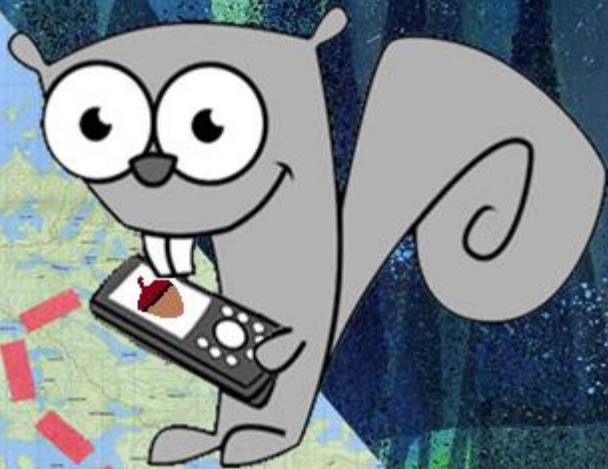


CEDAR BAY GEOCACHE TRAIL



Passport



Friends of
CEDAR
BAY



Using the *Cedar Bay Geocache Trail Passport*:

When you find a geocache, use the unique hole punch to ‘stamp’ the appropriate spot in your ‘passport’. When you have collected the twelve published geocaches, you will have the coordinates for the 13th bonus geocache. After you have all 13 stamps, visit the Travel Information Centre to redeem for a ‘*Cedar Bay Geocache Trail*’ souvenir coin (while supplies last). Small groups of five or less may use the same passport to ‘log’ their finds. Due to the expense, these coins will be limited to one per geocacher (or up to three per family). Extra coins are available for purchase.

What do I need to geocache?

All you require is a GPS (global position system) unit and a sense of adventure. Haven't geocached before? Don't have your own GPS device? Have questions? That's ok. Send us an email (fcb.geocache@gmail.com) and we can provide an introduction to geocaching as well as a GPS unit to use for the day. Many smartphones have a built-in GPS and downloadable apps.

Practice Safe Geocaching!

When venturing out it is important to let someone know the details of your excursion. You can reasonably assume that you will encounter natural hazards and wildlife. Bring plenty of water, a cellphone and dress for the weather. Geocaching with a companion is always encouraged. GPS units require power to operate – please take spare batteries and a map to mitigate risks.

Geocaching Cedar Bay:

Geocaches were established throughout the Cedar Bay area to provide a four-seasons, time independent activity for individuals and small groups; to provide an educational activity for local schools & groups; to encourage the use of Cedar Bay, and to promote geocaching as a healthy, outdoor recreational activity. The Cedar Bay geocaches are located within 10m of existing trails.

Please respect groomed Nordic ski trails during the winter.

Cedar Bay Geocache #1 (GC2NG0X) - N50°06.298' W91°56.163'

Cedar Bay: Interpretive Trail

Welcome to the Cedar Bay Geocache Trail! You are currently using a one kilometer stretch of trail that was built to access the Cedar Bay lakeshore and cabins.

In 2009, in partnership with New Vision Unlimited, Mountain Equipment Co-op, and grade seven and eight students from Sacred Heart and Sioux Mountain schools, Friends of Cedar Bay developed the *Cedar Bay Interpretive Trail*. Along this trail are numerous species of flora including: Balsam Poplar, Fireweed, Prickly Wild Rose, Blue Bead Lily, Bunchberry, Balsam Fir, White Birch, Wild Strawberry, Ferns, Wild Grasses, Jack Pine, White Spruce, Club Moss, Speckled Alder, Mountain Ash, Mountain Maple, Wild Sarsaparilla, and Eastern White Cedar.

Pick up a copy of the Interpretive Trail Flora brochure at the kiosk or download it from our website to learn more!

Sioux Lookout Weather Fact:

The highest temperature recorded in Sioux Lookout was 37.8°C on June 17, 1995.



