

Index

Bold numbers refer to maps.

A

- Albion Hills Conservation Area
(Bruce Trail) 59
- Albion Hills Conservation Area
(Greater Toronto
and the Niagara Peninsula) 118
- Alex Robson Park
(Waterfront Trail) 75
- Algonquin Provincial Park
(Central Ontario) 152, **153**
- Amphibians 41
- Arboreturns 43
- Architecture 46
- Arrowhead Provincial Park
(Central Ontario) 160
- Ashbridge's Bay Park
(Waterfront Trail) 76
- Avon Trail (Southern Ontario) 82
- Awenda Provincial Park
(Central Ontario) 161

B

- Backus Heritage Conservation Area
(Southern Ontario) 84
- Ball's Falls Conservation Area
(Bruce Trail) 58
- Ball's Falls Conservation Area
(Waterfront Trail) 74
- Ball's Falls Conservation Area
(Greater Toronto
and the Niagara Peninsula) 119
- Battlefield Park (Bruce Trail) 58
- Bayshore Park (Waterfront Trail) 76
- Beachway Park (Waterfront Trail) 72

- Beamer Memorial Conservation
Area (Bruce Trail) 58
- Belfountain Conservation Area
(Bruce Trail) 69
- Belwood Lake Conservation Area
(Grand Valley Trail) 66
- Bingeman Park
(Grand Valley Trail) 66
- Birds 39
- Bond Head Parkette
(Waterfront Trail) 72
- Bon Echo Provincial Park
(Eastern Ontario) 185
- Botanical Gardens 43
- Bowmanville Harbour Conservation
Area (Waterfront Trail) 72
- Boyne Valley Provincial Park
(Bruce Trail) 60
- Brant Conservation Area
(Grand Valley Trail) 66
- Brock University (Bruce Trail) 58
- Brown's Bay Provincial Park
(Waterfront Trail) 74
- Bruce Caves Conservation Area
(Bruce Trail) 61
- Bruce Peninsula National Park
(Bruce Trail) 61
- Bruce Peninsula National Park
(Southern Ontario) 86, **87**
- Bruce Trail
(Ball's Falls Historical Park) 121
- Bruce Trail (Bruce Peninsula
National Park) 89
- Bruce Trail (Mono Cliffs
Provincial Park) 170
- Bruce Trail (Multi-Regional Trails) 57

Burloak Park (Waterfront Trail) 72
 Butterflies 40
 Byng Island Conservation Area
 (Grand Valley Trail) 65

C

Caledonia Dam Riverside Park
 (Grand Valley Trail) 65
 Canals 34
 Cape Croker Park (Bruce Trail) 61
 Cardinal Legion Waterfront Park
 (Waterfront Trail) 73
 Carew Park and Boardwalk
 (Ganaraska Trail) 62
 Carruthers Memorial Conservation
 Area (Ganaraska Trail) 63
 Casque-Isles Hiking Trail
 (Northwestern Ontario) 244
 Cataraqui Bay Conservation Area
 (Rideau Trail) 211
 Centeen Park (Waterfront Trail) 72
 Centennial Park
 (Waterfront Trail) 73, 75, 76
 Central Ontario **148**, 149
 Charles Ansell Park
 (Waterfront Trail) 76
 Charles Daley Park
 (Waterfront Trail) 74
 Charleston Lake Provincial Park
 (Eastern Ontario) 187
 Charlottenburgh Park
 (Waterfront Trail) 76
 Cheltenham Badlands
 (Bruce Trails) 59
 Chicopee Hills Conservation Area
 (Grand Valley Trail) 66
 Chrysler Park (Waterfront Trail) 76
 Chutes Provincial Park
 (Northeastern Ontario) 222
 Climatic Zones 28
 Colonel Samuel Smith Park
 (Waterfront Trail) 76
 Confederation Park
 (Waterfront Trail) 74
 Conservation Areas 42
 Conservation Authorities **44-45**
 Cooper Marsh Conservation Area
 (Waterfront Trail) 76
 Cootes Paradise (Greater Toronto
 and the Niagara Peninsula) 121
 Copeland Forest
 (Ganaraska Trail) 63, 64
 Coronation Park
 (Waterfront Trail) 75, 76
 Craig's Bluff
 (Northwestern Ontario) 248
 Craig's Pit
 (Northwestern Ontario) 248
 Crawford Lake Conservation Area
 (Bruce Trail) 58
 Crawford Lake Conservation Area
 (Greater Toronto and the Niagara
 Peninsula) 123
 Crystal Creek System
 (Hiawatha Highlands
 Conservation Area) 226
 Cultural History 46
 Cup and Saucer Trail
 (Northeastern Ontario) 222

