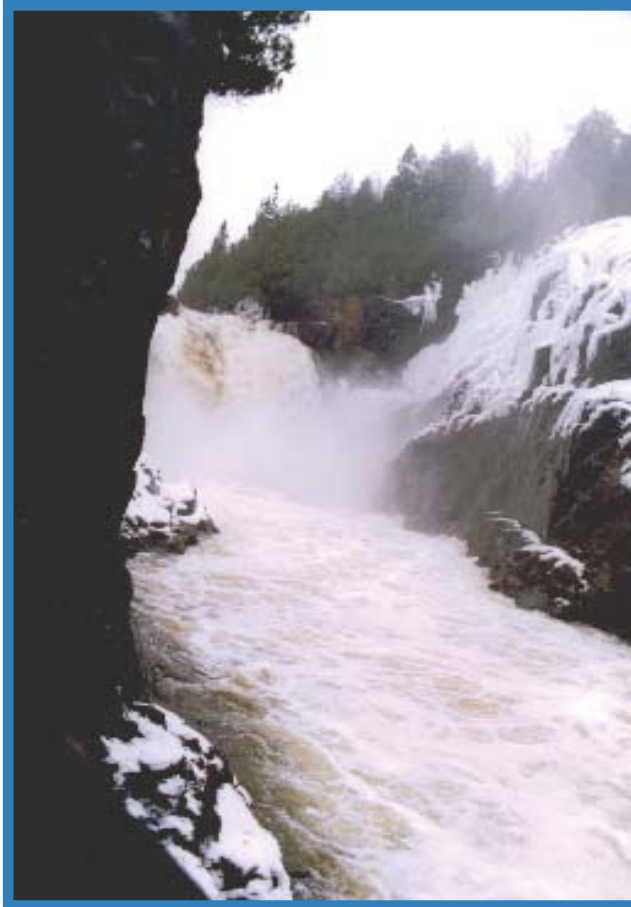
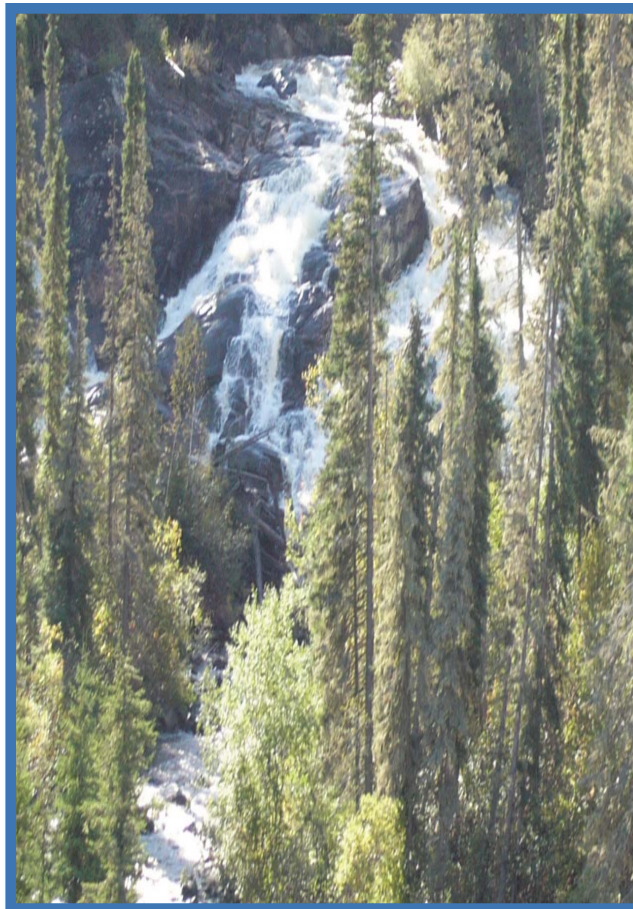


Waterfalls



Section 2

Four Bay Falls



FOUR BAY FALLS

LOCATED ON THE FOUR BAY CREEK SYSTEM

Four Bay Falls

After parking your truck the adventure begins. The old logging road shows many signs of Mother Nature struggling to conceal the remaining evidence of logging days gone by. The road is now overgrown with grass, leaving only a stretch of cleared trees as a remembrance.

Entrance into the densely, overgrown forest is inevitable to gain access to the falls. Now the trail ends and the true hike begins. Knowledge of orienteering with a compass is a necessity, as there is now no trail to guide you.

The eco-system here has been barely touched by mankind. Crawling under and over top of fallen trees along the way gives you an open window to view the plant life that lies close to the ground as well as evidence of walking through the territory belonging to the yellow bellied sapsucker. This small, yet shy bird has left markings of his day, spent collecting the sap from the younger trees in the area. The bark has been pecked off leaving oblong holes in rows that resemble a time card that has just been punched. The fresh markings ooze with the sweet sap is all that remains after this bashful bird has filled his belly.

The evidence of bears throughout the hike is remarkable. The bottoms of the jackpine's bark are peeled up in search of small bugs and sap for a tasty treat. Territorial scratchings are present to alert other bears in the area of his ferocity and size. Standing on hind legs and reaching for the sky, his giant paw with sharp claws swats the tree with great strength, leaving a deep gouge as a warning.

On the dying trees that remain standing lies a lichen called pulmonary lungwort, which was once believed to cure lung ailments. This belief was instilled due to the resemblance to lung tissue on the underside of the leaf. The presence of this plant is another sign that this forest is an undisturbed eco-system.

Upon approaching the edge of a bank covered with clay, a clearing opens up to a fantastic view of the falls. The roar of the falls, coupled with the view in the distance is so breathtaking, that the feeling of "I need to get closer" overcomes you.

Walking down the side of the bank leaves your feet with a feeling of walking in boots made of lead as the damp clay accumulates on the soles of your footwear. In the cracks on the surface of the bank lies a clay that is more dense in texture and if you care to collect some of it you will have the material needed to make an artistic creation. While travelling on a long journey, it is likely that First Nations people stopped here to collect this clay and molded it into pottery containers.

From the clay bank, you once again enter a dense forest, to your right in order to get closer to the falls. This section of your adventure reveals tell tale signs of very busy beavers. Many of the trees have been gnawed on but not chewed through. With the size of the trees, the impatience of these creatures wins out and some trees are abandoned before the job is complete. Their impatience provides a respite for the feet of a weary hiker. These large

toothed creatures have carved a tree to resemble a high backed barber's chair, which offers an amazing opportunity to sit and take a well deserved rest.

As you reach the top of a hill that overlooks the edge of the creek, the grass is flattened by the heavy traffic of the beaver's travels during their busy day

Upon exiting the forest you are at the creeks edge by a calm pool of water at the bottom of the falls. Looking to your left, the water flows over 80 feet of rocks, through a series of three steep steps.

When the water levels are at their peaks, the climb to the top of the falls is a true challenge if you are the adventurous type, it's not impossible but your feet may get wet. The rocks are slippery and moss covered so your surefootedness is put to a test.

After a challenging climb to the top, a much deserved rest can be had by sitting on the rocks, but if it's conversation with someone you want, be prepared to raise your voice above the roar of the water. While sitting here at the top of the falls, the gentle mist of the water that sprays off the rock is refreshing as it ever so gently falls upon your face.

The rough, challenging trek through the forest over fallen trees is an exciting hike for the skilled outdoors person and offers many opportunities to view nature in it's raw and undisturbed state. So tighten up your hiking boots and bring extra film for your camera and enjoy the challenge of a true adventure while you spend the day with Mother Nature.

FOUR BAY FALLS

LOCATED ON THE FOUR BAY CREEK SYSTEM

NAME: Four Bay Falls

DIFFICULTY LEVEL: **2** - from washout until the last 2 KM (1.24 mi)

5 - last 2 KM (1.24 mi)

TOTAL DISTANCE

FROM MANITOUWADGE: 25.8 KM (16 mi)

TOTAL DRIVING DISTANCE: 21.5 KM (13.3 mi)

