

# Kids on Trails

The Trail Explorer's  
Guide to Greater  
Sudbury's Trails



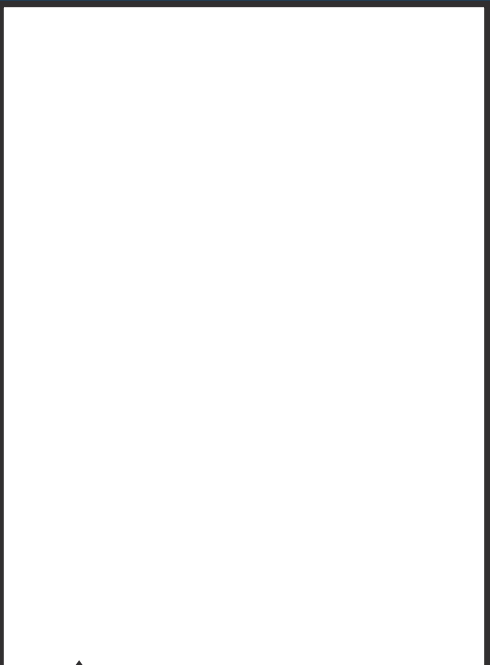
Presented by:  
Rainbow Routes Association

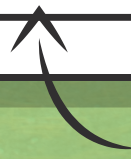


# Introduction

Rainbow Routes Association created this booklet to help inspire you and your family to explore the outdoors! This guide will introduce you to three popular Rainbow Routes trails and provide you and your family with interesting nature-based information and activities that we hope will inspire your passion for the natural environment that surrounds you.

Now go forth and explore!

Explorer ID	
	Name: _____
	Age: _____



Draw yourself!

# Exploration Packing Checklist

Here is a list of useful items to bring along on your adventures to make sure you are fully prepared!

- Hiking bag or backpack
- Sturdy shoes or hiking boots
- First aid kit
- Sunscreen
- Insect repellent
- Whistle
- Water
- Food/snacks
- Notebook and pencil
- Compass/GPS
- Hat
- Sunglasses
- Extra socks
- Trash bag



# Kelly Lake Trail

A visit to the Fielding Bird Sanctuary and a walk along the Kelly Lake Trail is the perfect place for young bird watchers to catch a glimpse of a variety of feathered friends who call this area home! The Fielding Bird Sanctuary gets its name from the Fielding family, who moved to this area in 1886 and ran a farm. In 1976, the family donated this land to the City of Greater Sudbury so that it could become a migratory bird sanctuary and public park.

**Location:** West of Sudbury

**Parking:** 1 parking lot at 345 Fielding Road

**Directions:** Trail entrances are located to the left and right of the Fielding Memorial Park building. Free parking is available at park entrance off of Fielding Rd.

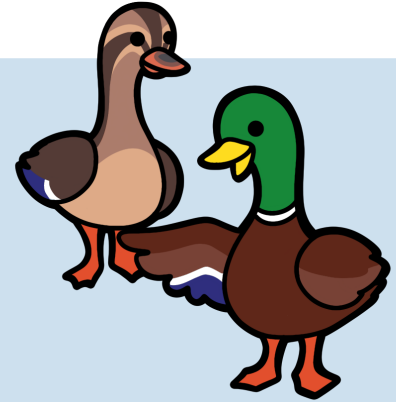
**Length:** 3.5 km loop (for a more challenging hike follow the full 4.5 km linear trail)





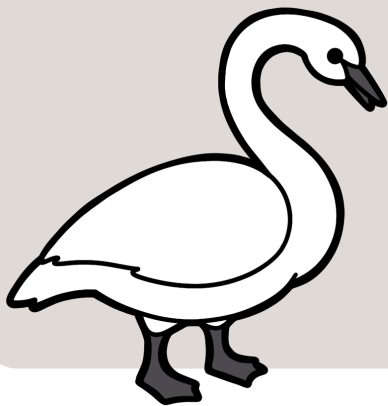
## 1 Mallards

Can you spot any Mallard ducks splashing around in the waters of Kelly Lake? If you take a closer look, you can easily tell the male and female mallard ducks apart. The male mallard has a green head and neck, yellow bill, brown chest, and a white collar. Females are much less colourful, they are brown and have an orange bill.



### Did you know?

Eating bread is crummy for ducks' health. If you want to feed the ducks, give them corn, duck pellets, lettuce, peas, oats, or seeds!



