



Join us outside!

Spring 2019 to Winter 2020

# Free outdoor events

Are you a beginning birder? Maybe you'd like to go for a walk in the woods with experienced naturalists? Or participate in a BioBlitz or help with monitoring tasks on a nature reserve?

The Land Conservancy for Kingston, Frontenac, Lennox and Addington invites you to come outside with us. We are a local land trust and, in collaboration with other local conservation organizations, have assembled more than 30 events to celebrate nature. Please join us!

What to bring? Water, a snack, a hat, sunscreen, walking shoes or boots. Other items are listed with the event. Events will run rain or shine unless otherwise noted. Dress for the weather.

Ticks are commonplace in this part of Ontario. Tuck long pants into your socks. Don't worry about how you look. You're out to see nature's fashions. Cover up.

 Register at

[LandConservancyKFLA.org](http://LandConservancyKFLA.org)

Some events have a limit  
on participant numbers.



[info@LandConservancyKFLA.org](mailto:info@LandConservancyKFLA.org)



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# Historical Walk » Salmon Lake Road

SATURDAY, APRIL 27 | 10:30 AM TO 4 PM

- 📍 **Location** Meet at the Park Office, Frontenac Provincial Park  
6700 Salmon Lake Road, South Frontenac
- ★ **Host** Friends of Frontenac Park
- 🚩 **Event Leader** Jérôme McDuff

Find out about the homesteaders, farmers, loggers, and miners who worked in the area before the Park was established. A slow-paced walk along a dirt road with some off-road stretches among trees. About 6 km round trip.

- **Parking fee or Provincial Parks Pass**  
Registration required | Bring lunch



## May Bird Walks

EVERY WEDNESDAY IN MAY | 6:30 TO 8 AM & 6:30 TO 8 PM

- 📍 **Location** South parking lot, near the airport  
Lemoine Point Conservation Area, Kingston
- ★ **Host** Kingston Field Naturalists
- 🚩 **Event Leader** Gaye Beckwith and other leaders

- **No limit on participants | No registration required**  
Binoculars if you have them | Easy 1 km walk





# Jane's Walk at Belle Park

FRIDAY, MAY 3 | 5:30 TO 7 PM

- 📍 Location Club House steps, Belle Park  
731 Montreal Street, Kingston
- ★ Host Jane's Walk Kingston
- 🚩 Event Leader Mary Louise Adams

Discover more about the natural and cultural history of this 44-hectare (108-acre) city park along the Great Cataraqui River. From marshland to municipal landfill to tennis courts and a 9-hole golf course to now.

One of many Jane's Walks in Kingston from May 3 to 5.

More information: [JanesWalkKingston.wordpress.com](http://JanesWalkKingston.wordpress.com)

➤ No limit on participants | No registration required



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# Explore a New Nature Reserve

SATURDAY, MAY 11 | 1 TO 4 PM

## 📍 Location

Property is near Parham, Central Frontenac. Carpooling recommended. Register and we will contact you.

## ★ Host

Land Conservancy for Kingston, Frontenac, Lennox and Addington

## 🚩 Event Leaders

Paul Mackenzie, Anne Robertson, & Thom Snowman

Spring flowers. Geology. Butterflies. Guided walks. See for yourself why we want to conserve this place for nature.

➤ **Limit of 24 participants**  
Registration required



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» 5<sup>th</sup> Annual

# Land Art BioBlitz

MAY 29 TO JUNE 2 | KICKOFF, MAY 29, 10 AM  
CLOSING CEREMONY, JUNE 2, 2 PM

📍 Location

Wintergreen Studios  
9780 Canoe Lake Road, South Frontenac

👤 Event Leaders

Monica Capovilla, Leah Mighton, & Rena Upitis

A celebration of our natural heritage and its amazing diversity. Explore the 83-hectare (204-acre) wilderness property and help to identify the species we see. Workshops with local experts and land artists. Stay for a few hours, a full day, or the entire 5-day stretch. More information:

**WinterGreenStudios.com/lab2019**, 613-273-8745.

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# Birdwatching for Beginners

SUNDAY, JUNE 9 | 8 TO 10 AM

- 📍 Location      Parking lot, Depot Creek Nature Reserve  
6329 First Lake Road, Bellrock
- ★ Host      Land Conservancy for Kingston,  
Frontenac, Lennox and Addington
- 🚩 Event Leader      Paul Mackenzie

For newcomers to birdwatching. Possibility of adding Meadowlark, Golden-winged Warbler, and Magnolia Warbler, among others, to your life list. It's a go unless there's extreme rain. May be muddy.

- > Limit of 16 participants  
Registration required  
Binoculars if you have them



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# Try Out Binoculars!

