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## South Nation Conservation Canoe the Nation Challenge

### ENTRY FORM

Name(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

#### Health and Safety Consent:

I understand that South Nation Conservation is not responsible for any health and/or safety risks that may occur while I am participating in this competition, and that I am participating in the competition at my own will.

Signature(s): \_\_\_\_\_

Please send your completed entry form and log to:

**Canoe the Nation Challenge**  
c/o Communications Department  
South Nation Conservation  
38 Victoria St., Finch ON K0C 1K0

**Fax: 613-984-2872**

Our Local Environment. We're in it Together. Notre environnement. Nous le partageons.



The South Nation River (SNR) offers five different canoe/kayak routes that highlight the history and natural features of the watershed.

These routes begin in the village of South Mountain and end up at Jessup's Falls Conservation Area, near where the SNR empties into the Ottawa River. If you plan to make your trip more than a day, be forewarned that there is no camping along the SNR and arrangements should be made for accommodation ahead of time. The SNR is excellent for recreational canoeing and kayaking. The mild current during the summer months is ideal for a relaxing canoe trip. The river can be paddled in both directions without much difficulty during the summer months.

Access points are marked with signs. To ensure a safe trip, always be aware of changing conditions on the river and remember that there may be hazards that maps do not indicate. The majority of land adjacent to the SNR is privately owned. The use of private property as an access point is a privilege, not a right. Please respect private property and help keep the SNR free of litter. Take out what you bring in!

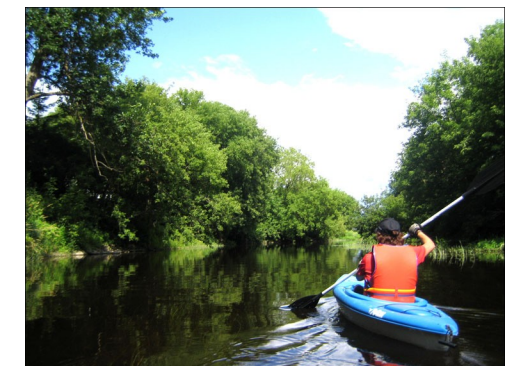
#### Mill Run (22 km)

Our canoe and kayak route journey begins at the historic gristmill on the South Nation River- the Spencerville Mill. This route is very popular in the early spring when water levels on the river are high, and rapids and eddies create an exciting journey for paddlers. You may park your vehicle at the Spencerville Mill parking lot, located off of Spencer Street on Water Street. After parking your car, it is necessary to walk back up Water Street, over Spencer Street, and place your canoe or kayak in the river just beyond the bridge. This pastoral trip through the countryside features: mature hardwood stands, hemlock groves, and a wide array of waterfowl including; osprey, turkey vultures, and great blue herons. Paddlers should be aware of a series of rapids near Ventnor, which require a short portage. With the spring current at your back, you should encounter few obstacles as you travel into the Village of South Mountain, where it is possible to continue downstream on the Great Blue Heron Route.



#### The Great Blue Heron Route (28 km)

The Great Blue Heron Route begins in South Mountain. From County Road 3 you will turn onto Mill Street, bringing you to the water's edge. As you approach the junction of the South Branch and the Main Branch of the river you may encounter some rapids. This will require a short portage or lift over. These rapids are seasonal and portaging along the top of the bank is suggested, until this shallow, rocky area has passed. The river is quite shallow after the junction, so checking water levels is suggested before continuing.



Further down the River, on your left-hand side, you will come to Cass Bridge Conservation Area. Parking, outdoor toilets, a picnic area, drinking water pump and a boat launch are available at this site. Cass Bridge Conservation Area is located off of Highway 31 between Winchester and Winchester Springs. As you paddle into the Village of Chesterville, the Village boat launch will be on your left. To access the boat launch by car, follow Highway 43 into Chesterville. Located on Queen Street (County Road 22), the boat launch is on your right before you reach Main Street. You can then continue on your journey along the King Fisher Route.

