



Frontenac

2019 Information Guide

Wilderness Skills
Programs – Page 16



Rob Stimpson

Park Information

www.facebook.com/frontenacpp twitter.com/frontenacpp
www.ontarioparks.com/park/frontenac
www.frontenacpark.ca

Park Office Address and GPS destination:
Frontenac Provincial Park, 6700 Salmon Lk. Rd., Box 11
South Frontenac Township, Sydenham, Ontario K0H 2T0

Park Office Phone Number 613-376-3489

Public Phone Located outside the Park Office
Police, Fire, Ambulance,
Emergency Rescue, **911**
(Specify Kingston Fire Rescue)
Forest Fire Reporting 1-888-239-4565
Kingston General Hospital 613-548-3232
Hotel Dieu Hospital – Kingston 613-544-3310
Poison Control Centre 1-800-267-1373
.....

A **Park Permit** is required for all visitors to Frontenac Park, whether for interior camping, camper’s vehicles, walking, skiing, snowshoeing the trails or bringing in a canoe. If in doubt, check with the Park Office. Visibly display your Park Permit on the dash of your vehicle at all times!



Erica Kendrick



Rob Stimpson



WELCOME TO FRONTENAC PROVINCIAL PARK; a Natural Environment Class park spanning 5230 hectares within the UNESCO Frontenac Arch Biosphere. Frontenac Park offers backcountry adventures on over 100 kilometers of connected semi wilderness trails; and four season interior camping on 48 campsites at 13 site clusters throughout the park. The Frontenac Provincial Park office also offers indoor interpretive natural history displays, wilderness skills programs, and facilities to host educational groups.

Frontenac Provincial Park is a unique *threshold wilderness* area situated above an ancient granite ridge linking the Canadian Shield to the Adirondack Mountain Range. This geologic feature is known as the Frontenac Arch occupying a region in Ontario where five differing forest types converge; resulting in enhanced species diversity. In 2002 the Frontenac Arch was recognized as a World Biosphere Reserve by the United Nations Educational, Scientific and Cultural Organization (UNESCO); one of only 18 Biosphere Reserves in Canada. Although the Frontenac Arch extends beyond park boundaries, Frontenac Provincial Park offers a distinctive opportunity to explore large undeveloped portions of outstanding scenery by water



or by land without the need for mechanized travel. The park’s extensive hiking trails, water routes, and year round backcountry camping provide some excellent options to explore the Frontenac Arch.

In spite of the outstanding scenery, one of Frontenac’s greatest resources is the people who have been contributing to the ongoing stewardship of the greater landscape. Frontenac Provincial Park is privileged to have a strong group of *Friends* and community partners that celebrate the rich history of the landscape, and contribute to projects throughout the Frontenac Arch Biosphere Reserve. The *Friends of Frontenac Park* is an incorporated charitable volunteer organization that works to supplement and enhance the educational, recreational, research, and resource protection programs of Frontenac Provincial Park. In 2019 the Friends will have been active in the park for over 25 years, and continue to make significant contributions towards

several of the Wilderness Skills Training Programs (Page 16). Park Staff continue to enhance and enrich the experiences of visitors to the park, and provide information to new visitors.

The First Nations People of Canada travelled the Park’s waters, forests, and scenic vistas. Early Canadian settlers and industries laboured within what is now the Frontenac Region living and working on the landscape. Ongoing initiatives help to maintain the Park in an ecologically intact state for visitors to appreciate through recreation. Whether you are new to Frontenac Park or a seasoned backcountry enthusiast, please enjoy the landscape responsibly and do your part to maintain the Park’s splendor for future generations to enjoy. Some interesting new initiatives await visitors in 2019! Welcome to Frontenac Provincial Park!

ongoing education, work projects, cultural heritage, and research (Page 5); as well as the increasingly popular Frontenac Challenge (Page 5), and



A single piece of firewood can destroy millions of trees.

Did you know that transporting firewood allows invasive species such as the emerald ash borer to spread, as they hide under the bark where you can’t see them? Something as simple as bringing your own firewood when you travel to or from your favourite campsite could threaten and destroy thousands, even millions, of trees.

Please leave firewood at home to prevent the spread of these pests. A better alternative is to purchase firewood locally around the park; however please check for pest infestation and avoid purchasing ash firewood.

To help slow the spread of emerald ash borer Ontario Parks will continue to seize firewood transported from all areas regulated by the Canadian Food Inspection Agency (CFIA). You could face penalties of up to \$50,000 and/or prosecution if you move firewood out of an area regulated for a quarantined pest without prior approval from the CFIA.

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

From the Park Superintendent



Welcome to Frontenac Provincial Park... a year-round destination. I hope that you have an enjoyable visit and that your stay is safe and rewarding. 2019 will be an exciting year for us at Frontenac. Ontario Parks is now a member of the Ministry of Environment, Climate Change and Parks. We are looking forward to working with our new colleagues to provide an always improving park experience for our visitors into the future. You will also notice some new earth pit privies located on select interior campsites, we hope that they will be a better facility for our campers and hope to continue replacement over the coming years.

I would also like to draw your attention to the Wilderness Skills Program for 2019. Full details are on page 16, please ask park staff for more details if necessary.

Whether you are a first time visitor or a returning one I hope that you have a safe and enjoyable time at Frontenac. It is truly a special place and each of us plays an important role in ensuring it remains that way. Please contact park staff immediately if we can be of assistance in any way;

Ben Chabot
Park Superintendent

 www.facebook.com/frontenacpark
 twitter.com/frontenacpark

MNRF #3441
(13k P.R. 16 02 20) Rev
ISSN 1714 – 471X
ISBN 978-1-4868-1183-0
(Print. 2018 ed.)
© 2019 Government of Ontario
Printed in Canada



Sugar Maple
Acer saccharum

Bark: young trees have smooth, grey bark; mature bark is irregularly ridged to flaky when mature
Leaves: opposite, simple with 5 lobes (sometimes 3), all leaf ends and lobes are pointy, stalks are 4-8cm long



White Ash
Fraxinus americana

Bark: young bark light grey, smooth; mature bark has regular pattern of intersecting ridges forming diamond pattern, light to dark grey
Leaves: opposite pairing, compound composed of 5-9 oval leaflets, edges smooth or with few wavy teeth above middle



Basswood
Tilia americana

Bark: young bark pale grey and smooth; mature bark grey-brown with flat ridges
Leaves: alternate, simple, with teeth, heart shaped, asymmetrical



Red Oak
Quercus rubra

Bark: young bark smooth and grey; mature bark deeply ridged and grey
Leaves: alternate, simple, dull yellowish green above and paler underneath, with 7-11 lobes with pointy ends and a few teeth



Shagbark Hickory
Carya ovata

Bark: mature bark shaggy with plates that peel, dark grey-brown
Leaves: alternate, compound, usually 5 leaflets, sometimes 7; yellow-green above and pale beneath, very short stalks, leaves are smaller near stems and largest near leaf tips



*Leaf: Ohio Public Library

Butternut
Juglans cinerea (Endangered)

Bark: Younger trees are grey and smooth, ridges in the bark become apparent as they age.
Leaves: Compound leaf made up of 11-17 leaflets. They are arranged in a feather-like pattern



*Bark: Canadian Forest Services Leaf: Cornell University

Eastern White Pine
Pinus strobus

Bark: Is dark greyish brown with broad thick ridges that are 2-5 centimetres thick.
Needles: Skinny needles that are 6-12 cm long and are in bunches of five.



*Bark: Daniel Tigner Tree: Brian Lacey

Please Report Turtle and Grey Ratsnake SIGHTINGS

SINCE 2004 we've received 1,053 snake sightings from visitors as they explore the Park. We're pretty certain that most of these sightings were actually Grey Ratsnakes, based on descriptions of where the snake was seen, what it was doing, digital photos, and what it looked like. But of course, photos are the best way for Park staff to know if the snake you saw is actually a Grey Ratsnake, so try to snap a picture if you can!

In 2007 we also started receiving turtle sightings. Frontenac is a special Park because it is home to three rare turtles in Canada – Stinkpots (also known as Musk Turtles), Blanding's Turtles, and Map Turtles. Frontenac seems to have healthy populations of these turtles, but elsewhere in the country their habitat is shrinking. As well, females are being hit on roads as they lay their eggs. There are 5 species of turtles in the Park, and they can be hard to tell apart, so take a picture to show Park staff.

Why are we collecting these sightings? Snakes and turtles are hard for biologists to study – snakes hide in trees and underground, and of course turtles hide in the water. Snakes and turtles also move around a lot. Collecting sightings from the public helps us learn which habitat areas these animals are using in the Park. The more we understand where the important habitat is, the better we can protect it. Thanks for all your sightings, photos, and videos! Please continue to report your sightings to the Park Office.

Report your Sightings!

Ontario Parks, and community partner ecologists and naturalists are always happy to receive information on species sightings within a Provincial Park. Accurate location data and quality photographs are appreciated; provided that species are not disturbed. Please complete this Species Reporting Form and provide to park staff.

SPECIES REPORTING FORM

Name of Species:

Date: SEEN | HEARD (circle one)

Location details:
(Accurate location descriptions or G.P.S. Coordinates are extremely valuable when available (in UTM NAD 83 format).
Alternately, describe location by marking map or using known land features, and speaking with a staff member)

Observers:

Additional Comments (Photos appreciated):



The Friends of Frontenac Park

P.O. Box 2237, Kingston, ON K7L 5J9

www.frontenacpark.ca

www.facebook.com/frontenacpark

twitter.com/frontenacpark

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".



2018 Volunteer Training Day

Photo: Simon Smith

How Can You Help?

JOIN THE FRIENDS' MEMBERSHIP!

The Friends of Frontenac are now in their 27th year and 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.

Volunteer opportunities for Friends members include:

• Being an Interior Trail Volunteer in the Park

Act as the "eyes and ears" for Park staff, who aren't always able to regularly 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.

• Helping with work bees

Work with other volunteers and Park Staff on larger construction and maintenance projects.

• Conducting trail sweeps to maintain signage and deal with fallen trees, and necessary repairs.

These are held for a day each spring and fall – and volunteers gather back at the Park Office following the sweep to enjoy warm chili and the camaraderie of fellow volunteers.