D

Darlington Provincial Park
 (Greater Toronto and the Niagara
 Peninsula) 125, **127**

Darlington Provincial Park
(Waterfront Trail) 72

Decew House Park (Bruce Trail) 58

Delaware Conservation Area
(Thames Valley Trail) 113

Devil's Glen Provincial Park
(Bruce Trail) 60

Devil's Punch Bowl Conservation
Area (Bruce Trail) 58

Doon Conservation Area
(Grand Valley Trail) 66

Dufferin Islands (Greater Toronto
and the Niagara Peninsula) 128

Duncan Crevise Caves Provincial
Nature Reserve (Bruce Trail) 60

Dundas Valley Conservation Area
(Bruce Trail) 58

Dundas Valley Conservation Area
(Greater Toronto and the Niagara
Peninsula) 129

Durham Regional Forest
(Greater Toronto
and the Niagara Peninsula) 134

Durham Regional Forest
(Oak Ridges Trail) 68, 69

E

East and West Zwick Park
(Waterfront Trail) 71

East Bayshore Park
(Waterfront Trail) 71

Eastern Ontario **182**, 183

Elgin Trail (Southern Ontario) 89

Elliot Lake Hiking Trails
(Northeastern Ontario) 223

Elora Bissel Park
(Grand Valley Trail) 66

Elora Gorge Conservation Area
(Grand Valley Trail) 66

Equipment 22

F

Fairfield Park (Waterfront Trail) 74

Fairy Lake Park (Nokiidaa Trail along
the Holland River) 171

Falls Reserve Conservation Area
(Maitland Trail) 100

Fanshawe Conservation Area
(Southern Ontario) 90, **91**, 113

Fauna 38

Felker's Falls Conservation Area
(Bruce Trail) 58

Ferris Provincial Park
(Central Ontario) 163

Fifty Point Conservation Area
(Waterfront Trail) 73

Fireman's Park (Bruce Trail) 58

Flora 35

Foley Mountain Conservation Area
(Eastern Ontario) 189, **190**, 211

Foran Park and Campground
(Waterfront Trail) 76

Forks of the Credit Provincial Park
(Bruce Trail) 59

Fort Friendship
(Northeastern Ontario) 235

Forty Mile Creek Park
(Waterfront Trail) 73

French/Severn Forest (Old Nipissing
Colonization Road) 172

Frontenac Provincial Park
(Eastern Ontario) 191, **193**, 211

G

- Gage Park (Bruce Trail) 58
- Gairloch Gardens
(Waterfront Trail) 75
- Ganaraska Forest (Greater Toronto
and the Niagara Peninsula) 135
- Ganaraska Forest Centre
(Ganaraska Trail) 62
- Ganaraska Forest Centre
(Oak Ridges Trail) 69
- Ganaraska Trail
(Multi-Regional Trails) 61
- Geography 28
- Georgian Bay Islands National Park
(Central Ontario) 164
- Georgian Trail (Central Ontario) 166
- Gibbons Park
(Thames Valley Trail) 113
- Glengarry Park (Waterfront Trail) 76
- Glen Haffy Conservation Area
(Bruce Trail) 59
- Glen Haffy Conservation Area
(Greater Toronto and the Niagara
Peninsula) 136
- Gordon Graves Memorial Pathway,
Brantford (Southern Ontario) 93
- Gould Lake Conservation Area
(Eastern Ontario) 196, 211
- Grand Valley Trail
(Multi-Regional Trails) 64
- Grays Creek Conservation Area
(Waterfront Trail) 72
- Greater Toronto and the Niagara
Peninsula 115
- Greenbelt Pathway
(Ottawa Greenbelt Trails) 210
- Greenway Park
(Thames Valley Trail) 113

- Greenwood Lake
Conservation Reserve
(Northwestern Ontario) 246
- Guildwood Park
(Waterfront Trail) 76
- Guindon Park (Waterfront Trail) 72

