

R1 Minaki Trails

DESCRIPTION Minaki Trails encompasses 25 km of scenic trails throughout the boreal forest. Natural trails wind through this pristine forest with spectacular views of the Canadian Shield and surrounding area.

DISTANCE 25 km **USES** Hiking, Cycling, Skiing

TERRAIN Moderate to Extreme **WEB** www.minaki.ca

SEASONS All Seasons

LEGEND

SKI TRAILS

- PURPLE MARTIN - 4 KM
- GREY OWL - 3.3 KM
- BLUE FOX - 5 KM
- BLACK BEAR - 1 KM
- JACK PINE - 6.3 KM
- RED SQUIRREL - 3 KM
- RIDGE RUN - 1.5 KM
- SLICK ROCK - 1.5 KM

W WINTER ONLY



R2 Rushing River Trails

DISTANCE/TERRAIN

Lower Rapids Trail - 1.8 km - moderate
Pine Ridge Trail - 500 m - moderate
Beaver Pond Trails - 1.1 km - moderate
Granite Knoll Trail - 2.7 km - difficult

SEASONS

Trails are three seasons - closed in the winter.

USES

Hiking only.

WEB

www.ontarioparks.com



R3 Vernon Nature Area

DESCRIPTION The Vernon Nature Area is a unique area that links three very diverse vegetarian zones found within Canada. These designated trails will acquaint you with the transition zone between the Boreal Forest Region, the St. Lawrence-Great Lake Forest Region and the Prairie Grasslands.

DISTANCE 5 km **USES** Hiking, Cycling, Skiing, Snowshoeing

TERRAIN Easy to Moderate **WEB** www.ontariotrails.on.ca

SEASONS All Seasons



R4 Sioux Narrows-Nestor Falls Trails

DESCRIPTION Enjoy unparalleled hiking through the boreal forests along three trial systems - Red Pine Trails, Boreal Trails and Aspen Trails. The trails travel through impressive stands of red pine, cedar, poplar, spruce, cedar and oak trees. Enjoy the spectacular views, beaver ponds, granite ridges and see many forest dwellers that call this area home.

DISTANCE 1 to 8 km **USES** Hiking, Skiing

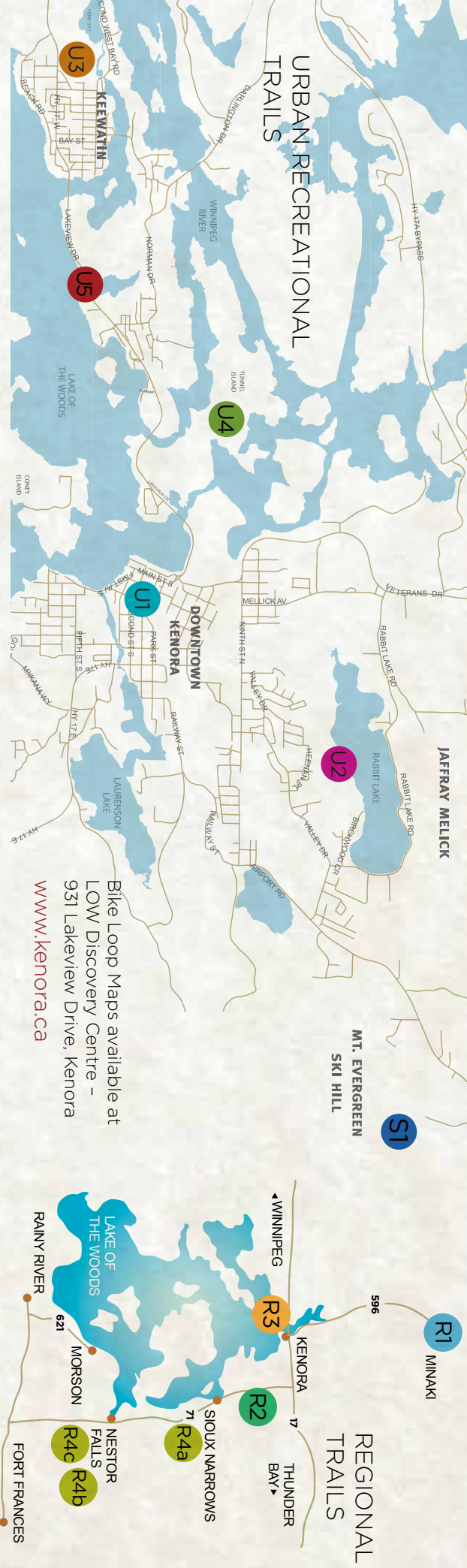
TERRAIN Moderate to Extreme **WEB** www.sioxnarrows-nestorfalls.ca

