

Section 6: Minnow Lake

- When Bancroft forks with Bellevue Avenue (Kwik-Way convenience intersection), continue right (north) on Bancroft Drive towards Carmichael Arena.
- Just before the arena turn left onto the trail across from the Bancroft Drive Community Church parking lot.
- Continue along this trail that traverses the shore of Minnow Lake.
- **Pause!** When you reach 1127 Bancroft Drive you'll have arrived at the Rainbow Routes Head office. This building has been our home base since 2019, with the Oak Forest trail quickly adopted as our go to space for inspiration and creativeness in finding ways to best serve the Sudbury Community and our trails.

Section 7: Oak Forest to The Grotto

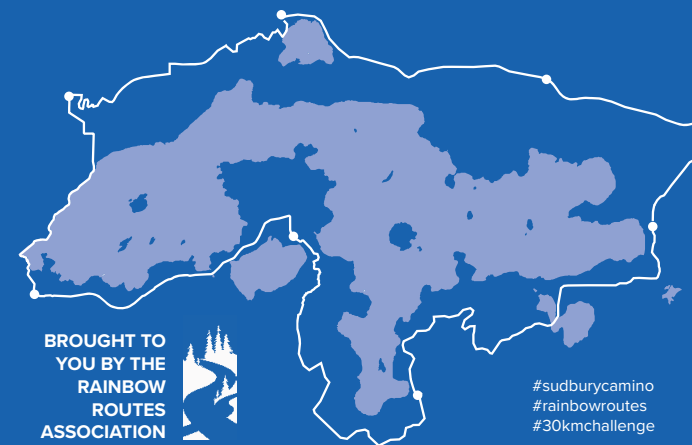
- You've reached another turning point:
- 1. **Option A:** Cross the Minnow Lake Place parking lot and turn left on Lonsdale Avenue to avoid the Oak Forest Trail and give yourself a more direct route.
- 2. **Option B:** (official Camino Route):
 - Turn onto the Minnow Lake Trail.
 - Follow the trail until it turns into Lonsdale Avenue. At the end of Lonsdale turn on Wessex Street then turn right onto Howey Drive
 - From Howey Drive, cross Van Horne Street, and turn right onto Cartier Avenue and continue until you reach a parking lot
 - Across the parking lot, take the stairs up to the Grotto
- **Pause!** To the left of the fountain, up the hill, you'll find a labyrinth with Camino completion medals in the centre. Grab one! Just like your camino experience, this labyrinth was designed to encourage contemplation and introspection. Now that your journey is almost complete, grab a medal and read Mindful Moment 7.
- Walk through the Grotto, across the parking lot and onto Van Horne Street
- 1. **Option A:** Reward yourself and visit some of the great eateries downtown. You've just walked 28km as part of RRA's Sudbury Camino!
- 2. **Option B:** Continue on the path back to your starting location
 - Continue down Van Horne and turn left on Drinkwater Street then Eglin Street and take the Nelson Street footbridge.
 - Turn right onto Edmund Street, and follow the street to Bell Park.

Congratulations and thank you for your participation! We look forward to hearing from you and of your experience!



SUDBURY CAMINO 2021

TOUR DE RAMSEY GUIDEBOOK



Inspired by the famous El Camino de Santiago pilgrimage routes, the Sudbury Camino is a free event that offers a unique Camino-like experience as you discover portions of The Great Trail (Trans Canada Trail) and Rainbow Route Association trail network in the Greater City of Sudbury. This on-foot journey invites you to challenge yourself and explore our community and its breathtaking natural surroundings on-foot. This year's journey is the Tour de Ramsey Loop highlighting the lakes and lookout points. The challenge is made to be tailored so that you can create the kind of experience you are looking for by adding or removing various off shoot trails as you see fit. In conjunction with this guidebook, we are excited to have specially created a Mindful Moments booklet for you to use, if you wish, on your journey. We look forward to hearing about the wonderful challenge and adventure you will have!

The landscapes you are about to explore and discover are part of a territory full of history. Rainbow Routes Association respectfully acknowledges the Atikameksheng Anishnawbek on whose territory we are walking as well as the Wahnapiatae First Nation who share this area and together with Atikameksheng Anishnawbek are also signatory to the Robinson Huron Treaty.

Introduction:

This booklet offers step by step instructions for your 2021 RRA Camino route. Washrooms, water stations, hose-me-down stations, etc. are useable on August 7 2021, but if you do it on your own on some other date, you should verify with those authorities about their availabilities. The recommended parking and starting location is the Municipal Parking Lot on Paris Street, next to the old St. Joseph Hospital and across from Boland Avenue, but you'll find a few other proposed parking and bus stops on the map as well. Please be mindful of where you park!

