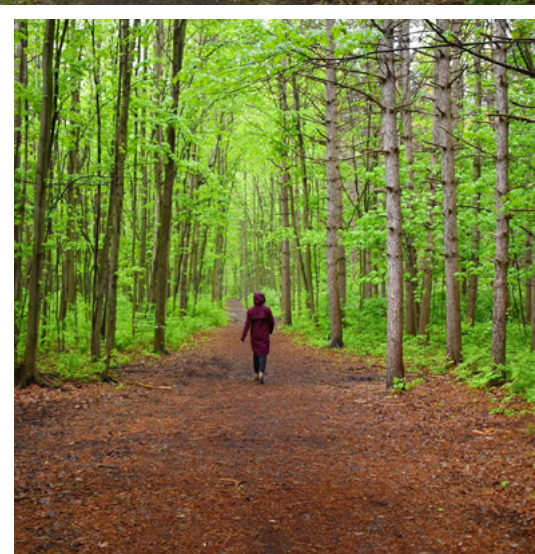




75KM CHALLENGE

Alfred Bog Walk

Visit the Alfred Bog off Concession Road 11, south of the village of Alfred.

Reveler Conservation Area

14255 Concession 10-11 Road, Crysler

Cass Bridge Conservation Area

12212 Cass Bridge Road, Winchester

High Falls Conservation Area

11 Nation River Road, Casselman &
18 Brisson Street, Casselman

Jessup's Falls Conservation Area

6675 Highway 17, Plantagenet

Oschmann Forest Conservation Area

12301 Ormond Road, Winchester

W.E. Burton Conservation Area

601 Church Street, Russell

Spencerville Mill

11 Water Street, Spencerville

Findlay Creek Board Walk

2835 Findlay Creek Drive, Ottawa

J. Henry Tweed Conservation Area

98 Craig Street, Russell & 110 Forced Road, Russell

Two Creeks Forest Conservation Area

11319 County Road 2, Morrisburg

Warwick Forest Conservation Area

15755 County Road 9, Berwick &
15751 County Road 9, Berwick

St-Albert Conservation Area

24 Machabee Street, St. Albert

McIntosh Park Conservation Area

Crysler Rd, Berwick

Oak Valley Pioneer Park

3324 Baldwin Lane, Winchester Springs

Mill Run Conservation Area

5659 McCrea Rd, Augusta



ACTIVITIES AT A GLANCE



BIRDING

- Alfred Bog Walk
- Reveler CA



BOAT LAUNCHING

- Cass Bridge CA
- Chesterville River Access
- Crysler River Access
- Embrun Boat Launch
- High Falls CA
- Jessup's Falls CA
- Spencerville Mill
- St-Albert CA



HISTORIC SITES

- Oak Valley Pioneer Park
- Spencerville Mill



GEOCACHING



HIKING/WALKING

- Alfred Bog Walk
- Findlay Creek Board Walk, Ottawa
- Oschmann Forest CA
- The Moose Creek Recreation Trail
- W.E. Burton CA, Russell
- J. Henry Tweed CA
- Reveler CA, Crysler
- Robert Graham CA
- Two Creeks Forest CA
- Warwick Forest CA



CANOEING/PADDLING

- Mill Run Kayak Route
- Great Blue Heron Kayak Route
- King Fisher Kayak Route
- Swallows Path Kayak Route
- Mallard Way Kayak Route
- Castone Farm
- Chesterville Waterfront
- Spencerville Mill
- St-Albert CA



PICNICS

- Cass Bridge CA
- High Falls CA
- J. Henry Tweed CA
- Jessup's Falls CA
- McIntosh Park CA
- Oak Valley Pioneer Park
- Spencerville Mill
- St-Albert CA
- Two Creeks CA
- W.E. Burton CA



FISHING

- Cass Bridge CA
- High Falls CA
- Jessup's Falls CA
- Spencerville Mill
- St-Albert CA
- W.E. Burton CA

75KM CHALLENGE TRACKER

Name:

Phone Number:

Email:

[illegible]

75KM CHALLENGE TRACKER

Name:

Phone Number:

Email:

[illegible]