WEDNESDAY, JUNE 19 | 6 TO 8 PM

- 📍 **Location**      Warming Hut by the pond  
Little Cataraqui Creek  
Conservation Area  
1640 Perth Road, Glenburnie
- ★ **Host**      Land Conservancy for Kingston,  
Frontenac, Lennox and Addington
- 🚩 **Event Leader**      Courtney Raymond  
Marc F. Raymond Opticians



Try out a variety of binoculars while looking for birds in the trees and on the pond. Get some tips on various features. A chance to see for yourself.

➤ Limit of 12 participants | Registration required

## Protect Yourself from Lyme Disease



**Use an insect repellent** that has DEET or Icaridin.

**Check for ticks each day** on your clothes and body.

**Watch for signs and symptoms,** including expanding red rash, fever, headache, muscle and joint pain, or facial paralysis. See your health care provider if you develop symptoms.

[kflaph.ca/Lyme](https://kflaph.ca/Lyme)



# Annual Monitoring Tasks

## » Depot Creek Nature Reserve

SUNDAY, JUNE 23 | NOON TO 3 PM

- 📍 Location Parking lot, 6329 First Lake Road, Bellrock
- ★ Host Land Conservancy for Kingston, Frontenac, Lennox and Addington
- 👤 Event Leaders Diane Lawrence, Anne Robertson

Help with the annual monitoring of this nature reserve. Tasks include pond monitoring, frog identification, and trail assessment. Learn from others with experience. No experience necessary.

- ⦿ Limit of 40 participants, 10 for pond monitoring | Registration required  
Suitable for children | Work or gardening gloves if you have them



# Wheelchairs, Walkers, and Walking » K & P Trail

THURSDAY, JUNE 27 | 4 TO 7 PM

- 📍 Location Doug Fluhrer Park, Kingston, Parking lot at the north end of Wellington Street, north of Bay Street
- ★ Host Kingston Community Health Centre
- 👤 Event Leader Christine Bell

3<sup>rd</sup> annual wheelchair rally. Wheel the K & P trail from Doug Fluhrer Park to Montreal & Railway Streets. Free fun activities and a barbeque in the Park. Cancelled in rainy weather.

- ⦿ 2018 had 56 wheelchair participants!





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# Magnificent Moths » After Dark

**SUNDAY, JULY 7**  
**8:30 TO 10:30 PM**

## 📍 Location

North parking lot, end of service road,  
1440 Coverdale Drive. Lemoine Point  
Conservation Area, Kingston

## ★ Host

Land Conservancy for Kingston,  
Frontenac, Lennox and Addington

## 🚩 Event Leader

Mark D. Read

Sunset is at 8:52. It's a short walk to  
the place where special lights will be  
used to attract moths to white sheets.  
Expect to be amazed by the many  
varieties; there are over 1500 moth  
species in this region. Guides will help  
you get to and from the parking lot.

- **Limit of 30 participants**  
**Registration required**  
**Cancelled if rainy**  
**Bring a flashlight or headlamp**  
**if you have one**



# Hike it Baby

» Lake Ontario Hike & Play

FRIDAY, JULY 19



📍 Location Lake Ontario Park, 920 King Street West, Kingston

★ Host Hike it Baby

🚩 Event Leaders Jessica Corbeil, Sonja Silva

We're only as fast as our slowest hiker and will move at a wandering pace to allow everyone to come along. Little walkers are always welcome. Caution: some walking beside the water. A 45-minute walk, then leisure time at the splash pad and park. More information: [facebook.com/groups/hikeitbabykingston](https://facebook.com/groups/hikeitbabykingston) or [community.hikeitbaby.com/branches/kingston](https://community.hikeitbaby.com/branches/kingston)

ⓘ Cancelled for high wind, thunder, lightning  
Bring picnic blanket, towel and swim suit for  
the splash pad, stroller or carrier



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# Wild About Wildlife

JULY / AUGUST | 11 AM TO 2 PM

- 📍 **Location** Find an event near you at **QuinteConservation.ca**
- ★ **Host** Quinte Conservation
- 👤 **Event Leader** Maya Navrot, Education and Stewardship Coordinator

Look out for family-oriented outdoor events this summer in the Quinte Conservation watershed, including in Greater Napanee and Erinsville.

Visit **QuinteConservation.ca** for more information.

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# Family Fun Day & Barbecue

**SATURDAY, AUGUST 17 | 10 AM TO 2 PM**

- 📍 **Location** Meet at the Park Office, Frontenac Provincial Park  
6700 Salmon Lake Road, South Frontenac
- ★ **Host** Friends of Frontenac Park
- 🚩 **Event Leader** Chantal St-Amour

Activities for children and people of all ages. Free loans of canoes and equipment for paddling on adjacent lakes. A barbecue lunch and a free raffle, too.