• 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 16).

• Hosting at the Park Office

Provide valuable information, assist in trip planning, and pass on backcountry experience to park visitors on long weekends and during the winter season.

• Preparing publications

"Frontenac News" – the Friends' newsletter is issued three times a year, full of useful information and anecdotes 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.

DONATIONS

You may also wish to support the Friends by making a charitable donation which will directly benefit Frontenac Provincial Park and allows the Friends to finance contributions to the park such as new educational displays in the park office, trail guides and the Friends; map, materials for bridge and boardwalk construction and research in the Park.

New Contributions and Activities in Frontenac Park

Wolf Survey

Does the Algonquin Wolf live in Frontenac Park? The Friends of Frontenac and Earthroots are working in conjunction with local volunteers to undertake a canid survey, of both coyotes and or wolves in Frontenac Park, with the goal of identifying which species are active within the Frontenac Park boundaries.

As the threatened Algonquin wolf and the coyote are often mistaken for one another, the only non-invasive way of identifying them from one another is through DNA. With that, the Friends have applied for, and been granted a five-year research permit from the MNRF to conduct DNA analysis of canid scat found in Frontenac Park.

Our recently-trained scat-detective volunteers have been deploying throughout the Park in an effort to answer some nagging questions about the canids in Frontenac Park. Like, where do they live, what's their lineage, what do they eat, and how far do they travel?

Once collected, our data will be combined with the data collected from all around Ontario to determine how Frontenac Park fits into the big picture.

Family Fun Day and Barbecue in August

Following a start in 2018 to commemorate the 125th Anniversary of Ontario Parks, this event was so successful that we are adding it to our regular schedule. Canoes will be available for free loan for day use on South Otter Lake so first-time and experienced paddlers and families can try them out and develop and demonstrate their skills. People are invited to bring their own canoe or kayak. There will be on-shore activities for kids all day and a barbecue lunch. This event is to thank and acknowledge our members and volunteers for the support they give throughout the year.

Christmas Bird Count

Our first Christmas Bird Count was held in 2015 with 21 participants and has since grown dramatically in popularity. In December 2017, the Friends of Frontenac, in partnership with Bird Studies Canada and Park Staff, expanded our regular count to host a Christmas Bird Count for Kids with 20 family participants at the Park Office. In December 2018 53 surveyors conducted a bird count in many areas of the park and South Frontenac Township, this is more than double the number of participants in the 2016 bird count. This example of citizen science resulted in 3,346 total birds sighted from 49 different species, which adds to the wealth of knowledge of Frontenac Provincial Park aiding in the protection of the natural environment.

Informational Plaques

Five plaques were created by the Friends and installed during 2017 – providing information about the human history of the land now in the Park at significant points of interest. New locations will be added in 2019.

2019 Friends Events

In addition to day to day contributions to park operations and the Wilderness Skills Programs offered by the Friends (Page 16); the Friends of Frontenac hold several regular volunteer events throughout the year.

- Annual General Meeting and Winter Lecture – March 2 – 12:00 pm – 4:00 pm, Queen's University (will add location when known)
- Volunteer Training Day (Park Volunteers are required to attend a training day every 2 years) – April 6 10:00 am – 2:00 pm, Frontenac Park Office
- Spring Trail Sweep – April 13 8:30 am – 4:00 pm, Frontenac Park Office
- Spring Work Bee – April 28 8:30 am – 4:00 pm, Frontenac Park Office
- Family Fun Day and Barbecue – August 17 – 10:00 am – 2:00 pm, Frontenac Park Office picnic area
- Fall Trail Sweep – October 5 8:30 am – 4:00 pm, Frontenac Park Office
- Frontenac Challenge Celebration – November 9 10:30 am – 1:00 pm, Frontenac Park Office

Friends Publications



Park Guides and Frontenac News

The *Doe Lake Trail Guide* captures many of the elements that are important to the Frontenac story, and is a fine introduction to the Park. This trail guide and the Friends' *Checklist of Vertebrate Animals and Vascular Plants*, are for the benefit to keen naturalists. All these publications and the *Arab Lake Gorge Trail Guide* are available at the Park Office. Various bits of information about the Park and the activities of the Friends of Frontenac Park may be found in *Frontenac News*, our official newsletter, the latest edition of which may be found in our information kiosk at the Park Office. Previous editions of the newsletter may be accessed on our website.

Winter Trail Guide

Frontenac Park is an all-season park that provides winter visitors with a range of recreational activities, from cross-country skiing and snowshoeing to winter camping and wilderness skills programs. Throughout the winter, 10 km of trails marked for cross-country skiing with 8 km track set when there is sufficient snowfall. The Doe Lake Loop, Arab Lake Gorge Loop and the Bufflehead trail are favourites for snowshoers and hikers.

The Frontenac History Book – Their Enduring Spirit

By authors Christian Barber and Terry Fuchs, this is a book for anyone who has ever passed by a crumbling foundation in the Park or pondered the story behind a stone fence. This book can be purchased or ordered at the Park Office.

NEW AT FRONTENAC!

Over the course of the 2018 year many improvements have been made to the Park that visitors may notice as they explore:

Frontenac Park: The Human Experience

In 2016, The Friends of Frontenac initiated the design and development of a series of weather-proof historical plaques to commemorate several of the locations within the park where remnants of the rich cultural history is still evident. In 2017, 5 plaques were installed in locations around the park and 2 more plaques will be installed in 2019 (see legend on

page 8) and provide visitors with on-site information about the history of the land around them. Visit all 7 locations to learn more about life in Frontenac in the frontier days!

Interior Campsite Privies

Many of the aging fiberglass tube privies that have been at the camp-sites in Frontenac for many years have begun to show their age and are beginning to fall apart. So in autumn 2017 Park Staff constructed 9 new cedar privies that were installed at many sites over the course of the past winter and spring of 2018.

INTERESTED IN UNDERTAKING RESEARCH AT FRONTENAC PARK?

The Friends of Frontenac Park have funded a research award of up to \$2,500 to support a full-time post-secondary undergraduate or graduate student conducting research in Frontenac Park.

A proposal from any discipline will be considered providing that the research will be related to Frontenac Park. This includes, but is not limited to, research on the biology, geology, hydrology, history, sociology or human geography of the Park, or expressions of art related to the Park, such as photography or literature.

It is expected that the recipient will use the Park itself as the subject of research, though archival research may also be considered.

If interested in applying for the research award, please email frontenacpark@frontenacpark.ca

INTERIOR PARK MAP



The new Frontenac Park Interior Routes Map was published by the Friends of Frontenac Park in 2015 and features all of the parks trails, camp-sites, portages, and access points. A new watercolour painting was generously contributed by Friends patron and local artist Katherine Cartwright for use on the map cover. The current map illustrates important topographic and historical features to assist in route finding, navigation, and orienteering.

- Proceeds towards the Friends of Frontenac Park!
- Paper version for \$12.00 tax inclusive
- Water-proof/Rip-proof copy: \$25.00 tax inclusive
- Shows Campsites, Trails, Lookouts, and more
- Build your own route with new trail features
- All major trail loops highlighted with kilometers
- Distances between all junctions in kilometers
- Historical features highlighted on map
- Hiking and portage trails differentiated in colour
- Water routes displayed over lakes
- 1 : 20,000 scale
- 1 kilometer (5 centimeter) grid reference
- Topographic contours with relief shading
- Trail distances measured by Geographic Positioning System (GPS)
- Projection NAD 1983 UTM Zone 18
- Trail map on back
- Available at the Park Office and various retailers
- Also available at Ontarioparks.com/parkstore

The Frontenac Challenges



Photo: Nick Tardiff

THE FRONTENAC “CHALLENGE” is to completely hike 11 of the parks trail loops during the months of September and October. The original *Frontenac Challenge* was conceived in 1993 in an effort to promote autumn hiking in the park. Challengers register and obtain a hike tracking form from the park office detailing the trail loops; and record completion dates upon finishing the hikes. The *Friends of Frontenac* host a November event at the park office to award certificates to all Challenge finishers.

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 parks different trailheads to efficiently complete all of the loops without excessive walking from access points. In 2018, there were 208 people that completed the full challenge.

Since 1993, other Challenge options have been developed to welcome additional participants including the *Junior Challenge*, the *Frontenac Trek*, and the *All Season Camper 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. There were seven lively people that completed the Junior Challenge in 2018. Congratulations to Charlotte, William, Oscar, Will, Isla and Hannah!

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 2018 there were 17 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. 14 hearty souls braved the elements in the previous year and were awarded this past November. There will likely be some brave newcomers in the 2019 graduating class!



Nature and Historical Walks

Located on the Frontenac Arch of the Canadian Shield, and in a transition zone with both northern and southern plants and animals, Frontenac Park is home to a wide variety of flora and fauna and therefore is an ideal place for nature walks.

A walk emphasizing the History of Human Settlement in Frontenac Park will be led by Jérôme McDuff on Saturday April 27, 2019. The Spring Nature Walk led by Maureen Sly is scheduled for Saturday May 4. There will be an Early Bird Spring Bird Walk with Kathy Felkar on Sunday May 5. When hiking in the park remember to be prepared for inclement weather at all times. Dress appropriately and bring sufficient food and water for your needs. Dogs are not permitted on these organized nature hikes. See back page of tabloid (Page 16) or call the park office at 613-376-3489 for details on these and other events.

Poison Ivy – Avoid the Itch!

POISON IVY IS QUITE COMMON in some areas of the Park, especially in open areas along the edges of campsites, beaches, portages and trails. The best way to avoid the itchy allergic reaction (caused by oils on the plant) is to learn to identify the plant, so as to not brush up against it. Poison Ivy is a three-leaved plant (shrub, bush or vine). Its three leaflets are usually drooping and somewhat shiny, the middle leaflet has a longer stem than the other two leaflets, and it has a woody stem at its base. In the spring the new leaves are a reddish green, in late summer the plant produces a small cluster of white berries, and in late August or the fall the leaves turn orangey before they drop off.



