

Hiker's Trail Log

Hiker Name	PRINT IN BLOCK LETTERS		
Hiker Email Address	PRINT IN BLOCK LETTERS		
TRAIL LOOP	Length (KMs)	Date Mnth/Day (ie. 09.15)	Sign Clue
Arab Lake	1.5		
Doe Lake	3.0		
Cedar Lake	14.0		
Slide Lake	21.0		
Big Salmon Lake	17.0		
Arkon Lake	11.0		
Little Clear Lake	7.0		
Tetsmine Lake	10.0		
Hemlock Lake	5.0		
Gibson Lake	9.0		
Little Salmon Lake*	10.0		
Moulton Gorge*	11.0		
* Only hike one of these loops			

Questions? Contact: frontenacchallenge@gmail.com

Due to Covid restrictions, there will be no Challenge Awards Celebration in November.

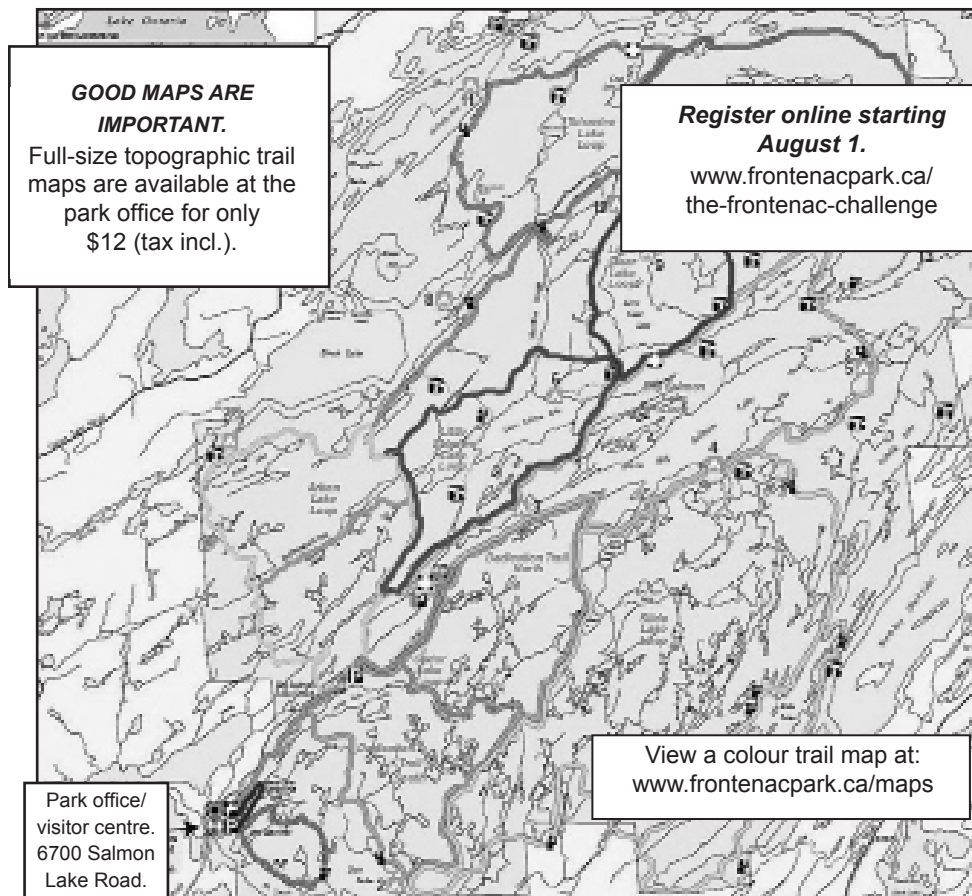
Please include a stamped, self-addressed envelope so we can mail out your 2020 Challenge certificate.

Hike The FoF's Annual Frontenac Challenge

FREE registration begins August 29th at Frontenac Provincial Park's office.

Hike 119 kms of Frontenac Provincial Park's beautiful wilderness trails in two months this fall. Starting September 1st. Ending October 31st.

- ✪ 11 trail loops ✪ 3 levels of participation ✪ 5,000 participants since 1993
- ✪ 48 interior campsites ✪ 22 lakes ✪ 5,214 hectares of natural beauty



Frontenac Provincial Park is about 40 kms north of Kingston.
Follow the park signs north from the village of Sydenham.



Presented by:
The Friends of Frontenac Park
and
Frontenac Provincial Park



Frontenac Challenge Rules

1. Participants can register for the Challenge between August 29th and October 1, 2020 at the park office/visitor centre. Registration is free. Online registration is also available at www.frontenacpark.ca/the-frontenac-challenge
2. The Challenge must be completed between September 1 and October 31. Participants can only be credited for completion of one Challenge a year.
3. Completed Challenge logs must be turned into the park office as soon as possible after completion of your Challenge. If the building is closed, deposit them in the nearby self-service day-pass box. Or send a digital version to frontenacchallenge@gmail.com
4. There are three levels of Challenge.
 - Frontenac Challenge:** hike all 11 loops.
 - Frontenac Trek:** hike any six loops (excluding the short Arab Lake Gorge and Doe Lake Loops).
 - Junior Challenge:** youngsters under age 12 may hike any six loops.
5. Trail confirmation: One highly visible red and yellow sign is located somewhere on each trail loop. Note the contents of each loop's sign in your Challenge log.
6. Alternate Trail: The Moulton Gorge Loop may be substituted for the Little Salmon Lake Loop. Ask at the office/visitor centre for details.
7. Slide Lake Loop: You don't have to hike around both sides of Slide Lake. Choose one side — the western trail section is shorter but more rugged.
7. Start Close: Loops can be started from the closest parking lot.
8. Pace Yourself: Any loop can be spread over two or more days.
9. No Shortcuts: Parts of a trail loop that are shared with a neighbouring loop must be hiked twice.
10. Successful challengers will receive a certificate and have their names added to the Challenge wall plaque inside the park's visitor centre.

Frontenac Challenge Tips

Have fun but be safe. Always carry extra water, food and enough emergency supplies to get you through an unexpected sleep out.

Hike with a detailed map. We recommend purchase of the official Frontenac Park trail map (\$12 tax incl.) available at the park office/visitor centre. Also available at our online store.

Take care of your feet! You've got MANY kilometres of trail ahead. The trails are rugged so a sturdy pair of hiking boots is recommended.

Always let someone know which loop you are hiking (and in which direction). It makes you easier to find in an emergency.

Pay attention to the weather and time. Start your hike early. Daylight hours get shorter in the fall so always carry a light and be prepared to spend a night if you run into trouble.

Allow extra time to get to and from the start of your loop.

Don't rely on your cell phone. Reception is spotty in the park and your battery will wear down quickly if left on all day.

You are allowed to combine two short neighbouring loops into one hike. (You must re-hike the section of trail that is common to both loops.) Consider hiking adjacent loops in a figure "8" to be efficient.

Take pictures to share at Facebook (*Friends of Frontenac Park*) and on Instagram (*#Frontenac Park* and *#FrontenacProvincialPark*).

Questions? Contact: frontenacchallenge@gmail.com

Join the Friends of Frontenac Park.

The Friends organize activities, workshops and educational programs year round. Your annual fee makes everyone's park experience better. Ask about the Friends of Frontenac at the park visitor centre or visit our website at:

www.frontenacpark/aboutus