phone booster located inside the Self-Registration Station outside the park office.

Canoe, Kayak and Equipment Rentals & Supplies

Names, addresses and telephone numbers may be found on the advertisement pages 8 and 9 of this tabloid.

Report a Poacher...& Help Catch a Thief!

You can help put a stop to poaching by reporting any hunting and fishing violations or any illegal activities that you see in Frontenac Park or anywhere in Ontario. Report any violations and problems to park staff as soon as possible at (613) 376-3489 or telephone the TIPS Hotline at 1-877-847-7667 or Crime Stoppers 1-800-222-8477.

Lost and Found

Report a description of the lost article to office staff. If you find something, please turn it in at the park office.

Alternative Accommodations

If you would like to attend one of Frontenac's many Wilderness Skills training programs, but do not wish to camp, we can supply you with the names of Bed & Breakfast establishments, resorts, motels, and private campgrounds within a reasonable driving distance from the park.

A Visitor's Creed

I am a guest in this beautiful land of rock and lakes, of trees and ponds, where deer, beaver and porcupines are at home, where wildflowers bloom and ice creaks and loons cry their lonely calls.

To free myself to enjoy this land, I plan my trip carefully, carry appropriate gear, and leave word of my route and destination.

By following hiking and portage trails, I try to leave as little sign of my passage on land as a canoe does on water.

I do not pick plants, cut trees, or feed or harass wildlife.

To limit the signs of my stay I camp only at marked campsites.

By using a portable camp stove, I leave even fewer scars. If I have a fire, it is small and made in a campsite fireplace with dead, fallen wood. I do not cut standing trees, break off their branches for kindling, or strip their bark.

My dog is leashed, to prevent it from chasing wildlife.

If I fish, I heed all the rules of good fishing. Bury fish entrails 35 metres from camp.

I wash dishes, clothes, and myself 15 metres from lakes and streams. My soap is biodegradable and does not belong in the water.

I follow sanitary practices. In camp I use privies. Away from my campsite I bury human waste in a shallow latrine 15 centimetres deep.

I pack out all my garbage and litter and try to leave my campsite a little better than I found it.

I talk to park staff about my problems or concerns.

As much as I can, I want to become a part of this beautiful land, not an intrusion.

Safety Reminders

If You Get Lost or Injured

Trails are marked with blue markers and all intersections are signed. If you become disoriented, the most important thing is to keep calm and look around for the last trail marker, but don't wander too far.

If you are still lost, or if there is an injury in your party, stay put and call for help. Frontenac has created a system for pinpointing your location. Go to the nearest intersection sign or bridge and look for a silver numbered tag. The ID tag is on the back top of the signpost and on the front of the bridge on the support right under the first deck board. Once you find the number, call the park office at (613) 376-3489 and we can provide assistance. If you can't reach the office and it is an emergency, call 9-1-1.

You can also make three signals of any kind (three blasts on a whistle, three flashes from a signal mirror) to call for help to anyone who is in your immediate area. If in doubt, call 9-1-1.

Drinking Water

Treated drinking water is available at the park office. Giardia lamblia, a microscopic organism carried in the feces of humans and some domestic and wild animals, may be present in untreated water in this area. To guard against contracting Giardiasis, be sure to carry treated water from domestic sources or boil untreated water for 2 minutes prior to use. Chemical purifiers can be added as well, but these alone will not always kill the giardia parasite. Dogs can pick up Giardia as well.

Emergency 911 Assistance

Emergency assistance in the form of basic first aid is available from staff at the park office.

For all other medical emergencies or suspected drowning, please call 9-1-1, and also advise Park staff: (613) 376-3489.

For Fire Rescue, be sure to specify "Kingston Fire Rescue"



What to do when a storm rolls in



No one plans for a storm to hit during their trip, however it's important to know what to do if a storm rolls in.

When in the backcountry: go deep in a dense group of trees in a low-lying area, avoiding trees with large trunks. If there are no trees or only solitary trees are nearby, find the lowest-lying area, avoiding open areas that are more than 100 meters wide. Crouch and protect your head.

If you're on the water: if you're swimming, paddling, or boating, get to shore immediately and seek shelter. Water can be unpredictable, and lightning can spread across the surface.

After the storm: wait 30 minutes after the last flash of lightning or rumble of thunder before resuming activities.

13k P.R. 16 02 20
ISSN 1714 - 471X
ISBN 978-1-4868-7723-2 (Print 2024 ed.)
ISBN 978-1-4868-7722-5 (PDF 2024 ed.)
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Water Safety – It’s Your Responsibility



1. There are no lifeguards on our beaches. Water safety is your responsibility at all times.
2. Take the steps to be safe around water. Learning how to swim and water survival techniques help keep us all safe.
3. Always supervise children and non-swimmers by watching them when they are in or around the water.
4. Ensure children and non-swimmers wear a Personal Flotation Device (PFD) or lifejacket in or around the water.
5. Swim in only designated swimming areas. When the water is rough, or conditions are not clear – STAY OUT! Never swim alone. You should always swim with a buddy.
6. Using a floatie? Offshore winds often blow inflatables out into dangerous waters. Ensure inflatable rafts or toys are used in shallow water areas only and pay attention to changing wind conditions.
7. Be responsible. Avoid substance use when involved in water-related recreational activities.
8. Protect your neck. Never dive into shallow or murky water.
9. If you suspect a drowning or any other type of water emergency, call 911 and contact the park office immediately.

Things to Do and See in Frontenac



Photo: Erica Kendrick

- Hike to the “Amazing Places” Mink Lake Lookout
- See old Thor on the Little Clear Lake Loop
- Visit a homestead (See Map)
- Hike to Kemp Mine on Doe Lake Trail
- Picnic on Devil’s Oven (Canoe or Kayak)
- Hike through Moulton Gorge
- Visit the Waterfall on Slide Lake Loop by portage to Slide
- Visit 1 of the 8 Historical Plaques (See Map)
- Fish Moulton, Tetsmine or Clearwater Lakes (Stocked with Speckled Trout)
- Canoe the Bay in Big Clear Lake past campsite 13 (40 foot rock cliffs)
- Lookout of Big Salmon Lake by Campsite 5
- Hike the Dedication Trail (it is dedicated to all the volunteers who help the park each year!)

A single piece of firewood can destroy millions of trees.

Bringing firewood when you travel to or from your favourite provincial park may seem harmless but can spread invasive species such as insects, plants and diseases.

Many of these species are hidden in the wood and are difficult to detect.

Millions of trees have already been infected. Help us reduce the spread by;

- Leaving firewood at home
- Purchasing kiln-dried firewood where available
- Buying local

If you move firewood out of an area regulated for a quarantined pest without prior approval from the Canadian Food Inspection Agency (CFIA) you could face penalties of up to \$50,000 and/or prosecution.

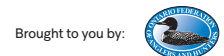
For more information on firewood movement restrictions and the latest updates about emerald ash borer and other regulated pests, please visit www.inspection.gc.ca or contact the CFIA at 1-800-442-2342.

Borrow Fishing Equipment for FREE

Tackle Share

Let's Go Fishing

For a complete list of 140 loaner sites, Fishing 101 video lessons, and free prizes for catching fish with your family please visit: tackleshare.com



Discourage uninvited guests



Bears are attracted to anything that looks or smells like food. Items like unwashed utensils, food packaging, toiletries and trash are tasty treats for bears.

Be Bear Wise when camping:

- Don't leave food or scented items unattended on your campsite.
- Pack and store these items in your vehicle, out of sight, with windows closed.
- Clean food preparation areas promptly after use.
- Routinely take your garbage to the park's waste depot.

Let's all be Bear Wise.

Always call **911** in an emergency
Call **1-866-514-2327** to report a sighting

ontario.ca/bearwise



Ticks and Lyme Disease

Do ticks and Lyme disease make you wary of going outdoors? By being aware of ticks and understanding the role they play in spreading Lyme and other diseases you are taking the first step to protect yourself and your loved ones.

There are many different species of ticks and not all of them carry Lyme disease. The most common tick you may encounter is the American Dog Tick, which does not carry Lyme disease. The only tick that carries Lyme disease in Ontario is the Blacklegged (Deer) Tick, *Ixodes Scapularis*. Both ticks can be found in wooded areas or tall grass habitats. In Ontario, Blacklegged ticks are most commonly found in rural areas along the north shores of Lake Erie, Lake Ontario, and the St. Lawrence River. Blacklegged ticks are known to feed on migratory birds and as a result, they can be transported throughout the province. Therefore, while the potential is lower the further north you go, it is possible for people to encounter Blacklegged ticks, or to be infected with Lyme disease from the bite of an infected Blacklegged tick, almost anywhere in the province.

