#### **TRAIL USER'S GUIDE**

- These are semi-wilderness trails, be prepared with appropriate footwear etc.
- Distance are measured from the parking lot
- Stay on the marked trail, continually look for white marking and/or ribbons
- Pick up any rubbish on the trail
- Leave flowers and plants for others to eniov
- Protect and do not disturb wildlife
- Take nothing but pictures, leave nothing but footprints
- Please no fires

# **Follow these Trail Markers**

White Marks on Rocks & Trees

Ribbons On Trees

Walking is good for your heart Walk 30 minutes 3 to 5 times a week. Sponsored by:



Printing of this brochure was made possible by a grant from the Heart Health Project and from the Township of Muskoka Lakes Ratepayers' Association

#### **Torrance Barrens Trails**

To get there: Take Muskoka Road 169 north from Gravenhurst or south from Bala. Turn south on Southwood Road (Muskoka Road 13) and travel 7 kilometres to the Torrance Barrens sign. Park on the flat rock. The trail is marked with stone cairns, white marks on rocks and metal signs.

#### Main Trail (3.0 km)

The main trail circles Highland Pond, which a relatively large shallow pond is surrounded by floating fen mats that provide habitat for several species of orchids including the white fringed orchid, rose pogonia and Calopogon. А large intermediate fen extends off the western end of the pond. This sedge dominated wetland provides a field habitat for Vesper sparrow, Savannah sparrow and bobolink.

#### **Barrens Extension (6.0 km)**

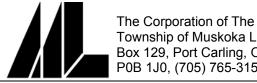
Accessed from the main trail, this extended loop takes the visitor around another large fen and past a working beaver dam and house.

#### Pine Ridge Trail (5 km)

Immediately north of Highland Pond this trail runs northwest to southeast along the southern shore of Pine Lake. It can be accessed from the main trail. This trail is the best example of the 'ridge and trough' pattern that characterizes the Barrens landscape.

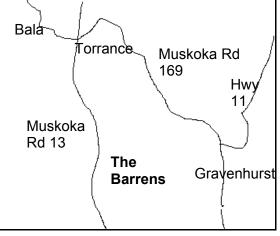
#### **Suggested Uses**

Hiking, mountain biking. cross-country skiing, star gazing.



Township of Muskoka Lakes Box 129, Port Carling, Ontario P0B 1J0, (705) 765-3156

## **Torrance Barrens Trails**



### **Highlights**

Encompassing almost 5,000 acres, the Torrance Barrens Conservation Reserve is one of the most striking geological areas in The lunar landscape of the Muskoka. Barrens is characterized by low ridges of Precambrian bedrock, separated by wetlands and peat-filled hollows, scattered boulders and even a little soil. The prevalence of bare bedrock is the direct result of wave-washing by the receding waters of the glacial lakes Algonquin and Nipissing. The nationally rare Eastern Bluebird and Cooper's Hawk can often be spotted on the Barrens and the elusive Whippoorwill and Nighthawk can be heard in late evening. Many diverse vegetative species grow here. The Eastern Massasauga rattlesnake, a threatened species, can also on occasion be found here, as can Ontario's only lizard, the Five Lined Skink. Amateur astronomers have identified the Barrens as an ideal place to view the night skies with little light infiltration from urban centres.

