NO TRACE CAMPING

"Can the Wilderness Survive You?"

Quetico is managed to protect and maintain the environment in its wild and natural state. As a visitor, it's your responsibility to act as care-taker of this magnificent park. Follow these pointers to preserve Quetico for future generations.

Group Size – Keep your group size small! Split up! Make two reservations if your group size is near the group size maximum of nine. This will increase your enjoyment of the park, decrease your impact on park resources and enhance the wilderness experience of others at the same time.

Quiet Please – Remember sound travels! Remember that sound travels across water. Noise pollution disturbs wildlife and will diminish everyone's wilderness experience. Chances of seeing wildlife are better if you travel quietly and camp in smaller groups.

Toiletries – Cover it up! Take extra care in selecting and covering your latrine area. Select a spot 60-100m (200-325') from your camp and shoreline. Remove the sod layer and dig a 10-15cm (6"x6"x6") deep hole. Immediately replace the soil and sod. Bury, burn or carry out paper. If you choose to burn paper, use caution, and make sure fire is out before you leave. Improper sanitation is a preventable problem.

Garbage – Keep it natural! It's easy. Use the yellow garbage bags provided to pack out your garbage and other refuse you may find along the way. Please pay attention to foil, twist ties, cigarette butts and other small pieces that may be overlooked or accidentally dropped. Everything that goes in with you should be packed out.

Water – Protect drinking water! Bathe and wash dishes 30 meters (100 ft) away from lakes and streams, and dispose of grey water in a pit, giving biodegradable soap time to breakdown before reaching the water. Bathing or washing dishes in lakes or streams can alter the ecosystem. Food bits and soaps attract unwanted wildlife.

Don't Depend on Fire – Use a Camp stove! Camp stoves are essential during a fire ban or wet weather and avoid increased human impact on the campsite. If you have a campfire, use existing fire rings. Harming living trees is illegal. Use firewood only from downed trees and brush. Do not stock pile wood. Make sure your fire is dead out! Fire can travel through the ground. Douse and stir your fire; you should be able to touch coals before you leave.

Our Living History – Preserve and Protect Quetico's Natural History! Leave archaeological, historical and pictograph sites untouched. These pictographs are spiritually important for Anishnabe people – approach pictographs quietly and respectfully. It's illegal to deface these sites or remove objects such as antlers, rocks, plants, bones, arrowheads, etc. Quetico's pictographs are fading, do not touch the paintings; oil and perspiration can accelerate the deterioration of the pigment.

Fish Entrails – Don't attract animals to campsites! Leave fish entrails on an exposed island or deposit in deep water far away from any campsite.

MNR #50773

ONTARIO PARKS

Quetico Provincial Park

WILDERNESS GUIDE

Photo courtesy of Lisa Solomon

WELCOME TO QUETICO!

Welcome to Quetico Provincial Park, one of Ontario's finest wilderness canoeing Parks. With over 450,000 hectares of protected land and thousands of interconnected lakes, rivers, and streams, Quetico truly offers a lifetime of canoe tripping opportunities. It's not just the variety of canoe routes that draws folks back to Quetico throughout the years, it's the special trips shared with family and friends, the quiet solitude of a misty lake in the morning and it's the way the lakes and forests draw you in. Quetico Provincial Park means many different things to different people. Each of us take away an experience unique to the rest, but share in a recognition that there is something special about this place.

Whether you are spending time in the vast backcountry of the park or at our Dawson Trail Campground, there are plenty of things to see and experience. Consider spending time at Quetico in the fall or winter. At the Dawson Trail Campground there are 30km of groomed ski and snowshoe trails and several cozy rustic cabins. In the backcountry every season can provide a unique and adventurous wilderness trip.

Just to the North of Quetico is the full service town of Atikokan. Our park headquarters is located in Atikokan along with variety of businesses, and services for the park visitor. Adjacent the southwest corner of Quetico is the Anishinabe community of Lac La Croix. The Lac La Croix Park Entry Station, the gateway to many of the parks most beautiful lakes is located here. This friendly small community is rich in culture. A traditional Pow Wow and other public events happen throughout the summer.

Lac La Croix Dancer ~ Photo courtesy Lisa Solomon

RESERVATIONS AND GENERAL PARK INFORMATION

Reservations: Backcountry and campground reservations can be made up to five months in advance of the arrival date by website at www.ontarioparks.com or by phoning the call centre at 1-888-668-7275, or 1-519-826-5290 (Outside of Canada & U.S.) daily from 7:00 a.m.-9:00 p.m. (EST). Verification will be sent confirming your reservation for entry into Quetico Provincial Park. Please read it carefully and check your approved entry date, ranger station and entry point. **Your reservation is not your permit. The park permit must be picked up in person at a designated ranger station prior to entering Quetico Park. You must travel through the entry point in which your reservation is confirmed.** If you need assistance, please contact the Quetico Park information line at 807-597-2735, weekdays from 8:30-12:00 and 1:00-4:15.

