



ONTARIO  
PARKS



The Friends of  
Frontenac Park

# FRONTENAC WINTER TRAIL GUIDE

[www.frontenacpark.ca](http://www.frontenacpark.ca)

## WINTER IN FRONTENAC PROVINCIAL PARK

Frontenac Provincial Park is an all-season park that provides its winter visitors with a range of recreational activities, from cross-country skiing and snowshoeing to winter camping, ice fishing, and wilderness skills programs.

Hike among the snow laden pine branches as blue jays and chickadees fly from tree to tree. On a warm winter day you may see a squirrel scurrying about in search of food hidden beneath the pristine white snow.

Visitors to the park can enjoy the network of over 100 km of hiking trails year round. Throughout the winter there are 10 km of trails marked for cross-country skiing with track setting done when there is sufficient snowfall. The Doe Lake Loop, Arab Lake Gorge Loop and Bufflehead Trail are favourites used primarily by snowshoers and hikers.

## SKI TRAILS

**Big Salmon Lake Road:** The 3.5 km road from the Park Office to Big Salmon Lake is closed to vehicles during the winter, and is used as part of the cross-country ski-trail system. The trail consists of gentle slopes and curves. It is ideal for the novice skier and those wanting to absorb the splendour of a beautiful winter day in Frontenac Provincial Park.

**Corridor Trail:** The 4.5 km south trail and 2 km north trail run parallel to the Big Salmon Lake Road, and are of moderate to difficult level. The trails are narrow, bordered by trees and have sharp curves. There are several steep hills.

## SNOWSHOEING AND HIKING TRAILS

Although the park's network of hiking trails are available to visitors throughout the winter, many snowshoers and hikers enjoy the moderate 3 km Doe Lake Loop and easy 1.5 km Arab Lake Gorge Loop.

For a longer adventure, try the 8 km Bufflehead Trail, located 2 km from the Park Office. The trail meanders around frozen beaver ponds, through forests of pine trees sheltering the trail, and over barren granite ridges forming part of the Canadian Shield.

The Big Salmon Lake Road and Corridor Trail are open to snowshoers and hikers, but please be considerate by staying off the ski tracks.

## WINTER CAMPING

Watch the moonlight glisten across freshly fallen snow while camping at one of the park's 48 interior campsites.

## WINTER SAFETY

- \* Travel over frozen lakes and ponds is not recommended as ice conditions vary greatly. Stay on the designated marked trails and travel with a "buddy".
- \* The trails are not checked by park staff or the Friends at the end of the day. Let park staff know your intended route and be prepared to deal with poor weather.
- \* Carry nutritious food and a non-alcoholic beverage, avoid becoming overtired, wear layers of warm clothing, and frequently check party members for signs of frostbite and hypothermia.
- \* Emergency cache drums are to be used only in emergencies. If supplies are taken from the drums, please notify the Park Office so the supplies can be replaced.
- \* Plan extra time to travel to your registered campsite.
- \* A public telephone is located outside the Park Office. Most cellular telephones do not work in the park interior.

Park Office	(613) 376-3489
Ontario Provincial Police	911
Emergency (specify Kingston Fire Rescue)	911

## FEES

All vehicles must have a valid permit displayed on the dashboard of the vehicle, which must be purchased at the Park Office or self-serve fee station upon arrival at the park. Winter camping is permitted only at designated camp sites with a valid interior camping permit.

## PARK OFFICE

The Park Office is open most days of the winter. During weekends in January, February and March, stop by the Park Office to warm yourself by the fire and enjoy a cup of hot chocolate, provided by the Friends.

## FRONTENAC PROVINCIAL PARK

Granite outcrops, extensive wetlands, and forests encircling deep blue lakes set the scene in this 5,214 hectare Natural Environment Provincial Park. The park protects a portion of the rugged Frontenac Axis, a finger of the ancient Canadian Shield reaching down through eastern Ontario into New York State.

In summer, excellent flat water canoe opportunities take you through a mosaic of crystal-clear lakes and a network of over 100 km of hiking trails reveal a fascinating north-south mix of plants and animals.

Frontenac Provincial Park is located 35 km north of Kingston, Ontario.

## FRIENDS OF FRONTENAC PARK

The "Friends" is an incorporated, non-profit, charitable organization constituted outside park management. Activities of the Friends are coordinated independently by an elected volunteer board of directors that work closely with active members and park staff. Because the Friends initiatives are organized on a project-by-project basis, activities undertaken by the organization are as diverse as membership interests in any given year.