TRAIL USE: Hike

TERRAIN: Fallen trees, rough, slippery, rugged

ROAD CONDITIONS: maintained logging road, gravel road, rough, pot holes

HEIGHT OF FALLS: 24.38 M (80 ft) in steps

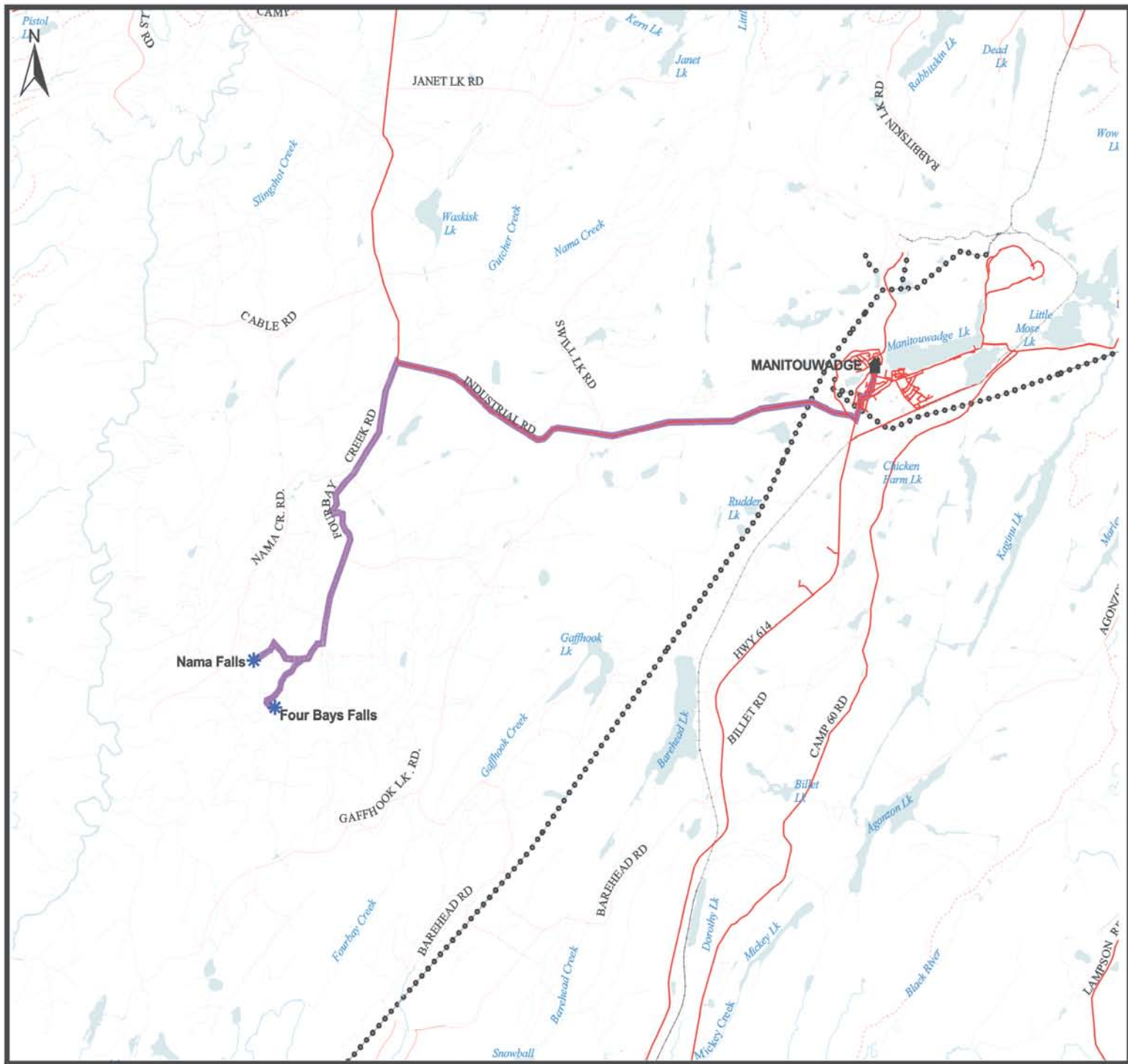
CAMPSITES: yes

CAUTIONS: Watch for large trucks that may be hauling on the roads.

DIRECTIONS: From Manitouwadge drive 14 KM (8.7 mi) on Caramat Industrial Road turn left onto Four Bay Road . Follow road for 7.5 KM (4.7 mi) to the shallow washout. Park and continue following road through the washout taking the first trail immediately to the right. Follow trail 1.1 KM (.7 mi) taking left branch at fork in the road. Go for 1.2 KM (.75mi) to clearing. If on ATV you must park here. Hike 2 KM (1.24 mi) due south to falls.

TOPOGRAPHICAL MAPS ONTARIO SERIES:

Manitouwadge 42-F-4, Vein Lake 42-E-1



NAMA FALLS & FOUR BAYS FALLS

SCALE 1:100000

5000 0 5000 Meters



Fall/Rapid Location



Fall/Rapid Route



Power Line



Railway



River/Stream

Primary Roads

Secondary Roads

Tertiary Roads/Trails/Portages

Water Bodies

SPIRIT OF



THE FALLS

High Falls



HIGH FALLS

LOCATED ON THE PIC RIVER SYSTEM.

High Falls

Being the largest set of waterfalls on the Pic River, High Falls boasts an awesome view from both the bottom and the top of the falls.

As you near the falls your ears tune into the roar of the water falling over the rocks. A short walk off the main trail leads to the top of these spectacular waterfalls. Along this foot trail you will spot old blazes on the trees, which are nicks placed on the trees by the men who walked this trail in centuries gone by. They would put a slice in a downward motion with their axes on the tree's bark to mark a trail. In some of these trees the blazes are as high as 30 feet, evidence that the blaze has grown with the tree, or maybe the blaze was marked when there was an abundance of snow, many are the theories as to how these blazes reach so high and if you let your imagination roam you will come up with your own answer.

At the end of this trail a spectacular sight comes into view. The top of the falls offers an amazing opportunity for photography. As the mist sprays ever so gently over the top of the falls and rises into the air, it interacts with the light of day to form a brilliant spectrum of yellow, blue, red, purple and green. When the sun is in just the right spot, these rainbows appear to be close enough that you can almost reach your hand out and touch them. During the winter months, the mist sprays the trees at the river's edge and mixes with the cold air to freeze on the trees and forms Hoar Frost, transforming the forest's edge into a frosty scene straight from a winter fantasy land.

In 1949 the river drive for Marathon Paper Mill moved upstream to include High Falls and evidence of the river drive is present everywhere. The fragile railing was built by the men who worked the river as a lookout for log jams. The men would watch the river in problem areas 24 hours a day to make sure the pulpwood did not get caught up in the river system and create log jams. If the men did not hear the thunder of the logs banging against the rocks and flowing over the falls, it was time to get to work, the quietness was a sure indicator that the logs were jammed. Starting in 1949 men were paid to eat and sleep at the top of the falls. If you look close enough you can still see the wire on the railing that delivered power for the night lighting system. The railing at this viewing area is old and weather beaten so take care as it will not hold your weight if you lean against it.

Glancing up and across the top of the falls, you will find a pile of old wood that was not deposited there by nature, these are remnants of the river drive. As the water levels of the river rose the logs would ride high atop the river's edge, but as the water receded the logs would catch on the trees and remain on land.

In 1971, due to low water levels, there was a shift in the rock formation of these falls, leaving a jam of 31,806 cords of wood on top of the falls. After clearing most of the wood, the rock was drilled and blasted to straighten the path and smooth the edges to keep this from happening again.

When leaving the top of the falls and heading towards the bottom, look closely into the forest, on the right hand side of the trail and you may see the remnants of the old river

drive camp that was once situated here. Some of the old foundations of small buildings remain but are quite overgrown with plant life. This camp housed the men who “babysat” the river. Men slept, ate and bathed here during the spring river drive. As one shift ended another one started, the men who watched the river during the day would retire for the evening and a new crew of men arrived at the river’s edge for the night shift.

Upon reaching the bottom and standing in the clearing the view is quite unique. Your eyes are drawn to the large rock in the center of the falls and the size is impressive, making the portage the fur traders had in the 1700’s an amazing feat. This feat was overcome with an inventive idea and a lot of hard work. Imagine hauling a fully loaded York Boat by means of a log track and windlass (wooden wheel used as a pulley) up the west side of these falls in order to reach the top. The European fur traders accomplished this feat on a regular basis while travelling to Long Lake (Longlac) to trade their goods. In fact the first piano and cow delivered to Long Lake was transported using this method. This was one of the highest portages the fur traders came across while travelling along the Pic River from Lake Superior. Remains of the log track were still present in the 1940’s and the old windlass was found hanging in a nearby tree at the bottom of the falls.

The fish here are starting to make a comeback as the waters return to normal and the layers of bark that lined the bottom of the river disappear. They are still not as abundant as they once were before the river drive but a few can be found.

The clearing is the ideal place to pitch a tent and spend the night, light a fire and have a snack, pull up a stump and enjoy the stillness of today, daydream of how it used to be.

HIGH FALLS

LOCATED ON THE PIC RIVER SYSTEM

NAME: High Falls

DIFFICULTY LEVEL: **2** - to top of falls
3 - from top to bottom of falls

TOTAL DISTANCE
FROM MANITOUWADGE: 61 KM (38 mi)

TOTAL DRIVING DISTANCE: 59 KM (36.6 mi)

TRAIL USE: Hike, ATV, Mountain Bike and Snowmachine

TERRAIN: slippery, rocks, steep slopes, muddy

ROAD CONDITIONS: maintained gravel logging road, gravel road, gravel road may be rough in areas.