Permits: Interior camping permits are necessary for all overnight trips. **Separate reservations and permits are required if your party plans to split up for the purpose of camping or if someone in your group is entering after or leaving before the group.** Permits for entry points controlled by Beaverhouse, Atikokan and Dawson Trail Ranger Stations can be purchased at any one of these stations. For Lac La Croix, Prairie Portage and Cache Bay Ranger Stations, you must purchase your permit at the ranger station that controls your entry point. For day trips you require a daily vehicle permit. A copy of your park permit must be carried with you at all times. During busy time periods please expect to wait. Visa, MasterCard, AmericanExpress and cash are accepted.

Check-in-Hours: Park business hours and operating dates vary between stations and operate on Central Daylight Time during the summer. All park stations generally open the third Friday in May. Please refer to the fee schedule on Quetico100.com, Ontarioparks.com or contact park headquarters at 807-597-2735 for seasonal operating dates and station hours.

Self-Serve: During the off-season, park fees are payable through self-serve registration boxes located at each Ranger Station. Rates and instructions for completion are posted. Cash only please, and refunds are not available on self-serve registration. Plan ahead to purchase fishing licenses, maps and Remote Area Border Crossing Permits (if required).

Late Arrivals: Entry cannot be guaranteed after office hours. **Note:** Allowances will be made for paddlers held up by high winds. You must stop at the Ranger Station to purchase your permits before entering. **Please refer to the "Reservation Rules & Regulations" and "Reservation Penalties" found on website www.ontarioparks.com for full details and policies on deposits and fees.**

Cancellations: Backcountry reservations must be cancelled at least 72 hours in advance of entry date. A cancellation fee applies.

No-shows: A "no-show" fee of one night camping plus a percentage of the $100.00 deposit applies to reservations not cancelled at least 72 hours in advance.

Changes: Reservations cannot be changed or cancelled more than four months in advance of your arrival date.

Dawson Trail Campground: Visit our beautiful Quetico Park campground located on French Lake. The Chippewa and Ojibwa areas have a combined total of 106 campsites which include 49 with electricity, 2 rustic cabins, laundry facilities, showers, comfort stations and parking facilities. Some services are not available during the off-season. We have approximately 30 kms of groomed hiking, skiing or snowshoe trails at Dawson Trail.

Roofed Accommodations: Dawson Trail has two rustic cabins available year round for rent, and an additional cabin available in winter. The cabins are equipped with a BBQ for cooking, electric heat, and many other amenities. They sleep 2-4 people and offer a comfortable wilderness retreat anytime of the year. All of our rustic cabins have lake views of French Lake. Reserve a cabin at www.ontarioparks.com/reservations or call 1-888-668-7275. For more information on cabin amenities, call the Quetico Park headquarters line at (807) 597-2735 or quetico100.com

Natural Heritage Education: From Victoria Day weekend until Labour Day, join us in guided hikes, nature and wilderness skills workshops and presentations at Dawson Trail Campground. Programming is available to all park visitors. In the spring, autumn and winter enjoy nature workshops, book an educational program or explore Quetico on your own.

Artist in Residence: The Quetico Artist in Residence Program welcomes artists to explore the beauty of Quetico. With the generous help of the Quetico Foundation, the program hosts multiple artists each year. A beautiful studio overlooking French Lake provides the perfect setting for placing the artists' interpretations to paper or whatever media they choose! Residencies are available from May to September for a two week pre-determined period. Information and application forms can be found on website www.quetico100.com.

Stanton Bay Parking: Overnight parking (from 10:00 p.m. to 6:00 a.m. CDT) at Stanton Bay is restricted to residents of Canada only.

Lac La Croix Ranger Station: There is road access available to this station at the Hwy 11 turn off at Flanders Road, which is 73km (46 Miles) long, or approximately a 1½ hour drive. For information on current road conditions and parking facilities please call the Lac La Croix Work Centre at 807-485-2430 or Lac La Croix Ranger Station at 807-485-2555 during the operating season.

Customs: If entering Quetico from outside Canada it is your responsibility to clear Canada Customs. If travelling by water or aircraft to **Lac La Croix** a seasonal customs station is located at Sand Point Lake (north of Crane Lake, MN) and 47 km from the Lac La Croix Ranger Station. When entering Canada **where a Customs/Immigration service is not provided, (Cache Bay and Prairie Portage)** pre-clearance to Canada must be arranged **well in advance** of your trip by applying for a Remote Area Border Crossing Permit. To obtain information and a Remote Area Border Crossing Permit Application, please visit website www.cbsa.gc.ca or call the Canada Border Services Agency at 1-877-854-RABC or 807-624-2162.

U.S. Border Services require that all persons entering the United States from Canada must have a valid passport. This includes re-entry into the U.S. from Prairie Portage or Cache Bay. Information is available at www.cbp.gov.

