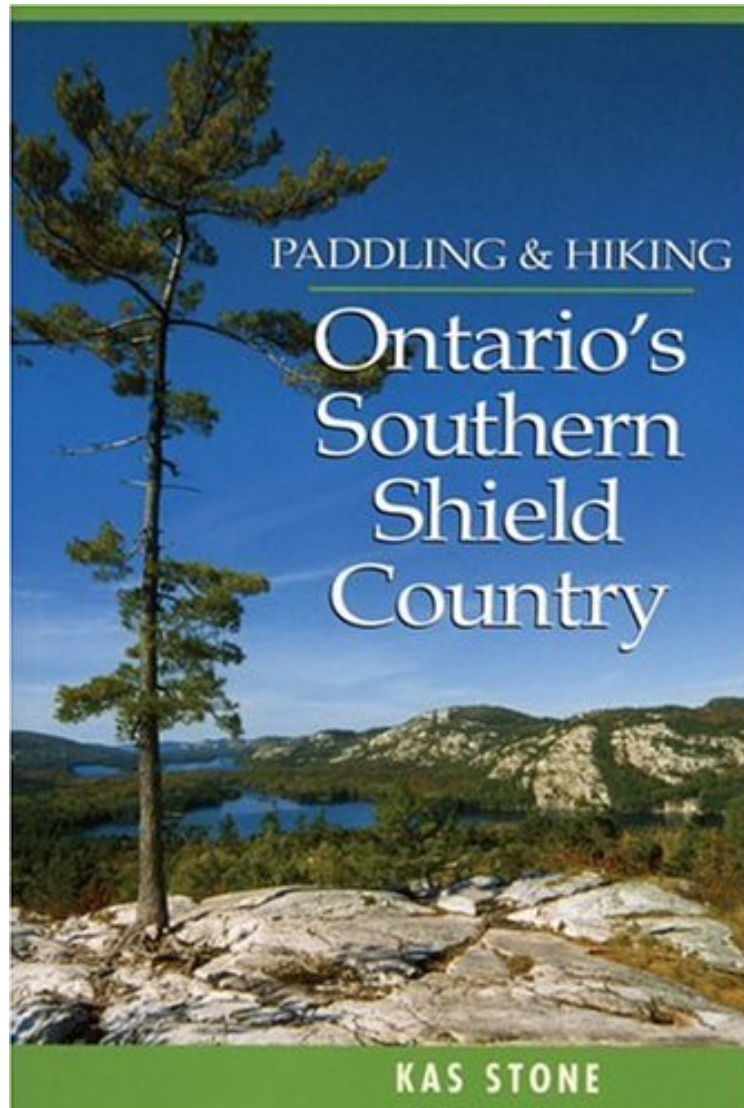


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## Paddling and Hiking in Ontario's Southern Shield Country

*Kas Stone*

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#3233274 in Books FIREFLY BOOKS 2005-04-02Original language:EnglishPDF # 1 8.75 x .70 x 6.00l, 1.22 #File Name: 155046437X208 pagesAuthor: Kas StoneISBN: 155046437X | File size: 45.Mb

**Kas Stone : Paddling and Hiking in Ontario's Southern Shield Country** before purchasing it in order to gage whether or not it would be worth my time, and all praised Paddling and Hiking in Ontario's Southern Shield Country:

A valuable guide to memorable excursions. The single-day excursions in this book explore the southern part of Ontario's rugged shield country. Combining hiking and paddling in equal measure, these wilderness trips are designed to return to their starting points so that no car shuttling is required. The paddling is entirely flatwater, with only an

occasional gentle current to navigate. Portages are infrequent and generally short. The book also suggests alternative routes for those seeking a more strenuous outing. Trips featured include: Frontenac Provincial Park Bon Echo Provincial Park The Achray Region Silent Lake Provincial Park Petroglyphs Provincial Park Algonquin Park The Frost Center Massasauga Provincial Park Grundy Lake Provincial Park Killarney Provincial Park Mississagi Provincial Park And a taste of Lake Superior: Agawa's Rocks, Bald Head and Orphan Lake, Gargantua's Bays, Capes and Islands, Old Woman Bay and Brl Harbor.

An exceptional book for the outdoor enthusiast on a time budget. It provides comprehensive, well researched trip information (including detailed maps). (Robert James Canadian Camera) An ancient and rugged country, with numerous beautiful places just waiting to be explored on foot and by paddle. (Diana Mumford Wave Length Magazine) Designed for outdoor enthusiasts looking for a quick escape to nature... a fine guide to Southern Ontario's outdoors. (Andrew Ryan Globe and Mail 2005-07-09) If you don't have time to spare for a whole weekend of camping [this book] is the perfect guide for you. (Bushwhacker Wilderness Adventure 2005-10-24) From the Author This book contains a collection of 22 excursions that combine hiking and paddling to explore trails and waterways throughout southern Ontario's Canadian Shield landscape. It is a practical guide which includes detailed maps and instructions for the excursion routes. The book also celebrates the wild beauty of the Shield, with many photographs and descriptions of the fascinating natural and human historical features that may be found along the way. The excursions are scattered across the southern portion of Ontario's Shield, including Frontenac, Bon Echo, Algonquin, The Massasauga, Killarney and Lake Superior, along with some of the province's less well-known parks. The book combines paddling and hiking in every excursion, giving the excursion-goer a wonderful variety of perspectives and a welcome balance of exercise. The excursions are designed so that a reasonably fit person with basic competence in paddling and hiking can comfortably accomplish them in a single day. The paddling is entirely flat-water and the portages are infrequent and usually short. The hiking trails are often rugged but do not require any technical climbing skills or equipment apart from a pair of comfortable hiking boots. Alternative routes are frequently suggested in order to accommodate differing levels of physical ability and available time. The book also includes a wealth of practical advice about gear for hiking and paddling, excursions with your dog, and useful information about where to stay, what to see and who to contact in each of the excursion areas. About the Author Kas Stone was born in Sarnia, Ontario, and has lived in Nova Scotia, Newfoundland, Quebec and the United Kingdom. She recently returned to Ontario and rediscovered the pleasures of paddling and hiking.