You can get the oil on you from this plant, at almost any time of the year. You can even get an allergic reaction if the plant is burned, from the oil in the smoke. Many times each year hikers and campers wonder how they got the itchy rash when they say they were quite diligent to avoid it. It can be transferred to you from the laces on your hiking boots, from your pant cuffs, from setting your backpack onto a plant and then later placing the same pack on the seat of your car, and even from your pet dog walking through it and then you pat the dog or the dog lays on your furniture, and the oils transfer from the dog's fur to your hand or skin elsewhere.

If you think you have been in contact with Poison Ivy, wash with soap and water as soon as possible, and wash your clothes (separately) with warm water and soap. If you are unsure of what this plant looks like, stop by the Park Office for information or to view a display of a Poison Ivy plant.

NEW
LEMON
7UP
LEMON
SPARKLING LEMONADE
MADE WITH REAL LEMON JUICE

Proud sponsor of Ontario Parks

STORE **NEW**
PARK CRESTS

WINDY LAKE
PROVINCIAL PARK

Visit the park store and collect them all!

Ticks and Lyme Disease

Do ticks and Lyme disease make you wary of going outdoors this summer? By being aware of ticks and understanding the role they play in spreading Lyme disease 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 more 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 low, 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 in order to infect them with the bacteria that causes Lyme disease. Because of this delay, prompt detection and removal

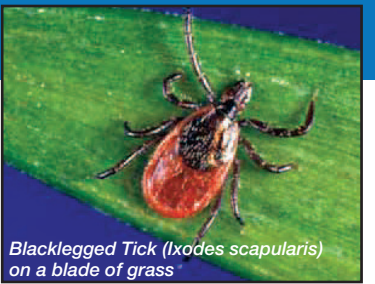
of ticks is one of the key methods of preventing Lyme disease. If you become infected from a tick bite, symptoms usually begin within 1 - 2 weeks, but can take as long as one month to begin. The "classic" symptom is a bulls-eye rash that can develop anywhere on the body; however, this rash may not occur 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 skin and outer clothing.
4. Conduct a tick check. 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, remove it and place it in a container. Contact your local health unit to inquire about having the tick sent for identification and testing. This test may take several months and is not diagnostic. Additionally, you may contact your family doctor for questions on Lyme disease.

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

For more information please consult the Public Health Agency



Blacklegged Tick (*Ixodes scapularis*) on a blade of grass

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 Lyme disease *Borrelia burgdorferi*, 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.

Photo by: Jim Gathany, CDC

of Canada's website: <https://www.canada.ca/en/public-health/services/diseases/lyme-disease.html>
You can also visit: www.ontario.ca/lyme

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 and potential testing. Park staff can provide contact information for the local Health Unit, or alternatively you can take the tick to your family doctor for testing.
- Watch for symptoms and seek medical attention if you feel unwell 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



ACKNOWLEDGE A JOB WELL DONE

Help us select the next recipients of the Ontario Parks Partners Bursary program.

Each year, our corporate partners recognize outstanding young people who work in Ontario's provincial parks with an Ontario Parks Partners Bursary. Students who demonstrate exceptional customer service, initiative and leadership are eligible for the bursary. Recipients receive a grant of \$500 towards their education.

You can nominate any student working in Ontario Parks by completing a nomination form before Labour Day. Ask at the park office for details.

Thank you to our 2018 Bursary Partners:



Borrow Fishing Equipment for FREE

TackleShare

For a complete list of 140 loaner sites, dates and locations for Travelling TackleShare events please visit: tackleshare.com

Brought to you by: ONTARIO POWER GENERATION

Wondering what to do with your empty propane cylinder?

Ontario Parks strongly encourages visitors to use refillable propane cylinders and to reuse them as many times as safe to do so. This helps to keep our parks litter-free and reduce waste!

Single use (non-refillable) propane cylinders should be deposited in Orange Drop collection cages found in many provincial parks.

Single use cylinders may also be brought to an Orange Drop collection site. Visit www.makethedrop.ca and search by postal code to find out where to drop-off your cylinders and other household hazardous waste.

Safely disposing of your propane cylinders ensures that any remaining gases will be captured and the metal, valves and other elements will be recovered and reused.

Orange Drop is responsible for managing household hazardous waste such as propane cylinders, single-use batteries, empty oil containers and other products that require special care for recycling or safe disposal.

Because of risks to people and the environment:

- Don't discharge leftover propane into the atmosphere, even if the cylinder comes with a device to do this.
- Don't deposit any propane cylinders into your blue box.
- Don't put cylinders in the garbage.

When it comes to the environment, we all have a responsibility!



Backcountry Information

Park Office

The Park Office at Otter Lake is open daily from early May to late October. It is also open most weekdays during November through April. The Park Office is where you pick up your permits and information on trip planning, as well as a gathering place for the Wilderness Skill Training Programs. To register for a program and for all inquiries, please contact the Park Office at (613) 376-3489.

Camping

Frontenac has 13 campsite clusters which are open for camping year round. The clusters are indicated by triangles on the Park Boundaries and Facilities Map (page 9), 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 cluster, only on the tent pad, with a valid permit.**

Checkout time is 2:00 pm off your site.

The beach and waterfront area at each campsite is for the use of the registered campers only. Camping permits must be purchased at the Park Office, prior to entering the Park.

There is no car, RV or trailer camping at Frontenac Park.

Youth Group Camping

Although there are no group campsites at Frontenac, a limited number of qualifying youth groups may camp at designated interior campsite clusters. The maximum party size is **sixteen (16)**, depending on the campsite cluster to be occupied and campsite availability.

For schools, youth camps or youth group reservations please call (613) 376-3489, direct.

Self-Serve Registration

When the Park Office is closed, the Park operates on a self-serve registration system for day use (and for camping during the off season). You will find registration envelopes, instructions, and a deposit box in the kiosk adjacent to the Park Office.

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 interior 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.

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. A handout entitled, **What is giardia?** is available at the Park Office. (Dogs can pick up Giardia as well.)

Campfires

Campfires are allowed only at **designated campsite clusters**, in the fireplaces. **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 dead 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.

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

(Backcountry Info. continued on page 10)

Pet Owners Must Heed Rules



- Pets must be kept on a leash at all times – not exceeding 2 metres.
- Pets must not disturb any other Park visitor or make excessive noise at any time.
- Pets must not chase any wild animals or damage any property.
- Pets are not permitted on any beach or in any swimming area, as per health regulations. No dogs are permitted in the water at the campsites.
- You must always clean up after your pet and dispose of the “doggie bag” in a garbage can (not down the privy).
* *Free doggie bags are available at the Park Office*
- Dogs must be kept under control at all times.
- The minimum fine for a pet violation is \$95.00.

Register Your Pet – Please advise the Park staff of your pet and register the name and breed on your camping permit.



Campsite Reservation Service

Call toll-free 1-888-ONT-PARK (1-888-668-7275)
(7 a.m. to 9 p.m. EST, seven days a week)
or online www.ontarioparks.com/reservations

HAVE THE FOLLOWING INFORMATION READY, WHEN MAKING A RESERVATION

- Park name and type of site required eg. interior / backcountry
- Arrival and departure dates
- Name, address, postal code, phone number
- The campsites you wish to reserve, (have an alternate route, in the event that your first choice of campsites is not available)
- The number of people in your party (**maximum 6 persons** and a maximum of three consecutive nights are permitted per campsite cluster)
- Method of payment (credit card number and expiry date)
- Make online reservations for Frontenac at: www.ontarioparks.com/reservations (select “**backcountry**” tab).

MORE ABOUT RESERVATIONS

- If you have never been to Frontenac, contact the Park Office at (613) 376-3489 for route planning assistance and for a Park information package.
- Allow yourself enough time to register all persons and all vehicles at the Park Office prior to entry into the backcountry
- When planning keep in mind sunset times, weather and wind conditions and registration time. Travel at night is not recommended.

NOTE: Ensure that you arrive at the Park Office before the office closes, to register, pay for and pick up your interior camping permits and your vehicle permits. **No person may enter the backcountry or occupy a campsite without a valid permit. All campers must be registered.**

PARK OFFICE HOURS:

May to Labour Day 8:00 a.m. – 8:00 p.m.;
after Labour Day to October 30 weekend, Fri. & Sat.
8:00 a.m. – 7:00 p.m.;
all other days 8:00 a.m. – 4:30 p.m.

- After October 30 to early May – Reservations are not available.
- Reserving interior campsites at Frontenac, is site specific. eg. 3b; 9c; 13a; 8d
- When you arrive at the Park Office, you will need to pay the balance of the campsite fees, which is per person per night.
- Our interior campsites can be reserved between May 3rd and October 27th.

GENERAL INFORMATION

- There is a 5 month reservation window. eg. for June reservations you can call in January.
- There is a non-refundable reservation fee and a \$50.00 camping deposit for each reservation made.
- **Youth Group, Youth Camp and School Group reservations call the Park direct (613) 376-3489** (special conditions apply)
- Reservation payment is by VISA, or MasterCard.
- If you need to change your reservation, or need to cancel, call 1-888-668-7275, or do it online at www.ontarioparks.com
- Campsite reservations are held until 8:00 a.m. the day following your scheduled arrival date.
- At Frontenac a campsite can be reserved for a maximum of **3 consecutive nights** at any one campsite cluster.
- Parking spaces for additional campers’ vehicles cannot be reserved, however valid permits for additional vehicles apply and vehicles must be parked where directed.