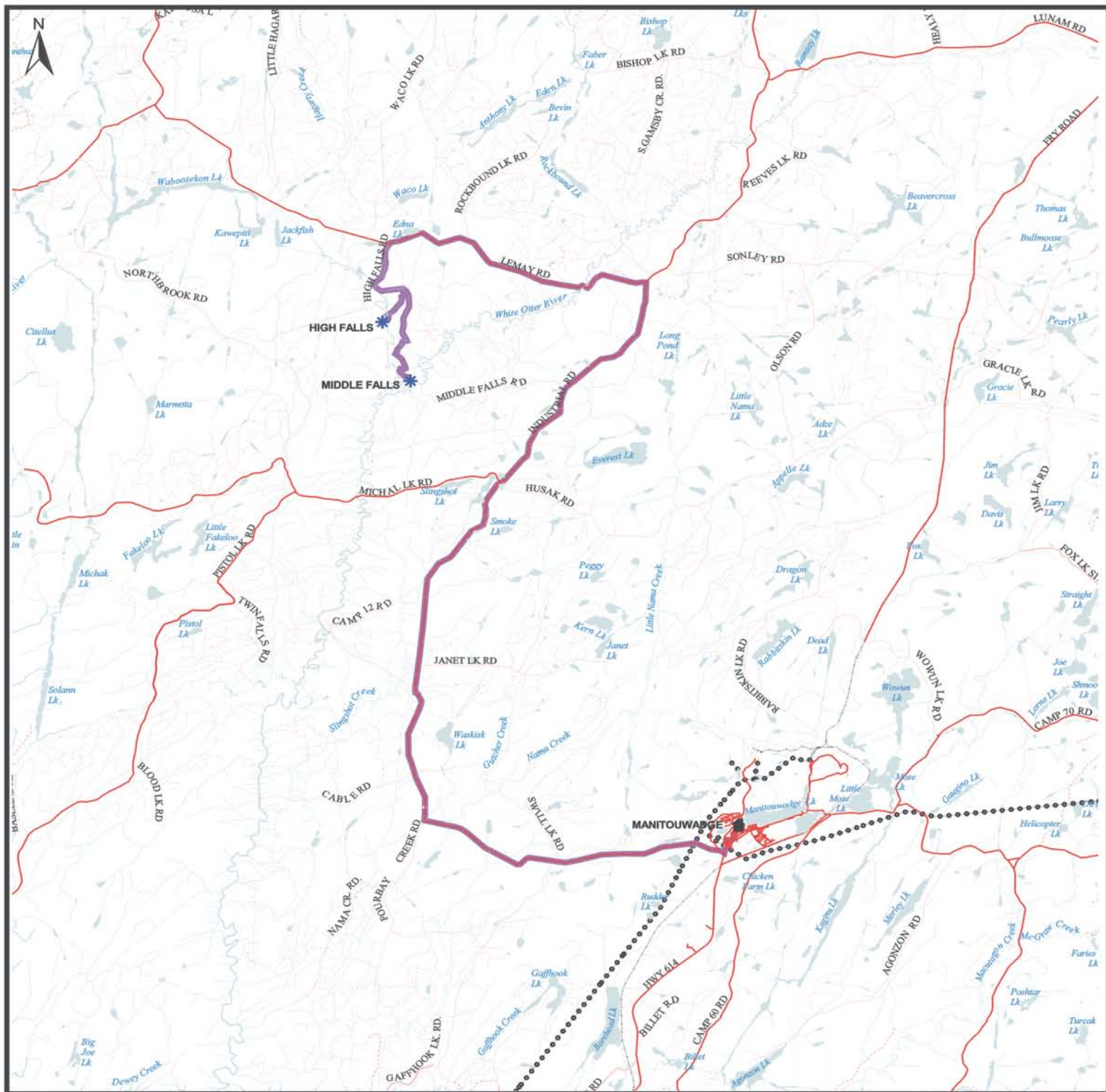
HEIGHT OF FALLS: 35.36 M (116 feet)

CAMPSITES: yes

CAUTIONS: Railing at top of falls is very fragile. Watch for large trucks that may be hauling on the roads.

DIRECTIONS: From Manitouwadge drive 43 KM (26.7 mi) on Caramat Industrial Road turn left onto LeMay Road. Follow road for 12.5 KM (7.7 mi) to High Falls Road. Turn left and drive for 2KM (1.2 mi), turn on the first road to the left and drive for 1.5 KM (1mi). Park vehicles at fork in road. Continue on left side of fork. Follow path to High Falls sign, turn right and follow trail to falls about 2 KM (1.2 mi).

TOPOGRAPHICAL MAPS ONTARIO SERIES:
Manitouwadge 42-F-4, Kagiano Lake 42-E-8



MIDDLE FALLS & HIGH FALLS

SCALE 1:150000

5000 0 5000 Meters



Fall/Rapid Location



Fall/Rapid Route



Power Line



Railway



River/Stream

Primary Roads

Secondary Roads

Tertiary Roads/Trails/Portages

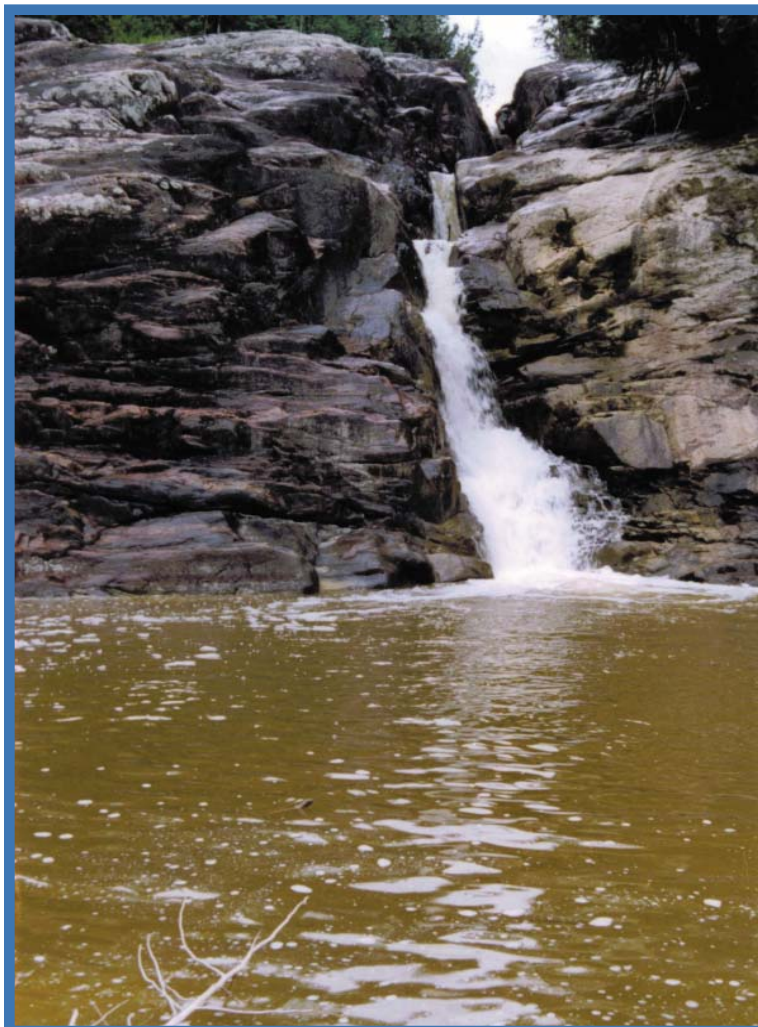
Water Bodies

SPIRIT OF



THE FALLS

Labrador Falls



LABRADOR FALLS

LOCATED ON THE SLING SHOT CREEK SYSTEM

Labrador Falls

Looking for a leisurely hike? The trail to Sling Shot Falls is the place for you. Sling Shot Falls is also known as Labrador Falls, and is situated on Sling Shot Creek. Following old logging roads that are no longer used, the trail provides you with the opportunity to enjoy a collage of flowers, fauna, wildlife and tranquility. You will notice some evidence of wildlife in the area; you may even get to view some wildlife. Keep a watchful eye for bear scratchings on trees, you can usually find them above eye level. These scratchings are made as a way for black bears to mark their territory. Check out the pond for beaver dams that once housed them. Depending on the time of the year this hike has lots for you to interact with; from birds, plant life, and fungi.

It is during the summer season that an abundance of plants and flowers can be found. Many of the plants found here were once used by the Natives. Some of these include red osier dogwood, which was used as tobacco; heal all, which was used to make different teas for medicinal purposes; and plantain, which they would dry the seeds and grind into flour. Watch for sweet coltsfoot, sarsaparilla, and false asphodel as well as other plants.

The terrain starts to change, but not too much, it is still a fairly easy walk. It is only the very last section of the hike that becomes more demanding. The hill you will be climbing down (and eventually climbing back up!) is pretty much a 90 degree slope. During or just after wet weather this hill becomes very slippery. This trail has also been used by the animals, if you look closely you can often see the markings from where they have dragged something along it. Usually the beavers drag trees down to the water. While climbing back up you are almost face to face with the ground.

The falls here are different in appearance. Instead of cascading over the rocks, the water has burrowed its way through the rock creating a chute like view. This probably started as a crack in the rock then eroded into what it is today. The best view of the falls is from the bottom; however, it is a bit of a challenge to get to the bottom. This is only an option to you when the water is not too high. You need to cross the falls then climb down through the bush area going around the pool at the bottom. While down there you may want to try your luck at fishing for brook trout in the pool.

This set of falls was once the spot of what looked like a promising mineral occurrence. It was discovered by Jimmy Labrador, while paddling the creek, Jimmy noticed lines of rust running through the rock and followed it to the source. He was sure that there had to be an ore body in the area. He staked the place and took samples to be tested. The assay tests revealed them to be of little or no value. At this time this was the largest stake in North Western Ontario. This led to the alias of Labrador Falls. Manitouwadge became somewhat famous for the occurrences that amounted to exciting dreams. You can still see gossans (rusty look on rock) what Jimmy hoped was a great find. This area has been staked over and over again; each time with the same results.