H

- Halfway Lake Provincial Park
(Northeastern Ontario) 224
- Haliburton Forest
and Wild Life Reserve Ltd.
(Central Ontario) 167
- Hanna Park (Waterfront Trail) 76
- Happy Rolph Bird Sanctuary
(Waterfront Trail) 76
- Harrison Park (Bruce Trail) 61
- Harris Park (Thames Valley Trail) 113
- Hawk's Ridge
(Northwestern Ontario) 248
- Health Risks 23
- Hell Holes Nature Trails, Caves
& Ravines (Eastern Ontario) 198
- Heydonshore Kiwanis Park
(Waterfront Trail) 77
- Hiawatha Highlands Conservation
Area (Northeastern Ontario) 225
- High Park (Waterfront Trail) 76
- Hilton Falls Conservation Area
(Bruce Trail) 59
- History 46
- Hope Bay Forest Provincial Nature
Reserve (Bruce Trail) 61
- Humber Bay Park
(Waterfront Trail) 76
- Humber Valley Trail
(Greater Toronto and the Niagara
Peninsula) 137

I

- Indian Falls Conservation Area
(Bruce Trail) 61
- Ingis Falls Conservation Area
(Bruce Trail) 61
- Introduction 15
- Iroquoian Village (Greater Toronto
and the Niagara Peninsula) 123
- Ivy Lea Park (Waterfront Trail) 74

J

- Joel Stone Park (Waterfront Trail) 73

K

- Kains Road Forest
(Thames Valley Trail) 113
- Kakabeka Falls Provincial Park
(Northwestern Ontario) 248
- Kap-Kig-Iwan Provincial Park
(Northeastern Ontario) 228
- Kawartha Highlands
(Central Ontario) 151
- Kelso Conservation Area
(Bruce Trail) 58
- Ken Reid Conservation Area
(Ganaraska Trail) 62
- Ken Whillans Resource Management
Area (Bruce Trail) 59
- Kilally Meadows Environmentally
Significant Area
(Thames Valley Trail) 113
- Killarney Provincial Park
(Northeastern Ontario) 228
- Kinsmen Community Park
(Bruce Trail) 58

- Komoka Provincial Park
(Thames Valley Trail) 113

L

- La Fortune Conservation Area
(Grand Valley Trail) 65, 66
- Lakefront Park
(St. Catharines Trail System) 145
- Lakefront Park (Waterfront Trail) 74
- Lakefront West Park
(Waterfront Trail) 75
- Lake Laurentian Conservation Area
(Northeastern Ontario) 230
- Lake Ontario Park
(Waterfront Trail) 74
- Lakes 31
- Lakeside Park (Waterfront Trail) 74
- Lake Simcoe Trail
(Central Ontario) 169
- Lake Superior Provincial Park
(Northeastern Ontario) 231, **233**
- Lambert Wilson Park (Nokiidaa Trail
along the Holland River) 171
- Lamoureux Park
(Waterfront Trail) 72
- Landforms 30, 31
- LaSalle Park (Waterfront Trail) 72
- Laurel Creek Conservation Area 66
- Lemoine Point Conservation Area
(Eastern Ontario) 198
- Limehouse Conservation Area
(Bruce Trail) 59
- Lion's Head Provincial Nature
Reserve (Bruce Trail) 61
- Lions Park (Gordon Graves Memorial
Pathway, Brantford) 94, 95
- Long Point Provincial Park (Long Point
World Biosphere Reserve) 97

- Long Point World Biosphere Reserve
(Southern Ontario) 95
- Long Sault Conservation Area
(Oak Ridges Trail) 69
- Lookout Trail System
(Hiawatha Highlands
Conservation Area) 226
- Lost Villages (Waterfront Trail) 76
- Louth Conservation Area
(Bruce Trail) 58
- Luther Marsh Wildlife Management
Area (Southern Ontario) 97
- Lynde Shores Conservation Area
(Waterfront Trail) 77
- Lynn Valley Trail
(Southern Ontario) 99
- McLaughlin Bay Wildlife Reserve
(Greater Toronto and the Niagara
Peninsula) 138
- Mer Bleue Bog (Ottawa Greenbelt
Trails) 206, 207, 210
- Mica Mine Conservation Area
(Rideau Trail) 211
- Milles Roches Day Use Area
(Waterfront Trail) 76
- Mississagi Provincial Park
(Northeastern Ontario) 236
- MNR Logging Forest
(Ottawa Greenbelt Trails) 209
- Mono Cliffs Provincial Park
(Bruce Trail) 60
- Mono Cliffs Provincial Park
(Central Ontario) 169
- Montebello Park
(St. Catharines Trail System) 145
- Morris Island Conservation Area
(Eastern Ontario) 200, **201**
- Mountainview Conservation Area
(Bruce Trail) 59
- Mount Nemo Conservation Area
(Bruce Trail) 58
- Mountsberg Conservation Area
(Greater Toronto and the Niagara
Peninsula) 139
- Multi-Regional Trails **52**, 53
- Murphys Point Provincial Park
(Eastern Ontario) 203, 211