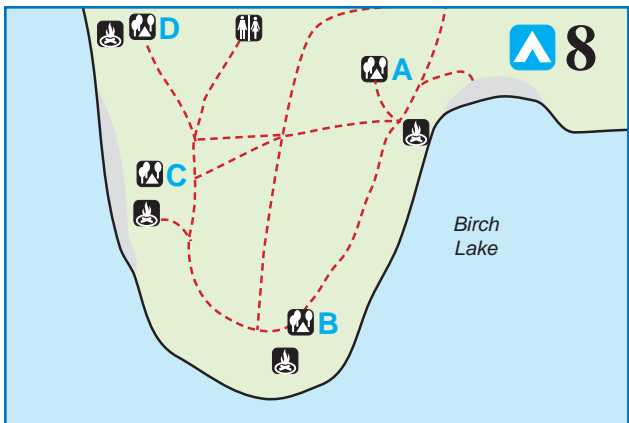
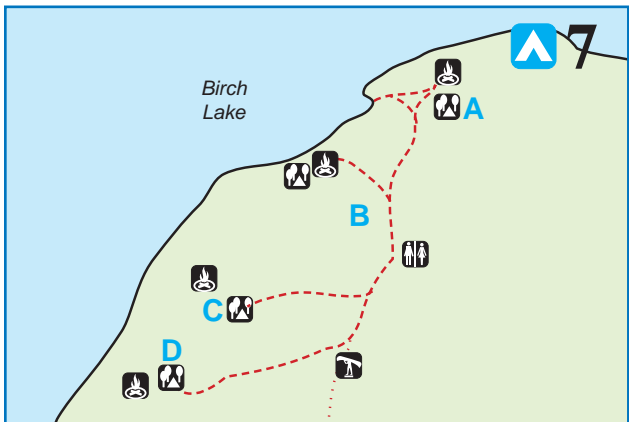
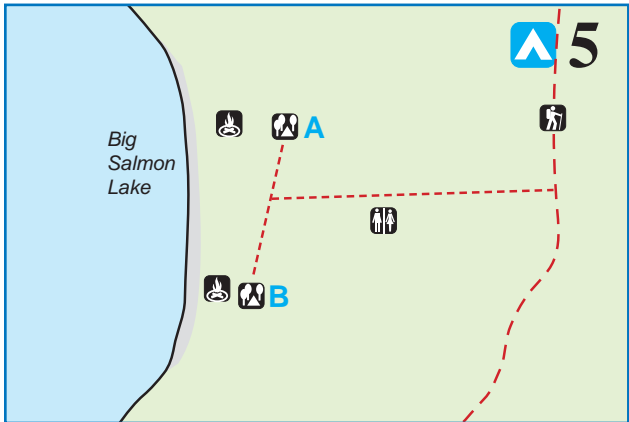
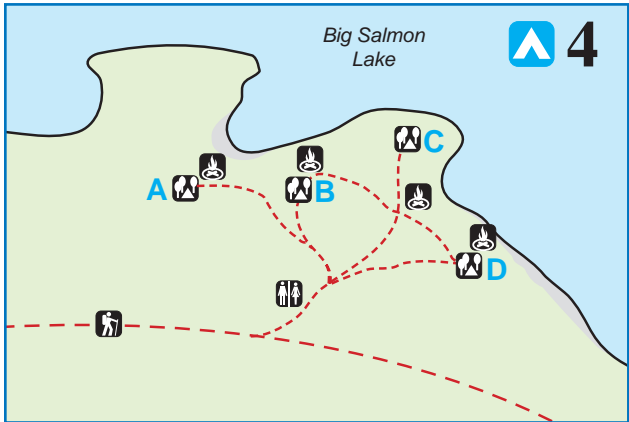
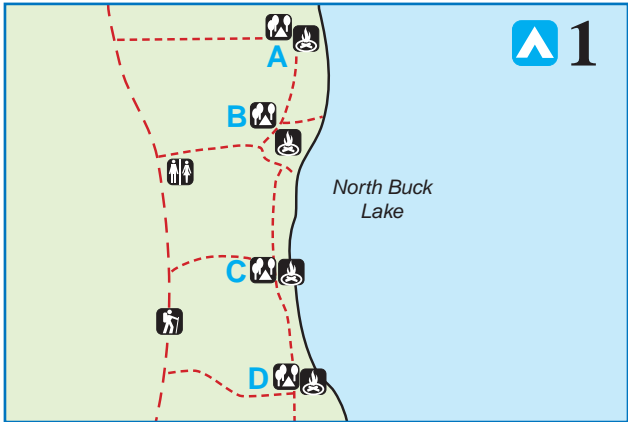
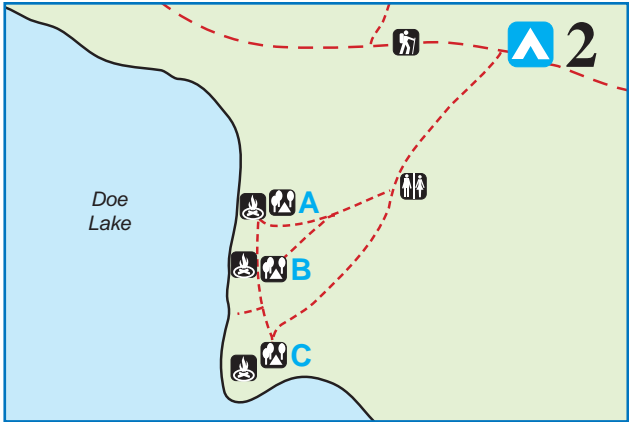
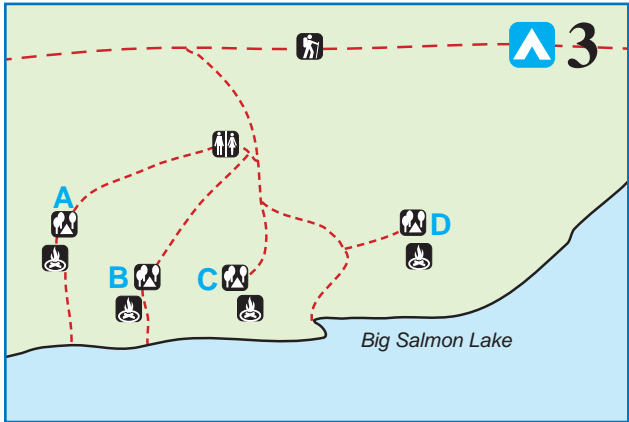
Fees and prices are subject to change. Costs are accurate at the time of printing. Obtain your free 2019 Ontario Parks Guide at provincial parks, MNRF offices, Ontario Travel Information Centres and MNRF Information Centres.

For information www.ontarioparks.com

“Things to Do and See in Frontenac”

- Hike to the “Amazing Places” Mink Lake Lookout
- See 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 7 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!)





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 (North)	8.6	2.9	N half of Cedar Lk Loop. Hardwoods and ponds	2-3 hours	Moderate
Dedication Trail (South)	9.8	1.8	S half of Cedar Lk Loop. Hardwoods and ponds	2-3 hours	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.

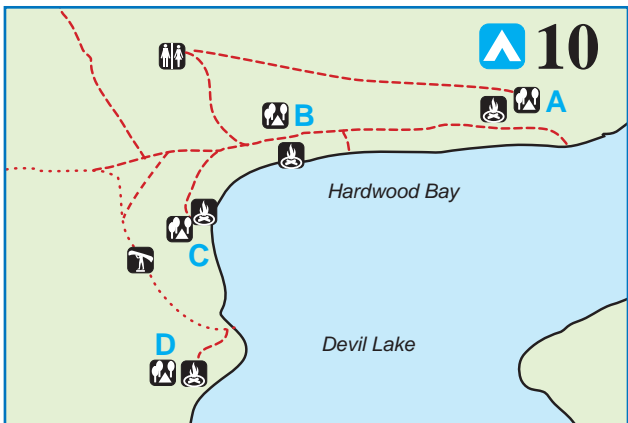
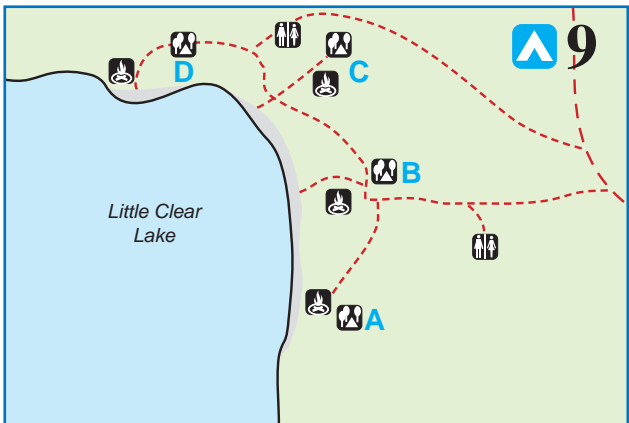