LABRADOR FALLS

LOCATED ON THE SLING SHOT CREEK SYSTEM

NAME: Labrador Falls

DIFFICULTY LEVEL: **1** - for first 1.5 KM (1 mi)

2 - 1 KM (.62 mi) (middle section)

4 - last 0.5 KM (.31 mi)

TOTAL DISTANCE: 24 KM (14.9 mi)

TOTAL DRIVING DISTANCE: 21 KM (13 mi)

TRAIL USE: Hiking

TERRAIN: slippery, steep hill on last section, damp, wet ground in sections

ROAD CONDITIONS: maintained logging road, rough, gravel road, potholes, need Bush or 4x4 truck or ATV

HEIGHT OF FALLS: 15.24 M (50 ft) drop, 1 - 1.5 M (3 - 5 ft) wide

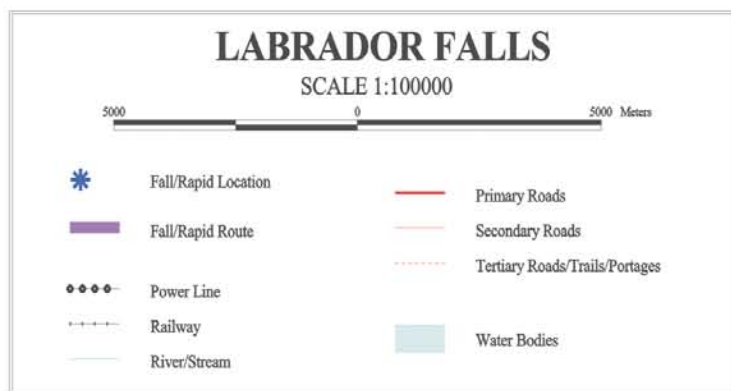
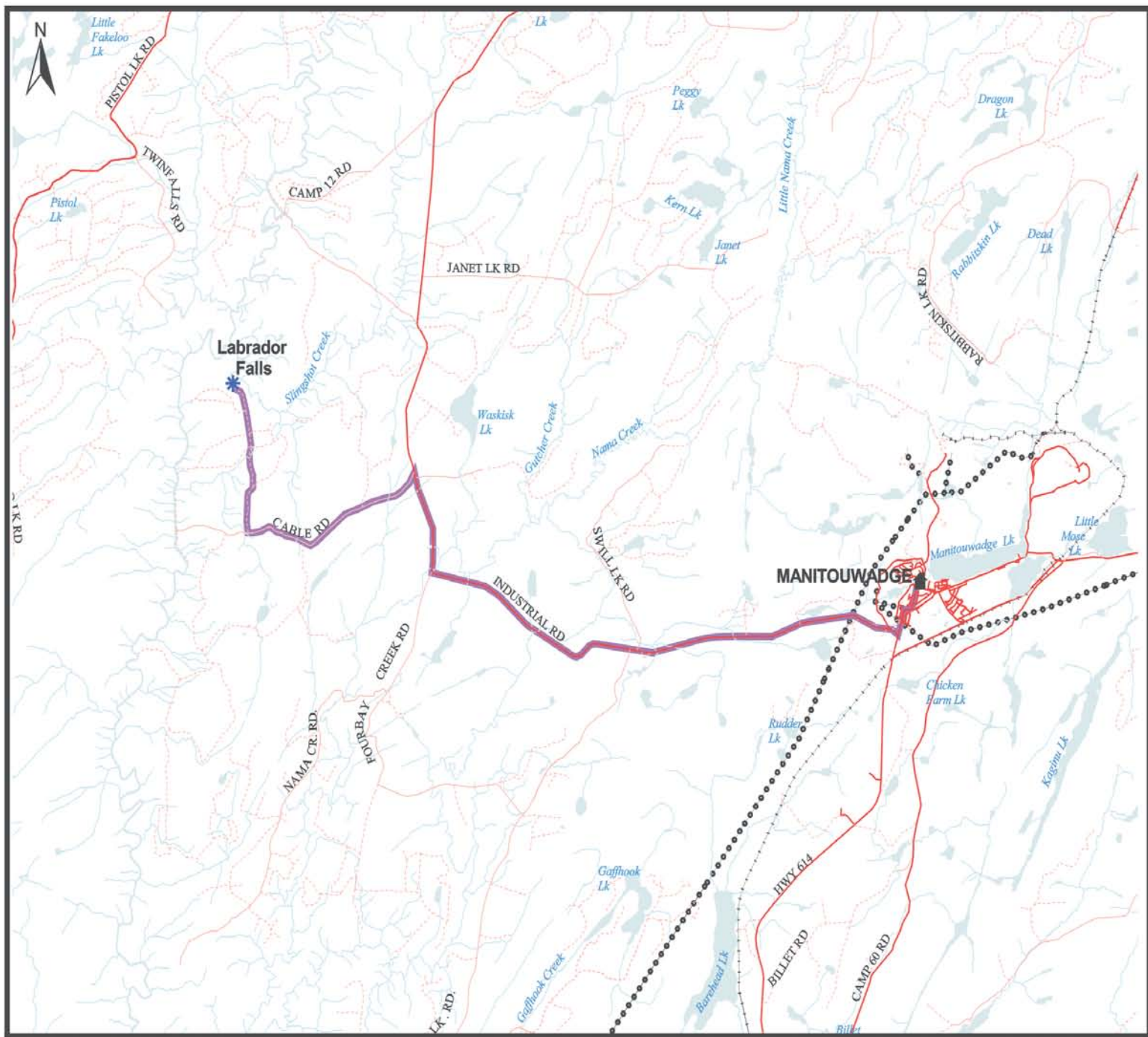
CAMPSITES: yes

CAUTIONS: Steep sections close to falls. Watch for large trucks hauling on the roads.

DIRECTIONS: From Manitouwadge drive 16 KM (10 mi) on Caramat Industrial Road to Cable Road. Turn left and follow road for 5 KM (3.11 mi) staying right on Cable Road to where the road narrows. Park then walk 1 KM (.62 mi) to fork in trail and take left. Walk 1.8 KM (1.12 mi) to next fork and take the right. Continue down trail another 0.2 KM (.12 mi) to falls.

TOPOGRAPHICAL MAPS ONTARIO SERIES:

Manitouwadge 42-F-4, Vein Lake 42-E-1



Manitou Falls



MANITOU FALLS

LOCATED ON THE PIC RIVER SYSTEM

Manitou Falls

Geological mysteries, marine life and history can all be found at this set of waterfalls. Easily accessible by foot, vehicle, snowmachine or mountain bike, this site is can be enjoyed by all.

The entire area surrounding this set of waterfalls was formed by glaciers many thousands of years ago. As the glacier receded, it changed the land in many ways. The rock present before the glacier arrived is believed to have been volcanic. Imagine a volcano that has been snuffed out by a huge chunk of ice and then scraped down as the glacier rolled over top of it. The fact that the rock remaining being volcanic has not officially been confirmed, evidence is strong and has not been proven otherwise.

Along the shores of the river, tiny rocks have been deposited by a “glacial shift”. These rocks were transported from the Hudson Bay lowlands via the great glacier and were left behind as the glacier melted.

In 1951 it was believed that huge a landslide interfered with the river drive by blocking the flow of the Pic River and blasting was the only way to get the river flowing again. The blockage was actually caused by a rotational slump. The difference being, instead of the land sliding into the river, the top layers of land rotated downward in a circular motion, pushing the riverbed up. The river was then forced to carve a new path. Two instances of this phenomenon are recorded (1951 and the early 1980's). You can see the after effects, the lack of trees to the left on the high edge of the river. If not for human presence at the time during which the land rotated, the phenomenon might have happened without detection.

For the crafty, in the fine sand of the beach, small shells that have been bleached by the sun, can be collected and used for many inventive things. Looking in the shallow water will reveal many of the other life forms that share this habitat.

Manitou Falls, was the site of Camp 12, once occupied by families of the men who worked for Marathon Paper Mills of Canada. The families lived, played and worked on the land during the early logging days. The camp functioned as a community in itself, apart from the fact that the children were bussed to a nearby larger community for schooling. Families swam in the river and used creativity to stay entertained.

Atop the big hill stood a large white house that was occupied by the clerk and his family.

The camps along the Pic River acted as small communities and were equipped with recreation halls that were used to entertain, hold tournaments and participate in different types of sports. The neighbouring communities would challenge each other in sporting events and hold championship tournaments with trophies as prizes. Everyone knew all of the families within their community, as well as the neighbouring communities by name. The camps were a source of close knit families, strong lifelong friendships were made, along with great memories.

Camp 12 was abandoned in the 1970's, leaving clearings of flat, grassy land surrounded by a stand of jack pine, piles of logs along with building foundations, old machine parts are the only evidence of it's existence. One can picture the small community, hear the faint laughter of the children; if you listen hard enough.