Section 1: Bell Park

- Walk South-East towards Ramsey Lake. Go down the concrete stairs or ramp and turn right once you reach the Bell Park boardwalk.
- Take the Bell Park boardwalk along the shore of Ramsey Lake.
- **Pause!** If interested, find a spot that speaks to you, do some light stretching, and take out your mindful moments guidebook to read out the first concept.
- 1. Option A: When you get to the Science North Centre, walk through the parking lot towards Ramsey Lake Road and visit the nearest pedestrian intersection. Proceed to Section 2.
- 2. Option B: As you come near the Science North Building, walk East across the large open grassed field. Somewhere in the center you'll find a trail opening. Continue going East by following the black TCT arrows (installed about 5 feet high) which will pass by the Northern Water Sports Center and bring you to the Ramsey Lake Boat Launch. Turn Right (South) to Ramsey Lake Road.
- Warning: There is no pedestrian crossing at this location!

Section 2: Ramsey Lake Path

- Cross Ramsey Lake Road and turn left onto the Ramsey Lake Path.
- Continue down Ramsey Lake Road, past Laurentian University and the intersections of University Road and South Bay Road.
- Approximately 300m after South Bay Road, and across from 1146 Ramsey Lake Road, you'll find a small trail on your right (see Fig.1)
- **Pause!** At the beginning of the Bethel Lake trail is a bench that provides an excellent mindful break spot. This is a good place to take out your booklet and read concept 2.
- Note that swimming in Bethel Lake is unadvised due to unhealthy water conditions.



Fig. 5: Water refill station at the Moonlight Beach lifeguard shack

Section 5: Moonlight Beach

- **Pause!** Kick-off this next Camino section with Mindful Moments 5, and apply it to the transition taking place as you leave Moonlight behind you.
- From Moonlight Beach, walk through the parking lot and turn right onto Moonlight Beach Road.
- When the road meets Bancroft drive, cross the street and turn left on the sidewalk.
- Continue on Bancroft Drive.
- On the afternoon of August 7th 2021, you should spot two decorated homes along Bancroft ready to offer you shade and a cool hose-down to help you on the remaining journey.
- At the intersection of Bancroft and 4th Avenue, you'll find Marc and Cora's Convenience: Another excellent spot to rest, use washrooms and refuel with water and some of the best subway sandwiches in town!
- After Marc and Cora's, continue along Bancroft Drive. Take note of all the variations in Sudburian residential architecture along this large stretch of sidewalk.
- **Pause!** You've got a good walk ahead of you to reach your next milestone. Whenever you find good shade and need to refresh your mind, take out your Mindful Moments booklet to item 6.

Section 4: Camp Sudaca

- After crossing a large field that ends on South Bay road, you'll find yourself at the end of South Bay Road at the Bioski parking lot.
 - How are you doing as you approach the half-way mark? Looks like you're at a fork and can choose from one of the following:
1. **Option B - TCT Shortcut (dashed line):** Head straight East to the trail entrance facing the bioski cottage. This TCT route offers a wide crusherdust surface that will shave off 1000m from your Camino Journey.
 2. **Option A - Suggested Camino Route:** Cross the parking lot and enter the "Beaver Pond Loop" trail.
- Follow this trail until it forks, and turn left on the yellow "Mount Ramsey Trail." Follow this trail to the 360 degree view.
 - Continue past the view to meet back up with the Red trail, which will connect back onto Moonlight Beach trail.
 - Continue on the Moonlight Beach trail past Camp Sudaca to arrive at Moonlight Beach.
- Pause!** Moonlight Beach is approximately halfway on the Camino loop, so take a break and read Mindful Moment 4! Have a swim at the beach, or refill on water at the tap connected to the lifeguard shack (see Fig. 5).