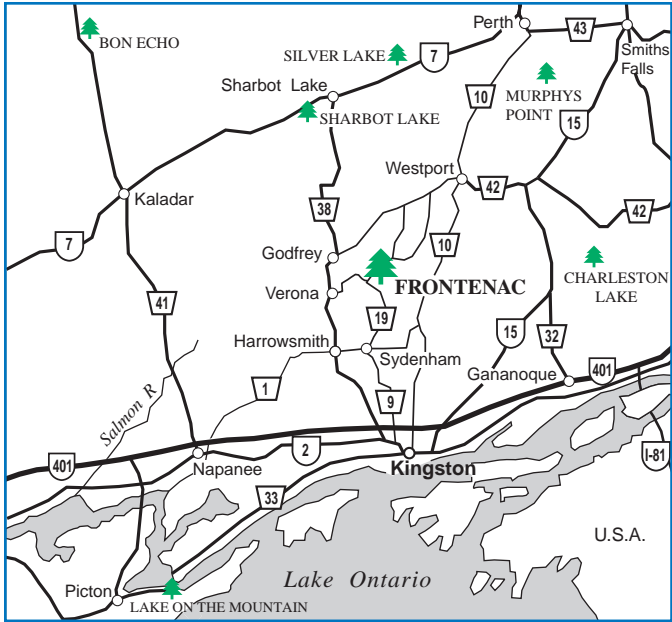
Photos: Bert Korporaal



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

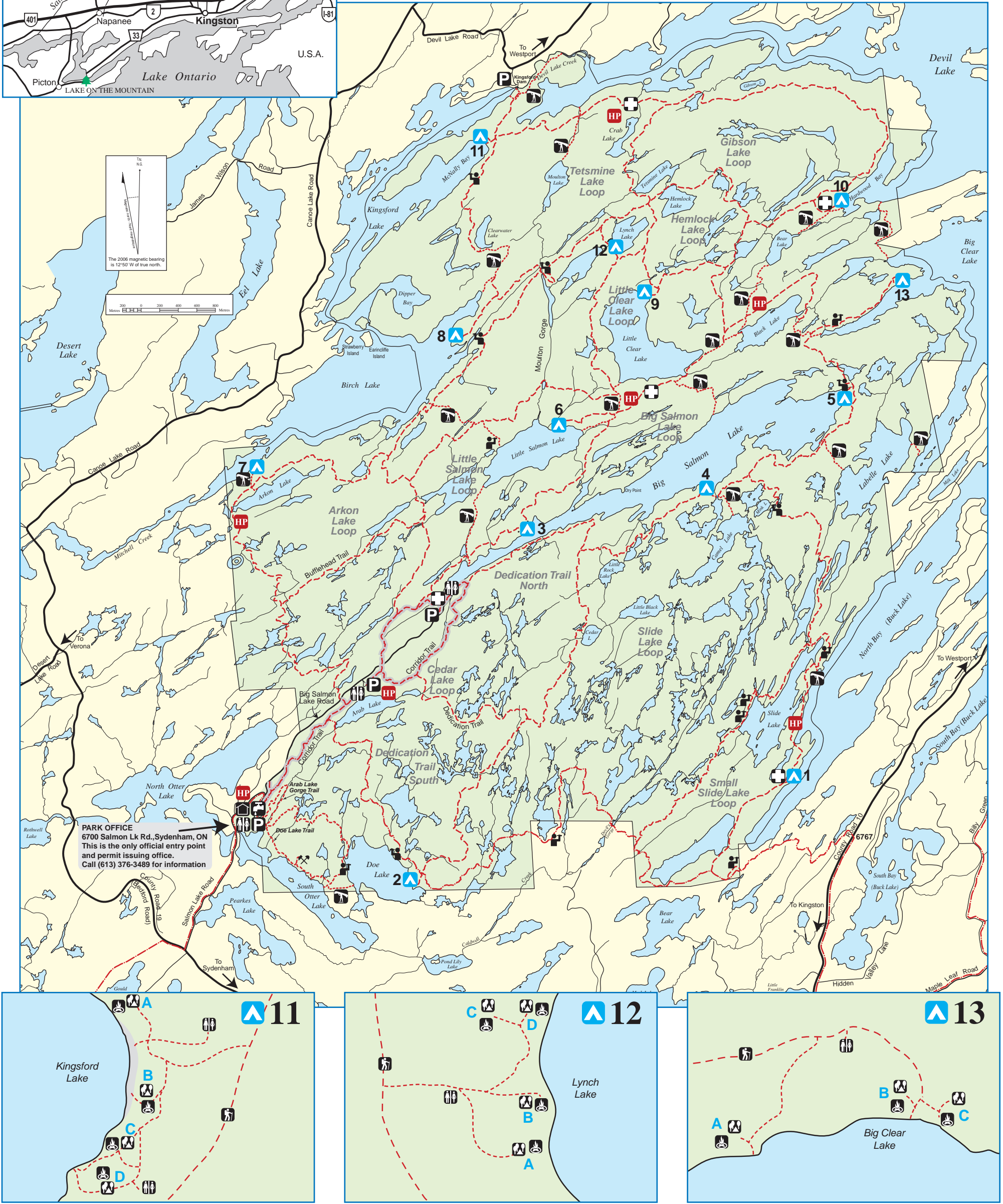




Park Boundaries and Facilities

Legend

- | | | | |
|-------------------|--------------------|--------------|-------------------|
| Park Office | Emergency Supplies | Hiking Trail | Fireplace |
| Parking | Portage | Rideau Trail | Interior Campsite |
| Toilet | Campsite Cluster | Water Tap | Ski Trail |
| Historical Plaque | | | |



More Backcountry Information

Recyclables

As one of the province’s leading conservation agencies, Ontario Parks is committed to maintaining a clean and healthy environment for this and future generations to enjoy. You may place cans, plastic pop bottles, and glass in the respective recycling bins.

If You Get Lost or Injured

With a good map, staying on well marked trails and portages, and with many other people besides yourself using Frontenac’s backcountry, there is little chance you will get lost. If you do get lost, however, the most important thing is to keep calm and look around for the last trail marker. Sit down, evaluate your situation and mentally try to retrace your steps. Chances are you will figure out where you went wrong and how to get back on course. Stay on the trail. If this doesn’t work, and you are still lost, or if there is an injury in

your party, stay put and signal for help. Three signals of any kind (three blasts on a whistle, three flashes from a signal mirror) constitute the universal call for help. Wildlife and natural areas can sometimes be hazardous. Be prepared.

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 **Ministry of Natural Resources TIPS Hotline at 1-877-847-7667 or Crime Stoppers 1-800-222-8477.**

Telephones

There is a public telephone in the Park Office breezeway. This phone takes phone cards only,

unless you are calling 9•1•1, the operator or reversing the charges.

Cellular phones do not work in most areas of the Park, besides Rogers as we are on the edge of cellular coverage.

Canoe, Kayak and Equipment Rentals & Supplies

Names, addresses and telephone numbers may be found on the advertisement pages 13, 14 and 15 of this tabloid.

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.

Park Roads

The road to Big Salmon Lake (open April to Remembrance Day yearly) is a single lane only. 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.

Emergency Assistance 911

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”

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 campsite clusters. There are five emergency barrels located throughout the Park. Their locations are identified with cross symbols on the map on page 9. They are for emergency use only.

We do rent snowshoes.

***Night travel or ice travel is not recommended.** Ice conditions vary greatly from lake to lake or even on a single lake. Thin ice has a very low tolerance for mistakes. Searches for lost persons can be very costly. Call ahead for advice and conditions.

Invasive Species in Frontenac

In Frontenac we have a variety of invasive species such as garlic mustard, common buckhorn, European frogbit, honeysuckle and dog-strangling vine. The most problematic invasive species in the park is dog-strangling vine.

There are two species of dog-strangling vine- black and pale swallowwort. They were introduced in the United States in the mid 1800’s for use in gardens. It now can be found in central and southern Ontario. It prefers sunny areas but will also grow in shaded areas. It is known to grow up to two meters high where it will “strangle” out plants and small trees. Dog-strangling vine is a member of the milkweed family. Each plant can produce up to 2,400 seeds that are white and feathery which allows them to be easily transported by the wind for kilometers. If not removed properly the plant can grow up from the remaining root crown. This makes it easy for the plants to take over entire fields and forested areas, out-competing other native vegetation. Deer and other foraging animals will avoid it making grazing much more difficult.

At Frontenac we do have a management strategy to help prevent further spread of this species. Talk with a staff member in the Park Office for more information.

If you see any while you are out in the park please report the exact location to the park office.



Photo: Erica Kendrick

Midnight Marauders

RACCOONS AND BEARS are part of the natural environment and therefore become part of the camping experience. It’s not the fault of these animals that they raid packs and steal food. Raccoons and bears are opportunistic omnivores that will eat anything you may eat. They are foragers by nature and unwary campers often prove to be bountiful suppliers of tasty food.



Some campers at Frontenac have had to cut their trips short because “the darn raccoons stole all the food”. It is much easier to ensure that nothing gets its paws into your food by keeping your campsite clean and your food stored in our new Food Storage Lockers. If situations arise that prevent use of food storage lockers, be sure to package and hang food items away from campsites at least 4 metres above ground.

For proper bear proofing, place all food and toiletries into a pack and hoist it up into a tree, away from the vicinity of your campsite, along with your garbage bag. The ideal setup is a length of rope slung over a strong tree limb so that the pack is no closer than 4 metres to the ground, 1.5 m down from the limb and 2 m from the tree trunk. Any less than these dimensions and you have merely made a piñata for a hungry bear or raccoon. Advise Park staff of all bear encounters.

Other steps to bear and raccoon proof your site are to pour your dishwater down the privy (if you scatter it in the bushes, the odours will attract animals and insects), and clean fish on an island or down the shore at least 300 m away from your campsite.

If you do all these things you will greatly reduce the chance of having an unwanted furry visitor “sharing” your food and keeping you and your neighbours awake all night.

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



/ONresources

ontario.ca/bearwise • TTY 705-945-7641
Park Office 613-376-3489 to report a bear sighting



Water Safety – It’s Your Responsibility

- 1) There are **no lifeguards** on our beaches. Water safety is **your responsibility**.
- 2) Always supervise children and non-swimmers. This means watching them every second they are in the water. Stay in designated swimming area. And when water is rough – **STAY OUT!**
- 3) Have children and non-swimmers **wear a PFD** when near the water.
- 4) **Never swim alone.** Everyone should always swim with a buddy.
- 5) Learn how to swim and learn prevention, water survival and rescue skills.
- 6) Offshore winds blow inflatables out into dangerous waters. Use inflatable rafts or toys in shallow water areas only. When wading into deeper water, why not swim in towards the shore?
- 7) **Be responsible.** Avoid alcohol when involved in water-related recreational activities.
- 8) **Protect your neck.** Never dive into shallow water from docks or shallow water.
- 9) If you suspect a drowning or any other type of water emergency, **call 911 and/or contact the park office immediately.**

Algonquins of Ontario Treaty Negotiations Update

As we celebrate the 125th anniversary of Ontario Parks, it is timely to reflect on the fact that Algonquin Provincial Park lies within unceded Algonquin traditional territory which is currently the subject of negotiations aimed at reaching Ontario’s first modern treaty.

The negotiations, which involve Ontario, Canada and the Algonquins of Ontario, reached a significant milestone in 2016 when the three parties signed an Agreement-in-Principle. This was a major step in the journey toward reconciliation and renewed relationships, signaling the beginning of the current phase of negotiations towards a modern treaty which will clarify the rights of all concerned.

Public enjoyment of Algonquin, as well as the 12 other operating Ontario Parks within the Algonquins of Ontario settlement area, will not be affected by the treaty negotiations. All 13 parks will continue to be available for the enjoyment of residents and tourists alike who visit them each year.

As part of the treaty discussions, Ontario and the Algonquins of Ontario are developing new levels of Algonquin involvement in parks management planning. Further discussions will also take place regarding recognition of Algonquin culture, measures to support Algonquin employment and training in protected areas, and the potential for an Algonquin steward program for protected areas in the territory.

A significant expansion of eastern Ontario’s protected area system is also recommended as a result of the treaty negotiations. This includes proposals to expand Lake St. Peter Provincial Park in Hastings County and a recommendation for a new provincial park in the area of Crotch Lake in Frontenac County.