M

- Mabel Davis Conservation Area
(Nokiidaa Trail along
the Holland River) 171
- Mac Johnson Wildlife Area
(Eastern Ontario) 199
- Magpie Falls
(Northeastern Ontario) 235
- Maitland Trail
(Southern Ontario) 100
- Mammals 38
- Marie Curtis Park
(Waterfront Trail) 74, 76
- Marlborough Forest
(Rideau Trail) 211
- McDonnell Park (Ganaraska Trail) 62
- McKeough Conservation Area and
Floodway (Southern Ontario) 101
- McLaren Island (Waterfront Trail) 76
- McLaughlin Bay Wildlife Reserve
(Darlington Provincial Park) 128
- National Parks 42
- National Trail
(Multi-Regional Trails) 55
- Nawautin Shores Nature Sanctuary
(Waterfront Trail) 71

Nelson Park (Waterfront Trail) 74
 New Lowell Conservation Area
 (Ganaraska Trail) 63
 Niagara Falls (Greater Toronto
 and the Niagara Peninsula) 128
 Niagara Glen (Greater Toronto
 and the Niagara Peninsula) 141
 Niagara Peninsula **114**, 115
 Niagara River Recreation Trail
 (Greater Toronto and the Niagara
 Peninsula) 143
 Nipigon River Recreation Trail
 (Northwestern Ontario) 250
 Nokiidaa Trail along the Holland
 River (Central Ontario) 171
 Northeastern Ontario 219, **220**
 Northwestern Ontario **240**, 241
 Nottawasaga Bluffs Conservation
 Area (Bruce Trail) 60

O

Oak Ridges Trail
 (Multi-Regional Trails) 66
 Old Baldy Conservation Area
 (Bruce Trail) 60
 Old Nipissing Colonization Road
 (Central Ontario) 172
 Ontario map **26**
 Ontario Nature 43
 Ottawa Greenbelt Trails
 (Eastern Ontario) 205
 Ouimet Canyon
 Provincial Nature Reserve
 (Northwestern Ontario) 251

P

Paul Semple Park (Nokiidaa Trail
 along the Holland River) 171
 Peace Park (Waterfront Trail) 72
 Perth Wildlife Reserve
 (Eastern Ontario) 210
 Petroglyphs Provincial Park
 (Central Ontario) 173, **175**
 Petticoat Creek Conservation Area
 (Waterfront Trail) 75
 Petun Conservation Area
 (Bruce Trail) 60
 Pinder System (Hiawatha Highlands
 Conservation Area) 226
 Pinery Provincial Park
 (Southern Ontario) 101, **103**
 Pinhey Forest
 (Ottawa Greenbelt Trails) 206
 Point Pelee National Park
 (Southern Ontario) 106, **107**
 Port Hope Conservation Area
 (Ganaraska Trail) 62
 Pottawatomi Conservation Area
 (Bruce Trail) 61
 Practical Information 21
 Presqu'île Provincial Park
 (Waterfront Trail) 72
 Provincial Parks 42
 Public Lands 42
 Pukaskwa National Park
 (Northwestern Ontario) 253
 Purple Woods Conservation Area
 (Oak Ridges Trail) 69

Q

Quetico Provincial Park
 (Northwestern Ontario) 255

R

- Railway bed trails 56
- Rainbow Falls Provincial Park
(Northwestern Ontario) 257, **259**
- Rattlesnake Point Conservation Area
(Bruce Trail) 59
- Red Pine Trail System
(Hiawatha Highlands
Conservation Area) 227
- Reptiles 41
- Rideau Trail
(Eastern Ontario) 197, 204, 211
- River Forks Park
(Thames Valley Trail) 113
- Rivers 32
- Riverside Park (Waterfront Trail) 76
- Rock Chapel Sanctuary
(Bruce Trail) 59
- Rockway Conservation Area
(Bruce Trail) 58
- Rondeau Provincial Park
(Southern Ontario) 109
- Ross Park (Thames Valley Trail) 113
- Rotary Park (Waterfront Trail) 71, 73
- Rotary Sunrise Lake Park
(Waterfront Trail) 77
- Rouge Beach Park
(Waterfront Trail) 75, 77
- Rouge Trail (Greater Toronto
and the Niagara Peninsula) 144
- Royal Botanical Gardens
(Greater Toronto
and the Niagara Peninsula) 121
- Royal Botanical Gardens
(Waterfront Trail) 72