QUETICO PROVINCIAL PARK
RANGER STATIONS, ENTRY POINTS AND DAILY QUOTAS

Ranger Station	Entry Point	Total Daily Entry Quota	Canadian Access*	Non-resident Access **
1. Dawson Trail	11. Baptism Creek	2	2	1
	12. Pickerel Lake	10	10	3
2. Atikokan	21. Batchewaung Lake	7	7	2
	22. Sue Falls	3	3	1
	23. Mack Lake	3	3	3
3. Beaverhouse Lake	31. Cirrus Lake	2	2	1
	32. Quetico Lake	6	6	3
4. Lac La Croix	41. Three Mile Lake	2	2	2
	42. Maligne River	2	2	2
	43. McAree Lake	2	2	2
	44. Bottle River	2	2	1
5. & 6.	51. Basswood River	2	2	2
Prairie Portage	52. Sarah Lake	2	2	2
	53. Kahshahpiwi Lake	2	2	2
	54. Kings Point (Fly-In)	2	2	1
	61. Agnes Lake	7	7	7
	62. Carp Lake	2	2	2
7. Cache Bay	71. Knife Lake	2	2	2
	72. Man Chain Lakes	2	2	2
	73. Falls Chain Lakes	3	3	3
	74. Boundary Point, Saganagons Lake	2	2	2
	75. Cache Bay (Fly-in)	1	1	0

* Canadian refers to Canadian independents and Canadian outfitters (Canadian Tourist Outfitter defined as a licenced CTO by the Ontario Ministry of Culture, Recreation and Tourism). Canadian independent must reside in Canada and the party must be at least 50% Canadian to qualify for Canadian Resident Permits.

** Non-resident refers to non-resident independents and non-resident outfitters.

** Non-residents can use Canadian quota if they book their trip through a Canadian Outfitter, or at least 50% of the group are Canadian Residents, or if they call no more than 4 days in advance of their date of entry when all unused Canadian permits can be reserved by anyone. Non-resident rates apply even if using the services of a Canadian outfitter.

* Kings Point and Cache Bay fly-in permits are fly-in only and paddle out. Southern access rates apply, permits available at any station.

CANADIAN RESIDENT 4-DAY PERMITS

A single Canadian Resident permit can be reserved 4-days in advance of arrival through each Ranger Station.
(Canadian Resident defined as 50% or more of party must be residents of Canada)

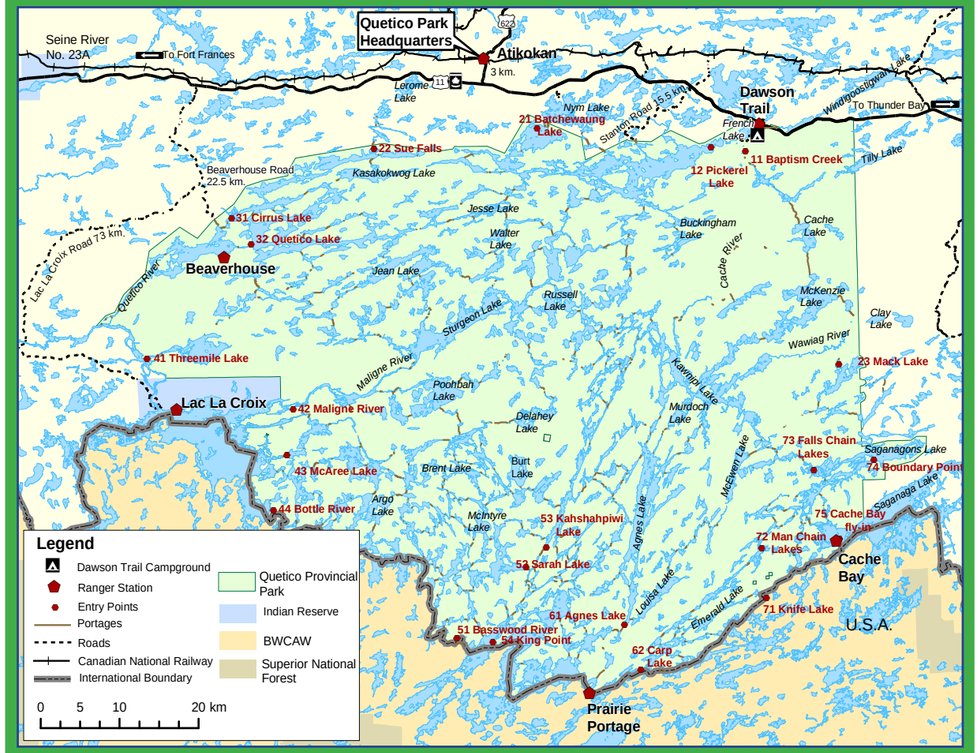
Ranger Station	Canadian resident daily entry quota
1. Dawson Trail	1
2. Atikokan	1
3. Beaverhouse	1
4. Lac La Croix	1
5 & 6. Prairie Portage	1
7. Cache Bay	1

LAC LA CROIX FIRST NATION PERMITS

Two permits a day are available through the services of a Lac La Croix First Nation Outfitter or Guide.

4. Lac La Croix	2

Quetico Provincial Park Interior



RESERVATIONS:

www.ontarioparks.com/reservations

(Interior & Campground Reservations)

1-888-668-7275 – Reservation Call Centre (toll free)

519-826-5290 – Outside Canada & U.S.