Ticks feed slowly, and an infected tick must feed on a person for at least 24 hours to infect them with the bacteria that causes Lyme disease. Because of this delay, prompt detection and removal of ticks is one of the key methods of preventing Lyme disease. If you become infected from a tick bite, symptoms usually begin within 1 - 2 weeks, but can take as long as one month to begin. The “classic” symptom is a bulls-eye rash that can develop anywhere on the body; however, this rash may not occur in all cases. Early symptoms of Lyme disease can include flu-like symptoms such as fever, headaches, stiff neck, jaw pain, and sore muscles. If untreated, problems with the heart, nervous system, and joints can occur months or years later. Lyme disease is easily treated in the early stages so seek medical attention if you feel unwell.

When you are out in tick habitat you can better protect yourself by taking a few precautions:

1. Wear long sleeves and tuck your pants into your socks.
2. Wear light coloured clothing so you can detect ticks before they attach.
3. Use insect repellent containing “Deet” (please follow manufacturer’s directions). Apply it to your exposed skin and outer clothing.
4. Conduct a tick check when you come in from outdoors. Look on your clothes, body, and pets. Pay close attention to your groin, scalp, and armpits.
5. If you find a tick on your body, properly remove it and place it in a container. Visit www.etick.ca for tick identification. Additionally, you may contact your family doctor for questions on Lyme disease and follow-up.

By following these simple suggestions, you can have a safe and enjoyable time exploring Frontenac Provincial Park.

For more information, please consult the Ontario Ministry of Health and Long Term Care’s website: ontario.ca/page/lyme-disease



These Blacklegged Ticks Ixodes scapularis, are found on a wide range of hosts including mammals, birds and reptiles.

Blacklegged Ticks Ixodes scapularis are known to transmit the bacteria Borrelia burgdorferi which causes Lyme disease, to humans and animals during feeding, when they insert their mouth parts into the skin of a host, and slowly take in the nutrient-rich host blood.

Bringing a Dog to the Park?



- Pets must be kept on a leash at all times - not exceeding 2 meters.
- Pets must not disturb any park visitor or make excessive noise at anytime.
- Pets must not chase any wild animals or damage any property.
- Pets are not permitted in the water at the campsites. Please find an area away from the campsites for pets to cool down in the water.
- You must always clean up after your pet.
- Dogs must be kept under control at all times.
- The minimum fine for a pet violation is \$95.00.

DO NOT LITTER!

Park visitors! Help keep our parks clean by disposing garbage correctly.

Dispose garbage at designated garbage and recycling areas. If you find a full container, don't leave it where wildlife can access it. Find a different container with room or contact park staff for advice.

We appreciate your efforts to help protect these beautiful spaces.



Healthy Parks Healthy People

Celebrate on July 19, 2024

OntarioParks.com/hphp

#HPHP

Found a Tick?

DO

- ✓ Use fine point tweezers
- ✓ Grasp the tick as close to your skin as possible
- ✓ Gently pull the tick straight out
- ✓ Disinfect the bite area with rubbing alcohol or soap and water
- ✓ Save tick (alive if possible) in a jar, with a piece of damp paper towel for identification (www.etick.ca)
- ✓ Watch for symptoms and seek medical attention if you feel unwell, if the tick has been attached for more than 24 hours, or if you cannot safely remove the tick.

DON'T

- ✗ Grasp around bloated belly and squeeze the tick
- ✗ Use a match, heat or chemicals to try and remove it
- ✗ Twist the tick when pulling it out

The Friends of Frontenac is a not-for-profit volunteer organisation that works in co-operation with Ontario Parks to promote public appreciation of Frontenac Park by supplementing and enhancing programs, recreational facilities, visitor services, research, and resource protection. The Friends' activities are coordinated by a Board of Directors and undertaken by a growing committed group of volunteers.

The Friends' and volunteers have been involved in many projects which help support the Park and "Return a favour to nature".

How Can You Help?

Join the Friends' membership!

The Friends of Frontenac have now been active for over thirty years and are always looking for enthusiastic new members!

Those interested in joining the Friends can find information about how to get involved on our website, newsletters, and in our pamphlets which are available at our information kiosk and at the park office. Many Friends members like to volunteer their time to support the group and park operations.



Photo: Simon Smith

Volunteer opportunities for Friends members include:

- **Being an interior trail monitor in the park**
 - Working with others, act as the "eyes and ears" for park staff, who aren't always regularly able to visit all areas of the park, by reporting major maintenance needs, checking trail conditions and signage plus addressing minor maintenance work. Trail volunteers also provide information and other assistance to visitors they meet on the trails, canoe routes, and at campsites.
- **Leading interpretive walks**
 - Present information on a variety of natural, ecological, or historical topics relating to Frontenac Provincial Park as part of the Wilderness Skills Program (Page 7).
- **Preparing publications**
 - "Frontenac News" - the Friends' newsletter is issued three times a year, full of useful information, upcoming events and articles submitted by Friends members.
 - The Friends produce and periodically update a large-scale map of the park, along with guides to some of the Park's trails, fauna, and flora.
- **Serving on the Board of Directors and focused sub-committees**
 - Work with the members of the board, other volunteers, and the Park Superintendent to help guide the membership and set priorities for the organisation, as well as serve specific roles that keep the Friends and our various programs operating.

The Friends are always looking for new ideas and suggestions for volunteer opportunities.

Frontenac Challenges

Birder Challenge – New in 2024

Spot 50 bird species and earn this lovely badge! You can either see them, or identify them by their song using the Merlin App. We encourage you to upload your sightings to E-bird, as a form of Citizen Science.



The cost of participating is \$10. This is primarily to cover the cost of the badge. If you wish to donate extra to the Friends of Frontenac, you have our thanks!

You will need to register on the Friends of Frontenac website: www.friendsoffrontenac.com. Record the date you spotted or heard the bird, the name of the bird (common or scientific, your choice), and the trail you saw the bird on.

The Birder Challenge does not have any start or finish dates; you can start when you want to, and finish once you have counted 50 birds.

Turn your log into the office once it is complete to collect your badge!

Perimeter Challenge – New in 2024

Those wishing to complete the Perimeter Challenge will need to hike the perimeter of the trails that make a large loop around the park, during the month of May. You can break the perimeter loop into day hikes; more adventurous souls may backpack and camp along the way.

Participants must register for the Perimeter Challenge on the Friends of

Frontenac website between April 1st and May 15th. Proof of the hikes must be submitted in the form of a GPS track to secretary.friendsoffrontenac@gmail.com.

THE Frontenac Challenge

The Frontenac "Challenge" is to completely hike 11 of the park's hiking trail loops during the months of September and October. Challengers register and record completion dates upon finishing the hikes at www.friendsoffrontenac.com.

The Challenge hikes can be completed in any order at one's own pace and are open to people of all ages. The Challenge can be organized either as a series of leisurely day hikes; or a sequence of linked trails with the potential to camp overnight in between. Personal or group schedules require some strategic planning and creative use of the park's different trailheads to efficiently complete all the loops without excessive walking from access points. In 2023, there were 269 people that completed the full challenge.

Junior Challenge

The Junior Challenge is only open to hikers up to the age of 12 years old and comprises any six hiking loops within the park including the Doe Lake, and Arab Lake Gorge trails.

Frontenac Trek

The Frontenac Trek comprises any six hiking loops within the park excluding the Doe Lake, and Arab Lake Gorge trails. The Frontenac Trek is a good option for individuals who may have time constraints or difficulty completing the longest and most arduous hikes. In 2023, there were 21 Trek finishers. Well done!

All-Season Camper Challenge

This challenge is also open to people of all ages and requires camping overnight in the park for a minimum of one night per month, over 12 consecutive months. 28 hearty souls braved the elements in the past year and were awarded this past November.

Paddling Challenge

Originally created to celebrate the 30th anniversary of the Friends of Frontenac, the paddling challenge invites participants to portage and paddle 12 of Frontenac's beautiful lakes. The paddling challenge will run every 5th anniversary year from June 1st to July 31st. The next scheduled paddling challenge is 2027.

Christmas Bird Count

Christmas Bird Counts have been held across North America for over a hundred years. The Friends added the Frontenac Park area to the network of observers with our first Christmas Bird Count in 2015. In 2023, we had 41 field surveyors and 7 feeder-watchers, and a count with remarkable numbers of 3737 birds from 55 species. This highly popular exercise in community science adds to the wealth of knowledge about nature in and around Frontenac Park. 2024 will mark the 10-year anniversary of the Frontenac Christmas Bird Count and we would love your help! Join the fun on Saturday, December 14th; there will be something for everyone's birding ability and outdoor interests. Find more details for the 2024 Christmas Bird Count below.



Photo: Erica Kendrick

2024 Friends Events

In addition to day-to-day contributions to park operations and the Wilderness Skills Programs offered by the Friends (Page 7); the Friends of Frontenac hold several regular volunteer events throughout the year as below. Please check the Friends Website (www.friendsoffrontenac.com) in advance of each event to register.