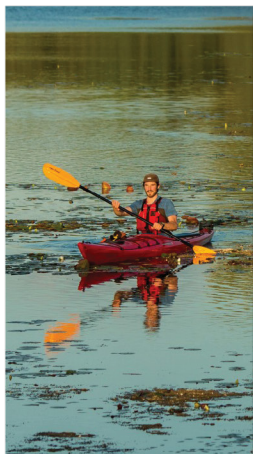
➤ **Registration required**

In case of rain, the event will take place in the Park Office

Bring your own personal flotation device if you have one and prefer it



## TRAILHEAD KINGSTON



### Paddle and Pint

Join Trailhead for an evening of kayaking Kingston's waterfront. We'll paddle the shoreline of the inner harbour, up the Great Cataraqui River, or head to Cedar Island, conditions permitting.

**Douglas Fluhrer Park - June 20, 6 pm to 8 pm**

**Price - \$45**

Trailhead will provide all equipment for a safe and comfortable paddle. Kayaking experience is not essential, being comfortable on the water is. We can go for a beer at the Duke after.

**Register with Trailhead at our store -**

**262 Princess Street, Kingston • 613-546-4757**

# Cycling in Nature

» Explore the Rail Trails near Sydenham and Harrowsmith

SATURDAY, AUGUST 24 | 10 AM TO NOON

- 📍 Location Foodland parking lot  
4476 George Street, Sydenham
- ★ Host Land Conservancy for Kingston,  
Frontenac, Lennox and Addington
- 🚩 Event Leaders Roger Healey, Mary Alice Snetsinger

Join us for off-road cycling from Sydenham to Murvale Creek bridge and back, about 12 km total. Path has smooth gravel and generally flat terrain. We'll stop along the way to discuss points of interest. Option to have lunch together at the Sydenham chip stand. Children welcome.

➤ Limit of 20 participants | Registration required | Bicycle in good repair



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# Introduction to Forest Therapy

TUESDAY, SEPTEMBER 17 | 5:30 PM

- 📍 **Location** Parrott's Bay Conservation Area  
4977 Bath Road, Bath. Meet in the parking lot.
- ★ **Host** Cataraqui Region Conservation Authority
- 👤 **Event Leader** Stana Luxford Oddie, Certified Forest Therapy Guide

Wondering about the practice of forest therapy? Learn more about the health benefits of "forest bathing". For adults and teens. It's a go unless there's extreme rain.

➤ **Limit of 30 participants | Registration required**



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# Celebrate the Colours of Fall

SATURDAY, SEPTEMBER 28 | 1 TO 4 PM

📍 **Location** Property is near Parham, Central Frontenac  
Carpooling recommended.  
Register and we will contact you.

★ **Host** Land Conservancy for Kingston,  
Frontenac, Lennox and Addington

🚩 **Event Leaders** Anne Robertson, Thom Snowman

Witness the changes of the season on a guided  
walk through this wild property.

⌵ **Limit of 24 participants | Registration required**



## Tree Planting at Lemoine Point

SATURDAY, OCTOBER 5 | 9 TO 11 AM

📍 **Location** North parking lot, end of service road, 1440 Coverdale Drive  
Lemoine Point Conservation Area, Kingston

★ **Host** Friends of Lemoine Point

🚩 **Event Leader** John Diemer

Join in planting 500 small tree seedlings to extend Lemoine Point's forested  
area. Open to all, including families with young children. Event will be cancelled  
in case of thunder or other severe weather.

⌵ **Free coffee and donuts after | Boots if it's been a rainy week**  
**Bring a shovel and gardening or work gloves if you have them**



# Monitor Wood Duck Box Use

JANUARY / FEBRUARY 2020

- 📍 **Location**      Property is near Verona  
Possibility to car pool
- ★ **Host**      Land Conservancy for Kingston,  
Frontenac, Lennox and Addington
- 🚩 **Event Leader**      Anne Robertson



Date is weather dependent. Leave at 9 am back by 3 pm. An annual monitoring visit to check out the use of three boxes. We measure any remaining eggs, try to figure out which bird species has been there, and put in fresh wood shavings. We carry in a ladder and tools. A winter citizen science project.

- Limit of 10 participants | Registration required  
Warm clothes, hot drink, possibly snowshoes or skis

*" You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make."*

- Jane Goodall

Ecological Services thanks the Land Conservancy KFLA for making a difference.



