

Play it Safe - Tips for Winter Hiking & Snowshoeing

There's no need to stop enjoying the outdoors when winter comes! Here are a few tips that will help keep you safe and comfortable in the colder weather.

- Dress in layers, looking for items that will keep you warm and dry.
- Know your route. Know when sunset is expected and plan to be off the trail well before. Carry a map and a flashlight.
- Some trails go over waterways and near steep slopes. Check the snow/ice conditions when approaching these areas.
- Note that snowshoeing trails may take you across or alongside snowmobile routes.
- Our normal sense of thirst lets us down in winter, so be sure to keep drinking water.
- The sun may be weaker, but it can still pack a punch; use at least an SPF 15 sun screen.
- Hike with a friend. Leave word of where you are going, and when you are expected back.
- Pack a few extra items to add more comfort and safety when you are out. A first aid kit, an extra warm layer for when you stop, a piece of closed cell foam to sit on, water, some high energy snacks, spare socks and mitts, and some lip protection.

Many of these tips came from Hike Ontario. Check-out their full winter hiking fact sheet at hikeontario.com.

Getting There

Minesing Wetlands Conservation Area
From Barrie: West on Hwy 90 (Dunlop St.) to George Johnston Rd. Travel north 8 km to the parking lot and canoe access on your left.

Operating Hours

Conservation Area open daily from dawn to dusk.

Trails may be closed depending on trail and weather conditions. Visit nvca.on.ca for updates.

Parking Fee

Visitors to NVCA-operated conservation areas are required to purchase a parking pass.

- Daily Parking Pass: \$10.00/vehicle
- Annual Parking Pass: \$70.00/vehicle

Parking passes can be purchased online or in-person. Learn more at nvca.on.ca.



**Nottawasaga Valley
Conservation Authority**
705-424-1479
www.nvca.on.ca

Alternative formats available.

Meadow Mouse Snowshoe Trail

Minesing Wetlands Conservation Area

Where Owls Play



Where Owls Play

The Meadow Mouse snowshoe trail follows Willow Creek as it passes through the internationally significant Minesing Wetlands. Spanning more than 15,000 acres, the Minesing's unique assemblage of fens, marshes, swamps and bogs supports a network of sensitive flora and fauna, some rare or endangered.

As you follow the 500 m (1 km return) linear trail, keep an eye out for the owls and hawks that hunt in this open meadow.

Note: Willow Creek is fast-moving, making for poor ice conditions. Stay on the trail and off the ice.

Looking for a longer, guided trek through Minesing? The Friends of Minesing Wetlands offer a group snowshoe early each year. Visit their website for details (www.minesingwetlands.ca)

