

FRONTENAC NEWS



The Official Newsletter of the Friends of Frontenac Park

Frontenac Challenge 2025

Hit the trails for the 2025 edition of the Frontenac Challenge which runs from September 1 to October 31.

A popular event every year, hikers have the choice of completing the Junior Challenge, the Trek or the Full Challenge. This year's theme is all about geology, and it's a great way to learn about the rocks and minerals in the park.

Registration is through the Store on the Friends of Frontenac website at: <https://www.friendsoffrontenac.com>

Participation is free for members; for non-members the fee is \$5. Full details and rules on the website. Complete a Challenge, feel the sense of accomplishment and join everyone at the celebration on Saturday November 8.



New Facebook Group

In addition to the Friends of Frontenac Facebook page, a new Facebook group has been created so everyone can post their photos, experiences and comments about the wonderful park, find it at [Friends of Frontenac Provincial Park \(The Official Group\)](#).

Have you renewed your Membership for 2025?

Renew your annual membership for 2025-2026 (the membership year is from April 1 through March 31) today! Memberships are for individuals or for families and renewals can be made via the Shop on the Friends of Frontenac website <https://www.friendsoffrontenac.com>. Memberships are \$20.00 for an individual and \$25 for a family.

Members receive activity notices, invitations to special events (including free participation in the fall Frontenac Challenge), first priority for our navigation courses, and discounts from a number of local businesses. The following partners offer discounts to our members: Novel Idea bookstore in Kingston (15%), courses offered by Firefly Adventures (15%), and Smith Army Surplus (10%).

Note: as of April 2024 we are no longer sending paper membership cards to members. Instead, the receipt you will get via email is your proof of membership.

Friends of Frontenac Park

The Friends of Frontenac Park is a nonprofit organization whose purpose is to develop programs and materials that enhance the public's awareness, education, and appreciation of the natural environment and human history of Frontenac Provincial Park.

The views expressed in the Frontenac News are not necessarily those of the Friends of Frontenac Park or the editor. Some articles are published to give the viewpoint of an author and to invite discussions. We welcome your articles, notes, stories, and photographs for the newsletter. Your ideas, suggestions, and constructive criticisms are always encouraged.

Contact the Friends at Friends of Frontenac Park, P.O. Box 2237, Kingston ON K7L 5J9 or by e-mail: info@friendsoffrontenac.com
Visit us online at www.friendsoffrontenac.com. Follow us on Facebook [frontenacparkfriends](#) and Twitter [@frontenacpark](#)

OUTSIDE

The programs and events below are some of the many available. Please check the back page of the Ontario Parks – Frontenac tabloid and the events calendar on the Friends of Frontenac website www.friendsoffrontenac.com for the most up to date information and details. Programs presented by the Friends of Frontenac Park are identified with the Friends' logo. 

September 1 to October 31: The Frontenac Challenge, Frontenac Trek, and Junior Challenge

The Frontenac Challenge involves hiking most of the park's trail network between September 1st and October 31st. The Junior Challenge is open to those 12 and under and requires the hiker to complete any 6 loops of his or her choice. The Frontenac Trek requires hikers to complete any 6 loops of their choice, excluding Doe Lake and Arab Gorge trails. Register for the Challenge through our Shop at www.friendsoffrontenac.com.

September 19 to 21: Wilderness First Aid

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 by email at wildernesstripping@gmail.com

October 17 to 19: Advanced Wilderness First Aid

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 by email at wildernesstripping@gmail.com

November 1 to 2: Wilderness Map & Compass Level 3

Offered by: Dave Lucas & The FOF, Cost: \$25.00 plus Daily Vehicle Permit

This two-day workshop, from 9:00 am – 4:00 pm both days, 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.

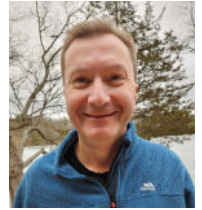
Register online at www.friendsoffrontenac.com

November 8: Frontenac Challenge Celebration

Details to follow. Challenge participants will be provided the information via email.

President's Message, by Charles Slowey

We enter one of my favorite seasons for getting out on the lakes and trails, particularly with the Frontenac Challenge underway. About 400 people sign up every year to complete either the Junior Challenge, the Trek or the Full Challenge. A big thank you to Chantal for making it such a success, and thank you to Ben and his crew, and all the volunteers that help to monitor the trails, for keeping them in such great shape.



The Board has been working on a strategic plan to guide us over the next three years. There are five areas where we want to focus: (1) growing and supporting our membership, (2) activities in education and training, (3) raising funds to support the Park, (4) building stronger partnerships with other groups, and (5) improving how we communicate on what we are doing. In each of these areas, we are setting priorities. If you have ideas or suggestions of things that we should be doing, please let us know.

The Friends of Frontenac celebrate its 35th anniversary in 2027. We appreciate everyone that has purchased a membership, volunteered or contributed in any way to making Frontenac Provincial Park such a special place.