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# Snowy Owls on Wolfe Island

FEBRUARY 17, 2020 | 8 AM TO NOON

📍 Location Wolfe Island Ferry Terminal  
295 Ontario Street, Kingston  
Possibility to car pool

★ Host Kingston Field Naturalists

🚩 Event Leader Erwin Batalla

We'll look for Snowy Owls on Wolfe Island.  
Cancelled if severe winter storm.

➤ Warm clothes | Binoculars if you have them



Land Conservancy  
for Kingston, Frontenac, Lennox & Addington

🖥 Register at

[LandConservancyKFLA.org](https://LandConservancyKFLA.org)

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# Other Events

## Frontenac Outfitters Kayaking Nights

📍 6674 Bedford Road, Sydenham

June to September

Free Friday night paddles, 5:30 to 7 pm. Reserve your free kayak and equipment or bring your own and join in.

➤ [Info@Frontenac-Outfitters.com](mailto:Info@Frontenac-Outfitters.com)  
613-376-6220  
[Frontenac-Outfitters.com](http://Frontenac-Outfitters.com)

## Frontenac Challenge

📍 Friends of Frontenac Park

September 1 to October 31

Hike 11 trail loops – 160 km of hiking. Note the Challenge signs you find. Receive a badge to recognize your achievement. Register online.

➤ [FrontenacParks@gmail.com](mailto:FrontenacParks@gmail.com)  
[FrontenacPark.ca](http://FrontenacPark.ca)

## #HikeCRCA Challenge

Cataraqui Region Conservation  
Authority

September 1 to October 31

Hike CRCA challenge trails. Post a photo of you and the trail challenge sign on social media to win prizes!

➤ 613-546-4228  
[CRCA.ca/HikeCRCA](http://CRCA.ca/HikeCRCA)



## #HikeQCA

Quinte Conservation

Year-round

Events, classes, activities, and hikes. Hike all 75 km of trails in the Quinte Conservation watershed. Upload a selfie at the checkpoint signs.

➤ 613-968-3434  
[QuinteConservation.ca](http://QuinteConservation.ca)



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613.546.9696 [www.cfka.org](http://www.cfka.org)



Other Ontario

# Passports to Nature



## Long Point Basin Land Trust

**Treks, Tracts and Trees:  
Explore the Outdoors**

📍 Norfolk County, Ontario

May to October 2019

➤ [LongPointLandTrust.ca](http://LongPointLandTrust.ca)

## Peleee Buzz

📍 Pelee Island (Lake Erie), Ontario

March 22 to mid-December 2019

➤ [PeleeeBuzz.eventbrite.ca](http://PeleeeBuzz.eventbrite.ca)

## Prince Edward Point Bird Observatory

📍 Prince Edward County, Ontario

April 20 to October 31 2019

➤ [Peptbo.ca/nature-matters.php](http://Peptbo.ca/nature-matters.php)

## rare Charitable Research Reserve

📍 Waterloo Region/Wellington, Ontario

April to November 2019

➤ [rareSites.org](http://rareSites.org)

## Thames Talbot Land Trust

📍 London Ontario and adjoining counties

April 2019 to February 2020

➤ [ThamesTalbotLandTrust.ca  
/passport\\_to\\_nature](http://ThamesTalbotLandTrust.ca/passport_to_nature)

## The Couchiching Conservancy

📍 Lake Couchiching Region

(Orillia, Washago, Carden), Ontario

May 2019 to March 2020

➤ [CouchichingConserv.ca](http://CouchichingConserv.ca)

## Wellington Water Watchers

**2Rivers Festival**

📍 Guelph, Ontario

May and June 2019

➤ [2RiversFestival.org](http://2RiversFestival.org)





## >> The Land Conservancy for Kingston, Frontenac, Lennox and Addington

This area has been home to the Anishinaabe, Haudenosaunee, and Wendat peoples for the longest time.

The Land Conservancy KFLA is an all-volunteer land trust dedicated to protecting places for nature. We currently own six nature reserves and hold conservation easements on two properties, providing habitat for 18 species at risk on 220 hectares (544 acres).

Our volunteers work to preserve vital habitat for species survival. Every penny the Land Conservancy receives from members, donors, and funders is used for land acquisition and stewardship.



# Help Us Preserve Nature

I want to donate for new nature reserves that will protect wild, ecologically diverse habitats forever.

Every donation makes a difference.

Preserver of Nature

\$1 to \$499

Protector of Nature

\$500 to \$4,999

Guardian of Nature

\$5,000 or more

## Membership Fees

Individual

\$50

Family (two votes)

\$60

Young adult (18 to 25)

\$20

## Yes, Count Me In!

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[www.LandConservancyKFLA.org](http://www.LandConservancyKFLA.org)

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