MANITOU FALLS

Located on the Pic River System

NAME: Manitou Falls

DIFFICULTY LEVEL: 1

TOTAL DISTANCE

FROM MANITOUWADGE: 30.75 KM (19.2 mi)

TOTAL DRIVING DISTANCE: 30.5 KM (19 Mi)

TRAIL USE: Hiking, ATV, Mountain Bike and Snowmachine

TERRAIN: slippery, unlevel ground

ROAD CONDITIONS: maintained gravel logging road, gravel road, rough in sections, narrow sections

HEIGHT OF FALLS: 9.14 M (30 ft) drop

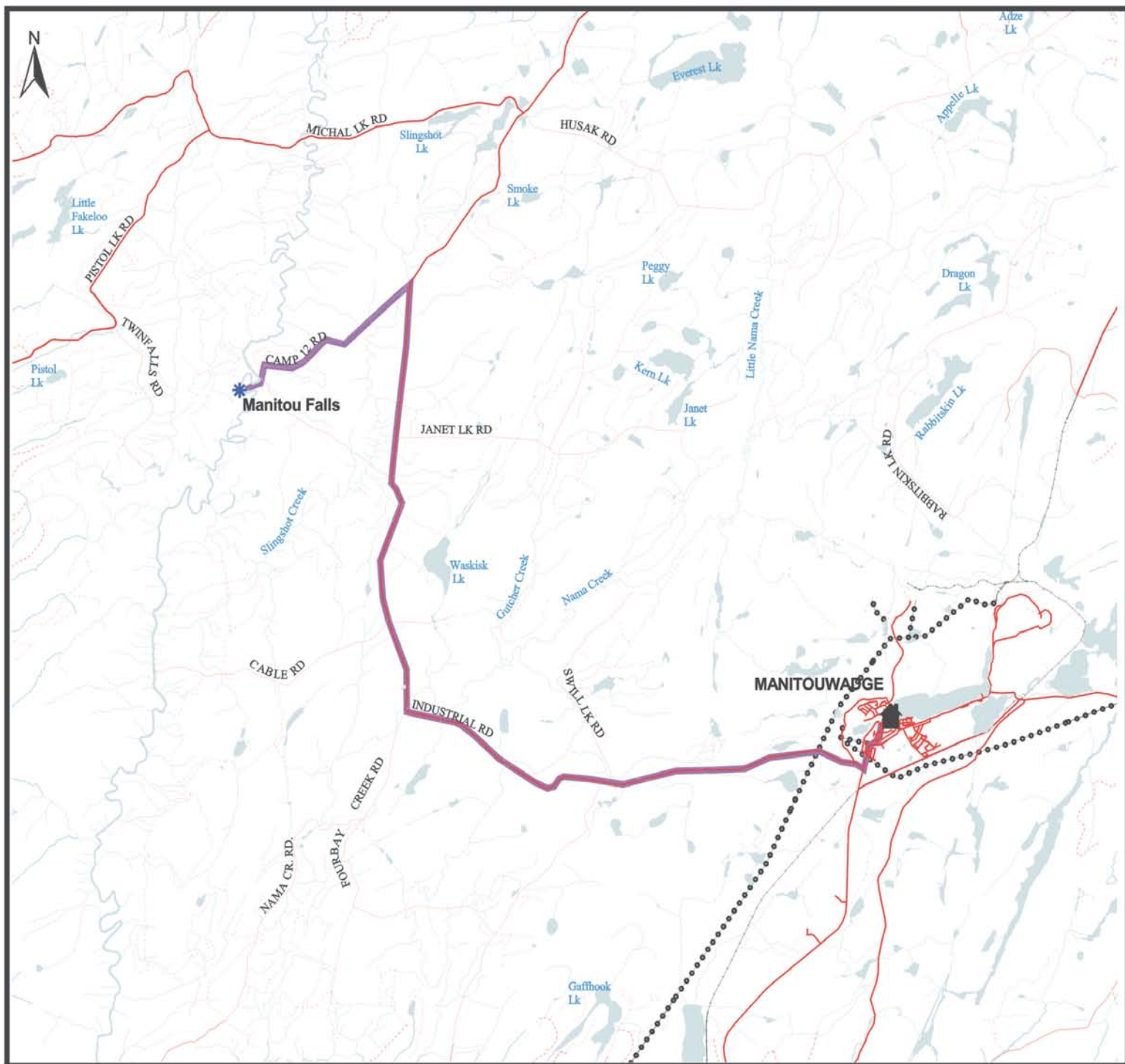
CAMPSITES: yes

CAUTIONS: Watch for large trucks that may be hauling on the roads.

DIRECTIONS: From Manitouwadge drive 25 KM (15.5 mi) on Caramat Industrial Road to Manitou Falls Road (Camp 12 Road). Turn left and follow for 5 KM (3 mi). Park your vehicle here and follow the trail to the river (on right). It is a short walk about 5 minutes from here along a rough road.

TOPOGRAPHICAL MAPS ONTARIO SERIES:

Manitouwadge 42-F-4, Vein Lake 42-E-1



MANITOU FALLS

SCALE 1:100000

5000 0 5000 Meters

- | | | | |
|---|---------------------|---|--------------------------------|
|  | Fall/Rapid Location |  | Primary Roads |
|  | Fall/Rapid Route |  | Secondary Roads |
|  | Power Line |  | Tertiary Roads/Trails/Portages |
|  | Railway |  | Water Bodies |
|  | River/Stream | | |

SPIRIT OF



THE FALLS

Middle Falls



MIDDLE FALLS

LOCATED ON THE PIC RIVER SYSTEM

Middle Falls

This set of waterfalls provides an opportunity to visit two sets of falls if you have a desire to spend a whole day with nature. High Falls can also be visited on this trip.

Middle Falls is comprised of an upper and a lower set of falls. The two are separated by 700 metres of calm water. The lower set is the main set, and the one most easily accessed. The way to the upper set of falls is unmarked, with no visible trail, it is a sloped hike along a very steep incline of soft spongy moss ground covering. There are game trails in the area that leads between the two sets of waterfalls.

While nearing the lower set of falls, just off the main trail to the right is a short path that leads you to an old boat across the river. This small token of our history is propped up for all to view and appreciate. A photographers dream in the right light. The boat resembles those used in days past on the river drive. During a ride along the river, someone ran into boat troubles and parked it there, removed all equipment and supplies and either walked out or hitched a ride with another boat. It may have been kept parked there and left behind when the river drive ended or changes in technology posed no further use.

For the person who likes to hike in and camp in the woods, Middle Falls is a great place. There are campsites that are ideal for pitching a tent, or perhaps you'd rather just sleep under the stars and enjoy nature fully. This site provides excellent opportunities for swimming, or just splashing around in the water. The bottom of the water is sand and gravel. During July and August water levels are generally lower and warmer; the best time to just sit and cool off in one of the bedrock pools. For the family with small children this is a remarkable place for them to play in the water. In the middle of the pool at the bottom of the lower falls is a sand island that you can walk out to. This hardened sand pile surrounded by water offers an escape into peace and solitude if that's what you're looking to achieve. You may want a quiet place to curl up with your favourite book while listening to the gentle rumbling of the water over the rocks. If fishing is a past time of yours, bring your fishing rod. You can try your luck at catching brook trout or walleye.

Along the far bank of Middle Falls is an esker, this esker was formed many thousands of years ago from glaciers melting and depositing gravel. During the days of the river drive this esker posed an obstacle to the men. When a log jam occurred at the top of the falls, the river runners would have to climb up and over this esker. This was laborious but proved to be the quickest way.

Centuries ago the Ojibway people canoed the Pic River, it was a major waterway in the area. In 1906 this was the route taken to Longlac to sign treaty #9. As you look around at Middle Falls imagine how this was home to the native people. You can visualize their dwellings erected in one area, and a sweat lodge in a different area with its entrance facing the east.

While at Middle Falls take a look at the trees. There are a large number of cedar trees, many that are twisted. This has been caused by nature, a result of many lightning strikes.

It is believed that while this forest was still young, a storm tore through and changed the growth pattern of many of the trees. You will find some trees growing within another.

Middle Falls is also home to much of our wildlife, signs are all around this area. In the pond along the trail to your right you may catch a glimpse of an otter or a beaver, or maybe even a moose having a drink. Track imprints can often be seen in the soft moss ground coverings and in the mud near the waters' edge.

Whatever your preference is, Middle Falls can provide a satisfying experience for anyone who visits.

Middle Falls

MIDDLE FALLS

LOCATED ON THE PIC RIVER SYSTEM

NAME: Middle Falls

DIFFICULTY LEVEL: 1 - until game trail
2 - after game trail

TOTAL DISTANCE
FROM MANITOUWADGE: 64 KM (39.7 mi)

TOTAL DRIVING DISTANCE: 59 KM (36.6 mi)