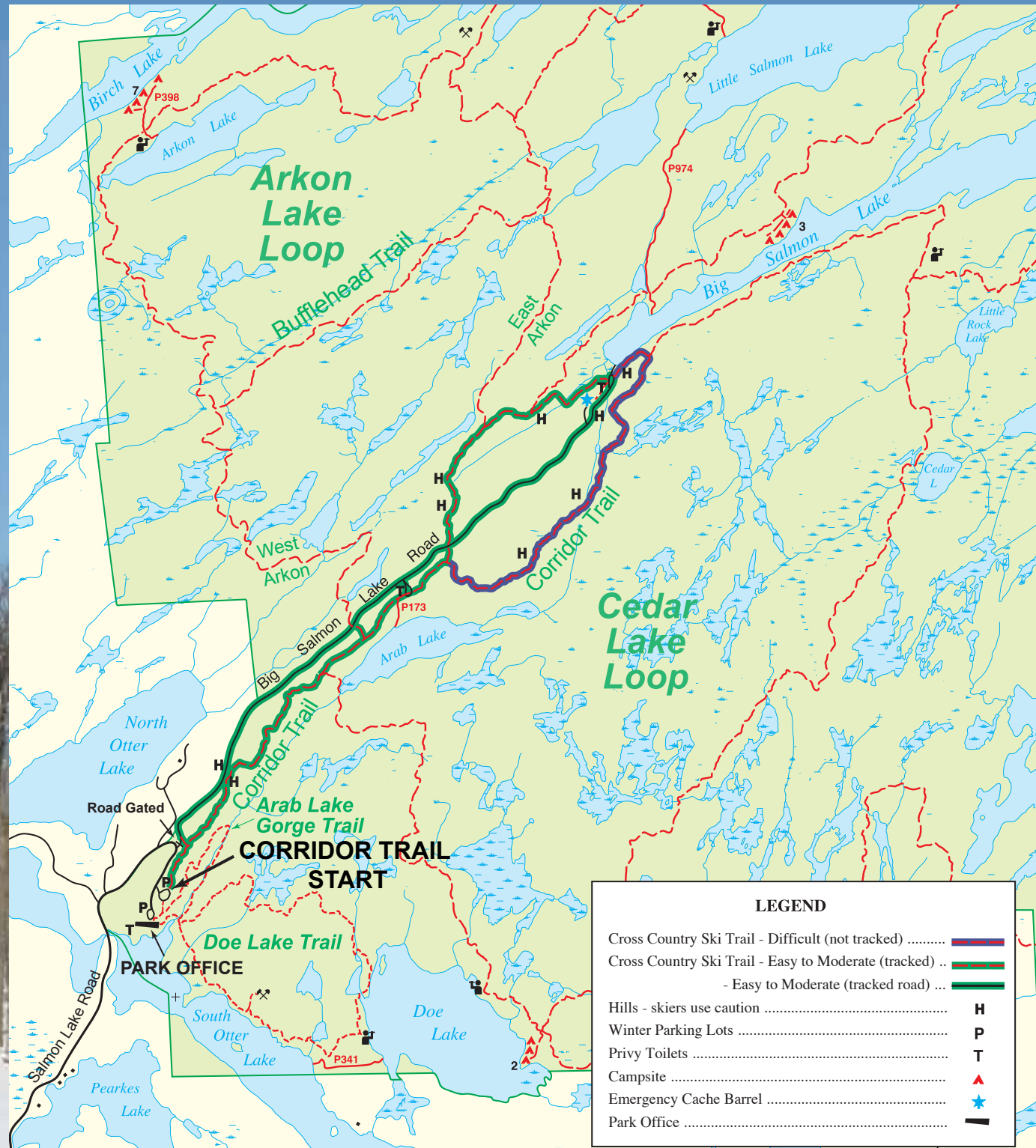
The mission of the Friends is to undertake activities to enhance appreciation of the ecosystem of Frontenac Park. This means cooperating with Ontario Parks to create programs and materials to promote public awareness, education, and understanding of the park's natural and cultural heritage.

## Return a favour to nature

# WINTER TRAIL MAP

The complete Frontenac Provincial Park Interior Topographical Map provides greater detail of the trails and terrain of Frontenac Provincial Park. It is essential for visitors venturing into the interior of Frontenac Provincial Park. Obtain your copy from the Friends, the Park Office or a local retailer.

Interpretative trail guides for Doe Lake and Arab Lake Gorge Trails are available at the trailhead kiosk or the Park Office.



# JOIN THE FRIENDS OF FRONTENAC PARK

The Friends of Frontenac Park is a not-for-profit, volunteer organization working in co-operation with Ontario Parks to promote public appreciation of Frontenac Park. Your membership in The Friends of Frontenac Park will put you in touch with other outdoor enthusiasts who have discovered one of Ontario's great natural secrets. Join today or sign a friend up. Everyone is welcome.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Membership categories:

Individual \$20.00/year

Family \$25.00/year

Check here if this is a gift membership, and give your name below as you want it to appear on the announcement card that will be sent to the recipient with the membership card:

Donation: \$ \_\_\_\_\_  
For donations of \$10.00 or greater, a tax receipt will be issued.

Mail to:  
The Friends of Frontenac Park  
P.O. Box 2237  
Kingston, Ontario, K7L 5J9

[www.frontenacpark.ca](http://www.frontenacpark.ca)

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