807-597-2735 – Park Information Line

EMERGENCIES:

1-888-310-1122 OR 911 OR 807-597-2120 Atikokan OPP Detachment

MANAGED & PRESCRIBED FIRES

In an effort to re-introduce fire as a natural process, Quetico uses a combination of fire response options to meet vegetation and fire management objectives. Including: Full Response – suppression action to gain control and minimize the area burnt; Modified Response– suppression action on key areas to steer or direct the fire to achieve desired results; Monitored Response– fires are observed and assessed to minimize social disruption/economic impacts.

Quetico's Fire Management Plan directs the type of response that fires receive and the use of Managed Fire and Prescribed Fire. Where a fire poses unacceptable risk to public safety or values, a Managed Fire will be declared using the full response. If there is no risk and ecological benefits exist, either a modified or monitored response will be used. Where specific fire indices have been identified to achieve resource management objectives such as promoting regeneration, a prescribed fire may be used.

All fires occurring in the park are assessed based on criteria such as location, weather, fuel type, fire behaviour, spread potential, impact on public safety and/or values and available resources.

Fire effects monitoring will be conducted throughout the park on an ongoing basis to determine the degree of success of Quetico's Fire Management Program in meeting park objectives.

If you detect a fire, please do not attempt to put it out. Take note of the location and report the fire to park staff as soon as possible. Ontario Ministry of Natural Resources and Forestry- Aviation Fire and Emergency Services conduct extensive aerial detection patrols throughout Quetico Park. If you find yourself in an area where aircraft are working, do not place yourself at risk. To ensure personal safety and to avoid impeding operations, stay well out of the way until aircraft have left the area or fire personnel indicate that it is safe to carry on.

For information on current conditions please check http://www.affes.mnr.gov.on.ca/Maps/Fire/FireMap.html

JOHN B. RIDLEY RESEARCH LIBRARY

The John B. Ridley Research Library is operated by Quetico Provincial Park, and was founded by the Quetico Foundation in memory of John B. Ridley, who was, for 21 years, Chairman of the Foundation. It is located in The Quetico Park Information Pavilion at Dawson Trail Campgrounds.

The Library is open to everyone and provides resources for the study of biology, geology, history, culture, archaeology, and wilderness management of Quetico and environs. The collection includes books, articles, pamphlets, maps, slides, photographs, and oral history tapes. There are also a number of index card files on topics such as chronological history, biography, lake names and birds.

QUETICO PROVINCIAL PARK RULES & REGULATIONS

The protection of Quetico Provincial Park is guided by rules and regulations that guests must adhere to. While this is not a complete list, the following are a few notable rules to follow.

1. **Can and Bottle Ban:** Non-burnable, disposable food and beverage containers are not allowed. Fuel, insect repellent, medicine, personal toiletry (non-food/beverage) containers are permitted only. Please carry out all fuel cans.

2. **Outboard Motors:** Motorized access for members of the Lac La Croix Guides Association is permitted for guiding purposes. Each year, ten new lakes are designated from a limited list as guiding lakes. Only four guided boats will be permitted on any designated lake per day. To support the LLC Guides Association, aircraft landings may also occur on two of the ten lakes. Please call the park trip planning line at (807) 597-2735 for an up-to-date lake listing or check the list included in the current fee schedule on Quetico100.com.

   Note: In the fall, trappers may use outboard motors in portions of the park where trapping is permitted. Motors may also be used by Ministry personnel conducting research or for the purposes of enforcement and emergencies. All other park users are prohibited from using any outboard motors, including electric trolling motors.

3. **Mechanized Use:** It is illegal to possess a power saw, gasoline generator or power ice auger in the park. No person may use a mechanized portage device, portage wheels, all terrain vehicle or similar mechanized equipment in Quetico Provincial Park.

4. **Party Size:** Nine people is the maximum party size allowed on a campsite. It is recommended that large parties (any group over five) travel separately across lakes and portages.

5. **Fishing:** Ontario fishing regulations require the use of artificial bait and barbless hooks within Quetico Provincial Park. Live or dead organic bait is not permitted, i.e. leeches, worms and salted minnows. Live and dead bait can introduce invasive aquatic species. Barbed hooks may be pinched to conform to regulation. Keep fish handling to a minimum, use proper techniques, and be aware of regulations. A valid Ontario fishing licence is required and must be in your possession. Licences are not available at all park stations and should be purchased prior to your arrival at www.ontario.ca/fishing

6. **Pets:** Pets must be leashed while visiting the park. Non-residents must be able to provide a current vaccination certificate. Please remember to pick up after your pet.

7. **Firearms:** Possession of a firearm, including a rifle, shotgun, handgun, airgun, pellet gun, paintball gun, slingshot, bow or crossbow is prohibited. Hunting, molesting and harassing wildlife is also prohibited.