## 2 Trumpeter Swans

In 1996, Trumpeter Swans were brought to Sudbury by researchers to reintroduce them to the area. Using small aircrafts, these researchers were able to help teach the birds how to migrate south and then return to Sudbury. But once the swans came back to Sudbury, they stayed for good.

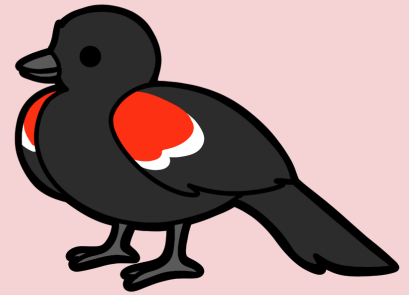
## 3 Kelly Lake

Caution - DO NOT SWIM in Kelly Lake. Before the water treatment plant was built, the lake was used as a sewage lagoon, and some of the sewage can still be found at the bottom of the lake. Yuck!



#### 4 Small Birds

You will likely hear the sound of birds as you explore. If you listen closely you will notice that birds make many different sounds, and each of these unique sounds is made for a different reason. Some birds might be singing to attract a mate, while others might be sending a call to other birds, letting them know that there is danger or food nearby!



Red-winged blackbirds can be found near wetlands along this trail. The males call out a throaty, scratching “cong-a-lee” and proudly display their red shoulder patches.

**STOP** Stop for a moment and listen. How many different bird sounds can you hear?

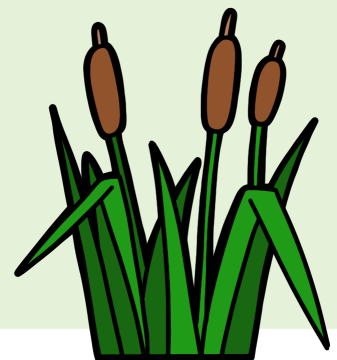
#### 5 Sudbury's Meteorite



The largest known meteorite hit the planet nearly 2 billion years ago! The meteorite landed in what is now Val Caron, and the tremendous impact caused a shift in the ground around Sudbury which moved and split rocks. Those cracks in the rocks were filled by a slurry of water, sand and other fine debris, and covered under 5-8 km of ground which caused enough pressure to form the detailed patterns you can see in this area today. This is called Sudbury Breccia.

#### 6 Wetland

This trail eventually emerges onto a boardwalk that allows you to walk through a large wetland. The cattails and taller bulrushes grow near the edge of the lake in the wetland providing homes for many animals and fish and protecting the shoreline from erosion.



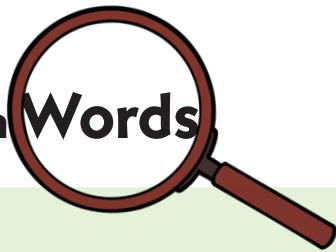


# Kelly Lake Word Search

Pick a spot on the trail and have fun!

Z W P T F K D K R E  
T Y Y V D U N E T T  
D R I B K C A L B I  
E U U G K L L L L R  
O B T M L D T Y W O  
Z D T I P L E L X E  
Z U B S Y E W A O T  
U S Z I G S T K R E  
D R A L L A M E B M  
V A L C A R O N R Y

