

Lake Whittaker Walking Trail

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Lake Whittaker was formed during the last ice age when a chunk of ice from the retreating glacier broke away to create a depression. Later, springs filled the depression creating the 10 hectare lake. It is the most southerly in-land lake in Canada and the headwaters of Kettle Creek.

A 7 km trail loops around the lake providing a spectacular view of provincially significant wetlands, plantation, sugar bush and climax forest. The trail system is split into three trails. One trail is 1.5 km long and the others are 2.5 km in length. Bring your camera and binoculars to view the wildlife. The Ivan Row Trail will be wheelchair accessible upon completion by the end of 2002.

Distance	7 km
Difficulty	Moderate
Trail Use	Walking, snowshoeing, cross-country skiing (not groomed)
Trail Surface	Natural, bridges, boardwalks
Cost	Conservation pass
Directions	From Hwy 401, take the Avon/Putnam Road exit to Belmont Road 35, turn right. Lake Whittaker is about one half a kilometre on the right.
Facilities	Parking, washrooms, camping, pool, playground
Contact	Kettle Creek Conservation Authority, (519) 631-1270

Harry Hiker's Hint:

It's never too late to increase your level of physical activity.