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Cedar Bay Geocache #2 (GC2NG0Y) - N50°06.380' W91°56.263'

Cedar Bay: Owls

Friends of Cedar Bay hosts an 'Owl Prowl' each spring – an evening hike with a knowledgeable birder. This involves playing recorded owl calls in hopes of attracting these majestic nocturnal birds. Susan Hochstedler describes her owl prowling experience:

“At the next stop we were all standing in silent anticipation when suddenly there was a swoop and a large black shadow glided over our heads! An audible gasp rippled through the crowd and a shiver went down my spine. We trained our flashlights upward and spotted a beautiful large Barred Owl staring silently down upon us. Our guide played the tape of an owl call again. That did it! He got vocal then. Soon, another 'voice' was heard and we were treated to a show. Three owls were calling back and forth with great gusto. They were loud and sounded exactly like the tape. It was amazing, spectacular, incredible, and awesome! We listened while they were swooping back and forth from tree to tree over our heads. Finally, they fell silent and reluctantly we moved on. It was very moving to have been part of it!”

Sioux Lookout Weather Fact:

Sioux Lookout's lowest recorded temperature was -46.1° C on February 18, 1966.

KEVIN W. ROMYN, LAWYER, NOTARY

69 Queen St. PO Box 99, Sioux Lookout, ON, P8T 1A1

807-737-2562 romynlaw@shawcable.com

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Cedar Bay Geocache #3 (GC2NG10) - N50°06.449' W91°56.369'

Cedar Bay: Summer Day Camp

The Summer Day Camp program was first held at Cedar Bay during the summer of 1976. In the past, activities for youth have included swimming, sailing, water skiing, canoeing, kayaking, basketball, gymnastics, wrestling, karate, crafts, drama, music, dance, camping, puppetry, horse care and riding lessons, climbing, low ropes course, and many others.

With a view to preparing youth for the future, the camp also offers a leader-in-training (LIT) program for youths aged 12 to 14 years. This is an opportunity for young people to gain valuable experience and develop leadership skills.

Many counsellors who are employed during the summer are local youth who have progressed through the camp program and are now utilizing their skills and providing an excellent resource to the next generation of Sioux Lookout summer day campers.

Sioux Lookout Weather Fact:

The recorded temperature in Sioux Lookout has never gone below 0° Centigrade during July or August. It did reach 0.0° on August 23, 1940.

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Cedar Bay Geocache #4 (GC2NG11) - N50°06.582' W91°56.440'

Cedar Bay: Tom Belmore Lodge

When the idea of constructing log buildings at Cedar Bay was proposed to local revered log builder Tom Belmore he replied, "I will do it for the children of Sioux Lookout."

The project began on November 11, 1975 with a work crew of seven, and a cutting permit for logs near Superior Junction. Initially a 16' x 20' building was constructed and used by Mr. Belmore as a classroom, training and planning centre. The construction of the main lodge (now the Tom Belmore Lodge) began on March 1st, 1976. The lodge was constructed by local log builders and was ready for use (without windows) for the day camp during the summer of 1976. The lodge was completed later that winter. Since then, the lodge has been used for many different events including day camps, cultural youth camps and retreats, and as a rental facility by local groups for special occasions.

The lodge was renovated by a work crew from Summer Beaver, Ontario over the winters of 2007 and 2008. Rotten logs and portions of the floor were replaced and the entire roof and ceiling was removed and replaced.

Sioux Lookout Weather Fact:

The average depth of snow in Sioux Lookout in January is 44 cm.



SIoux LOOKOUT
Hub of the North

Economic Development Commission

Cedar Bay Geocache #5 (GC2NG12) - N50°06.796' W91°56.522'

Cedar Bay: Equestrian

The horse stables are a unique feature of Cedar Bay. Privately-owned horses share this facility with the Cedar Bay horses. The public is encouraged to drop by the stables to meet our horses as they enjoy visitors. You may feed the horses fresh apples, carrots, grass or hay if you desire. Don't forget to say hi to Bud and Commander, our wagon team.