TRAIL USE: Hiking, ATV, Mountain Bike and Snowmachine

TERRAIN: slippery moss, root systems, fallen trees

ROAD CONDITIONS: maintained logging road, gravel road, rough gravel road

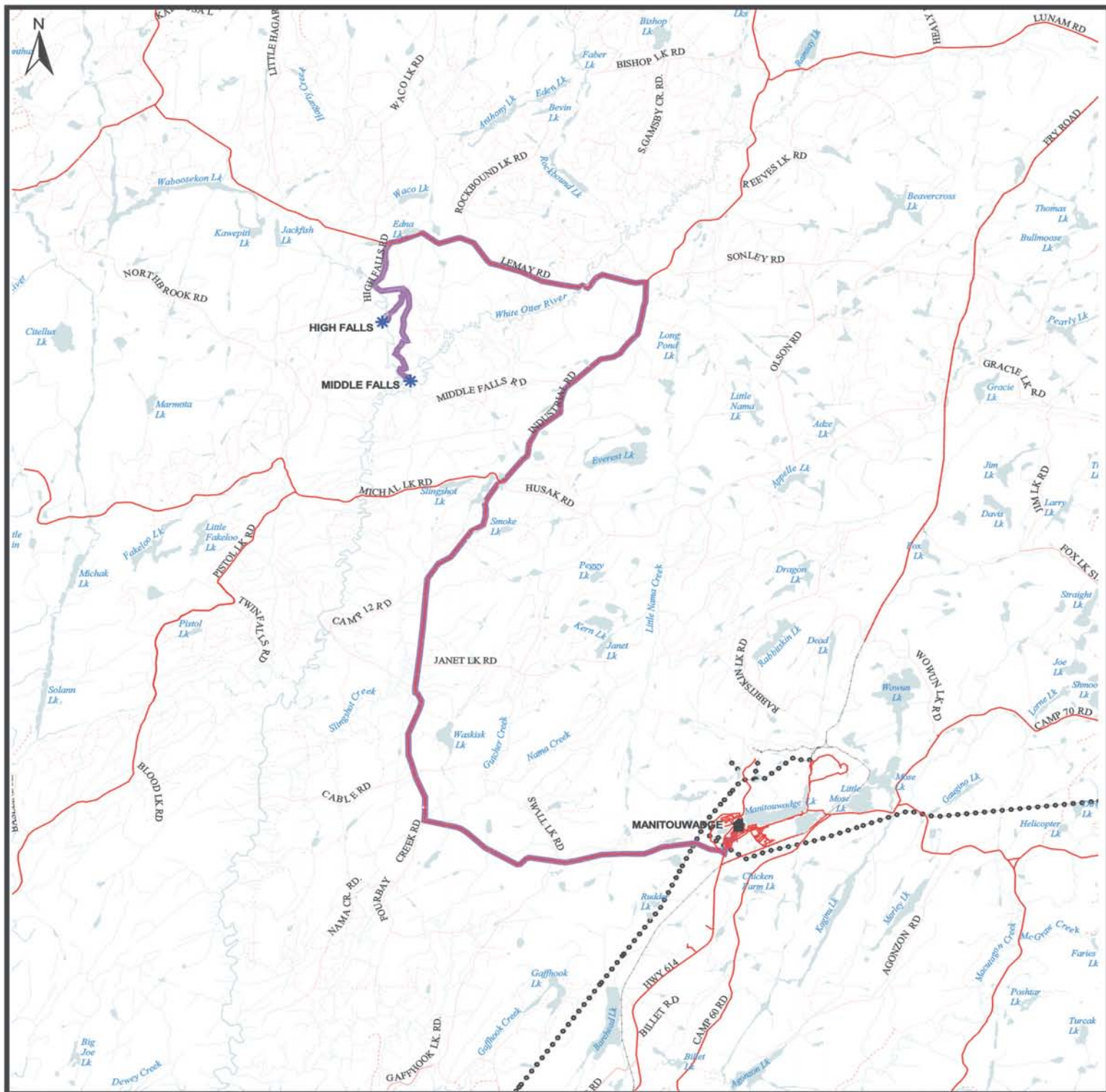
HEIGHT OF FALLS: 7.62 KM (25ft) drop

CAMPSITES: yes

CAUTIONS: Watch for large trucks that may be hauling on the roads.

DIRECTIONS: From Manitouwadge drive 43 KM (26.7 mi) on Caramat Industrial Road turn left onto Lemay Road. Follow road for 12.5 KM (7.7 mi) to High Falls Road then turn left and drive for 2KM (1.24 mi), turn on the first road to the left and drive 1.5 KM (1 mi). Park vehicles at fork in road. Continue on left side of fork in the road and follow signs for 5KM (3.1 mi) being sure to stay on the main road by staying right. At the end of road follow game trail on left side of road until you reach the falls.

TOPOGRAPHICAL MAPS ONTARIO SERIES:
Manitouwadge 42-F-4, Kagiano Lake 42-E-8



MIDDLE FALLS & HIGH FALLS

SCALE 1:150000

5000 0 5000 Meters



Fall/Rapid Location



Fall/Rapid Route



Power Line



Railway



River/Stream

Primary Roads

Secondary Roads

Tertiary Roads/Trails/Portages

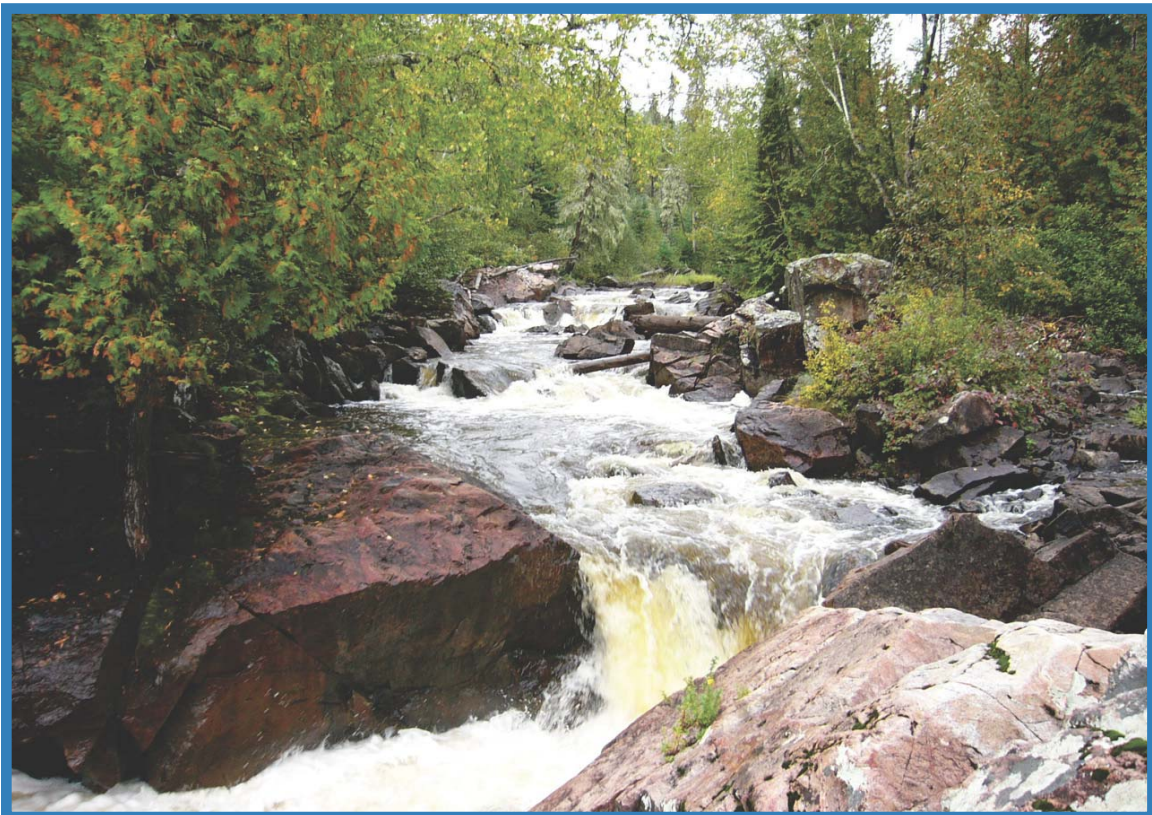
Water Bodies

SPIRIT OF



THE FALLS

Nama Falls



NAMA FALLS

LOCATED ON THE NAMA CREEK SYSTEM

Nama Falls

Called “Little Sturgeon” by the Ojibway, Nama Falls will prove to be an excellent viewing place for the visitor. With various interesting things along the way, or when you reach your destination, there is plenty to see. The landscape you pass through while making your way to the falls is quite interesting. You are walking a narrow ridge that is similar to an esker, the ridge was formed from clay being eroded by the rain and water over the centuries. True eskers are formed from glaciers melting and depositing bedrock that it gathered along the snow and ice.

Walking through Nama Valley you will find that the forest is quite varied. For instance if you look at the trees, you will see a drastic difference between the trees in the valley and the trees on the upper ridge, the trees in Nama Valley have not been harvested or affected by fire. This is commonly called old growth forest. It is estimated that they are aged anywhere from 100 – 120 years old. While observing the trees be sure to keep your eyes open for signs of wildlife, some trees provide housing for whiskey jacks, blue jays, and other bird species. If you look just above eye level you may see scratchings on some of the trees, these scratchings were made by black bears marking their territory. Perhaps to intimidate smaller bears, it definitely intimidates us humans.

There is a wide variety of both trees and plants for you to identify during your hike. If looking for the edible types of plants, you will find raspberries or high bush cranberries. Be sure to bring a container to carry some extras home. Northern orchids, junipers or blue bead lilies are a few of the plants you can find depending on the season.

Shaggy main can be found in the fall; but not for long, shaggy main mushrooms have a very short life cycle. They will begin to melt within a day of appearing. Other types of mushrooms grow along the trail. You may find orange capped bolete or gem studded puffballs. Many types of mushrooms are poisonous, be sure to know the difference before you decide to pick any. On freshly cut or living trees there are artists’ conk growing. To the artist this is an excellent medium to paint on, this fungus is characterized by a flat upper surface.

History tells us that J.E. Thompson, an Ontario government geologist travelled up the Nama Creek on his way to the Manitouwadge Lake area via canoe in 1931. Thompson was interested in the prospecting opportunities of the area. He followed the Pic River and portaged to the upper Nama Creek, going through Julia Lake. On this voyage in 1931 there is no clear indication of whether J.E. Thompson did see the falls.