- **Family Fun Day and Barbecue**
Date: June 1st, 2024
Time: 10:00 am – 2:00 pm
Location: Frontenac Park Office picnic area
- **Frontenac Challenge Celebration**
Date: November 9th, 2024
Time: 10:30 am – 12:30 pm
Location: Frontenac Park Office
- **Erhard Frenzl Memorial Paddle/Hike**
Date: June 21st – 23rd, 2024
Location: Big Salmon Lake – Campsite 4
- **Christmas Bird Count**
Date: December 14th, 2024
Time: 9:00 am – 4:00 pm
Location: Meet at Sydenham Library
Register with Carolyn or Michael at (613) 531-4578 or bonta.johnson@sympatico.ca

WILDERNESS SKILLS COURSES 2024

The presentation fee is payable to the PRESENTER and the Daily Vehicle Permit or Camping Permit must be purchased at the Park Office.

Wilderness Navigation: Level 1 – Navigation with Map

Date: Saturday April 13th & 27th
Time: 9:00 am – 4:00 pm
Offered by: Dave Lucas & The FOF
Cost: \$25.00 plus Daily Vehicle Permit

This one-day workshop explains map symbology, understanding and interpreting contour lines, the grid system, and measuring and estimating distances and march times. This information is then put into practice through two hikes.

Register: Online at www.friendsoffrontenac.com

Wilderness Navigation: Level 2 – Navigation with Map & Compass

Date: Sunday April 14th & 28th
Time: 9:00 am – 4:00 pm
Offered by: Dave Lucas & The FOF
Cost: \$25.00 plus Daily Vehicle Permit

This one-day workshop builds on the skills and knowledge acquired during the Level 1 session and introduces the use of the compass. Topics will include – measuring bearings on the map and from the ground; converting bearings from magnetic to grid and vice-versa; marching on a bearing; determining and setting magnetic declinations; using the resection method to determine one's location. This instruction will be confirmed through a challenging map and compass march to select points within the park. This workshop is one of three Navigation Courses. **Attendees must have taken Level 1, Navigation with Map.**

Register: Online at www.friendsoffrontenac.com

Survival Techniques for the Outdoors

Date: April 20th
Time: 9:00 am – 4:00 pm
Offered by: Walter Sepic – Firefly Adventures
Cost: \$30.00 plus Daily Vehicle Permit

Learn how to plan for survival. Workshop will include planning a trip, what should be in a survival kit, importance of water and filtering, food, avoiding hypothermia, clothing, types of shelter, uses of tarps and garbage bags, winter survival and snow, survival scenarios, wind and rain, fire starting techniques, and communications methods.

Register: Email waltsepic@gmail.com

ORCKA Safe Canoeing

Date: May 11th
Time: 10:00 am – 3:00 pm
Offered by: Walter Sepic – Firefly Adventures
Cost: \$30.00 plus Daily Vehicle Permit

This workshop will start with dry land theory: canoe designs, materials, care, parts; paddles – types, sizing, care; emergency equipment and use; PFD's – sizing and care; canoeing – entering, launching, landing, exiting, balancing, trimming, sitting vs kneeling, bow and stern positions and responsibilities, strokes, and canoe physics; lifting and portaging. Lots of time will be spent on the water practicing. After lunch, you will do a tour of South Otter Lake and polish your new canoeing skills.

Register: Email waltsepic@gmail.com

“Early Bird” Spring Bird Walk

Date: May 11th
Time: 8:00 am – 10:00 am
Offered by: Dan Derbyshire – Frontenac Bird Studies
Cost: Daily Vehicle Permit (a donation to Frontenac Bird Studies is not necessary but welcome)

Join Frontenac Bird Studies on a ramble about the park to find spring migratory birds that may be returning to the area. Warblers, Vireos, Scarlet Tanagers are all possibilities! Bring binoculars, camera, drinks, snack, hiking shoes, and bug repellent. Please no dogs.

Meet at the park office.

Red Cross Wilderness First Aid Recertification

Date: May 25th
Time: 8:30 am – 5:00 pm
Offered by: Steve Tripp – Wilderness Tripping
Cost: \$125 plus Daily Vehicle Permit

This 8-hour course takes place near the park office. There will be a complete review of CPR and AED training. There will be some practice sits to refresh skills, and 2 scenarios to practice holistic approaches. Participants will be both casualties and rescuers.

This is a Canadian Red Cross WFA recertification; only participants with a valid CRC WFA card are eligible for recertification.

Register: Email Steve Tripp at wildernesstripping@gmail.com

Red Cross Wilderness First Aid

Date: May 31st – June 2nd, June 14th – 16th & Sept 20th – 22nd
Offered by: Steve Tripp – Wilderness Tripping
Cost: \$295.00 (includes camping, parking & taxes)

This 20-hour course takes place in the park interior and is designed to give participants training needed to care for a casualty for up to 24 hours in a wilderness or remote context. Focus is on prevention but in this scenario-based course you will learn and practice assessment, treatment, and stabilization of casualties. CPR-C and AED training is included. No pre-requisites but participants must be 16 years of age or older. Camping equipment and food not included but arrangement can be made upon request. This course starts Friday evening. Participants can hike or canoe to campsite 3.

Register: Email wildernesstripping@gmail.com

ORCKA Basic Canoe Certification (Tandem) Level 1, 2, 3 or 4

Date: June 8th – 9th
Time: 8:00 am – 5:00 pm
Offered by: Walter Sepic – Firefly Adventures
Cost: \$200 plus Daily Vehicle Permit

This is the ORCKA introduction to tandem canoeing and is the basis for all other ORCKA skills. Learn how to canoe or those interested to advance to other ORCKA skills levels. This course may also be of interest to those wishing to work for any Ontario Government agency, educators, or Scouters. Topics include canoeing skills, safety, equipment selection, etc. Required equipment: canoe, paddle, PFD, and safety equipment. There are a limited number of canoes available if needed.

Register: Email waltsepic@gmail.com

Happy Trails Hike & Paint Workshop

Date: July 19th
Time: 9:00 am – 5:00 pm
Offered by: Lisa Leskien
Cost: \$174.99

Join local Artist, Lisa Leskien, as she leads you on a 3 km hike where you will gather your inspiration, and then Lisa will lead you through her process of creating a happy trails landscape painting in acrylic paint first, and then oil paint. You will leave the workshop with a beautiful 12x16 painting showing the beauty and energy of Frontenac Park. All painting supplies will be provided. Participants need to bring comfortable clothes and shoes for hiking, a camera (cell phone works well), lunch, water, and snacks. Space is limited to 12 participants.

Register: Online at www.lisaontheloose.com

Red Cross Advanced Wilderness First Aid

Date: October 18th – 20th
Offered by: Steve Tripping – Wilderness Tripping
Cost: \$280.00 (includes camping, parking & taxes)

This is a 20-hour bridge course based on the CRC WFA. This course is a comprehensive first aid and CPR techniques for those who need a higher level of training to work and respond to emergencies in isolated or wilderness settings. Training is also suitable for those who act as guides or supervisors for groups of people. The course covers material in Standard First Aid & CPR, plus advanced strategies for providing extended care for more than 24 hours. Participants can hike or canoe to campsite 11.

Register: Email wildernesstripping@gmail.com

Wilderness Navigation: Level 3 – Navigation with Map, Compass & GPS

Date: November 2nd – 3rd
Time: 9:00 am – 4:00 pm
Offered by: Dave Lucas & The FOF
Cost: \$25.00 plus Daily Vehicle Permit

This two-day workshop teaches the basics of navigating with a GPS device and a map.

Topics will cover – programming the GPS, creating waypoints, and using the GPS for navigation. The workshop will include a challenging navigation exercise using the GPS.

Note: the workshop is built around the Garmin 62 series handheld GPS, but any make and model of GPS is welcome. **This workshop is the final in a series of three Wilderness Navigation courses. Completion of Navigation 1 (Maps) and Navigation 2 (Maps and Compass) is required as a prerequisite to this course.**

Register: Online at www.friendsoffrontenac.com



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2023 at Frontenac

Campsite Upgrades



Photo: Tim Pearson

Photo: Tim Pearson

In 2023, we replaced the last fiberglass privy at campsite cluster 10 with a new wooden privy.

You may have noticed that we have begun installing wooden tent platforms at our backcountry campsites. These tent platforms allow campers to raise their tents out of pooling water and away from poison ivy. The platforms are 16 ft x 16 ft and have staples along the edge to help secure your tent.

The following campsites have wooden tent platforms with more to come in 2024!