Trail riding is an exquisite pastime shared by horse and rider. There is a spirit of wonder at the magnificence of the scenery and the beauty of sharing it with your horse. At Cedar Bay, horse and rider share the trails with many two and four footed creatures as well as an occasional vehicle. Horses are 'flight creatures' and may be frightened or spooked by sudden encounters. Please give horses and riders fair warning if you encounter them while geocaching.

Sioux Lookout Weather Fact:

The deepest amount of snow recorded in Sioux Lookout was 142 cm (4 feet 8 inches) on January 29, 1956.



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Cedar Bay Geocache #6 (GC2NG13) - N50°06.837' W91°57.260'

Cedar Bay: White Birch

The White Birch trees (*Betula papyrifera*) are also known as Paper Birch, Silver Birch or Canoe Birch. These grow to approximately 25 meters in height and 30 to 60 cm in diameter. White Birch can live upwards of 100 years. This tree does not like shade and is the first to grow back after a forestry harvest or fire. The leaves of the White Birch are oval in shape and are sharp and pointed. The surface is smooth like leather and is generally 8 cm long and 5 cm wide. They are dark green on top and a dull green and slightly hairy underneath, and turn yellow in the fall. The trunk is covered in thin smooth white bark which peels off in large sheets. The bark is very strong and pliable which makes it an ideal material for the birch bark canoe and baskets. The wood is often used to make hardwood flooring, plywood and veneer. Buds, leaves, bark and seeds are a great source of food for many birds and animals including hummingbirds, sapsuckers, porcupines, rabbits and squirrels. This tree can also be tapped for sap that is boiled down to sweet syrup.

Sioux Lookout Weather Fact:

Sioux Lookout averages 204 cm (6 feet 8 inches) of cumulative snowfall during a typical winter.

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Cedar Bay Geocache #7 (GC2NG14) - N50°07.081' W91°57.333'

Cedar Bay: Timber Wolf

The Eastern Timber Wolf (*Canis lupus lycaon*) is one of 32 subspecies of the Gray Wolf. The Eastern Timber Wolf, usually a mixed gray in colour, is found mainly in north and western Ontario, southern Manitoba and northern Minnesota. The timber wolf is a territorial predator whose range encompasses 50 to 500 square kilometers. Their prey includes moose, deer, caribou and beaver. Timber wolves are social animals that live in packs of 3 to 6 members of which a dominant male and female are the 'alpha' pair. The dominant female will bear a litter of 4 to 7 pups in the spring. An adult male will weigh 25 to 35 kg and a female 20 to 30 kg. A timber wolf will typically live 13 years in the wild. With an estimated population of 2000, the Eastern Timber Wolf is on the Canadian Species at Risk list with the status of "Special Concern", meaning it is a species that may become threatened or endangered due to a combination of biological characteristics and identified threats. In Ontario, the timber wolf is protected; hunting and trapping is permitted only under license.

Sioux Lookout Weather Fact:

On November 16, 1941, Sioux Lookout received 40.6 cm (16 inches) of snow – the most snowfall recorded in a 24 hour period.

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Cedar Bay Geocache #8 (GC2NG15) - N50°07.198' W91°56.691'

Cedar Bay: Nordic Nomads

The Nordic Nomads is a non-profit, volunteer organization that grooms and maintains over 40 km of classic, skating and one-way racing ski trails at Cedar Bay and the surrounding area. The trails can be accessed from the Cedar Bay parking lot or the Sioux Lookout Golf Club. Memberships are sold annually to cover the expense of trail grooming. The Nordic Nomads also administer the Jack Rabbit Ski Program. This is a nationally supported program for children ages 3 to 14 which promotes the fundamental development of ski skills in a fun filled environment. The objective is for children to learn basic cross country ski skills (both classic and skating) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health. The club also hosts ski clinics and gear swaps throughout the year.