2025 Student Bursary Award



Lillie receiving the bursary

Congratulations to Lillie Marshall recipient of the Friends of Frontenac 2025 Student Bursary Award. This was Lillie's 3rd year working at Frontenac, where she worked in the backcountry and park office. She started the season in the backcountry, helping get the park open and ready for our visitors. She then moved into the park office where she assisted with visitor registration, trip planning and other visitors inquiries. Her knowledge of the park enabled her to provide excellent service to our customers in this role.

Towards the end of the summer she assisted in populating an electronic application used for documenting location and details of our park signs and bridges throughout the park. She also assisted with the removal of Dog Strangling Vine.

Lillie's positive attitude, ability to learn new skills and dedication to Frontenac and its visitors was essential in her success. Lillie is going into her 2nd year at Lakehead University where she is taking Natural Resource Management.

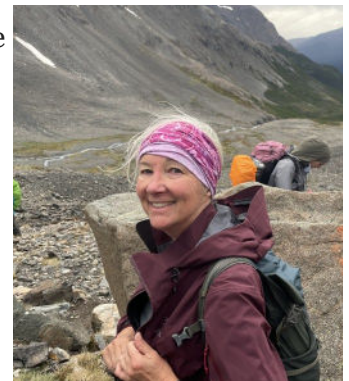
Volunteer Profile

A series about the volunteers that help the Friends of Frontenac

My name is Nienke Hoedeman, and Frontenac Park has been part of my life since I moved to the area in 1996. At first, it was where my family and I went canoeing and camping, but over the years it became the place where I truly discovered my love of the outdoors.

In 2014, I set out on my first long hike—a trek from Kingston to Ottawa. To prepare, I took on the Frontenac Challenge. What began as training quickly turned into a tradition. I've now completed the Challenge 12 times, each year discovering something new about the trails and about myself.

That first hike also sparked a passion for exploring trails around the world. From climbing Kilimanjaro to trekking in Iceland, Patagonia, and the Alps, hiking has taken me far. Yet no matter where I go, I always come back to Frontenac.

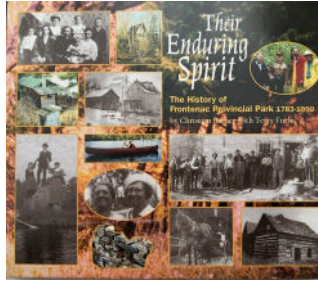


Volunteering with Friends of Frontenac is my way of giving back to the park that has given me so much joy, challenge, and inspiration. Frontenac is where every adventure begins, and where I always return.

Friends of Frontenac Merchandise

Visit the new Shop on www.friendsoffrontenac.com, register for activities, pick up some new swag including badges.

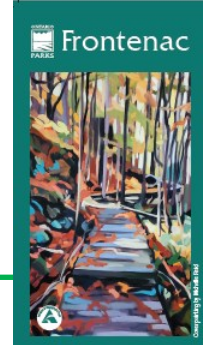
Purchase a copy of *Their Enduring Spirit* which reflects back on the history of the area that formed part of Frontenac Provincial Park from 1783-1990. Learn about the story of logging, mining, farming and cottaging in the park lands. Copies are available in hard or soft cover at the Park Office or at Trousdale's General Store in Sydenham.



Do you need a new map?

Three new campsites were created in 2024, so it may be time to get a new map.

Purchase one at www.friendsoffrontenac.com, at the Park Office or at selected retailers like Frontenac Outfitters.



Find Your Next Campsite

Check out www.friendsoffrontenac.com for profiles of each of the campsites at Frontenac Provincial Park

Have you booked at Campsite 19 yet? Its one of the new campsites established last year.

This single site is located on McNally Bay of Kingsford Lake. The shoreline at this site is sandy/rocky and deep. You can expect to hike 5 to 6 hours from the park office, or 4 to 5 hours from Big Salmon Lake parking lot, or less than 30 minutes from Kingsford Dam.

You can canoe to campsite 19 in about 6 hours from Big Salmon Lake with two portages. You can also canoe in, without portaging, from Mitchell Creek in 2.5 hours or from Kingsford Dam in an hour. Another option is canoeing in from the Devil Lake boat launch on Perth road. This should take you 4 to 5 hours with a 761m portage. Motors are allowed in Kingsford Lake. In season you can fish for bass and pike.



The view from campsite 19

GPS coordinates: 44.56949, -76.53022

What3Words: escalators.tended.consequences

Flora and Fauna Frenzy

What are these things found in Frontenac Provincial Park?

1. This bird is known for its beautiful song and can be seen in Frontenac (4 letters). Hint, starts with a W.
2. A large animal you might spot in Frontenac, known for its impressive antlers (4 letters).
3. A popular tree found in the park with maple syrup potential (5 letters).
4. This colorful insect can be found fluttering through the flowers (9 letters).
5. This small mammal loves to climb trees and can often be spotted in Frontenac (8 letters).
6. A body of water often seen in the park, perfect for canoeing or kayaking (4 letters).
7. The park has many of these, and they can be both tall and short (5 letters).

Answer Key below

1. Wren, 2. Deer, 3. Maple, 4. Butterfly, 5. Squirrel, 6. Lake, 7. Trees