



RED PINE TRAILS - NESTOR FALLS



BOREAL TRAILS - NESTOR FALLS



ASPEN TRAILS - SIOUX NARROWS

A 30 to 90 minute walk, depending on loops traveled, the trail is marked with red trail signs, blue cross-trail signs, and directional arrows. Signage is best viewed while traveling in a clockwise direction.

The first part of the trail travels through a 25 to 30 year old red pine plantation, as you travel the red outside loop you see examples of the large red and white pine, also a good example of the mixed forest of both coniferous and deciduous trees. Whitetail deer live in this area and are often seen, as well as several other forest dwellers including several varieties of birds. The trail has some short uphill grades, in general it is very level and easy to walk, and is suitable for all skill levels.

LEGEND

Trail Route Sideroad Hwy 71

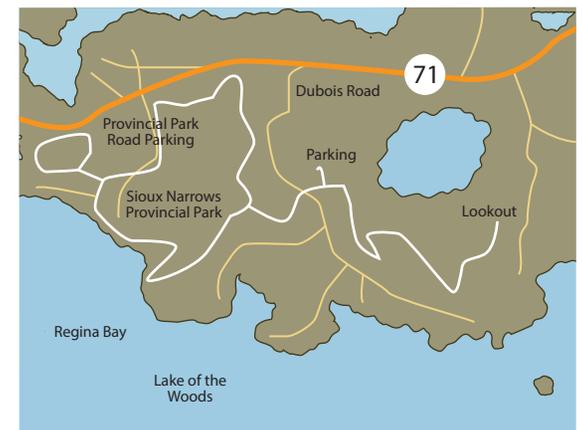
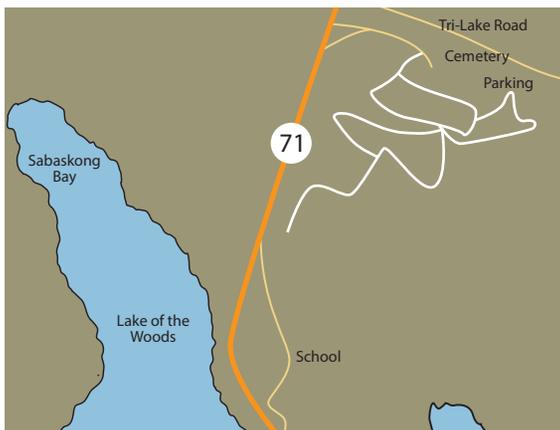
A 45 to 70 minute walk, marked with green trail signs and a variety of colored directional markers, signage viewed best while traveling in a counter clockwise direction.

An excellent example of the boreal forest, the trail circles a large beaver pond, and has several areas to view the ecosystem the beaver creates. The trail is mostly on high granite ridges of jack pine forest, but travels through or by areas of black and white spruce, poplar, birch and ash. Many forest dwellers call this area home, from whitetail deer, red fox and beaver to a broad variety of bird life.

The trail is over some rocky ground, with some short uphill grades, suitable for all skill levels. For a sample, take a left at the first trail fork, and walk to Lookout (15 min.)

A 45 to 120 minute walk, marked with a variety of colored directional markers. An excellent example of the boreal forest, the trails encompass a large beaver pond, as well as a spectacular lookout high above Regina Bay, Lake of the Woods.

The trail is mostly gently sloping and travels through impressive stands of poplar, pine, cedar and oak. Many forest dwellers call this area home, from whitetail deer, red fox, beaver and rabbits, to a broad variety of bird life. The trail to the lookout over Regina Bay, Lake of the Woods, is over some rocky ground, with some steep uphill grades, suitable for intermediate to advanced skill levels. The trail from the Provincial Park to Dubois Road and on to the Beaver Pond Lookout is gently rolling and suitable for all skill levels. Parking is available at both the Provincial Park and adjacent to Dubois Road. A Provincial Park Trail System Map may also be obtained from the Provincial Park Office.





HIKING TRAILS MAPS & INFO



ENJOY NATURE

Enjoy unparalleled hiking through the boreal forest. There are many opportunities to view a multitude of wildlife and stunning scenery. Glacial activities thousands of years ago created rock cliffs and pristine lakes. You are sure to see nature at its finest.

Along our trails you can find a variety of wildlife and plant species. Glimpse deer and moose. Bald eagles, falcons, owls, herons and loons are just a few of the 280 species of birds that live in the region. Mink, otter and beaver can be seen swimming, playing and dining along the shoreline. Be sure to bring your camera!

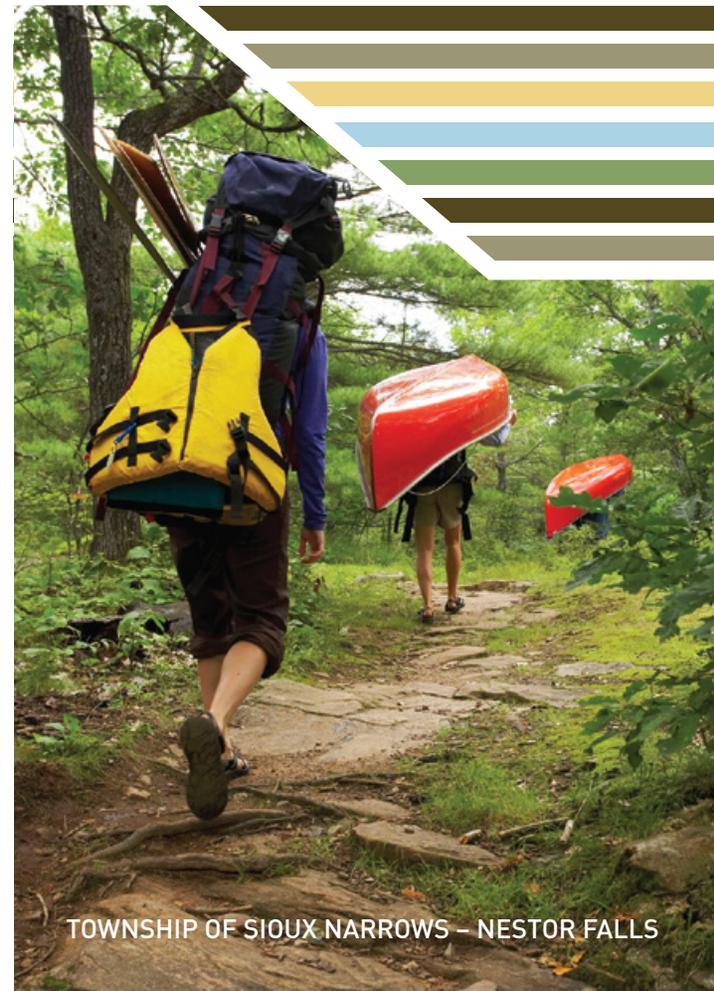


CONTACT US FOR MORE INFORMATION

Township of Sioux Narrows-Nestor Falls
P.O. Box 417 Sioux Narrows, ON P0X 1N0

PH: 807.226.5241
Toll Free: 1.888.408.4812

info@siouxnarrows-nestorfalls.ca



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