Fig. 4: Camp Sudaca Trail Segment

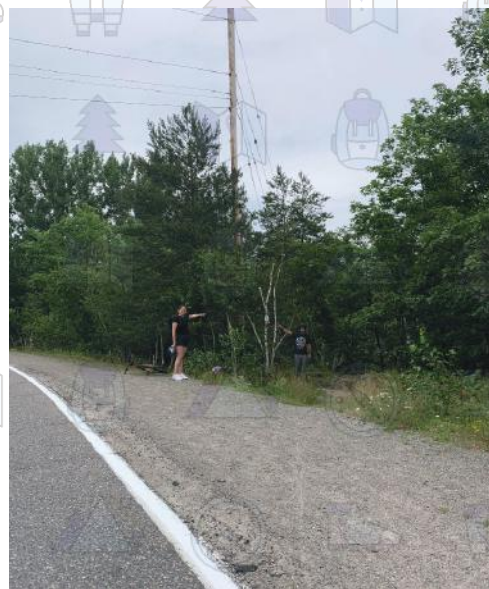


Fig. 1: The Bethel Lake trail entrance



Fig. 2: Trans Canada Trail signs



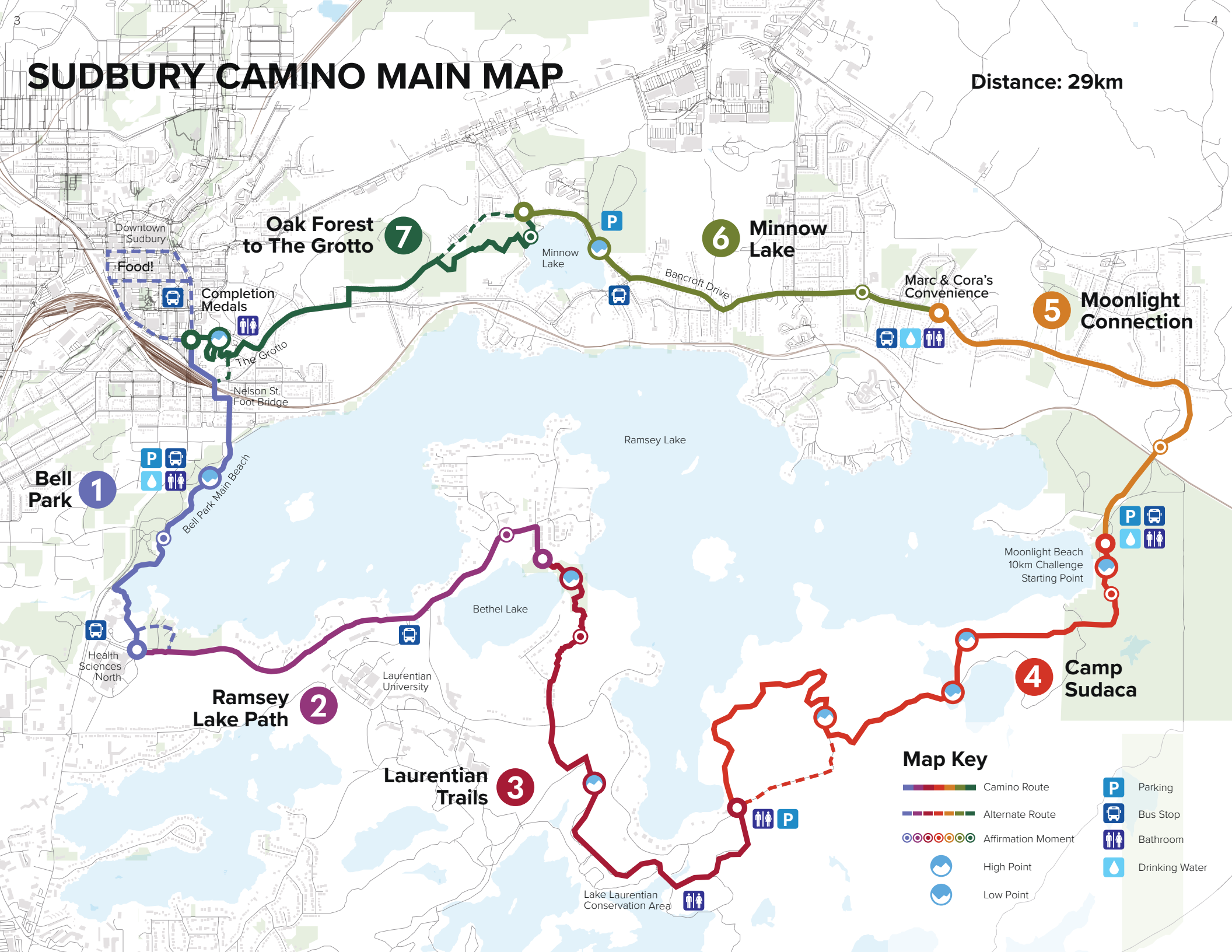
Fig. 3: Red trail markers

Section 3: Laurentian Trails

- Follow this trail, across the boardwalk, and through the forest. Watch for the red trail markers. You've got steep inclines ahead, but you'll be rewarded with a beautiful view up top.
 - Continue along the trail which will reach Arlington blvd. Continue straight south to South Bay Road.
 - Turn right onto South Bay Road. You will see a trail entrance with a "Great Trail" sign approximately 100m down the road (see Fig. 2).
- Pause!** Before heading too deep in the Laurentian Forest, take out your Mindful Moment guide to item 3. Take some deep breaths and do some light stretching.
- Follow the signs for the Great Trail and/or stick to the "Red" route markers on trees and the Laurentian Trail Maps (see Fig. 2 & 3).
 - After approximately 1.2km, you will reach a fork where the "Red" trail meets with the "Orange" trail on the posted Laurentian Trail Maps.
 - Turn left onto the Orange trail towards the Laurentian Conservation Area Nature Chalet.
 - At the Chalet, follow the trail to the left of the chalet towards the Bioski Cross-Country Ski & Snowshoe Club. On this trail, you'll stick to the right shortly after the Chalet, and then you'll be taking a left mid-way down.

SUDBURY CAMINO MAIN MAP

Distance: 29km



Map Key

- Camino Route
- Alternate Route
- Affirmation Moment
- High Point
- Low Point
- Parking
- Bus Stop
- Bathroom
- Drinking Water