- Campsite 2 A & C
- Cluster 3
- Campsite 4 A, B, & D
- Cluster 5
- Campsite 8 C
- Cluster 9
- Campsite 10 C
- Campsite 11 B, C, & D
- Campsites 14-19

Visitor's Centre Refresh

If you visit the visitor's centre, you may notice the interpretive panels have received a facelift. The original panels were over 20 years old. We thought that it may be time for an upgrade! We encourage you to check out the new interpretive panels to learn about the park's rich biodiversity and cultural history.

Invasive Species Management



2023 was a successful year for invasive species management at Frontenac. We used various management methods such as hand removal, seed removal, and herbicide application based on

the size, location, and species. Our student park rangers played a vital role managing the invasive species found in the park. We could not have done it without them!

Species at Risk Monitoring



"Blunt-lobed Woodsia"
Photo: Pauline Catling

In 2023, we were fortunate to receive funding to conduct species at risk monitoring. Getting the opportunity to see how some of our species at risk are doing in the park was a big deal. Provincial Parks act as refuges for species at risk across Ontario. To see them happy and healthy means we are doing our part in protecting these special species.

Coming in 2024

We are excited to announce we will be adding three new single campsites in the summer of 2024! Each of these campsites will have a wooden tent platform, thunderbox, fire pit, picnic table, and a food storage locker.

Join our Community Science Project!

Do you want to help us measure and protect the living things that make Frontenac beautiful? Join our [iNaturalist.ca](https://www.inaturalist.ca) project!

At the end of 2023, Frontenac had **6043** observations of **1390** different species on iNaturalist. Help us reach our goal of getting 1000 more observations in 2024!



1 Join the Frontenac Provincial Park Project on iNaturalist



2 Record your observations



3 Let iNaturalist experts help you identify what you saw

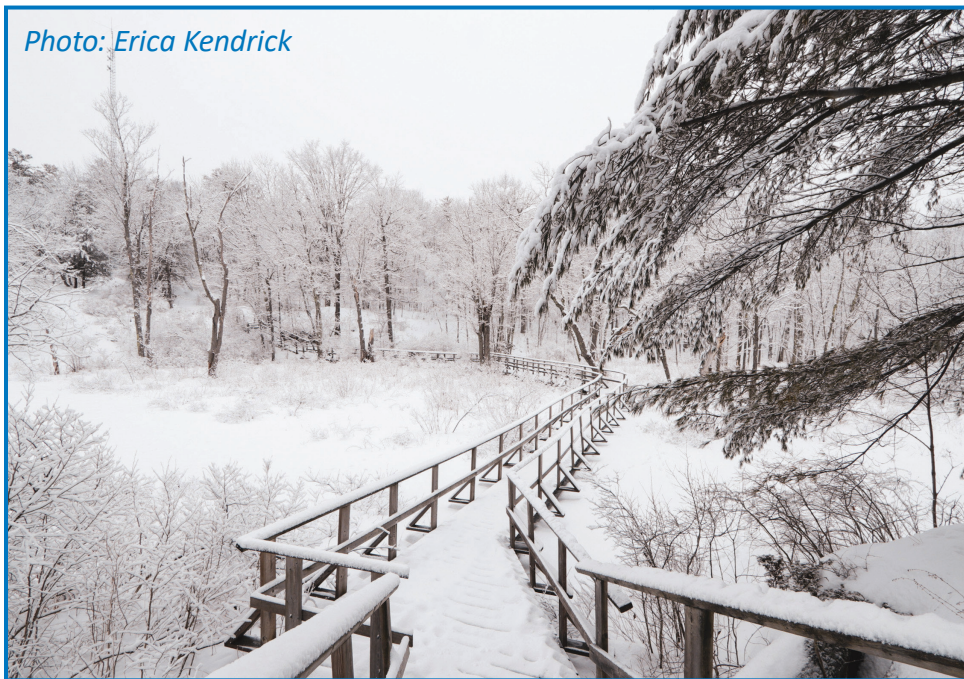
[iNaturalist.ca](https://www.inaturalist.ca)

All photos: Erica Kendrick



Frontenac Winter Wonderland

Photo: Erica Kendrick



Winter in Frontenac provides outdoor enthusiasts with unique opportunities to explore snow covered landscapes by hiking on foot, with snowshoes, or on cross country skis. Over 100 kilometers of overland routes throughout the park are available ranging in time from one hour to several days; to appreciate nature in a semi-wilderness environment, or to practice cold weather travel and camping skills. Big Salmon Lake Road is closed to vehicles from mid-November until spring, providing 8 km of pedestrian and snowshoe trail, parallel to a separate groomed track-set for cross country skiing; weather conditions permitting. Snowshoes in a range of sizes are available for rent at the park office and include poles. The Park Office is open most weekends in January and February, providing a warm, comfortable place to reminisce about your time here and to plan for your next adventure. Come visit Frontenac Provincial Park for a memorable snow day.

For updates on snow conditions please visit www.ontarioparks.com/snowreport.

Relax with winter camping at Frontenac!

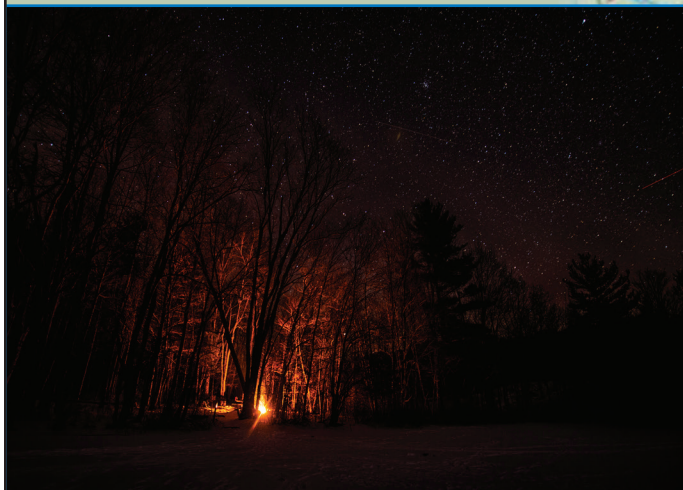
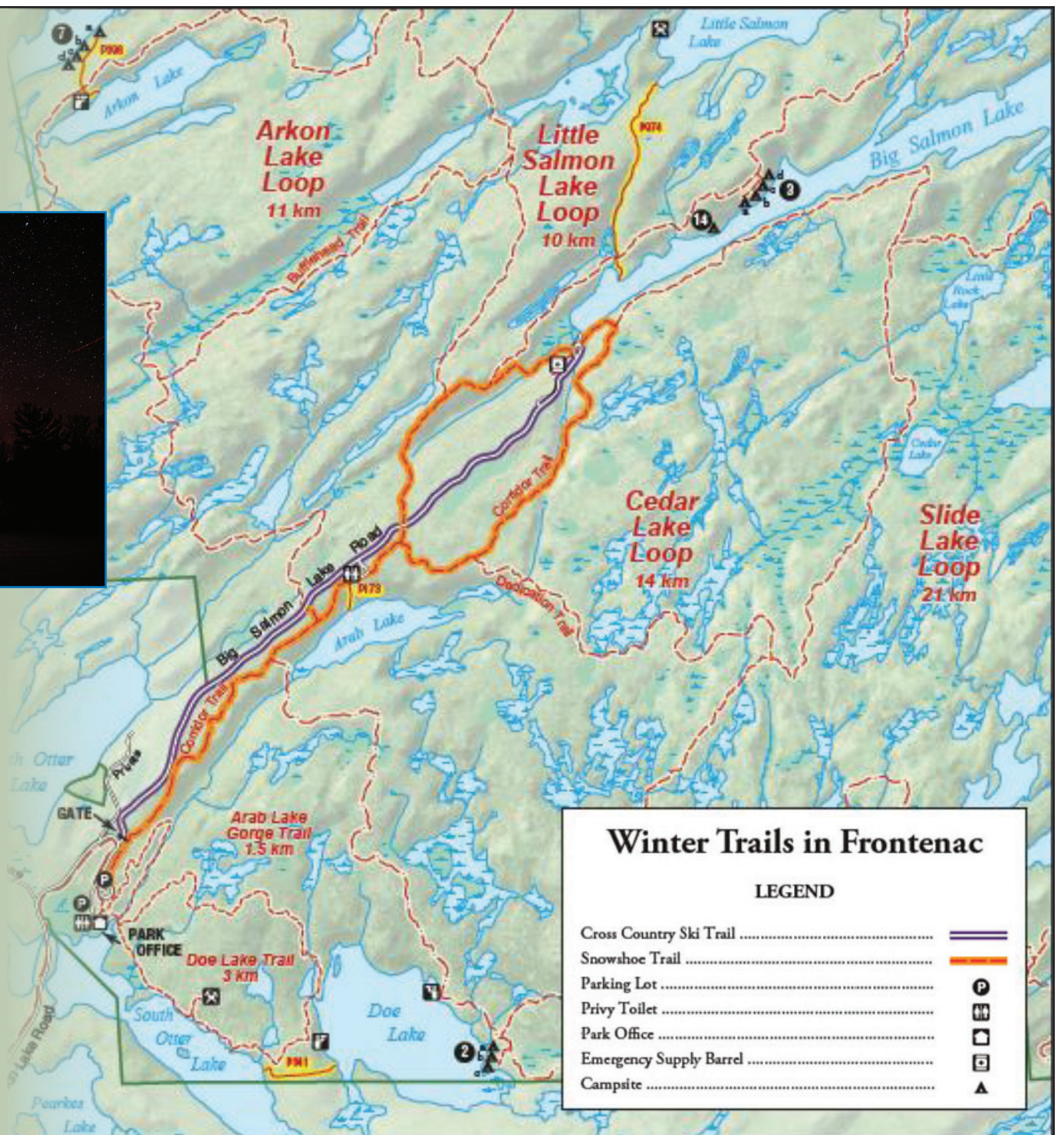


Photo: Rob Stimpson

Experience winter camping this year at Frontenac Park. We offer camping year-round, allowing you to enjoy camping no matter what season it is. Camping reservations are available year-round. Please see page 2 for more information on how to book camping reservations.