## The Hidden Words



Trumpeter  
Mallard  
Kelly Lake

Bill  
Blackbird  
Meteorite

Wetland  
Val Caron  
Sudbury

# 2 | Hillfield Trail

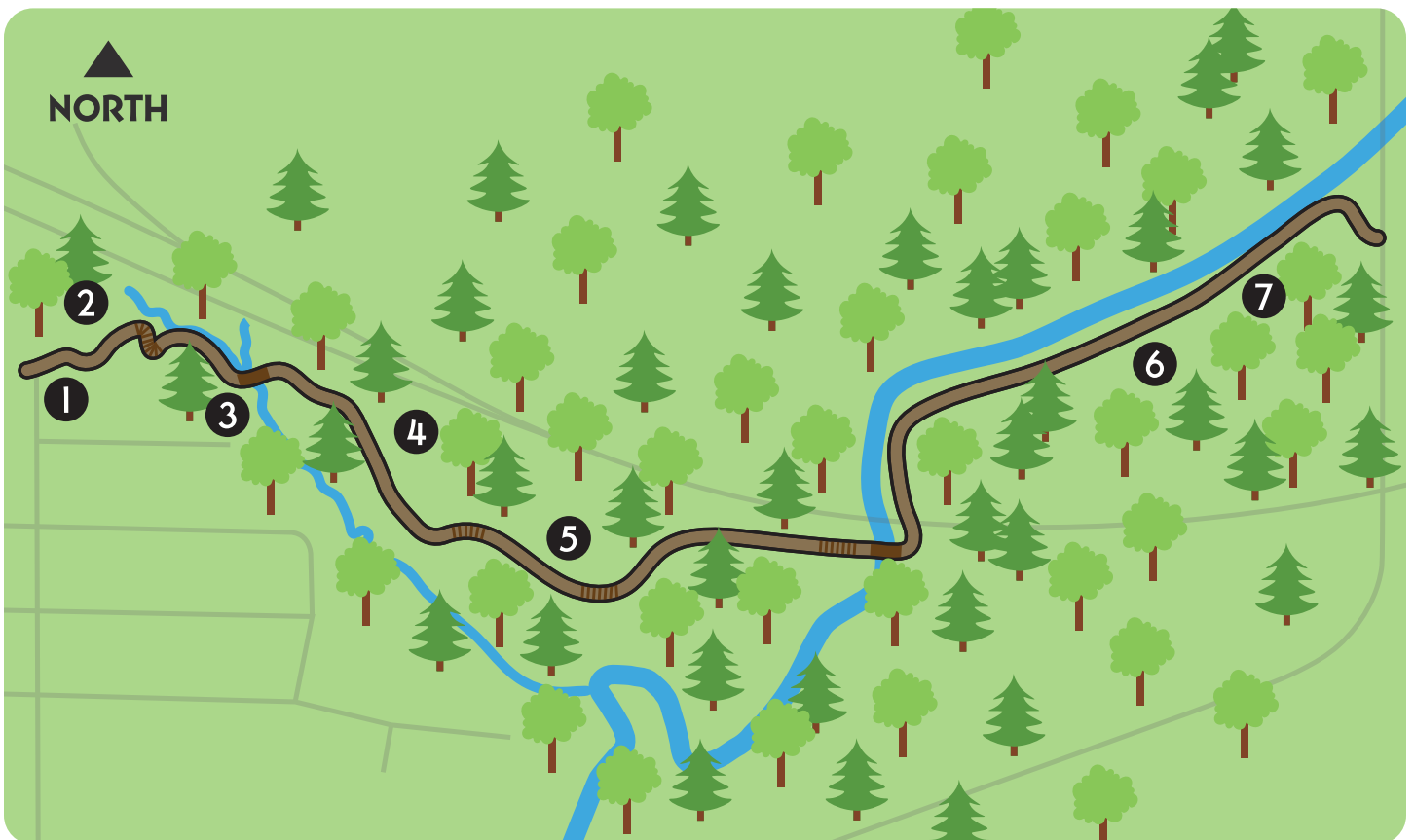
Referred to by some as a 'Mini Killarney', Hillfield trail connects Hillcrest Park to Fielding Memorial Park, and is also part of The Great Trail. This trail features bridges, hilly terrains, wooded ravines, a troll bridge, and offers plenty of bird watching opportunities.

**Location:** Lively

**Parking:** 2 parking lots; 1 Mikkola Road at the Kinsmen Sports Complex, and 345 Fielding Road at the Fielding Memorial Park. Take care crossing road.

**Directions:** The trail entrance is located directly across the road from the entrance to the Fielding Memorial Park parking lot. An alternate trail entrance is located at the far right in the parking lot located off of Mikkola Rd at the Kinsmen Sports Complex.

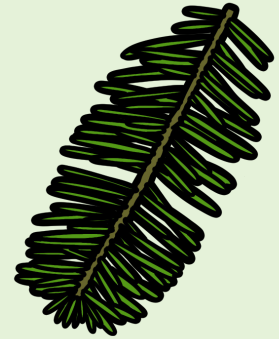
**Length:** 2 km linear





## 1 Balsam Fir

If you look around you will see balsam fir trees which are long-time Christmas tree favourites because of their fragrance and long-lasting needles. These trees are known as conifers. Unlike other trees, conifers grow needles instead of leaves, and cones instead of flowers which help them survive in areas that are very cold or dry.