8. **Canoe/Kayaks: Canadian Boating Safety regulations require:**
   - One lifejacket or personal flotation device (PFD) of appropriate size for each person on board
   - One buoyant heaving line no less than 15 m (49'3") in length
   - One manual propelling device (i.e. set of oars or paddle) or an anchor with no less than 15 m (49'3") of cable, rope or chain in any combination
   - One bailer or one manual water pump fitted with or accompanied by sufficient hose
   - Sound-signalling device (whistle)
   - Watertight flashlight if paddling at night (working batteries)

   Please check current boating requirements to ensure regulations are met at www.tc.gc.ca

9. **Litter:** Pack out all non-burnable garbage, including tinfoil. You may not leave any litter in a Provincial Park, except in a place designated for that purpose. Likewise, you must keep your interior campsite clean and sanitary at all times. This will help prevent problems with bears and will also help to preserve Quetico's wilderness.

10. **Closed Campsites:** You may not camp on sites that are closed to camping. Obey No Camping signs.

11. **Quota System:** You must enter Quetico during business hours through the ranger station, on the entry date and entry point designated on your permit. Do not take unnecessary risks, late arrivals due to high winds will be accommodated.

12. **Vegetation:** It is unlawful to remove, cut or damage any vegetation. For fuel wood, use only fallen dead wood collected from the shoreline and far from your campsite.

13. **Historical Sites:** Quetico has a number of important archaeological sites within its boundaries. You may not remove, damage or deface any relic, artifact or natural object or any site of archaeological or historical interest. You may not disturb these sites, make an excavation for any purpose, or conduct research without written permission from the Minister of Natural Resources and Forestry.

14. **Campfires:** Use existing fire rings. Fire pits must be built on bare rock or bare mineral soil and kept 1.5-3m from vegetation including overhanging trees. If windy, do not have campfires. Make sure your fire is out, follow tips found in No Trace Camping – Don't Depend on Fire section. **Fires are prohibited in a restricted fire zone. Possession or ignition of fireworks in a provincial park is illegal.**

15. **Equipment Caching:** It is unlawful to store or leave unattended any watercraft or equipment in the park without the permission of the park superintendent.

16. **Campsite Structures:** Do not build tables, chairs or other structures at your campsite. Please leave the campsite as you found it, taking all your gear with you, including fire grills and grates.

17. **Noise:** Enhance your own experience and the experience of others by keeping noise to a minimum. We also encourage all aircraft to fly 4000 ft. above sea level when possible to help reduce noise levels.

TRIP PLANNING

Trip planning is one of the most important parts of your trip. If you require detailed trip planning assistance you are encouraged to use the trip planning services of an outfitter. A reliable outfitter is invaluable for route selection, equipment, food packaging and guiding services. Local outlets offer a variety of services from partial to complete outfitting.

Route Selection: Keep in mind that some areas of the park are more easily travelled than others. Portages and campsites are not signed. The most current information on water levels and portage conditions can be obtained from park staff at the ranger stations upon your arrival.

Safety: Ensure your family or friends know your date of entry, entry point, route and expected time home. Leave phone numbers with them to call in case of emergencies. Have a contingency plan in case an emergency arises during your trip. Bring First Aid Kits with you. Any special medical needs should be written down to bring with you so it can be easily found if needed. Libraries and book stores carry a great deal of excellent published material on wilderness skills and equipment.

Group size: It is not a good idea to canoe alone. An injury or loss of your canoe can spell disaster. Parties of two or three canoes (two people per canoe) are recommended. A maximum group size on a campsite is restricted to nine people. Large parties can place considerable stress on the environment. In keeping with the wilderness philosophy and to maintain a quality wilderness experience for other park visitors, we recommend that no more than nine people travel together.

Park Maps: A waterproof map of the park, with ranger stations, portages and other information, is published by Chrismar Mapping Services Inc. They are available to purchase at the ranger stations or obtained by mail or telephone from the Quetico Park office in Atikokan at 807-597-2735.

Books & Publications: The Friends of Quetico Park are a non-profit charitable organization. They have a series of books & publications available that further the understanding of the region's geological, biological, cultural and recreational importance. Books are available to purchase at the park ranger stations, or from the Friends of Quetico online store at www.friendsofquetico.com. Merchandise can also be purchased at the Friends of Quetico Dawson Trail store and online. Some of the proceeds from the sale of merchandise go to help support the Natural Heritage Education Program at Quetico Park. Visit them for more information, to become a member, or make a purchase from their online store.

Topographic Maps: In addition to the Quetico Provincial Park Adventure Map, topographic maps on a scale of 1:50,000 or 1 1/4 inches to one mile are available. They do not have portages marked on them but some canoeists like them for their detail. They can be purchased from some local outlets or visit the Natural Resources Canada Map Office website at www.nrcan.gc.ca for information on purchasing maps by mail.

Common Questions: To assist you in your own trip scheduling you may want to know the answers to some of the most commonly asked questions:

- prevailing winds are out of the west
- 30% of the park's annual precipitation comes during the months of July and August. This amounts to approximately 20 centimeters.