Experience snowshoeing on any trail!



Photo: Evan Holt

Enjoy our groomed ski trail this winter!



Photo: Evan Holt

We offer snowshoe rentals for \$15.00/day, including poles.

What Makes Frontenac Special?

World Renowned Biodiversity



Photo: Erica Kendrick

The park is located within the Frontenac Arch, a southerly extension of the Canadian Shield. It connects the northern shield habitats to the southern deciduous forests.

This region is home to some of Canada's greatest biodiversity. The landscape alternates between rugged, rocky slopes and moist forests or wetlands. Creating homes for all kinds of plants, snakes, birds, turtles, insects and more!

Rich Cultural History

Not only is Frontenac rich in biodiversity, but it is also rich in cultural history. The Indigenous People of Canada travelled the Park's waterways, forests, and scenic vistas. Research suggests that Indigenous Communities used the area for hunting, fishing, and food gathering.

European settlers arrived in the mid-1800's and tried their hand at farming, mining, and logging. You can still see the remnants of these past activities on the landscape today.

Learn more about Frontenac's rich cultural history by visiting the historical plaques throughout the park!

Frontenac Forests Important Bird Area



Photo: Frontenac Bird Studies

Frontenac falls within the Frontenac Forests Important Bird Area (IBA). This IBA was designated for the beautiful Cerulean Warbler. The forests in Frontenac Park support one of the largest breeding populations of Cerulean Warblers in the world!

The park is also home to other notable birds such as Eastern Whip-poor-will, Red-headed Woodpecker, Louisiana Waterthrush, Wood Thrush, Red-shouldered Hawk and Prairie Warbler.



Paint the Park

Join us and local artist, Lisa Leskien, for our Healthy Parks Healthy People event - Happy Trails and Paint Workshop on July 19th!

Lisa will lead you on a 3 km hike of the beautiful trails in Frontenac Park where you will gather your inspiration. She will lead you through her process of creating a happy trails landscape painting in acrylic paint first, and then oil paint. You will leave the workshop with a beautiful 12x16 painting showing the beauty and energy of Frontenac Park.

If you're interested in painting the Happy Trails of Frontenac Park, see our Wilderness Skills Courses on page 7 for more details.



Stop and Smell the Flowers

Frontenac is home to many wildflowers. From April to October, you can find beautiful blooms throughout the park.

Spring



Bloodroot
(*Sanguinaria canadensis*)

Flowers: Solitary white flower (7 or more petals) with golden-orange center

Leaves: Lobed basal leaf

Stalk: Smooth

Bloom Time: April to May

Height: 10"

Habitat: Rich woodlands, along streams



Spring Beauty
(*Claytonia virginica*)

Flowers: Clusters of pink or white flowers, striped with dark purple, 5 petals

Leaves: Usually a single pair of very narrow opposite leaves

Bloom Time: March to May

Height: 6 – 12"

Habitat: Moist woods



Dutchman's Breeches
(*Dicentra cucullaria*)

Flowers: Clusters of pink or white flowers, striped with dark purple, 5 petals

Leaves: Usually a single pair of very narrow opposite leaves

Bloom Time: March to May

Height: 6 – 12"

Habitat: Moist woods

Summer



Woodland Sunflower
(*Helianthus divaricatus*)

Flowers: Yellow flowers with 7 or more petals, yellow centre

Leaves: Long opposite leaves, shallow toothed or entire

Stem: Slightly hairy

Bloom Time: July – August

Height: 3-7'

Habitat: Woods, thickets & clearings



Pearly Everlasting
(*Anaphalis margaritacea*)

Flowers: Flat cluster of white globed-shaped heads

Leaves: Long alternate leaves

Stem: White woolly stem

Bloom Time: July – September

Height: 1 – 3'

Habitat: Dry pastures



Wood Lily
(*Lilium philadelphicum*)

Flowers: Orange flowers with purplish-brown spots (6 parts)

Leaves: Whorled leaves

Bloom Time: July – August

Height: 1 – 3'

Habitat: Dry woods

Fall



New England Aster
(*Symphyotrichum novae-angliae*)

Flowers: Clustered purplish-blue

Leaves: Clasping toothless leaves

Stem: Rough stem

Bloom Time: August to October

Height: 3 – 7'

Habitat: Meadows



Flat-top White Aster
(*Doellingeria umbellata*)
Photo Credit: Jeremy Graves

Flowers: Flat-topped cluster of white flowers, 7 or more petals. 10-15 flowers

Leaves: Long alternate toothless leaves with prominent veins

Bloom Time: August to September

Height: 3 – 6'

Habitat: Moist woods and swamps



Blue-stemmed goldenrod
(*Solidago caesia*)
Photo Credit: Jeremy Graves

Flowers: Yellow flowers in small clumps along stem

Leaves: Long toothed leaves that are sharply pointed

Stem: Smooth purplish stem

Bloom Time: August – October

Height: 1 – 3'