Nama is an Ojibway name that translates to mean “Little Sturgeon”. The Ojibway people named this creek and its falls during the days of Fur Trade. This possibly was a route that was used by them. At one time the Nama Creek had an abundance of sturgeon fish, leading to the naming of the creek. Sturgeon are no longer in abundance, but during early spring some can still be seen in the rapids.

In the spring time during the spawn, you will also find rainbow trout in the Nama Creek.

You can literally see them jumping the falls. Imagine watching a large number of fish jump out of the water trying to swim against the strong spring current?

Visiting Nama Falls can be a busy experience, if you wish to observe all that is to be seen. As the seasons change, the viewing will be different and will bring the visitor many exciting opportunities. Perhaps an excellent opportunity for the fisherman or the photographer.

Nama Falls

NAMA FALLS

LOCATED ON THE NAMA CREEK SYSTEM

NAME: Nama Falls

DIFFICULTY LEVEL: **2** - for first 1.6 KM (1 mi)
3 - last 400 M (.25 mi)

TOTAL DISTANCE

FROM MANITOUWADGE: 23.5 KM (14.6 mi)

TOTAL DRIVING DISTANCE: 21.5 KM (13.3 mi)

TRAIL USE: Hiking, ATV, Mountain Bike

TERRAIN: rutty on ATV, old logging road, muddy when raining, last 50 meters downhill

ROAD CONDITIONS: maintained gravel logging road, gravel road, rough, potholes

HEIGHT OF FALLS: 9.14 M (30 ft)

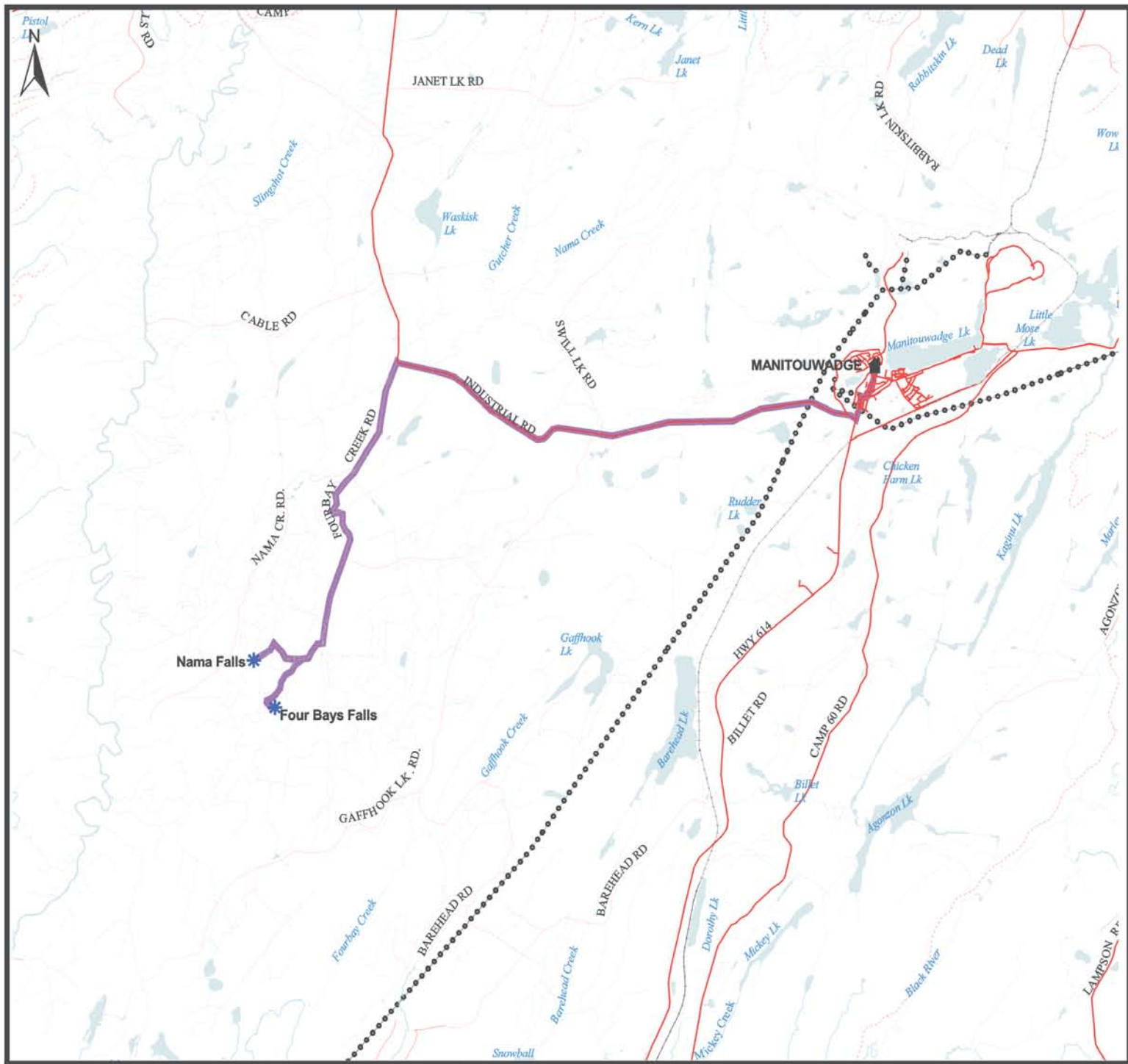
CAMPSITES: yes

CAUTIONS: Watch for large trucks that may be hauling on the roads.

DIRECTIONS: From Manitouwadge drive 14 KM (8.7 mi) on Caramat Industrial Road turn left onto Four Bay Road . Follow for 7.5 KM (4.6 mi) to the shallow washout. Park and continue following road through washout taking the first trail immediately to the right just past washout. Follow trail keeping right for 1.6 KM (1 mi). If on ATV you will have to park it here at clearing. 400 M (.25 mi) walk down visible trail to falls.

TOPOGRAPHICAL MAPS ONTARIO SERIES:

Manitouwadge 42-F-4, Vein Lake 42-E-1



NAMA FALLS & FOUR BAYS FALLS

SCALE 1:100000

5000 0 5000 Meters



Fall/Rapid Location



Fall/Rapid Route



Power Line



Railway



River/Stream

Primary Roads

Secondary Roads

Tertiary Roads/Trails/Portages

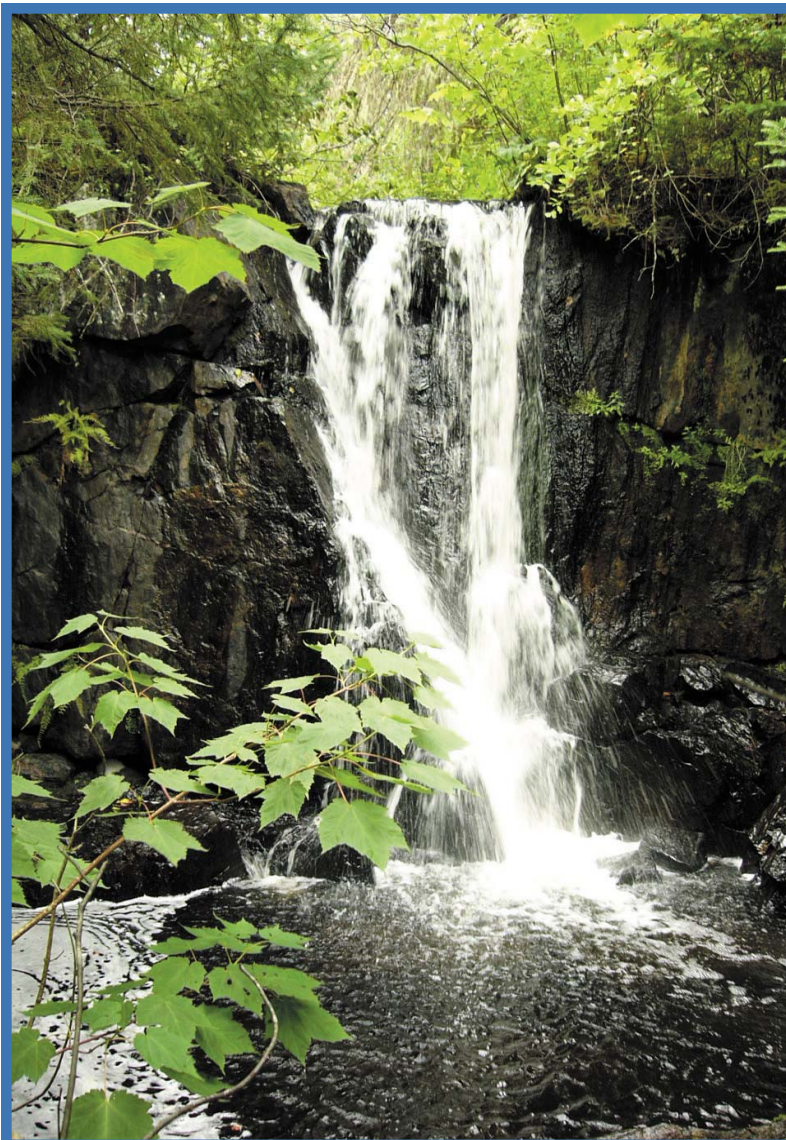
Water Bodies

SPIRIT OF



THE FALLS

Small Falls



SMALL FALLS

LOCATED ON THE JENNY CREEK SYSTEM

Small Falls

After a short walk through a sparsely populated forest an array of natural beauty can be experienced, you enter into a world of peace and tranquillity. The ground is covered with a sponge-like green moss and the smell of the fresh outdoors surrounds you and fills your nostrils with the scent of the trees. For the watchful eye, during late summer visits, small patches of indian pipe can be seen.

