

# Watershed Watch Newsletter



## Ticks and Lyme Disease

It's now tick season, a time when these small, blood-sucking parasites are most active. Ticks can transmit various diseases, including Lyme disease, so it's important to be vigilant. Watch for ticks in grassy, wooded, and brushy areas. For more information on how to protect yourself, visit the Haliburton Kawartha Pine Ridge District Health Unit website.

[More Information](#) ➔

## Turtle Nesting Season

With turtle nesting season upon us, it's crucial to protect these important species. Turtle Guardians suggests 13 ways to help, including watching for turtles on roads, assisting them in crossing safely, and reporting sightings. Taking these actions can significantly contribute to the conservation of turtle populations during this critical time.

[More Ways to Help](#) ➔



Common Snapping Turtle laying eggs on the side of a roadway.



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Summer has officially arrived, and our conservation areas are buzzing with activity! Guests are flocking to our scenic trails, school groups have been utilizing our facilities for educational outings to close out the year, and our dedicated staff are out working on various projects and park maintenance.

As our team has been out into the field, we thought we would share some tips on how to stay safe. Whether you're visiting our parks or working outdoors, it's essential to stay safe and comfortable while enjoying the great outdoors:

- **Take Breaks:** Find shaded areas to rest and cool down periodically.
- **Know the Signs of Heat Exhaustion:** Symptoms include heavy sweating, weakness, dizziness, nausea, and headaches. If you experience any of these, move to a cooler place, drink water, and rest. Seek medical attention if symptoms persist.
- **Use Bug Spray:** Protect yourself from insect bites by using an effective bug spray. Choose a repellent containing DEET, picaridin, or oil of lemon eucalyptus. This is especially important in areas where ticks and mosquitoes are common, as they can carry diseases.
- **Stay Hydrated:** Drink plenty of water throughout the day. Carry a reusable water bottle and refill it often.
- **Dress Appropriately:** Wear lightweight, breathable clothing in light colors to reflect the sun's rays. A wide-brimmed hat and sunglasses can also provide much-needed shade and protection.
- **Use Sunscreen:** Apply a broad-spectrum sunscreen with an SPF of at least 30. Reapply every two hours, especially if you're sweating or spending time in the water.

Our team is committed to ensuring both our staff and visitors have a safe and enjoyable summer. We look forward to seeing you out on the trails. Remember to stay safe as you explore the beauty of our conservation areas.

- Carolyn Snider, Administrative Support  
Conservation Programs



## Insider Picks: Conservation Lands' Favorite Trails

Ever wondered which trails our conservation experts love the most and why? We asked our Conservation Lands team to share their favorite trails and what makes them special.

[Calli Burke, Conservation Areas Technician](#)

"My favorite trail is the orange trail at Pigeon River Headwaters Conservation Area. It's absolutely beautiful because it goes through multiple types of forests. The diversity of the landscapes along the trail is stunning."

[Kristie Virgoe, Director of Stewardship and Conservation Lands](#)

"My favorite is the Point Loop at Ken Reid Conservation Area. It's a bit more secluded, which I love. The roots along the trail add a unique charm, and there's nothing like sitting among the trees and looking out at the water. It's very peaceful."

[Melissa Creasy Alexander, Conservation Areas Technician](#)

"My favorite trail is the West Trail at Fleetwood Creek Conservation Area. The trail is remote, so you often have it to yourself. It starts with old pine plantations and then opens into spectacular hardwoods with incredible old trees that tower above with massive trunks and root structures."

It's clear that each of these spots has something unique and beautiful to offer. For anyone looking to explore, these trails come highly recommended by our experts!

[Conservation Areas](#) >



Section of the Brown Trail at Pigeon River Headwaters Conservation Area.



Viewing Platform at Fleetwood Creek Conservation Area.

*For more information on how Kawartha Conservation can help.  
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