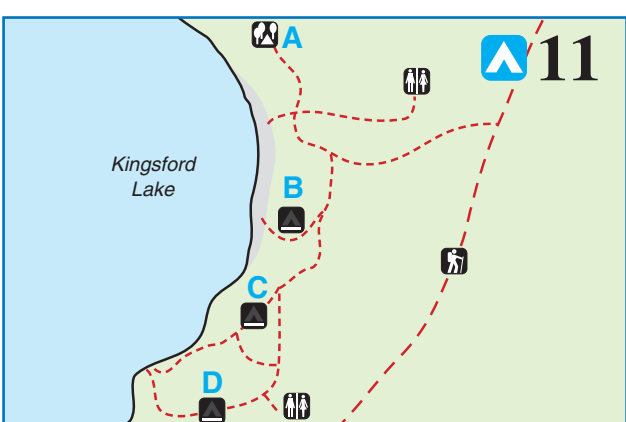
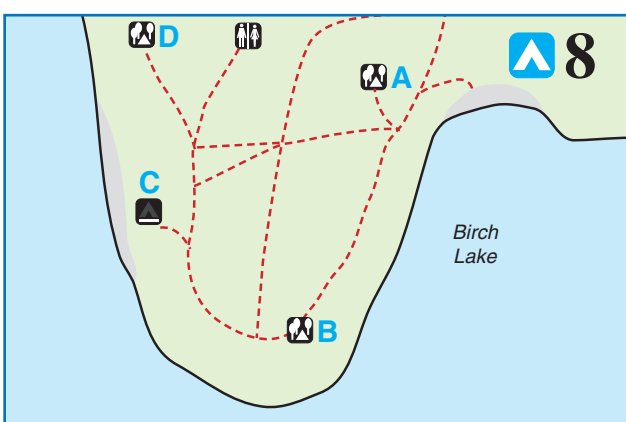
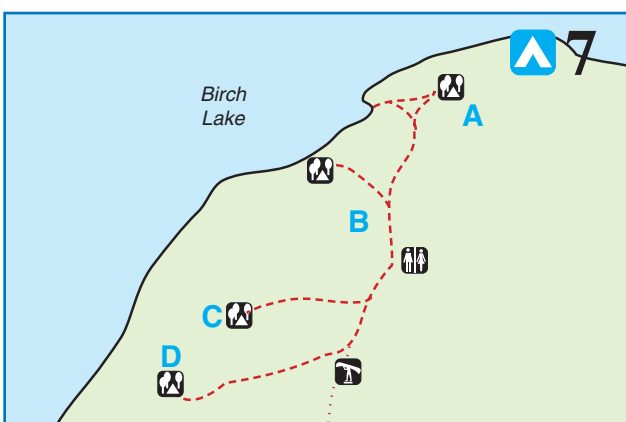
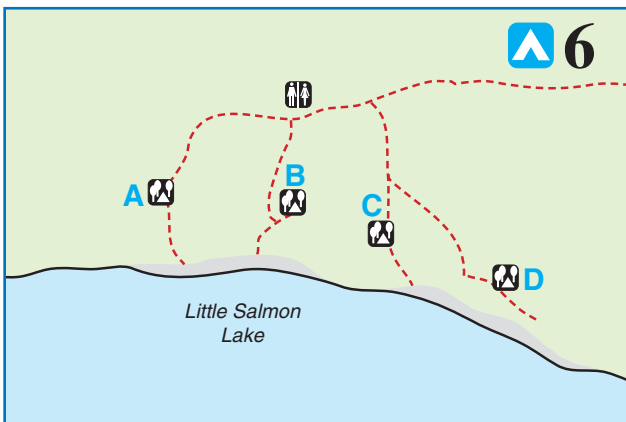
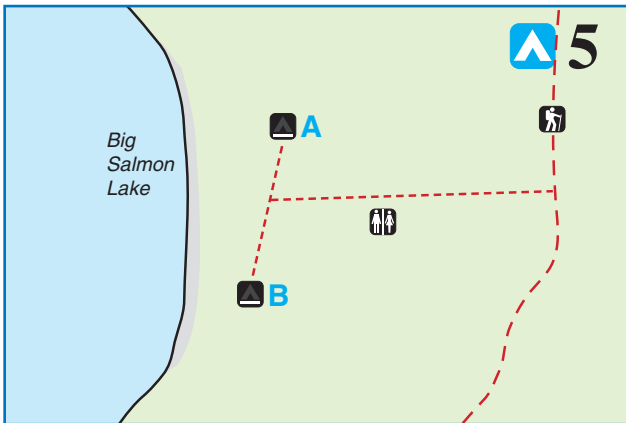
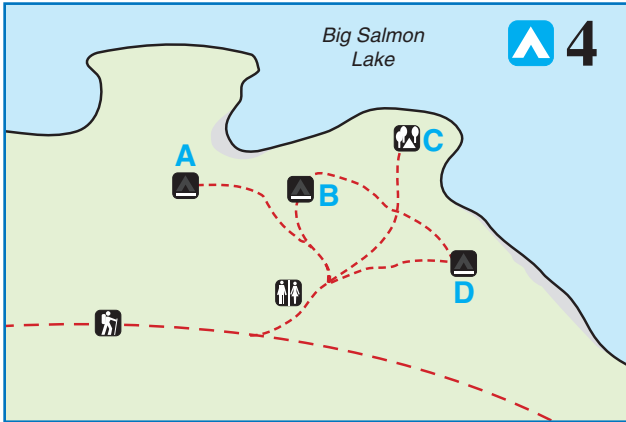
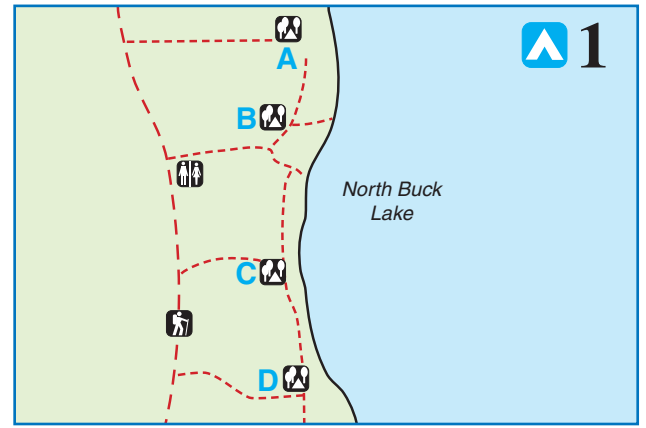
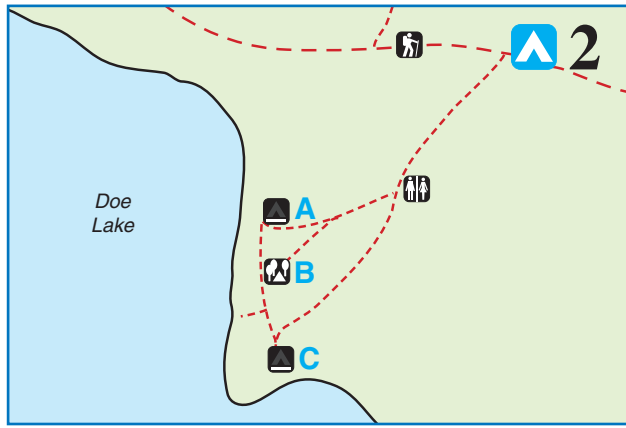
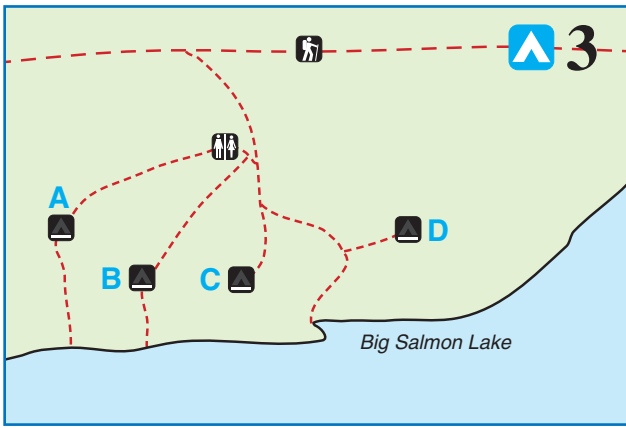
Habitat: Open forests/forest edges

Summary of Provincial Park Offences

There is one basic rule in Ontario Parks: Have respect and consideration for your fellow visitors and the park environment. The following table lists some of the more common laws enforced in provincial parks. Under the Provincial Parks and Conservation Reserves Act, 2006, the registered permit holder is responsible for the conduct of all campsite occupants and could be charged with an offence based on the actions of the occupants of the registered campsite. The Provincial Parks and Conservation Reserves Act, 2006 and other legislation governing behaviour in provincial parks can be reviewed at provincial park offices and on the e-Laws website at www.ontario.ca/laws. These laws are enforced by provincial park wardens who have all the power and authority of a member of the Ontario Provincial Police within a provincial park. Many of the listed offences could result in eviction from a provincial park. Evicted visitors are prohibited from re-entering any provincial park for a period of 72 hours. Minimum fines listed below include court costs and the victim fine surcharge.

