



**Media Release – For Immediate Release**

## **LINDSAY: Enjoy a guided hike through Ken Reid Conservation Area, June 17**

(Lindsay, June 6, 2008) Even if you're an avid hiker, a hike guided by a long-time naturalist can be an inspiring experience. It's a great way to learn more about our natural heritage—about all kinds of native plants, birds, and natural features encountered along the way.

On June 17, Chris Ellingwood will be leading hikers through Ken Reid Conservation Area for the Friends of Kawartha Conservation Fourth Annual Guided Spring Hike.

Chris, who has worked as a biologist for over 20 years studying birds, plants and the impacts of development on our natural environment, will talk about the wetlands and forests in Ken Reid Conservation Area. He will also identify some of the many wetland and woodland plants, talk about bird identification, and show hikers the osprey nest that can be seen from the viewing platform.

"The spring wildflowers are making a good show and birds are back from their winter migration," says Ellingwood. "It is definitely one of my favourite times of year to be out in the conservation area."

The hike is from 6:30 p.m. to 8:30 p.m. on Tuesday, June 17, starting at the main parking lot in Ken Reid Conservation Area (277 Kenrei Rd., just north of Lindsay). There is no cost, and everyone is welcome. Bug repellent, sensible shoes, and sunscreen are recommended.

Participants will also receive a copy of Conservation Ontario's new guidebook, "Your Guide to Ontario's Conservation Areas," a 63-page, full-colour guide containing maps to help people locate Conservation Areas, charts that list activities available, unique features, contact information and highlights of various unique aspects of Ontario's Conservation Areas and the important work of the Conservation Authorities who own and operate them. Conservation Ontario has also launched a new website to accompany the guide at [www.ontarioconservationareas.ca](http://www.ontarioconservationareas.ca).

Kawartha Conservation manages four conservation and natural areas that have significant natural environmental features such as headwaters, large woodlands, groundwater recharge areas, wetlands, and fragile habitats. These lands provide opportunities for nature appreciation, recreation, and environmental education.

For more information about Friends of Kawartha Conservation visit [www.kawarthaconservation.com](http://www.kawarthaconservation.com) and follow the links, or contact Bob Allen, President, Friends of Kawartha Conservation, at (705) 374-4981 or [ballen.fleming@yahoo.ca](mailto:ballen.fleming@yahoo.ca).

*Friends of Kawartha Conservation is a community based, non-profit organization, dedicated to ensuring the conservation of natural resources. Becoming a Friend is a step toward securing a healthy environment, good water quality, and beautiful places for all to enjoy.*

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