S

- Samuel de Champlain Provincial Park
(Northeastern Ontario) 238
- Samuel Wilmot Nature Area
(Waterfront Trail) 72
- Sandbanks Provincial Park
(Eastern Ontario) 212
- Save Ontario Shipwrecks
(Waterfront Trail) 76
- Seaton Hiking Trail (Greater Toronto
and the Niagara Peninsula) 147
- Second Marsh Wildlife Area
(Greater Toronto
and the Niagara Peninsula) 138
- Secord Forest and Wildlife Area
(Oak Ridges Trail) 68
- Seguin Trail (Central Ontario) 176
- Shabomeka Legpower Pathfinders
(Eastern Ontario) 215
- Sharon Creek Conservation Area
(Thames Valley Trail) 112
- Sheffield Conservation Area
(Eastern Ontario) 213
- Shell Park (Waterfront Trail) 75
- Sheppard's Bush Conservation Area
(Oak Ridges Trail) 68
- Sheppards Bush Conservation Area
(Nokiidaa Trail along the Holland
River) 171
- Short Hills Provincial Park
(Bruce Trail) 58
- Short Hills Provincial Park
(St. Catharines Trail System) 145
- Silent Lake Provincial Park
(Eastern Ontario) 214

Sir Casimir Gzowski Park
(Waterfront Trail) 76

Skinner's Bluff Conservation Area
(Bruce Trail) 61

Sleeping Giant Provincial Park
(Northwestern Ontario) 259, **261**

Smokey Head-White Bluff Provincial
Nature Reserve (Bruce Trail) 61

Southern Ontario **78, 79**

Spencer Gorge Wilderness Area
(Bruce Trail) 59

Spirit Rock Conservation Area
(Bruce Trail) 61

Springbank Park
(Thames Valley Trail) 113

Springwater Provincial Park
(Central Ontario) 177

St. Catharines Trail System
(Greater Toronto
and the Niagara Peninsula) 145

St. Marys and Wildwood
Conservation Area (Avon Trail) 83

Stony Swamp (Ottawa Greenbelt
Trails) 205, 207, 208, 209

Storybook Gardens
(Thames Valley Trail) 113

Sunnyside Park (Waterfront Trail) 77

Sylvan Glen Conservation Area
(Ganaraska Trail) 62

Sylvan Park (Waterfront Trail) 77

T

Taylor Park (Nokiidaa Trail
along the Holland River) 171

Terra Cotta Conservation Area
(Bruce Trail) 59

Thames Valley Trail
(Southern Ontario) 112

Tiffany Falls Conservation Area
(Bruce Trail) 59

Tiffany Falls Conservation Area
(Greater Toronto
and the Niagara Peninsula) 129

Tommy Thompson Park
(Waterfront Trail) 77

Topography 29

Toronto, greater area **114, 115**

Tourism Ontario 42

Trail Ethics 25

Trans Canada Trail (Gordon Graves
Memorial Pathway, Brantford) 94

Trans Canada Trail
(Multi-Regional Trails) 55

Tsitkerhododon Park
(Waterfront Trail) 77

Tudhope Park (Ganaraska Trail) 63

U

Upper Canada Migratory Bird
Sanctuary (Waterfront Trail) 76

Upper Canada Village
(Waterfront Trail) 76

Uroora Community Arboretum
(Nokiidaa Trail along
the Holland River) 171

V

Victoria Park (Waterfront Trail) 72

Vinemount Conservation Area
(Bruce Trail) 59

Voyageur Provincial Park

(Eastern Ontario) 218

Voyageur Trail

(Multi-Regional Trails) 70

W

Walters Falls Conservation Area

(Bruce Trail) 61

Warbler Woods

(Thames Valley Trail) 113

Warsaw Caves Conservation Area

(Central Ontario) 178

Wasaga Beach Provincial Park

(Ganaraska Trail) 64

Waterfalls 34

Waterfront Trail

(Darlington Provincial Park) 128

Waterfront Trail

(Multi-Regional Trails) 71

Webster's Falls Park (Bruce Trail) 59

Wetlands 34

Whitchurch Conservation Area

(Oak Ridges Trail) 68

White River Community Trails

(Northwestern Ontario) 266

Winona Conservation Area

(Bruce Trail) 59

Wishart Park (Hiawatha Highlands

Conservation Area) 227

Woodend Conservation Area

(Bruce Trail) 58

Woodlands Day Use Park

(Waterfront Trail) 76

Wye Marsh Wildlife Centre

(Central Ontario) 179