This negotiation process is an important example of how we can make history and take action on reconciliation with Indigenous people in Ontario. To learn more about the Algonquins of Ontario treaty negotiations, please visit the Ontario Ministry of Indigenous Relations and Reconciliation website at: ontario.ca/algonquinlandclaim or the Algonquins of Ontario website at: tanakiwin.com. You may also contact the Ontario negotiation team by calling 613-732-8081, toll-free at 1-855-690-7070, or e-mailing alcinfo@ontario.ca.

I have a permit!
Why did I get a parking ticket?

Permits are required for all Park use (from short day visits to extended overnight camping trips). If a Park Warden cannot see a valid permit on your vehicle dashboard, a parking ticket is issued for “fail to display (not “fail to have”) permit”. Always remember to **visibly display your permit on your vehicle dashboard when in a provincial park.**

Rules and Regulations for Park Visitors

UNDER THE PROVINCIAL PARKS and Conservation Reserves Act, the registered permit holder is responsible for the conduct of all campsite occupants and could be charged with an offence committed by occupants of the campsite.

This Act and other legislation governing behaviour in provincial parks can be reviewed on the e-laws website at www.e-laws.gov.on.ca

Within a provincial park, Park Wardens have the power and authority of an Ontario Provincial Police (OPP) officer, including the power of arrest, search and seizure.

Park Wardens and Conservation Officers are on patrol to: provide information to, and ensure the safety of Park visitors; protect Park resources; and enforce Park rules and regulations to ensure everyone has an enjoyable visit. Depending on the infraction, they may

give a warning, lay charges, arrest, and/or evict persons from the Park.

The following table lists some of the more common laws enforced in Frontenac and other provincial parks (fines include victim surcharge and court administration fees). This park tabloid is for information purposes only. It is neither a legal document nor a complete collection of the current regulations. Fines are subject to change.

CATEGORY	OFFENCE	MINIMUM FINE
Environmental Protection	Unlawfully cut or remove plant, tree or strip bark	\$155.00
	Hunt, trap or possess protected wildlife or plant.....	\$240.00
	Damage, deface or remove crown property	\$155.00
Litter	Litter, cause litter or fail to keep campsite clean.....	\$155.00
	Fail to properly store wildlife attractants, food or refuse at campsite.....	\$155.00
Pets	Permit domestic animal to be at large / off leash, disturb persons or chase wildlife	\$95.00
	Permit domestic animal to make excessive noise or be in swimming area	\$95.00
	Permit domestic animal to cause injury	\$125.00
	Fail to clean up after and dispose of animal waste.....	\$95.00
Fire & Safety	Have control of fire other than in fireplace at registered campsite	\$180.00
	Start fire during fire ban or during fire restriction	\$180.00
	Fail to extinguish fire	\$180.00
	Possess fireworks or ignite fireworks	\$95.00
	Possess firearm in park (includes slingshots and air guns)	\$240.00
Camping Permits	Unlawfully occupy park land or campsite or unlawfully camp overnight (per person)	\$155.00
	Camp on other than interior campsite or on your designated campsite (per person)	\$155.00
	Unlawfully camp for more than three consecutive nights at a campsite.....	\$95.00
	Excessive number of persons on campsite (6 max per site) (per person in excess)	\$95.00
Noise/Rowdyism	Use discriminatory, abusive or insulting language or gestures	\$180.00
	Disturb other persons or make excessive noise.....	\$180.00
Vehicles and Boats	Unlawfully take motor vehicle or vessel (boat/canoe) into park without permit.....	\$155.00
	Operate vehicle or bike off roadway or on trails or on closed road	\$155.00
	Unlawfully operate power boat on park lakes.....	\$155.00
	Operate ATV or snowmobile or operate chainsaw, generator or portable ice auger in park	\$155.00
Parking	Fail to display valid permit on parked vehicle	\$30.00
	Park in prohibited location or other than in parking lot or designated area.....	\$30.00
Alcoholic Beverages	Have open liquor or consume liquor in other than your residence (your campsite).....	\$125.00
	Have open liquor or consume liquor in boat or canoe	\$125.00
Angling	Fish without licence	\$155.00
	Fish without licence on your person	\$125.00
	Over possession of fish (more than your limit).....	\$100.00 +
	Angle for species not in season or possess species not in season	\$240.00
	Deposit live fish from one waterbody into another (i.e. minnows).....	\$365.00
	Possess fish cut, skinned or packaged so that number or species cannot be identified.....	\$125.00

Attention Anglers



Did you know.... It is illegal to **attempt** to catch any fish species during its closed season, even if you plan to release the fish immediately? **Do not target Bass or Lake Trout out of season!** A closed season protects fish during a vulnerable part of their life cycle, helping to ensure a healthy population the rest of the year and for future generations.

Did you know... it is illegal to capture wildlife – including frogs – within a provincial park! Northern Leopard Frogs are the only species of frog that may be used as bait in Ontario, but can not be acquired in Provincial Parks.



For information on Ontario’s fishing regulations or on bait harvest rules, pick up a free copy of the 2019 Recreational Fishing Regulations Summary at the Park Office. Park staff are available to answer questions.

Park Hosts and Interior Trail Volunteers

Our Hosts in the Park Office and Interior Volunteers are available to assist you in planning your day outing or your trip. Interior Volunteers assist the Park with trail, portage and campsite maintenance, and also assist you while on the trails. Don’t be afraid to ask questions from our well informed volunteers!

Frontenac Winter Wonderland

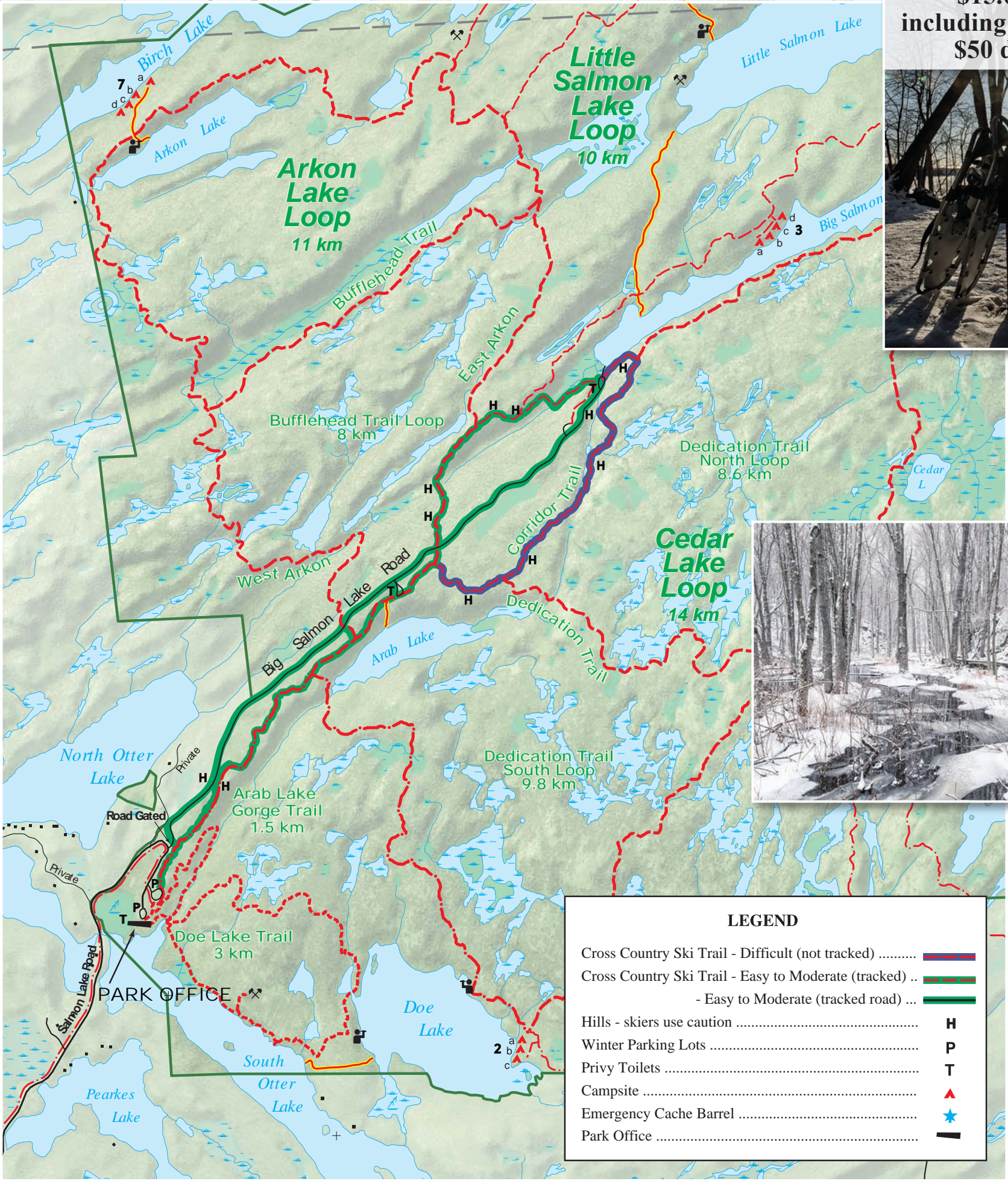


Winter in Frontenac provides outdoors enthusiasts with unique opportunities to explore snow covered landscapes by hiking on foot, with snowshoes, or on cross country skis. Over 100 kilometers of overland routes throughout the park are available ranging in time from one hour to several days; to appreciate nature in a semi-wilderness environment, or to practice cold weather travel and camping skills. Frontenac Park offers 10 kilometers of marked cross country ski trails that are groomed when weather conditions are favorable.

Big Salmon Lake Road is closed to vehicles from mid-November until spring, providing four kilometers 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. In addition, the Friends of Frontenac Park and other providers offer several Wilderness Skills Training Programs throughout the year. Come visit Frontenac Provincial Park for a memorable snow day.

Snowshoe Rentals

\$15.00/day including poles, with \$50 deposit



Are You Hiking Safely?

Know your limitations! Check the length, difficulty, and time required to walk the trail before you start out. Know how much pack weight you can carry for long periods, during different times of the year! Know your health issues and old injuries and plan your hiking trip accordingly.