Offence	Minimum Fine	Explanation
Liquor and Cannabis <ul style="list-style-type: none"> Having liquor in open container in unauthorized place Consuming liquor in unauthorized place Driving or having care or control of a motor vehicle with open or unsealed container of liquor Person under 19 years having liquor Being intoxicated in a public place Person under 19 years – possess cannabis Driving or having care or control of a vehicle or boat with cannabis in open original packaging, open baggage, or readily available 	\$ 125.00 \$ 125.00 \$ 215.00 \$ 125.00 \$ 65.00 \$ 125.00 \$ 215.00	<p>If you are 19 years of age or older, you are permitted to possess or consume liquor (beer, wine, spirits) only on a registered campsite.</p> <p>Drivers are responsible for ensuring that liquor is properly stored while in a vehicle. Liquor must be in a container that is unopened and the seal unbroken or is packed away and not accessible to any person in the vehicle.</p> <p>No person under 19 years of age can possess or consume cannabis.</p> <p>Drivers are responsible for ensuring that cannabis is properly stored while in a vehicle or boat. Cannabis must be in its original packaging that has not been opened or cannabis must be packed in baggage that is fastened closed or is not otherwise readily available to any person in the vehicle or boat.</p>
Rowdyism / Noise <ul style="list-style-type: none"> Use discriminatory, harassing, abusive or insulting language or gestures Make excessive noise Disturb other persons Operate audio device in prohibited area 	\$ 180.00 \$ 180.00 \$ 180.00 \$ 95.00	<p>Provincial parks are established to provide a setting for peaceful and natural experiences. Rowdy behaviour, which includes excessive noise, or obscene language or gestures, is not permitted. You cannot disturb any other person or interfere with their enjoyment of the park any time of the day or night.</p> <p>Operation of an audio device (such as a radio, stereo, TV, etc.) in a radio-free area is prohibited.</p>
Storing Wildlife Attractants <ul style="list-style-type: none"> Unlawfully store wildlife attractants 	\$ 155.00	Do not maintain or store potential wildlife attractants, including food or beverages, food preparation or storage equipment, cooking devices or utensils, garbage or recycling products, scented products or any other item in a manner that is likely to attract wildlife.
Refuse <ul style="list-style-type: none"> Litter or cause litter Fail to keep campsite / facility clean Fail to restore campsite / facility to original condition 	\$155.00	Deposit all garbage and litter in the containers provided to discourage wildlife from becoming pests. Campsites and/or facilities must be kept clean at all times to eliminate potential hazards to parks visitors and minimize human-wildlife conflict.
Vehicles <ul style="list-style-type: none"> Unlawfully take motor vehicle into park or possess or operate it Operate vehicle off roadway Drive without seatbelt Drive while passenger under 16 fails to wear seatbelt Speeding – more than 20 km/h Disobey stop sign Operate all-terrain vehicle 	\$ 155.00 \$ 155.00 \$ 240.00 \$ 240.00 (plus 2 demerit points) \$125.00 \$110.00 (plus 3 demerit points) \$155.00	<p>Each vehicle in the park must have a valid provincial park permit.</p> <p>Motor vehicles may be operated on park roads only. Park roads are regulated by the <i>Highway Traffic Act</i>. All rules of the road apply inside the parks as they do outside. Bicycles are only allowed on park roads and on designated bike trails.</p> <p>Off-road vehicles are not permitted in provincial parks because of the environmental damage they may cause.</p>
Parking <ul style="list-style-type: none"> Park vehicle in area not designated Park vehicle in prohibited area Fail to display permit on parked vehicle 	\$ 30.00	<p>All vehicles must park in a designated area and must have a valid park permit.</p> <p>Where a physical park permit is issued, it must be prominently displayed on your vehicle.</p>
Pets <ul style="list-style-type: none"> Permit domestic animal to be without leash Permit domestic animal to make excessive noise Permit domestic animal to be in designated swimming area or on a beach Permit domestic animal to disturb people Permit domestic animal to harass or chase wildlife Permit domestic animal to be in a posted prohibited area 	\$ 95.00	For the protection of wildlife and other park visitors, your pet must be under control and on a leash not exceeding 2 metres at all times. You must ensure your pet does not damage or interfere with vegetation or wildlife. You must also ensure your pet does not interfere with others' enjoyment of the park. Pets are not permitted in the swimming area, on the beach or in a posted prohibited area at any time.
Environmental Protection <ul style="list-style-type: none"> Damage / deface / remove Crown property Disturb / harm / remove natural object Disturb / cut / remove / harm plant or tree Kill plant or tree Disturb / kill / remove / harm / harass animal 	\$ 155.00 \$ 155.00 \$ 155.00 \$ 180.00 \$ 180.00	To maintain the park as a natural setting, the removal of natural objects is prohibited. All vegetation, wildlife and natural features are protected in provincial parks. Cutting any live growth or damaging any natural or other object is prohibited. You may not take any fallen or dead wood from a provincial park for the purpose of a campfire or other such extent with the exception of backcountry parks.
Camping Permit <ul style="list-style-type: none"> Fail to vacate and remove property from campsite on permit expiry Unlawfully occupy campsite Camp over time limit 	\$ 95.00 \$ 155.00 \$ 95.00	You are required to vacate and remove all property from your campground campsite or interior campsite by 2:00 p.m. on the date your permit expires so that others may have access to it. The maximum length of stay on a provincial park campground campsite is 23 consecutive nights and 16 consecutive nights on an interior campsite to ensure park visitors have an equal opportunity to enjoy our campsites and limit environmental impact.
Camping Equipment / Persons <ul style="list-style-type: none"> Place more than 3 pieces of shelter equipment on campsite Place more than one tent trailer, travel trailer or self-propelled camping unit on campsite Excessive number of persons occupying campground campsite / interior campsite 	\$ 95.00	Without a limit on the amount of camping gear allowed, campsites would quickly deteriorate, becoming larger, eventually destroying the surrounding vegetation. The maximum number of campers allowed per campground campsite is six persons and the maximum number of campers allowed on an interior campsite is six persons.
Campfires <ul style="list-style-type: none"> Start or tend fire other than in fireplace or designated place Start or tend fire where notice of fire hazard is posted 	\$ 180.00	Fireplaces are designated by park staff for safety reasons. Restricting fires to these locations greatly reduces the risk of forest fires. For the prevention of forest fires, a park superintendent may give notice of a fire hazard and implement a fire ban. At any time during a fire ban no person is permitted to have a fire unless otherwise stated by the park superintendent.
Fireworks <ul style="list-style-type: none"> Possess fireworks Ignite fireworks 	\$ 125.00 \$ 180.00	Possession or use of fireworks is prohibited in provincial parks at all times. They constitute a fire hazard and disturb wildlife and visitors who wish to enjoy the park in a peaceful manner.
Hours of Closing <ul style="list-style-type: none"> Enter park after closing Remain in park after closing 	\$ 155.00	Only registered campers are allowed in a provincial park during the posted hours of closing.

Fines are subject to change. This is not a complete listing of offences; please refer to the specific legislation. The minimum fine amount includes the applicable set fine, plus \$5.00 court costs, plus the applicable victim fine surcharge.



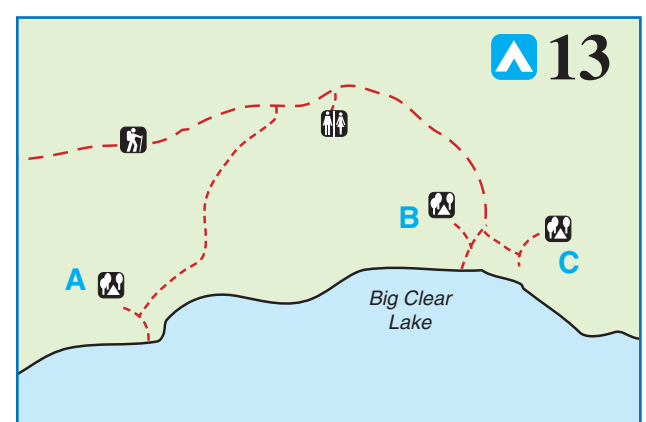
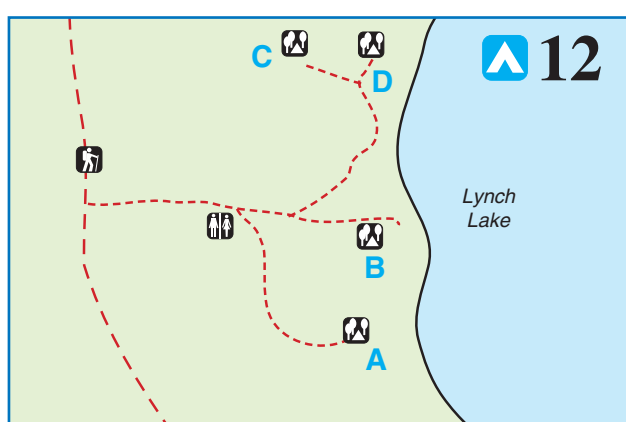
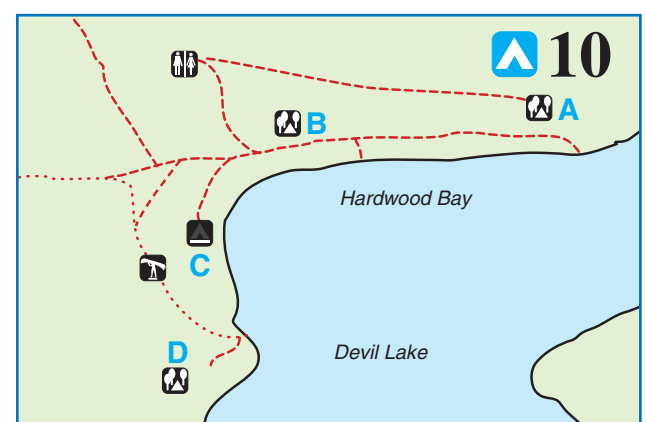
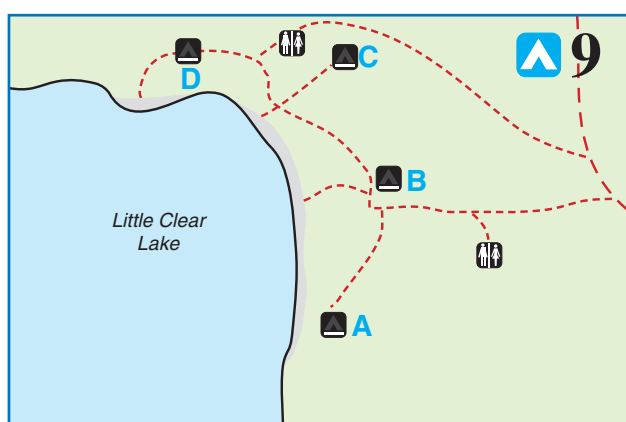
Hiking Trails