As you walk, the forest will open up to reveal a rail bed that was once covered with ties and tracks used to haul ore from Manitouwadge mines to the smelters. While walking down the rail bed atop ore waste, you will see signs of the tracks that used to cover the ground, some posts still remain and the occasional old spike may also be found, a find for the collector. A short walk here brings about a change in landscape, from a tree lined path to a passage through an open rock cut, leaving you with a feeling of walking through a cavern. This rock cut was created while laying the tracks after the opening of the mines in Manitouwadge, a competition between railway companies was spawned to see who could reach the town first, to export the ore to Quebec. The presence of this large, dense rock posed an obstacle in the creation of the railway track, blasting the rock had to be planned and executed, leading to the erection of a temporary camp to house the crew of the men working on the railway.

While walking the rail bed and looking to your right, you will spot an old fire pit of burned railroad ties, probably burned during the removal of the tracks. This is a sure giveaway that you have found the entrance to the trail leading to the falls. During this part of your hike be sure to look for the labrador tea that covers the ground in abundance. The nodding trillium that are scattered here are a beautiful sight, as their flower heads are bowed below the leaves, leaving one to believe that your arrival has made them bashful. If you are visiting in late summer, their brilliant pink seed pods that nod will catch your eye, they make a tasty treat for the tiny field mice.

As you continue to walk through the forest, watch for broken glass and old tin cans, at first glance this may seem to be a dumping site, but take a closer look and explore the area, you will find that these are remnants left behind from the old railway camp. Other tell tale signs are old tires, bottles and an assortment of artifacts that were used during their short stay. Take a closer look, old paths used for foot travel to different areas of the camp can still be found, continuous walking over the ground has beaten down the earth to create these narrow paths. The paths are now grown over as this area has once again become secluded, abandoned by mankind. For a few people who had visited this area in the 1970's, the paths were still cleared of fallen trees and overgrowth, but today you have to look a little harder to find signs of the old camp.

The ground now becomes damp and may be muddy in some areas, the sound of falling water is ever present. As you near the falls you can see boards nailed to the trees, evidence of an area that, at one time, was a place frequently visited by humans. These boards probably held personal articles while the men bathed under the flowing water or waded into the creek for a refreshing dip in the pool at the bottom of the falls, after a hard day's

work.

Upon approaching the falls you may be overcome with disbelief. The beauty and tranquility will amaze you as the water tumbles freely over the rock's edge. This small set of falls nestled in the forest, offers seclusion and the opportunity for a reflection of one's self. At the base of the falls, a small cavern shadows the pool of water that can be quite deep. Partially packed trails that can still be seen in the area, leave you to believe that this was a favorite spot for the men and creatures other than man to visit. It is here that men from the camp spent their time swimming and may have caught a few brook trout in the surrounding pools located just down the creek.

Whether you want a quiet place to think, read a book or become one with nature, your imagination can run free here.

SMALL FALLS

LOCATED ON THE JENNY CREEK SYSTEM

NAME: Small Falls

DIFFICULTY LEVEL: 1 - to the railbed

2 - from trail off of tracks to falls

TOTAL DISTANCE

FROM MANITOUWADGE: 38 KM (23.6 mi)

TOTAL DRIVING DISTANCE: 37 KM (23 mi)

TRAIL USE: Hiking

TERRAIN: moss, sparsely populated woods, damp, muddy

ROAD CONDITIONS: paved highway

HEIGHT OF FALLS: 4.57 M (15ft) drop

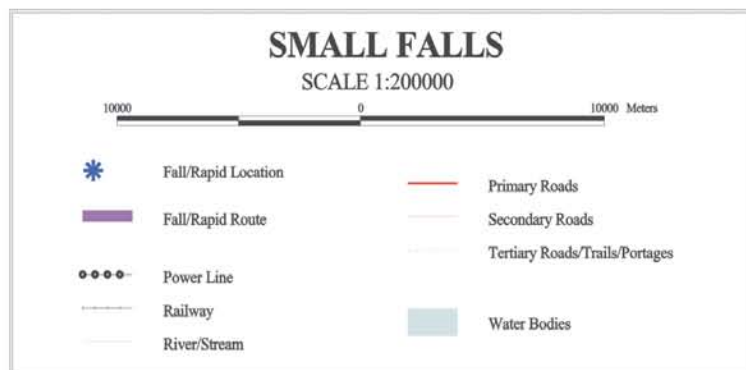
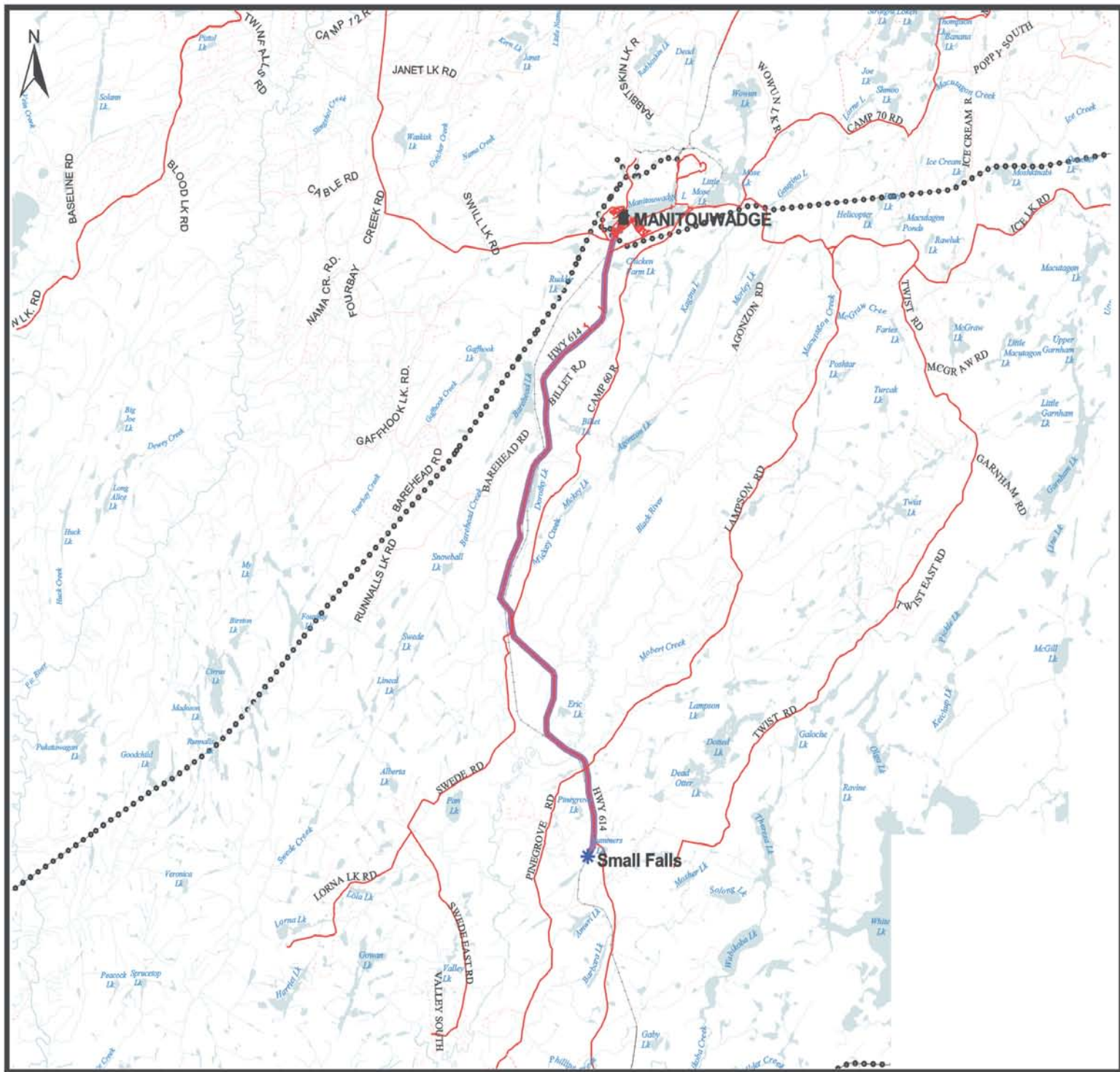
CAMPSITES: no

CAUTIONS: walk through old rail camp, artifacts can be found, broken glass and old tins may be present

DIRECTIONS: From Manitouwadge drive 37 KM (23 mi) on Highway 614. Park on side of Highway just before Summer's Lake, a flagged trail is on the right side. Take trail 0.6 KM (.34 mi) to railbed. Turn left on track and follow railbed for 0.3 KM (.2 mi). Take a right at the burned railway ties, (trail is flagged), follow trail for 0.1 KM (328 ft).

TOPOGRAPHICAL MAPS ONTARIO SERIES:

Manitouwadge 42-F-4, White Lake 42-C-13



SPIRIT OF



THE FALLS