Allow enough time to be off the trail and back at your vehicle before dusk. In the fall/winter, do not start out on any longer trail after 3 p.m. and always carry a flashlight.

Wear **footwear and clothing** appropriate for the trail and seasonal weather conditions. Sandals and flip flops are poor choices.

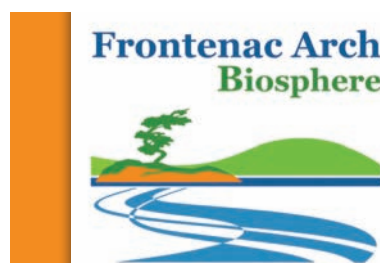
Do not rely on your cell phone. Service may be “limited” to “none at all”.

Use caution when walking trails.

You could encounter wet areas, downed branches/trees, snow, and icy conditions. Blue markers identify trail routes. In barren rocky areas, the trail is marked with rock cairns (small rock piles). To avoid confusion, please refrain from building cairns or ‘inukshuks’, or destroying the trail defining cairns.

Pack the essentials – ensure you have a **map**, first aid kit, water, compass, light, sunscreen, bug repellent and some snacks.

Your safety is ultimately YOUR responsibility. Be prepared!



Amazing Places!

People who have been coming to Frontenac Provincial Park know what a beautiful and special place it truly is. But the park is part of something bigger – the Frontenac Arch Biosphere. In 2002, the United Nations Educational, Scientific, and Cultural Organization (UNESCO) declared our surrounding area a biosphere reserve. Biosphere reserves are areas of ecosystems which are internationally recognized for promoting a balanced relationship between people and nature. This Biosphere is one of only 16 biosphere reserves in Canada, with more than 600 worldwide in 117 different countries.

The Frontenac Arch Biosphere spans much of the Frontenac Arch (also referred to as the Frontenac Axis), an ancient, finger-like geological formation that connects the vast, rocky Canadian Shield of central and northern Ontario, to the Adirondack Mountains of New York State. It lies roughly in an hourglass shape, stretching along the St. Lawrence River from Gananoque to Brockville, and extending northwest into Frontenac County (north of Kingston) and beyond Frontenac Provincial Park, covering an area of about 2700 km².

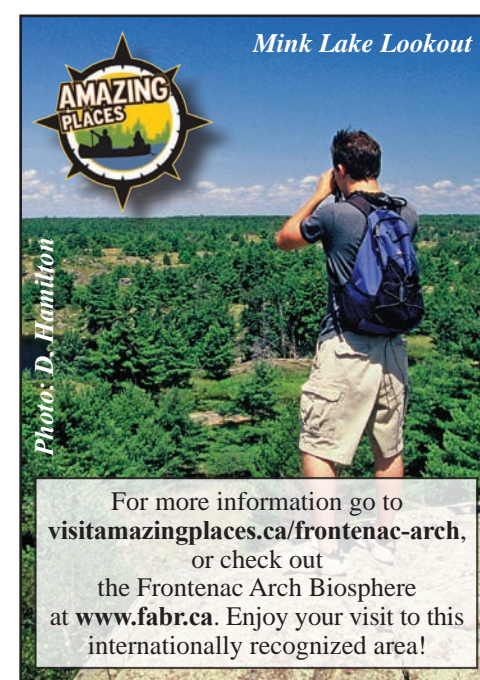
A great diversity of plants and animals live and find refuge here, including many species at risk. Frontenac and Charleston

Lake Provincial Parks are two core protected areas within the Biosphere.

The Frontenac Arch Biosphere has many special places. One – the Mink Lake Lookout in Frontenac Park – was selected as one of the 10 “Amazing Places” in the Biosphere. This magnificent lookout is located along the north end of the Slide Lake Loop, southeast of Campsite # 4. The Mink Lake Lookout is one of the highest points in the park and provides a sweeping view of the park.



Photo: Chantal St-Amour



Mink Lake Lookout

For more information go to visitamazingplaces.ca/frontenac-arch, or check out the Frontenac Arch Biosphere at www.fabr.ca. Enjoy your visit to this internationally recognized area!



FRIENDS OF FRONTENAC

Friends of Frontenac Park Board of Directors Are seeking various board members

The Friends of Frontenac Park is a non-profit, charitable organization that works co-operatively with the administration of Frontenac Provincial Park in the development and promotion of programmes that enhance public awareness and experience of the natural environment. The Friends maintain an active membership of over 200 individuals and a 12-member board of directors. Among our noteworthy contributions we include: the installation of information kiosks and historical plaques, wilderness skills training, guided educational outings of park's flora and historical sites, a multi-language brochure and \$2,500 student research grant. We take pride in our contributions and recognize these represent both the dedication and unique skills of our membership and the initiative and leadership of our board members.

“Are you interested in an executive position with the Board of Directors, Friends of Frontenac Park?”

Formal applications are not required but we welcome a notice of interest for the positions on our board.

Notice of interest and informal inquiries can be made with any board member or contact us:

Chantal St-Amour, Secretary FOF:

secretary.friendsoffrontenac@gmail.com or any current board member.

FRONTENAC SERVICE DIRECTORY

This publication is made possible with the participation of local businesses and organizations. Show your appreciation by giving them your support.



Bobs Lake Cottages & Escapes

Family Vacations • Retreats • Fishing
Pontoon Boats • Snowmobiles
Perfect for weddings!

Special packages at www.BobsLake.com
Sleeps 2-35 • 613-273-9193

ENTER TO WIN AN ALGONQUIN WILDERNESS CANOE TRIP

Remember to wear your PFD

ALGONQUIN OUTFITTERS

Visit www.algonquinoutfitters.com for full contest details and to enter online.

Gear & Guidance for Adventurous Individuals

262 PRINCESS STREET, KINGSTON
613 546 4757
www.trailheadkingston.ca

S A S
SMITH ARMY SURPLUS
GENUINE MILITARY SUPPLIES/NEW CAMPING GEAR
SINCE 1990

QUALITY BRAND NAMES IN CAMPING GEAR

- ★ CAMPING ACCESSORIES ★ BACKPACKS ★ BUGS AND INSECTS WARFARE
- ★ COMPASSES AND WATCHES ★ COOKWARE ★ DRY BAGS AND SACKS
- ★ FLASHLIGHTS, HEAD-LAMPS AND LANTERNS ★ FOOD AND RATIONS
- ★ HYDRATION PACKS, WATER BOTTLES AND THERMOS CONTAINERS
- ★ PACKS AND BAGS ★ SLEEPING BAGS, PILLOWS AND MATS ★ TENTS
- ★ WATER FILTRATION ★ GENUINE MILITARY CLOTHING ★ PELLET GUNS
- ★ HIKING BOOTS ★ CLOTHING ★ AND MUCH MORE

86 PRINCESS STREET | KINGSTON ON | 613-546-0305
www.sasonline.ca
f www.facebook.com/sasonline

Activities in every season since 1893!
canoe, kayak, hike, ski; we do it all

Join the
Cataraqui Canoe Club

cataraquicanoe.ca

Kingston Field Naturalists

Field trips, nature walks, children's and teen's programs, monthly meetings, speakers, conservation projects, land stewardship, education and fun.

PO Box 831
Kingston, Ontario
K7L 4X6
Email: info@kingstonfieldnaturalists.org
Website: kingstonfieldnaturalists.org
Facebook: [facebook.com/kingstonfieldnaturalists](https://www.facebook.com/kingstonfieldnaturalists)

RETURN A FAVOUR TO NATURE
Become a Member of The Friends of Frontenac Park

For further information please write to:
THE FRIENDS OF FRONTENAC PARK
Box 2237, Kingston, ON K7L 5J9
email: frontenacpark@frontenacpark.ca
f www.facebook.com/frontenacpark
t <https://twitter.com/frontenacpark>
www.frontenacpark.ca

The Friends of Frontenac Park

REID'S FOODLAND VERONA
Fresh food. Friendly neighbours.

LCBO The Beer Store

613.374.2112
OPEN 7 Days A Week

- Fresh Produce
- Bakery & Deli
- Butcher Shop
- Full Grocery Assortment

Clinton DENTISTRY
Biological Approach
www.clintondentistry.com
613.376.6652

RIDEAU HIKING TRAIL (KINGSTON TO OTTAWA)

Get inspired to keep fit with the Kingston Club!

Come hike with us every weekend and midweek through interesting and historic locations at varying levels of difficulty.

Get in the best shape of your life and ... have fun doing it!

Website: www.rideautrail.org
e-mail: info@rideautrail.org

Queen's University Biological Station

ELBOW LAKE ENVIRONMENTAL EDUCATION CENTRE

- Free public programs, weekly in the summer
- 10km of public hiking trails with interpretive signs
- Eco-Adventure day camp in July & August, ages 9-14

1500 Hewlett-Packard Lane
Perth Road Village, ON

ELBOWLAKECENTRE.CA f t i @ElbowLakeEEC

Gentle Family Rafting on the Ottawa River

Wilderness Tours
RAFT & KAYAK RESORT
Est. 1975

& Teen Kayak Camps

Foresters Falls ON WildernessTours.com 1.888.723.8669

ClearWaterDesign Kayaks, Canoes & Stand Up Paddleboards

NEW! Factory Outlet
Kingston - 2415 Hwy 38
2.5 km North of the 401

On water test paddling is available at our factory, located on the Bay of Quinte at 1959 North Port Road, 20 minutes north of Picton.

www.clearwaterdesignboats.com 1-800-344-5224 Made in Canada

FRONTENAC SERVICE DIRECTORY

This publication is made possible with the participation of local businesses and organizations. Show your appreciation by giving them your support.



**STAND-UP PADDLE BOARDS
BICYCLES • CANOES AND KAYAKS
SAILBOATS • SKIPPED SAILING
CHARTERS – HOURLY AND SUNSET**

WATERFRONT RENTALS



Since 1997

**AHOYRENTALS.COM • 21 ONTARIO ST,
KINGSTON, ON • 613-549-4277**

EXPERIENCE THE FREEDOM OF PERFORMANCE

Escape the Everyday
Explore Ontario's unparalleled, unspoiled wilderness and discover why life is better on the water.

Book your rental today!
Canoes, kayaks and SUPs available.