Join Friends of Cedar Bay on Saturdays during the winter months at the 'Cozy Cabin' down at the lakeshore for a hot beverage and a place to relax and warm up.

Sioux Lookout Weather Fact:

Sioux Lookout averages 517.2 mm (over 21 inches) of rain each year.



Cedar Bay Geocache #9 (GC2NG16) - N50°07.017' W91°56.019'

Cedar Bay: Katimavik

Katimavik (Inuktitut: “meeting place”) was initiated as a program which educates Canadian youth through volunteer work. Katimavik provides opportunities for young Canadians to participate in intensive 6 month periods of full-time volunteer service for not-for-profit organizations. Volunteers live in groups of 11 young people aged 17 to 21 in one or two different regions of the country and engage in an educational curriculum to improve their second language, learn about environmental stewardship, Canadian cultures, and develop a healthy lifestyle and leadership skills. Since 1977, more than 30 000 Canadians have participated in the program. In Sioux Lookout, Katimavik volunteers have worked at the municipal day cares, Meno Ya Win Hospital, Sioux Lookout Anti-Racism Committee, Chamber of Commerce Travel Centre, Salvation Army Thrift Shop and the Cedar Bay stables. During Cedar Bay’s early development, Katimavik volunteers were instrumental in constructing the log buildings. In the spring of 2012, the federal government announced plans to eliminate funding for the Katimavik program effective March 2013.

Sioux Lookout Weather Fact:

On Sep 20, 1941, Sioux Lookout received 115.8 mm (over 4.5 inches) – the most rainfall recorded in a 24 hour period.



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Cedar Bay Geocache #10 (GC2NG1A) - N50°06.798' W91°56.016'

Cedar Bay: White Cedar

White Cedar (*Thuja occidentalis*) - our namesake tree - represents one of the four Sacred Directions and is revered as a sacred medicine by Anishnabe people. The cedar tree provides many gifts: cedar leaves are rich in Vitamin C and are used to make medicinal teas as well as a poultice for eyes damaged by sun blindness. The leaf oil is used in perfumes, medicines and as a deodorizer and insect repellent. Cedar bark is stringy and flaky and peels readily; fibers can be worked down and woven together to make rope. Wood from cedar trees is light weight and rot resistant making it a popular choice for building canoes and other watercraft, log cabins, shingles and fence posts. Animals, birds and insects living around Cedar Bay (like deer, rabbits, squirrels, ants, and woodpeckers) depend on this tree for food and shelter. The White Cedar is a small, hardy, slow growing coniferous tree. It usually lives for about 200 years, but some have been known to live over 1000 years!

Sioux Lookout Weather Fact:

On December 25, 1999, the wind speed reached 111 km/hr (67 mph) – the highest recorded wind speed in Sioux Lookout.



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Cedar Bay Geocache #11 (GC2NG19) - N50°06.717' W91°56.123'

Cedar Bay: Black Bear

The American Black Bear (*Ursus americanus*) is a medium-sized bear native to North America. It is our smallest and most common bear species. Black bears are omnivores with their diets varying greatly depending on season and location. They typically live in largely forested areas, but often leave in search of food. Black bears enter their dens to hibernate in October or November after adding 15 kg of body fat to get them through their 3 to 5 month hibernation. An adult bear will weigh over 250 kg and measure 1.8 m in length. Black bears are naturally wary of humans, but they are unpredictable and must be treated with respect. Bears that become habituated to human food can become dangerous and are often killed – thus the reminder: Please don't feed the bears! You can often see bears within the town limits, around the Cedar Bay area and at Sioux Lookout's 'Safari Park' (Hidden Lake Landfill)! Remember: You are in 'Bear Country'.

Sioux Lookout Weather Fact:

The highest humidex recorded in Sioux Lookout was 44.1°C on June 30, 1963. At 3:00 pm the temperature was 31.7°C and the relative humidity was 68%.



