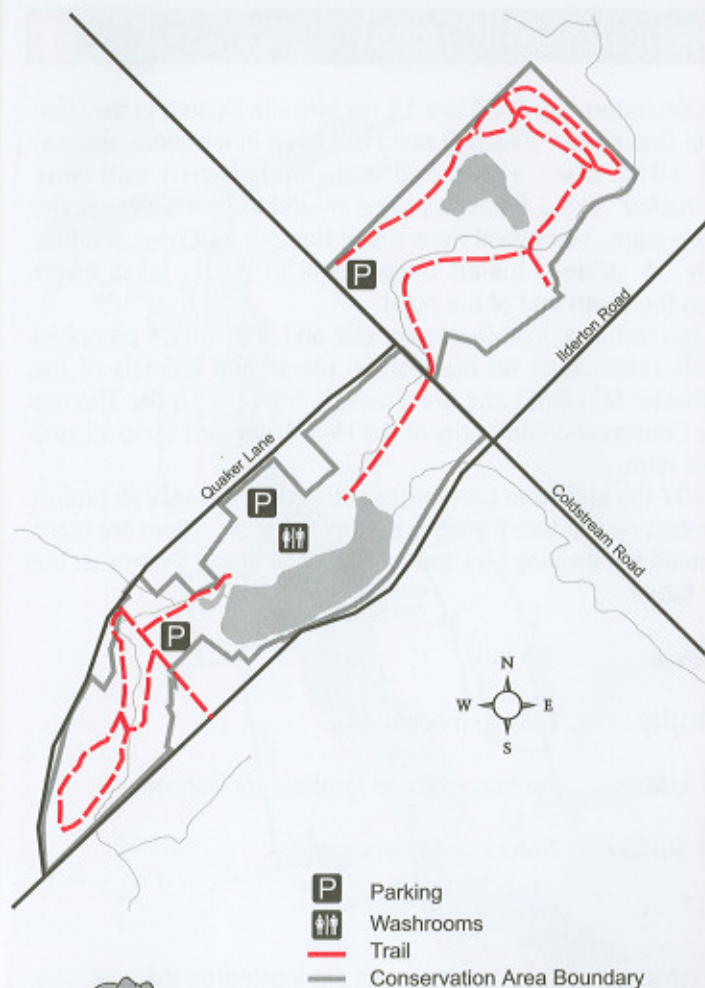


Coldstream Conservation Area

4

Coldstream Conservation Area features two trails. The trail in the south end of the park is a short loop through a cedar swamp, a very rare type of wetland for southern Ontario. A boardwalk takes you through the oldest, most mature part of the cedar swamp. The longer trail in the north end of the park starts off along an abandoned gravel pit and then winds its way through a floodplain forest. There are several loop trails through this forest. This is an excellent trail for wildflowers and bird watching. The Coldstream Conservation Area is operated by the Enviro-Friends of Coldstream, a community group.

Distance	Cedar Walk = 0.9 km Gravel Pit Trail = 2.3 km
Difficulty	Easy to moderate, use caution crossing Coldstream Road
Trail Use	Walking, pets on leashes, cross-country skiing (not groomed), snowshoeing
Trail Surface	Natural, boardwalk, steps
Cost	Free
Directions	North of County Road 22 at Poplar Hill
Facilities	Parking, washrooms
Contact	Enviro-Friends of Coldstream, c/o Janice Dolliver, (519) 666-0461 or St. Clair Region Conservation Authority, (519) 245-3710



Harry Hiker's Hint:

You do not need to work out in a gym every day to be fit. Make physical activity a part of your routine.