For daily forecasts and more info visit www.weatheroffice.gc.ca

Average	May	June	July	August	September	October
Daily High	15.6C (60F)	22.1C (72F)	24.6C (76F)	22.7C (73 F)	16.4C (62F)	10.0C (50F)
Daily Low	3.9C (39 F)	10.5C (51F)	13.3C (56F)	11.8C (53 F)	7.1C (45F)	1.6C (34F)

- **Blackflies: Mid-May to Mid-June is normally the peak time period (also the best time for fishing).**
- **Mosquitoes: Early June to late July and early August, out nearly every evening.**
- **Wood Ticks: Mid-May to End-June is the peak period.**

Equipment: Equipment choice is very personal and subjective. To some extent your selection of equipment will depend on season and length of trip. Consider the following list only as a guide for simple overnight trips. You should note that one life jacket, or personal flotation device (PFD) for each person is required by law. Wear an approved PFD at all times when you are in your canoe. Consult professional outfitters, experienced canoeists or reliable texts to tailor your equipment to your needs. The following is only a suggested checklist of common items you may want to consider:

Clothing: complete change of clothes, woolens for cooler weather, windbreaker jacket, sweater or sweatshirt, brimmed hat, extra pair of shoes, rain gear

Personal and Safety: insect repellent, toiletry articles, first aid kit, water tight flashlight, sunglasses, sunscreen lotion, life jacket, prescription medications, canoe safety kit (see boating regulations)

Shelter: sleeping bag (insulating pad optional), tent, tarp and ground sheet

Navigation: compass, route description, park map, topographic map optional

Cooking: butane lighter, waterproof matches, knife, mess kit/utensils, food, water purification kit, compact stove/fuel*

The use of a stove is recommended at all times and is MANDATORY in a RESTRICTED FIRE ZONE. If you need heat for cooking and warmth during a fire restriction, you'll have to use a portable gas or propane stove. It is illegal to use portable charcoal or wood burning equipment in the interior of Quetico Park during a Restricted Fire Zone. ***When a restricted fire zone is declared, it is illegal to set a fire within the affected area.***

Everything should be packed in waterproof containers. This can be done by lining your packs with large, heavy-gauge plastic bags. Clothes and special gear such as cameras should be sealed in additional plastic bags for extra protection.

Summer Moose ~ Photo courtesy Nick Cheesman

ADOPT-A-LAKE

Quetico has in excess of 2,000 campsite locations scattered around the park on over 600 lakes. Maintaining all of these on a regular and continuous basis is an impossible chore for our park staff.

You can help! We are encouraging our visitors to participate in this program that sees volunteers assist us in maintaining campsites throughout the park.

To become involved we ask that participants sign up at any one of our ranger stations to receive gloves, garbage bags and more information. At the end of your trip, we ask that you complete a brief report of your findings and outline the areas maintained. The report can be left with our ranger station staff or you can mail it directly to Quetico Park Headquarters. At the end of the season, you will receive a token of our appreciation.

Over the years, hundreds of people have packed out trash that others have left behind on campsites and portages. The effort of those who participated has been noticed and is greatly appreciated by staff and visitors. Quetico is one of the world's genuine treasures and your help in keeping it that way is much appreciated. Thank you for your continued support of this program and we look forward to your future participation.

FISHING LICENCES

The Ministry of Natural Resources and Forestry has implemented the electronic Licensing Automation System (LAS), which has replaced the paper-based manual system. In Quetico Park, Dawson Trail, Prairie Portage and Cache Bay will be the only park stations that sell fishing licences. If you are going to Beaverhouse, Lac La Croix, or the Atikokan Ranger station you will have to purchase your fishing licences before arriving. You can purchase your fishing licence from an Authorized Licence Issuer, Service Ontario or online at **www.ontario.ca/fishing**. When you use the online service you print your e-licence for immediate use. We encourage people to use the online service before coming to the park as computer connections are often lost, and it will speed up your processing time at the entry station.

HEALTH & SAFETY

There are unique risks and challenges in this wilderness environment that you must be prepared for. Proper skills, equipment and common sense are the tools required to keep you healthy and safe. If you are visiting Quetico from outside the province check to ensure that your health insurance provides you with adequate coverage including the costs of any unforeseen emergencies. Wilderness travel places a demand for total self-reliance on you and your companions. Know and do not exceed your own limitations. Plan for the unexpected. **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY.**

The services of a professional outfitter will go a long way toward preparing you for a safe and healthy trip.

General Safety Tips

1. Learn wilderness skills in advance of your trip and carry a first-aid kit.
2. Ensure an adequate supply of any personal medication you may require. Advise party members, emergency contact and outfitter of any existing medical conditions.
3. Never attempt a trip that will overtax your ability.
4. Review the Transport Canada Safe Boating Guide at www.tc.gc.ca/boatingsafety. In Canada, certain safety equipment is legally required to be carried in your canoe.
5. Always wear a life jacket. If your canoe capsizes, hang onto it. The flotation chambers will keep you and it afloat until you reach shore. If you are swept down rapids, try to travel feet first on your back.
6. In an approaching storm, get off the water. In rough water, head slightly diagonal to the waves, keeping your weight to the stern. Paddle steadily for sheltered water, never letting the canoe turn broadside to the wind or waves.
7. Inspect moving water and portage around the hazards (water levels vary throughout the season and so does the degree of hazard).
8. Every canoeist should know how to swim and how to perform basic life-saving techniques.
9. Be aware of hazardous trees when choosing your campsite.
10. Tie down your canoe at your campsite to prevent losing it in the event of strong winds.

