



# Rideau Trail

## FRONTENAC ARCH BIOSPHERE HIKING TRAIL GUIDE

### About The Trail

The Rideau Trail starts in Kingston and winds its way over 300 km to Ottawa following hiking trails, foot paths and back roads. The Trail, completed in 1971, is maintained by the Rideau Trail Association (RTA). You may be surprised to find that one of your current favorite trails is part of the larger Rideau Trail system. Several of our Amazing Places are located along or in close proximity to the trail including Fort Henry, the Mine Loop Trail in Gould Lake Conservation Area, Mink Lake Lookout in Frontenac Provincial Park, Spy Rock in Foley Mountain Conservation Area and the Silver Queen Mine trail in Murphys Point Provincial Park. Side loops include Marble Rock Conservation Area and Rock Dunder near the Jones Falls Lock station.

The main trail is well marked by orange triangles and the many side trails are marked by blue triangles. The trail has something for everyone in terms of difficulty, length of travel, terrain profile, ecosystem type and seasonal variation. It crosses terrain ranging from placid farmland to the rugged Canadian Shield. It is only intended for walking (hiking), snowshoeing, and cross-country skiing.

### KEY FACTS

Distance: 300 km

Difficulty: Various

Other Key Facts: Detailed maps available through Rideau Trails Association



### Plan Your Trip

The Rideau Trails Association (RTA) has developed amazing resources for the entire length of the trail. Visiting their website prior to heading out is a vital step in the planning process whether you plan to hike for the day or take on the entire route. There you will find turn-by-turn directions along the trail, trail entrance locations, parking, amenities, and descriptions of what you will see along the way.

Maps and descriptions are continuously updated. <http://www.rideautrail.org/discover-the-trail/maps/>

Each of the three hiking clubs of the RTA - Kingston, Central (Perth), and Ottawa, organize outings in all seasons of the year. They usually take place on the weekend and comprise an activity appropriate for the season, such as cross-country skiing and snowshoeing in winter and hiking in the spring, summer, and fall. Other activities are scheduled during the week or on some holidays.



This project has been made possible by the generous support of our partners.



The Frontenac Arch Biosphere belongs to the world network of UNESCO Biosphere Reserves. The Frontenac Arch Biosphere Network's mission is to encourage people to work together toward a sustainable community. Enough for all, for all time.

[frontenacarchbiosphere.ca](http://frontenacarchbiosphere.ca)

[fabexperiences.ca](http://fabexperiences.ca)

Frontenac Arch Biosphere





# FRONTENAC ARCH BIOSPHERE HIKING TRAIL GUIDE



*Take nothing but pictures, leave nothing but footprints*