

# 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](http://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 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](http://www.ontarioparks.com)



PARTNERS

KENORA HOSPITALITY ASSOCIATION



# LAKE OF THE WOODS

# Trail Guide

## URBAN RECREATIONAL TRAILS

- Rat Portage Urban Trail
- Tunnel Island Trail
- Rabbit Lake Trails
- Mink Bay Trail

Kenora Nordic Trails

## REGIONAL TRAILS

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

Lake of the Woods  
**KENORA**



NORTH AMERICA'S  
*Premier*  
BOATING DESTINATION

KENORA URBAN TRAILS  
COMMITTEE

# R3 Vernon Nature Area

**DESCRIPTION** The Vernon Nature Area is a unique area that links three very diverse vegetative 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](http://www.ontariotrails.on.ca)

**SEASONS** All Seasons



# R4 Sioux Narrows-Nestor Falls Trails

**DESCRIPTION** Enjoy unparalleled hiking through the boreal forests along three trail 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.siouxnarrows-nestorfalls.ca](http://www.siouxnarrows-nestorfalls.ca)

**SEASONS** All Seasons  
(Boreal Trail closed during winter)

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



## 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.



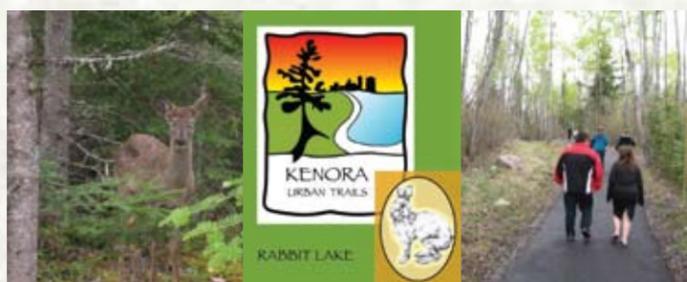
- CLASSIC ONLY - EASY
- CLASSIC ONLY - MODERATE
- UNGROOMED CLASSIC - EASY
- SKATE & CLASSIC - EASY
- SKATE & CLASSIC - MODERATE
- SKATE & CLASSIC - DIFFICULT
- CAUTION STEEP HILL
- SHORTCUT
- WETLANDS
- PUBLIC WASHROOMS
- PARKING



## 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. There are also several feeder trails that are not accessible.

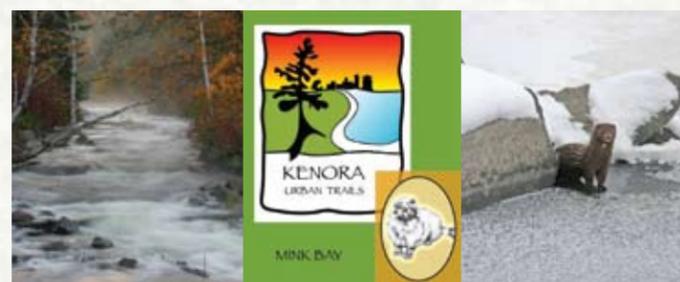
**DISTANCE** 5 km  
**TERRAIN** Easy to Moderate (Feeder Trails - Moderate to High)  
**SEASONS** All Seasons  
**USES** Hiking, Cycling, Skiing, Snowshoe, Wheelchair Accessible  
**WEB** www.kenora.ca



## 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 Waa'say' Gaa Boo (Tunnel Island Trail)

**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. Many 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



## 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  
**TERRAIN** Easy to Moderate  
**SEASONS** All Seasons