Water Quality: In all lake and stream water, there is the possibility of parasites. One in particular, **Giardia**, can cause an unpleasant intestinal illness. The parasite is most often associated with beaver ponds and stagnant waters, so collect water from the centre of large lakes. Choose one of the following three methods for purifying all drinking water:

1. Bring water to a full boil for at least five minutes.
2. Treat water with a chemical specifically designed to kill Giardia.
3. Pour water through a filter specifically designed to remove Giardia. The filter must have a pore size of not more than three micrometres.

Hypothermia: Is a lowering of the body core temperature to a level where normal thinking and acting become impaired. The signs of hypothermia are: uncontrollable shivering; vague, slow speech; memory loss and incoherence; loss of coordination in hands and legs; drowsiness, exhaustion and finally, coma.

Wearing a personal flotation device (PFD) on and in the water could prevent hypothermia. Always wear it. Even a good swimmer can be rendered helpless in a few minutes. If you cannot get out of the water immediately, do everything to prevent heat loss.

To treat hypothermia–know the symptoms of hypothermia;

1. Prevent heat loss–Get the victim out of the water and/or find shelter. Remove wet clothing as it will continue to lower body temperature.
2. Warm the victim–Help regain body temperature by warming the centre of the body. Put the victim into a warm sleeping bag and give warm drinks if available. Otherwise, use skin to skin contact under loose, dry layer of blankets, towels, or clothing. Build a fire. Do not attempt to rub, massage or warm arms and legs. This encourages cooler blood in their extremities to move to the internal organs. **Never give alcohol, caffeine or tobacco to a hypothermia victim.** Get medical attention immediately.

Sun Safety: Be sure to avoid overexposure to the sun's harmful rays. Cover up! Put on a hat, long-sleeve shirt and sunglasses. Wear sunscreen: Choose a high SPF, apply 20 minutes before exposure. Reapply after swimming or sweating. Seek out Shade & Drink Water: Stay in the shade between 11 a.m. and 4 p.m. Stay hydrated by drinking water. Take a Break: Be sure to rest during and after physical activity.

Biting Bugs: Mosquitoes and black flies are active during most of the canoeing season. They are most common from late May through June or after prolonged periods of heavy rain. Your best protection is proper clothing; long sleeved shirts, pant legs tucked inside socks, and wear light colours (dark colours tend to attract insects). Repellents are also very useful, and screened tents are essential for restful sleep. In addition to the above protection it is a good idea to periodically check yourself thoroughly for wood ticks and remove them. If they already "have a hold" then a gradual but steady pull is the best way to get them off.

Lyme Disease: A parasite carried by the nymph stage of the deer tick can cause "Lyme Disease". Quetico is within part of the northern range of this tick. The small deer tick should not be confused with the much larger common wood tick, which is a common resident found throughout the park. Larval activity peaks in August, nymphs are active during the summer months, and adults are active during the spring and fall.

An infected bite begins as a spot or pimple, and may develop into a large red rash, averaging 15 cm (6 inches) in diameter. Usually, it has a bright red outer border and a central clear area (resembling a bull's eye). It is hot to the touch and creates a burning sensation. Antibiotics are effective when taken promptly. If left unattended, infected persons can experience malaise, fever, fatigue, headache and a stiff neck. Long term symptoms can include arthritis of the joints, cardiac abnormalities, and neurological disorders.

Fish: Anglers should consult the **"Guide to Eating Ontario Sport Fish"** if they have any concerns regarding the edibility of fish. Copies of this publication can be found at the park ranger stations.

Forest Fires: If a forest fire is discovered, it should be reported to a ranger station as soon as practical. Help ensure your safety by heeding cautions and travel restrictions. Never put your safety at risk by attempting to put out a forest fire, regardless of how small it is. Some of these fires are monitored closely and intentionally allowed to burn so that they can fulfill their ecolological role on the landscape. Stay clear of fire areas as water bombers and helicopters may arrive unannounced.

Aggressive forest fires can occur during times of high temperatures, low humidity and high winds. Signs of aggressive fire behaviour include black smoke, high smoke columns, fire torching and crowning into the treetops. The condition of a fire can change rapidly. A fire that does not appear threatening at first can change into an aggressive, fast moving fire very quickly. It is important that you are mindful of these conditions and do not place yourself or your party at risk. If safety is an issue, vacate the area immediately. Choose canoe exit routes that allow alternate escape routes and that avoid long portages and creeks through vegetated areas.

Access to Emergency Services: If you have a form of communication (i.e. satellite phone) the emergency telephone number for the Ontario Provincial Police is: 1-888-310-1122 or Atikokan O.P.P. detachment, 807-597-2120. Make sure the operator knows your exact location, (e.g. northwestern Ontario, Quetico Park, lake name and co-ordinates). The standard SOS call is a series of three signals of any kind, either audible or visible; (three smudge fires used to alert passing aircraft). Cell phones are not a reliable form of communication in the backcountry. Consider Spot Locators or Satellite phones. If you or a member of your party require air evacuation due to a medical emergency, you will be responsible for the payment of such transportation.