FRONTENAC OUTFITTERS

SALES | RENTALS | COURSES



Located beside Frontenac Park
– 30 minutes north of Kingston –
613.376.6220 | FrontenacOutfitters.com

Sydenham One Stop

OPEN 7 DAYS A WEEK

- LOTTERY • GROCERIES • GAS
- DIPPED ICE CREAM

613.376.6482 4431 WILLIAM ST
SYDENHAM, ON

DESIGN YOUR HOME OR COTTAGE WITH US

Trousdale's Home hardware building centre

Sydenham
613-376-6666

trousdaleshomeware.com



"Hard Day of Play?"



- Snacks • Ice Cream
- Coffee • Apparel

Open daily
Rain or Shine
613-376-7622

Treat yourself at Trousdale's



print • design • web

BUSINESS CARDS **BANNERS** INVOICES **LETTERHEAD** NOTEPADS **LABELS** ENVELOPES
LOGO DESIGN LAMINATING **BROCHURES** DIGITAL COPIES **CHEQUES** RAFFLE TICKETS
POSTERS NEWSLETTERS **BOOKMARKS** MAGAZINES **CANVAS PRINTS** & MUCH MORE

very competitive pricing for web design

call **1.800.339.5662** for details | www.willowpublishing.com



...if you can **THINK** it,
we can **INK** it!

FRONTENAC PROVINCIAL PARK

WILDERNESS SKILLS TRAINING PROGRAM SCHEDULE 2019

To register for any of the Friend's programs described below, please telephone (613) 376-3489

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

Programs presented by the Friends of Frontenac Park are identified with the Friends logo.



Warm Winter Camping Trip Planning

Saturday January 26

Presented by: Zabe MacEachren, Queen's University Outdoor Ed Coordinator

Winter camping can be a hot experience with a portable wood stove and wall tent. With proper equipment and clothing, groups and families can travel safely and comfortably on extended trips during the winter. All basics are covered, including trip planning, equipment details and safety, so you can feel confident planning your own trip.

Email Zabe at maceache@queensu.ca to register for the course.

Cost: Daily Vehicle Permit
Time: 10:00am to 3:00pm

Warm Winter Camping Overnight

Saturday January 26 to Sunday January 27

Presented by: Zabe MacEachren, Queen's University Outdoor Ed Coordinator

Following the day workshop you may stay and experience the night in the wall tent (max. 8 people). When registering, specify any dietary restrictions. Participants must supply own camping equipment/sleeping bags and personal items. Recommended equipment list will be provided by the instructor. Space is limited. Fee includes the instructor cost, basic equipment, dinner, and breakfast. Email Zabe at maceache@queensu.ca to register and pay for the course.
Cost: \$60.00 plus Camping Permit

Winter Camping Trip Planning

Saturday February 2nd

Presented by: Don Stables and The Friends of Frontenac

Accurate pre-trip planning can minimize many of the discomforts associated with backcountry travel during the winter. Topics include: route selection and assessment, safe



winter travel, shelters, clothing, equipment menu planning, physical fitness and conditioning, and safety. Share ideas and concerns about winter camping and trip planning.
Cost: Daily Vehicle Permit
Time: 10:00am to 3:00pm

Friends Historical Walk

Saturday April 27th

Presented by: Jérôme McDuff and The Friends of Frontenac

Join history enthusiast, Jérôme McDuff for a leisurely, interpretive walk along the Big Salmon Lake Road to learn about the early homesteaders in the Park. Bring your lunch, water and comfortable walking shoes. Plan on going rain or shine.

Cost: Daily Vehicle Permit
Time: 10:30am to 4:00pm

Survival Techniques for the Outdoors

Saturday April 27th

Presented by: Walter Sepic, Firefly Adventures, Kingston ON

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 shelters, uses of tarps and garbage bags, winter survival and snow, survival scenarios, wind and rain, fire starting techniques, and communication methods. Please take notes if desired.

Email Walter at waltsepic@gmail.com to pay and register.

Cost: \$20.00 per person plus Daily Vehicle Permit
Time: 9:00am to 4:00pm

Introduction to Backcountry Camping

Saturday May 4th

Presented by Don Stables and The Friends of Frontenac

For those who wish to venture to the backcountry to enjoy the outdoors, but who are unsure what to pack or buy, this is a workshop for you. Topics include: how to get started, clothing, footwear, equipment, food, water treatment, and safety in the outdoors. This day-long workshop is meant to introduce the new backwoods camper to this form of recreation.

Cost: Daily Vehicle Permit
Time: 9:00am to 4:00pm

Spring Nature Walk

Saturday May 4th

Presented By: Maureen Sly and The Friends of Frontenac

Join the Friends on this short leisurely walk to examine the plant and animal life along the 3km Doe Lake trail. Bring your binoculars, camera, a drink, snack, hiking shoes, and bug repellent. Plan on going rain or shine.

Cost: Daily Vehicle Permit
Time: 10:30am (meet at Park Office)

"Early Bird" Spring Bird Walk

Sunday May 5th

Presented by: Kathy Felkar and The Friends of Frontenac

Join 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, lunch, hiking shoes, and bug repellent. Please no dogs.

Cost: Daily Vehicle Permit
Time: 8:00am (meet at Park Office)

Wilderness Navigation Map and Compass – Level One - Intro to Map Using

Saturday May 4th

Presented by The Friends of Frontenac

The 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.

Cost: \$25.00 plus Daily Vehicle Permit
Time: 9:00am- 4:00pm

Wilderness Navigation Map and Compass – Level Two - Advanced Techniques with the Map and Compass

Sunday May 5th

Presented by: The Friends of Frontenac

The one day workshop builds on the skills and knowledge acquired during the Level One session and introduces the use of the compass. Topics 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, and 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.

Cost: \$25.00 plus Daily Vehicle Permit
Time: 9:00am- 4:00pm

Red Cross Wilderness First Aid Recertification

Saturday May 25th

Presented by: Steve Tripp, Wilderness Tripping, Kingston ON

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

Cost: \$110.00 plus tax and Daily Vehicle Permit
Time: 8:30am to 5:00pm

Wilderness Navigation Map and Compass – Level 1

Saturday June 1st

See May 4th course outline above.

Red Cross Wilderness First Aid

Friday May 31st to Sunday June 2nd

NOTE: also offered on June 14-16 and September 20-22.

Presented by: Steve Tripp, Wilderness Tripping, Kingston, ON

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 hrs 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 arrangements can be made upon request. This course starts Friday evening. Participants can hike or canoe to campsite #3. This course will also be around the new moon so will be dark at night. Please email Steve Tripp at wildernessstripping@gmail.com to register for the course.

Cost: \$230.00 plus HST and Camping Permit

Time: Friday 5:00pm to Sunday 4:00pm

Canoe Clinic

Saturday June 1st

Presented by: Walter Sepic, Firefly Adventures, Kingston ON

You will go through dryland lessons first with: canoe design, parts, paddles, emergency and mandatory legislated equipment and their use, proper PFD's or lifejackets, balancing, proper sitting or kneeling, bow and stern positions and what is required of both positions, portaging and types of portages, entering and exiting a canoe, holding and using a paddle, types of strokes and when to use, extended paddling tips and on water practice of those strokes. After lunch, for a finale you will go out on South Otter Lake for a more extended paddle. Must bring your own equipment and canoe. Email Walter at waltsepic@gmail.com to pay and register.

Cost: \$20.00 plus Daily Vehicle Permit
Time: 9:00am to 4:00pm

Wilderness Navigation Map and Compass – Level 2

Sunday June 2nd

See May 5th course outline above.

Wilderness Navigation Map and Compass – Level Three - Use of the Handheld GPS as a Tool in Navigation

Saturday June 15th to Sunday June 16th

NOTE: Also offered Saturday June 8th to 9th

Presented by: The Friends of Frontenac
Prerequisite: Level Two - Advanced Techniques with the Map and Compass. This two day workshop is an introduction to the use of the GPS and includes programming the GPS, creating waypoints, and using the GPS for navigation. This workshop will be confirmed by 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.

Cost: \$25.00 plus Daily Vehicle Permit
Time: 9:00am to 4:00pm

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

Saturday June 22 to Sunday June 23

Presented by: Barry Irish, Paddle Away Adventures, Kingston ON

This is the ORCKA introduction to tandem (or solo) canoeing and is the basis for all other ORCKA skills. Learn how to canoe or those interested to advance to other ORCKA skill 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 your own canoe, paddle, PFD, and safety equipment. There are a limited number of canoes available if needed. Cutoff date for registration is June 15. Must contact Barry Irish at 613-539-4864 or barryirish2832@gmail.com.
Cost: \$250.00 + HST plus Daily Vehicle Permit
Time: 8:00am to 5:00pm

Red Cross Wilderness First Aid

Friday June 14th to Sunday June 16th

See May 31- June 2 course outline above.



Photo: Chantal St-Amour

Wilderness Navigation Map and Compass – Level Three - Use of the Handheld GPS as a Tool in Navigation

Saturday June 8th to 9th

See June 15 to June 16th course outline above.

Red Cross Wilderness First Aid

Friday September 20th to Sunday September 22nd

See May 31 to June 2 course outline above.

Red Cross Advanced Wilderness First Aid

Friday October 18th to Sunday October 20

Presented by: Steve Tripp, Wilderness Tripping, Kingston, ON

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 the campsite #11. For more information and to register, please contact Steve Tripp at wildernessstripping@gmail.com.
NOTE: Prerequisite: Canadian Red Cross Wilderness First Aid in past 24 months, and must have their CRC WFA manual.

Cost: \$210.00 plus HST and Camping Permit.
Time: Friday 5:00pm to Sunday 4:00pm

Christmas Bird Count for Frontenac

Saturday December 14th

Presented by The Friends of Frontenac

Christmas Bird Counts are a long-running Citizen Science project that collects valuable information on winter bird populations. Register to join a field survey team for the day (suitable for adults and teens), or drop by the Park Office for an all-ages afternoon count in the park. A great opportunity to learn more about birding from local experts while exploring the diverse habitats of the Frontenac Arch. Details will be posted in November on the Friends' website, or call the Park Office.

Cost: Free!
Time: 8:30 am to 4:30 pm



MIX
Paper from
responsible sources
FSC® C103138