## 2 Flying Squirrel

The northern flying squirrel prefers older-growth coniferous forests. Flying squirrels are nocturnal which means they are usually only seen at night. The benefit of their nocturnal lifestyle protects them from many daytime predators such as owls, hawks and martens. Can you see any holes in the trees? They may be home to a flying squirrel.

## 3 Northern Water Snake

This particular water snake can be found in streams similar to the one you see below the bridge. Water snakes can grow up to four feet long or 1.2 metres and come in a variety of brownish and black colours. These snakes can often be seen basking on rocks, stumps or in bushes. They also hunt along the water's edge looking for small fish, frogs, worms, salamanders, young turtles and even small birds and mammals. On this part of your walk you are surrounded by an old growth cedar forest.



#### 4 Eastern White Cedar

The inner bark of the eastern white cedar trees surrounding you have historically been used topically as a natural insect repellent as well as for some skin diseases.



#### 5 Wooded Wonderland

Each layer of the forest from the tallest tree, shrubs, ground layer, and to the soil beneath your feet is filled with life. All the layers work together in a balanced partnership between plants, animals, fungi and bacteria.

#### 6 Busy Beavers

The large front teeth of the beaver never stop growing. The beavers constant gnawing on wood helps to keep their teeth from growing too long. Do you see any signs of the beavers at work in this area? This is a great habitat for beavers because Poplar and Birch trees are some of their favourites. Along the banks of the creek you can also see paths made by the beavers dragging logs into the water.



#### 7 Junction Creek


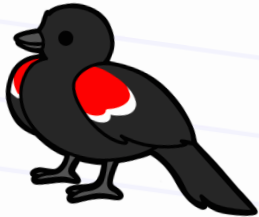
Junction Creek was part of the traditional travel route for individuals from the Atikameksheng Anishnawbek First Nation traveling to Sudbury to trade goods.





# Eye Spy Checklist

Pick a spot on the trail and have fun!



Can you find everything on the list?

*Insect* *Bird*

*Cattails* *Trees with needles*

*Wildflowers* *Trees with leaves*

# 3 | Rotary Park Trail and the Ponderosa Wetlands

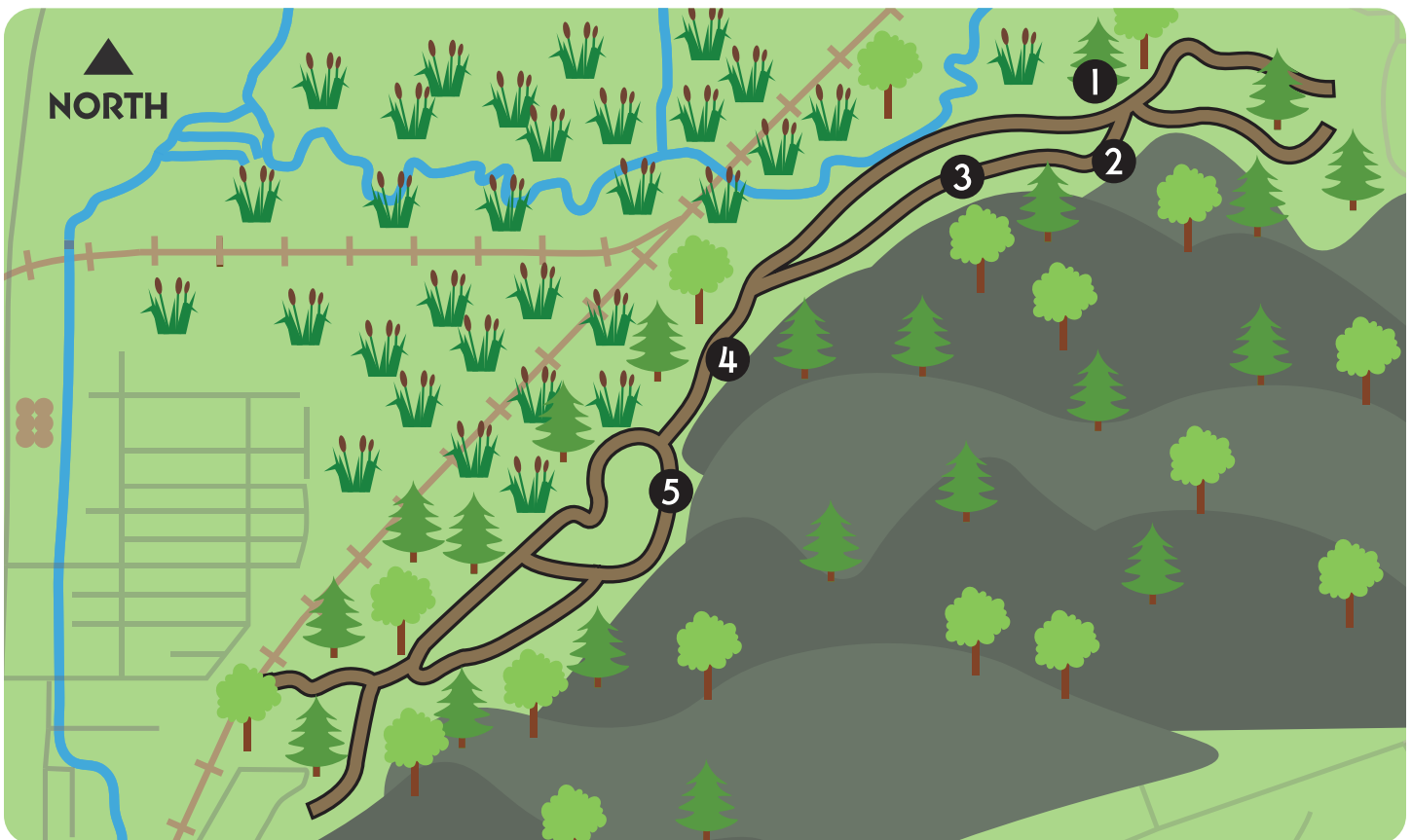
The Rotary Park Trail has something to offer almost every explorer! This trail connects New Sudbury to downtown, offers a majestic overview of the city, and runs along Junction Creek and the Ponderosa Wetland, which is a natural gem and treasured green space in our community.