THE QUETICO FOUNDATION

As a unique wilderness area, integral to the history of the voyageurs and the fur trade, the Quetico-Superior area was the focus of many formal discussions over the years in both Canada and the U.S. The Quetico Foundation evolved from the Canadian Quetico-Superior Committee and was formed in 1954 as a non profit charitable organization to "assist in every way possible and particularly through education, research, and promotion, protection of the great wilderness and historical values....of the section of northwestern Ontario commonly known as the Quetico area.... "

The Quetico Foundation continues to achieve these objectives through Quetico-focused scientific research and educational programs, and ongoing liaison with Quetico Park, governments, environmental organizations, local community groups, park users, and the public.

The activities and programs of The Quetico Foundation rely on the voluntary contributions of individuals and organizations that share our wilderness preservation values and believe in the protection of the Quetico wilderness in perpetuity. If you would like more information about the Foundation or would like to share in our vision for the future, please visit our website at www.queticofoundation.org

ARE YOU BEARWISE?

Bears are generally shy and will take steps to avoid humans. While injuries and attacks are rare, we need to remember that bears are easily attracted to things like garbage, pet food, and smells like grease and food residue. They will investigate these non-natural food sources. If bears are successful at getting food they will return again and again. They may also lose their natural fear of humans if they are successful at finding food where humans live, camp, work or recreate. This can cause bear encounters. Bears can pose a danger to people, but most often become persistent and destructive nuisances if precautions are not taken.

Tips – How to avoid a Bear Encounter

Following a few simple rules will greatly reduce your chances of having a negative bear encounter.

1. Make noise as you move through wooded areas, especially in areas where background noise is high (e.g. near streams and waterfalls). Singing, whistling or talking will alert bears to your presence, giving them a chance to avoid you.
2. Travel with others if possible.
3. Be aware of your surroundings: Do not wear headphones and keep an eye out for signs of bears, such as tracks, claw marks, and bear droppings.
4. Consider bringing a whistle, air horn, long-handled axe or bear spray. If you bring bear spray, know how to use it.
5. Avoid strong fragrances that may cause a bear to be curious, put food you are carrying in sealed containers in your pack.
6. If you are out with a dog, control it. Uncontrolled, untrained dogs may actually lead a bear to you.
7. Hang your food in a pack off the ground away from your tent. Food packs should be at least 4m off the ground and 3m away from the tree trunk.
8. Burn any appropriate garbage, with the remainder stored and suspended in food pack.
9. Dishes should be washed immediately after each meal, well away from your campsite.

To avoid loss of food and equipment and possible injury, **do not** keep your food in your tent or under your canoe.

BEAR ENCOUNTER- WHAT YOU SHOULD KNOW

A bear may approach you for a number of reasons:

Defensive: You are simply too close – the bear will display signs of stress (make huffing or 'popping' sounds, swat or beat the ground with forepaws).

Curious: The bear may not have identified you as human and may stand to get a better look at you. Ears will be up or forward and the nose raised (trying to smell you). This is not an aggressive posture; the bear is merely trying to gather more information and determine whether you are a threat.

Human-habituated and/or food conditioned: The bear has not received a bad experience on first contact with humans. It may have learned that people may provide a source of high-energy food through the improper storage of garbage and food. The bear may be very bold, and show few signs of stress.

Predatory: The bear will be intent on you (eyes fixed, staring, following you even after you have identified yourself as human). The bear will generally approach quietly and intently. It may press closer and closer to its intended prey, assessing whether it is safe to attack. Such attacks are extremely rare but if you are in such a situation it must be taken seriously as there is the real risk of serious human injury or death.

BEAR ENCOUNTER- WHAT YOU CAN DO

- If the bear is not paying any attention to you, slowly and quietly back away while watching the bear. Do not approach the bear to get a better look.
- If the bear obviously knows you are there, raise your arms to let the bear know you are human. Make yourself look as big as possible. Speak in a firm but non-threatening voice while looking at the bear and backing away.
- Watch the bear to gauge its reaction to you. Generally, the noisier the bear is, the less dangerous it is, providing you don't approach the bear. If a bear huffs, pops its jaw or stomps its paws on the ground, it wants you to back away and give it space.
- If a bear closely approaches you, drop any food you may be carrying and continue backing up.
- If the bear continues to approach, stand your ground and stay calm – use your whistle or air horn, speak loudly, stand tall, wave your arms and throw objects.
- If a bear keeps advancing and is getting close, be aggressive and continue to stand your ground. Create barriers between you and the bear. Use bear spray and anything else to threaten or distract the bear; bears will often first test to see if it is safe to approach you
- Do not run or climb a tree. Bears can run faster and climb better than you.
- If the bear makes contact, fight back with everything you have. **Do not play dead**.
- For more information on bears visit the Bear Wise website at www.ontario.ca/bearwise

Quetico Bear ~ Photo courtesy Deb Riley