SEASONS All Seasons (Boreal Trail closed during winter)

ASPEN TRAILS-SIOUX NARROWS RED PINE TRAILS-NESTOR FALLS BOREAL TRAILS-NESTOR FALLS



PARTNERS:



LAKE OF THE WOODS

Trail Guide

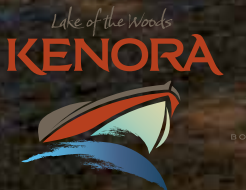


URBAN RECREATIONAL TRAILS

Rat Portage Urban Trail
Tunnel Island Trail
Rabbit Lake Trails
Mink Bay Trail
Great Lake of the Woods Trail
Kenora Nordic Trails

REGIONAL TRAILS

Minaki Trails
Rushing River Trails
Vernon Nature Area
Sioux Narrows-Nestor Falls Trails



KENORA URBAN TRAILS COMMITTEE

U1 Rat Portage Urban Trail, City Centre

DESCRIPTION The Rat Portage Urban Trail meanders along flat or gently rolling, paved city streets with sidewalks of wood, interlocking brick or concrete and along Laurenson's Creek nature walk.

DISTANCE 6.5 – 8 km
SEASONS All Seasons
TERRAIN Easy to Moderate
USES Hiking
WEB www.kenora.ca



S1 Kenora Nordic Trails

DESCRIPTION The Kenora Nordic Trails is a series of wilderness trails which are well signed. The trails intimately wind through mixed forest and rocky ridges. May experience wet conditions in the wet season. Groomed cross-country ski trails in the winter season.

0.5 0.25 0 0.5 1 1.5 KM



U2 Rabbit Lake Trail, Jaffray Melick

DESCRIPTION The Rabbit Lake Trail system is partially inclusive, accessible and paved. This trail starts at the end of Nairn Avenue and this portion is called the Rotary Way Trail. This portion of the trail joins into the main Rabbit Lake Trail at a spectacular viewing site overlooking Rabbit Lake. Your journey continues along the shore of Rabbit Lake to Garrow Park and Beach. To complete your journey the trail then follows Birchwood Crescent, onto to Valley Drive which leads you back to Nairn Avenue. There are several resting areas along the bush portion of the trail.

DISTANCE 5 km
TERRAIN Easy to Moderate (Feeder Trails - Moderate-High)
SEASONS All Seasons
USES Hiking, Cycling, Skiing, Snowshoe, Wheelchair Accessible
WEB www.kenora.ca



U3 Mink Bay Trail, Keewatin

DESCRIPTION The Mink Bay Wetland is a beautiful area nestled in the west end of the City of Kenora. This area has the distinction of being the earliest settled area in Keewatin. This trail system winds through the wetlands and wilderness areas of Mink and Portage Bay and into the green spaces and businesses of downtown Keewatin.

DISTANCE 4.3 km
TERRAIN Easy to Moderate
SEASONS All Seasons
USES Hiking, Biking, Skiing
WEBSITE www.kenora.ca



U4 Tunnel Island Trail, Kenora

DESCRIPTION This area is a relationship gathering place with 8,000 years of history. A place where relationship is affirmed, confirmed and maintained. Stunning views of the Winnipeg River and Norman Dam can be seen along the series of trails which make up Tunnel Island. The trail also includes several lookouts and points of interest along its path. Much wildlife such as eagles, pelicans, deer and fox can be seen along this trail. This land was gifted to the Common Ground partnership between the City of Kenora, Grand Council Treaty #3 and the communities of Wauzushk Onigum, Ochiichagwe'Babigo'Ining and Obashkaandagaang. Please respect the heritage value of this sacred site, while enjoying the land.

DISTANCE 6-10 km of trails
TERRAIN Moderate to High
SEASONS All seasons (Winter season, some slippery slopes, alternate winter trails are available and recommended)
USES Hiking, Biking
WEB www.kenora.ca



U5 The Great Lake of the Woods Trail, Trans Canada Trail

DESCRIPTION Great Lake of the Woods Trail, the newly proposed TCT route includes portions of existing trail networks within the City of Kenora, including Rat Portage Urban Trail, the newly approved Great Lake of the Woods Trail and a portion of the Keewatin Mink Bay Trail system. The trail will take advantage of a number of attractions that celebrate the City's cultural, historical and natural history.

DISTANCE 10 km
TERRAIN Easy to Moderate
SEASONS All Seasons
USES Hiking
WEB www.kenora.ca