**Location:** Between Downtown and New Sudbury

**Parking:** 2 parking lots; 744 Beatrice Cr and off of Mountain St

**Directions:** The trail entrance is located off of Beatrice St at Adanac Ski Hill. A Rainbow Routes trail marker is visible from the road. Free parking is available at the ski hill. An alternative entrance is located at the corner of Harvey St and Mountain St. There is free parking to the left of the trail head.

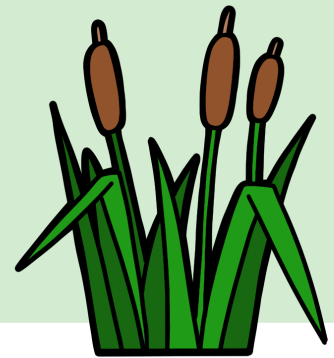
**Length:** 2.9 km linear





## 1 Wetlands

Wetlands are extremely valuable ecosystems that provide habitat for a variety of animal and plants, and also help the people living in the areas that surround them. During spring melts or storms, wetlands can hold back water to help prevent floods. Wetlands also help clean the water that we use for drinking, swimming and fishing by trapping sediment, excess nutrients and pollutants.



## 2 Wetland Habitats

The Ponderosa Wetland has 3 of the major wetland habitats: swamp (56% of the wetland), marsh (36% of the wetland), and fen peatland (8% of the wetland).

## 3 Sheep Laurel

When you come upon the boardwalk in the center of the wetland, stop and take a look around you. This low-lying shrub with clusters of pink flowers in the summer is known as sheep laurel, and would make a great home for the ruffed grouse, also known as the partridge.



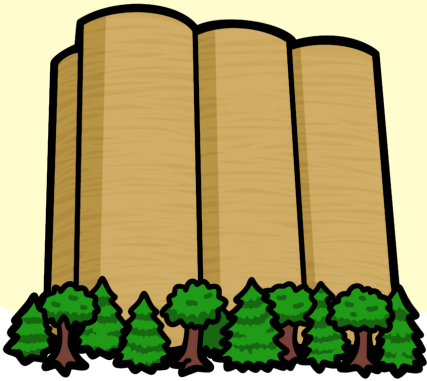
#### 4 So, you want to be a scientist?

Citizen science is when ordinary people just like you collect valuable scientific data relating to the natural world!

Past citizen science projects discovered 39 species of dragonflies and butterflies, 83 species of birds, and over 130 species of plants, shrubs and trees in the Ponderosa Wetland.