Trail Name	Hiking Distance (km)	Distance From Park Office (km)	Significant Features	Hiking Time (Approx)	Degree of Difficulty
Arab Lake Gorge	1.5	0	Extensive boardwalk	30 minutes	Easy
Doe Lake	3.0	0	Lakeshores & beaver ponds	1 hour	Moderate
Cedar Lake Loop	14.0	1.8	Wetlands in various stages	4-6 hours	Mod. to Diff.
Dedication Trail (linear)	2.4	2.9	hardwoods and ponds	2hrs	moderate
Slide Lake	21.0	4.6	Most rugged part of the park. Scenic vistas	7-9+ hours	Very Difficult
Small Slide Lake	9.0	9.6	Scenic vistas & very rugged	4 hours	Difficult
Big Salmon Lake	17.0	4.5	Shoreline forest. Scenic views	5-7 hours	Mod. to Diff.
Arkon Lake	11.0	1.9	Bog complex, mature trees, beaver pond	3-5 hours	Moderate
Bufflehead Trail	8.0	1.9	Scenic ridge, creek valley and beaver ponds	2-3 hours	Moderate
Little Clear Lake	7.0	7.5	Sites of several 19th century homesteads	3-5 hours	Easy to Mod.
Little Salmon Lake	10.0	3.5	View of Moulton Gorge. Mature bush	3-5 hours	Mod. to Diff.
Tetsmine Lake	10.0	9.6	Abandoned mines & homesteads, Moulton Gorge	5-6 hours	Moderate
Gibson Lake	9.0	11.5	Remains of log cabin & logging trail	5-6 hours	Mod. to Diff.
Hemlock Lake	5.0	9.5	Mature trees & abandoned fields	3-5 hours	Easy to Mod.

Note: Big Salmon Lake Road is closed to vehicles starting in mid-November for winter trail grooming. Add 1/2 hour to walk the road and another 1.5 hours to get to the nearest campsite cluster.

Portage Distances

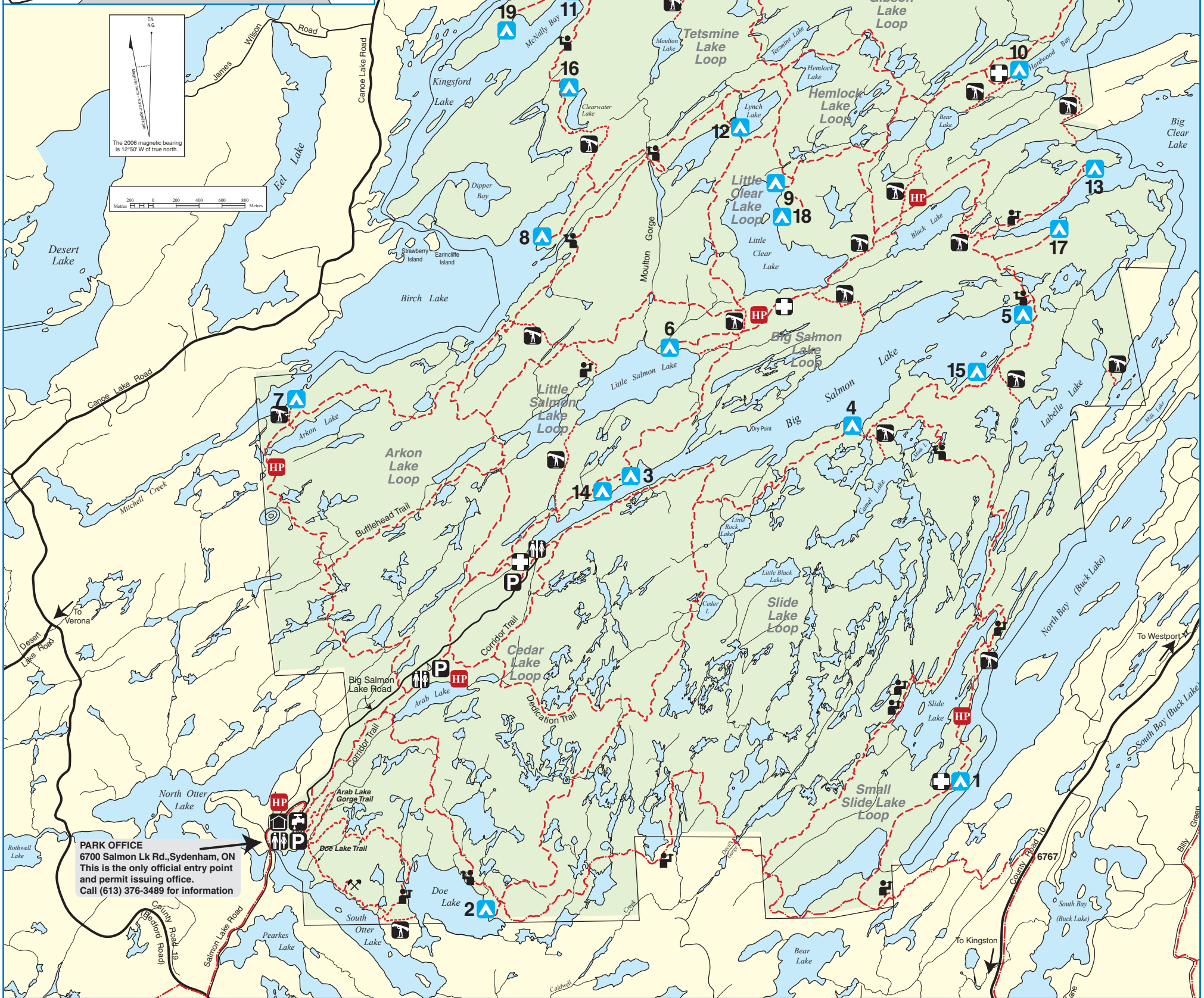
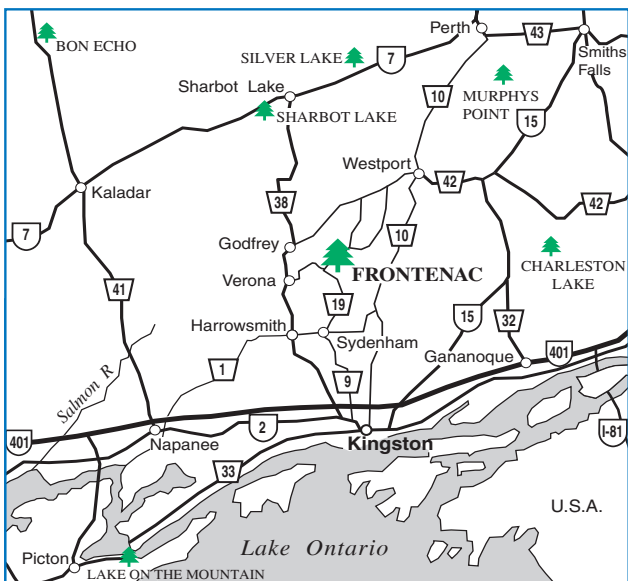
Portage	Degree of Difficulty	Terrain	Distance (m)
Black Lake to Little Clear Lake	Easy	flat	503
Black Lake to Bear Lake	Easy to Moderate	2 hills & flat	977
Buck Lake to Slide Lake	Easy	1 small hill	81
Otter Lake to Doe Lake	Easy to Moderate	1 two stage hill	341
Birch Lake to Arkon Lake	Moderate	1 long hill	393
Birch Lake to Clearwater Lake	Moderate	1 hill	1003
Kingsford Lake to Devil Lake	Easy	flat	761
Devil Lake to Moulton Lake	Difficult	rocky & hilly	653
Devil Lake to Bear Lake	Easy	flat	572
Devil Lake to Big Clear Lake	Moderate to Difficult	3 stage hill	898
Big Clear Lake to Black Lake	Moderate	2 hills	666
Big Clear Lake to Labelle Lake	Moderate	1 hill	190
Labelle Lake to Big Salmon Lake	Easy	1 small hill	491
Big Salmon Lake to Camel Lake	Moderate	rocky	453
Big Salmon Lake to Little Salmon Lake	Easy to Moderate	1 hill at north end	974
Little Salmon Lake to Little Clear Lake	Moderate	1 hill	856
Big Salmon Lake to Little Clear Lake	Moderate	2 small hills	923
Birch Lake to Little Salmon Lake	Very Difficult	2 steep hills & 2 small hills	1138
Arab Lake Parking Lot to Arab Lake	Easy	1 hill	173



Park Boundaries and Facilities

Legend

-  Park Office
-  Emergency Supplies
-  Hiking Trail
-  Wooden Tent Platform
-  Parking
-  Portage
-  Rideau Trail
-  Earth Tent Pad
-  Toilet
-  Campsite
-  Water Tap
-  Historical Plaque



PARK OFFICE
6700 Salmon Lk Rd., Sydenham, ON
This is the only official entry point
and permit issuing office.
Call (613) 376-3489 for information