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Cedar Bay Geocache #12 (GC2NG17) - N50°06.680' W91°56.387'

Cedar Bay: Frogs

A Boreal Spring Symphony: As spring returns the neighbourhood rapidly fills with ardent, vocal bodies. Hesitant staccato stutters give way to full-throated singing as frogs break the news that spring has come. Wood frogs are the first to emerge from a deep freeze and chuckle under their breath as yet another person, upon hearing their evening call for a 'special friend', believes that they have just heard ducks quacking in the woods! Next to test their recently-thawed vocal chords are the loonie-sized Spring Peepers. Their strident nighttime 'peeps' win these little tree-climbing frogs the gold medal for most decibels, relative to size, of any creature in the world! As temperatures rise, several other frogs contribute their percussive hammering, creaking, twanging, chortling, trilling calls to the night. Wood, Green, Mink, Boreal Chorus and Leopard frogs, Spring Peepers, Gray Treefrogs and American Toads may all be heard, but not too easily seen around Cedar Bay.

Sioux Lookout Weather Fact:

The maximum wind chill recorded in Sioux Lookout was -56.9°C on January 22, 1963. At 06:00 the temperature was -42.2°C and the wind speed was 16 km/h.



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www.siouxlookout.ca

Cedar Bay Geocache #13 – BONUS

N5 ____° ____' ____" W9 ____° ____' ____"

Cedar Bay: Beaver

The North American Beaver (*Castor canadensis*) is the largest rodent in Canada. Known for its buck teeth and large flat tail, it can be found throughout North America in freshwater lakes and streams. They have a well-developed social hierarchy in which the family, or colony, is the basic unit and consists of adults, kits and yearlings. An adult beaver will weigh from 15 to 35 kg. They are herbivores who will eat leaves, twigs and bark of most tree species. A beaver mates for life during their third year and both parents care for the kits that are born in the spring. Kits have many predators including hawks, owls, otters and wolves. Beavers are second only to humans in the magnitude of change which they can effect on their environment. The dams they build to protect their lodges can completely change a landscape. First Nations people called the beaver the 'sacred center' of the land because they create such rich, watery habitat for other mammals, fish, turtles, frogs, birds and ducks. A beaver's teeth never stop growing. The beaver pelt, due to the popularity in Europe of fur hats, became Canada's first natural resource with up to 100 000 pelts shipped to Europe. Because of this demand, the beaver almost became extinct in the early 1900's. The population, once in the millions, is now stable. The beaver is a national symbol of Canada.

The logo for NAV CANADA is centered within a white rounded rectangle. It features the words "NAV CANADA" in a bold, black, sans-serif font. The text is flanked by two stylized, curved lines that sweep upwards and outwards, resembling wings or a stylized 'V' shape, creating a sense of motion and direction.

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PASSPORT STAMPS

GC1

GC2

GC3

GC4

GC5

GC6

GC7

GC8

GC9

GC10

GC11

GC12

BONUS

About Friends of Cedar Bay

Friends of Cedar Bay is a non-profit organization of community volunteer members committed to the revitalization of the Cedar Bay Outdoor Recreation Complex, a municipally owned facility located along the shores of Pelican Lake in Sioux Lookout, Ontario. The facility comprises a horse stable and paddocks, 8 log cabins situated along 700m of lakeshore, a sand beach and a play field. The facility is surrounded by forest and a 25km network of nordic ski trails. *Friends of Cedar Bay* is comprised of a volunteer board of directors and two sub committees: Equestrian and Lakeshore.

Our mission:

To revitalize the Cedar Bay facility so that it is safe and accessible to the public and may be used for education, recreation and leisure activities by all.

Friends of Cedar Bay thank our sponsors and acknowledge the following for making the *Cedar Bay Geocache Trail* a success:

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Visit **www.cedarbay.org** for more information



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Cover Design by Kaitlyn & Jenna Poirier