**What have you discovered on your adventure?**



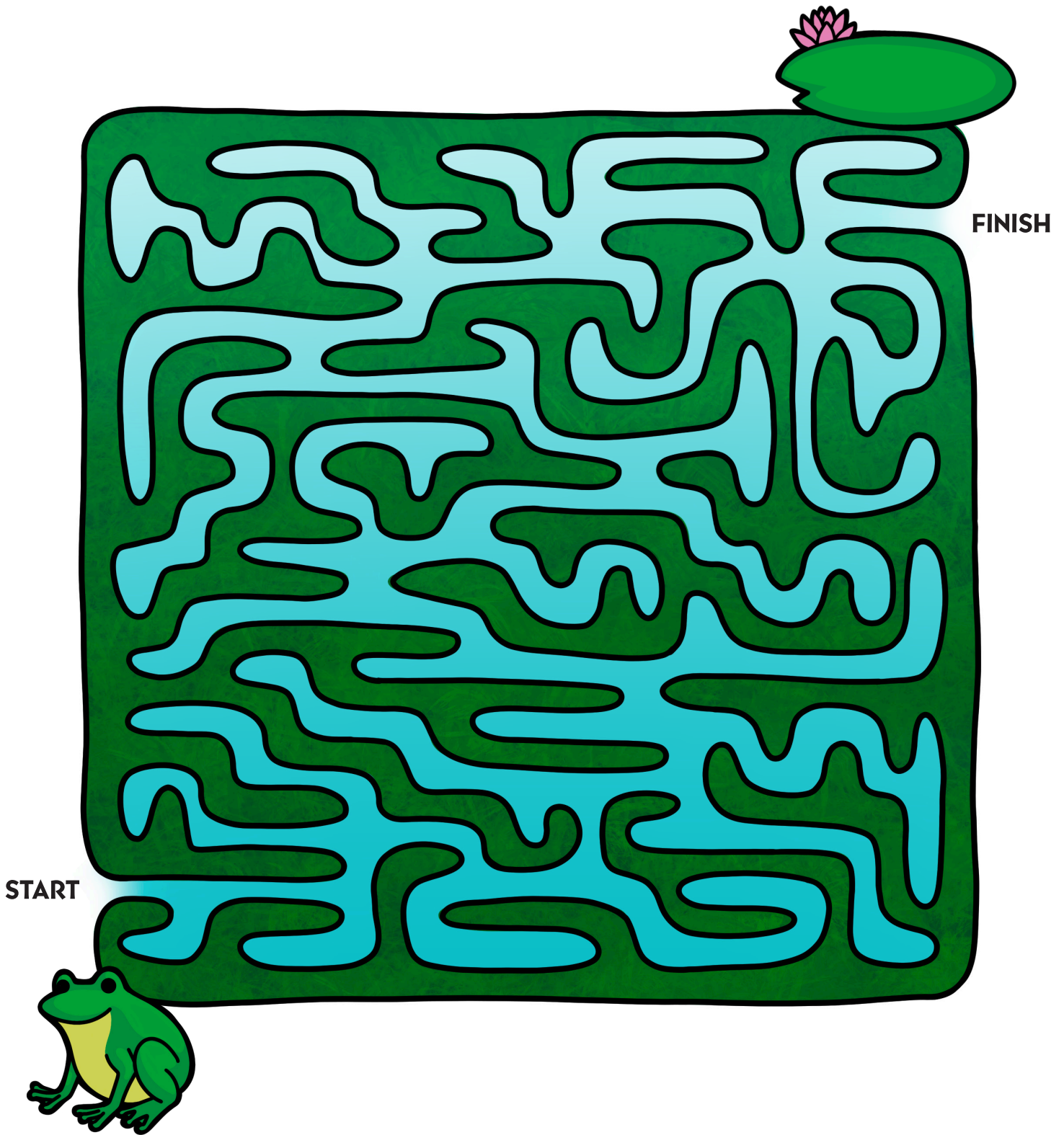
#### 5 North View

Look for big can-shaped yellow pillars in the distance and you've spotted the Flour Mill Silos. These silos were built in 1910 with four foot thick concrete walls are now an important landmark in Sudbury.

# Wetland Maze Activity

Pick a spot on the trail and have fun!

Help the frog find her way back to the lily pad!








# We hope you enjoyed exploring a few of our trails!

If you would like to support Rainbow Routes Association's various community initiatives, you can become an RRA member by registering online or donate today.

Registered Charity: 87320 8136 RR0001  
[www.rainbowroutes.com](http://www.rainbowroutes.com)

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