

Recreation & Technology

Rural Recreation Association Summit - Nov. 2, 2017



CATARAQUI REGION
CONSERVATION AUTHORITY



SEPT 1 - OCT 31, 2017
#HikeCRCA



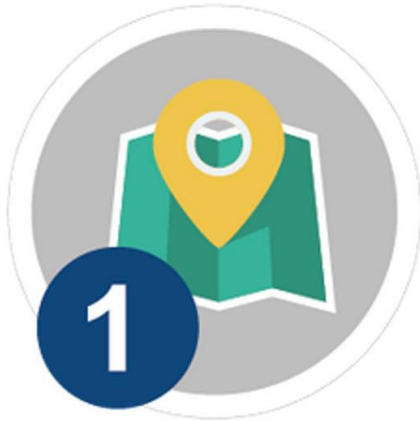
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Step
Into Nature
Healthy Hikes

crca.ca/hikeCRCA


#HIKECRCA
challenge

#HikeCRCA Challenge



HIKE CRCA TRAILS

Hike the designated "challenge trail" at each of our Conservation Areas and one "designated section" of the Cataraqui Trail and find the special challenge sign with the #HikeCRCA logo. See the list of Conservation Areas and designated trails below.



POST A PHOTO ONLINE

Take a selfie with each of our challenge signs and post it to social media – Facebook, Twitter or Instagram. Your post must include the hashtag **#HikeCRCA**, **#HealthyHikes** and your location – the Conservation Area you are in.



ENTER TO WIN

Hike the **eight** locations at our Conservation Areas and at least **one** location on the Cataraqui Trail then fill out the challenge form to enter the grand prize draw.

[Challenge Entry Form](#)



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Step 1 - Hike the designated trails



Step 2 - Take a photo with our signs



Photo: Nicole Watson Photography



scan & press play
allaboutbirds.org

DID YOU KNOW?

The Cedar Waxwing can survive on only fruit for several months. It is one of only a few species of bird in North America that specializes in eating fruit. Because they eat so much of it, they can occasionally become intoxicated when eating over ripe berries that have started to ferment.

High five to our prize sponsors - tag them in your photos!



JOIN THE CHALLENGE WWW.CRCA.CA



Photo: Nicole Watson Photography



scan & press play
allaboutbirds.org

DID YOU KNOW?

The Green Heron is one of the few bird species in the world that uses tools to catch its prey. The Green Heron will create lures on the surface of the water by dropping insects, twigs, earthworms, feathers, bread crusts, and other objects to entice small fish.

High five to our prize sponsors - tag them in your photos!



JOIN THE CHALLENGE WWW.CRCA.CA



Photo: Nicole Watson Photography



scan & press play
allaboutbirds.org

DID YOU KNOW?

Osprey's have barbs on the pads of their feet to help them grip fish. They also have a unique reversible outer toe that lets them grip with two toes in the front and two in the back. An Osprey will line up its catch head first when flying for less wind resistance.

High five to our prize sponsors - tag them in your photos!



JOIN THE CHALLENGE WWW.CRCA.CA



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Step 3 - Enter to win



ENTER TO WIN

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Prize Sponsors:



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Why online?





Monica @MoRadio_ · Oct 17

4 trails down, 5 to go! 14 days left to go in the #HikeCRCA Challenge.
#hikehealthy #health #fitness @CataraqiRCA #cataraquitrail



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ubcanaldog • Follow

Marble Rock Conservation Area

ubcanaldog Marble Rock is a hidden gem! Similar to Frontenac Park with its hilly terrain though smaller; we enjoyed climbing over the hills in natural trail conditions. As it was our first time, the Trail was well marked and we didn't feel lost. The birds were plentiful as well as the lookouts. Marble Rock is a good Frontenac Arch representation too. We will be back. #hikecrca #healthyhikes #trailheadkingston #frontenacarchbiosphere #lovingthischallenge #marblerockconservationarea #siberianhusky #nsdtr #gooutside #challenge6of9



gunnertheducktoller, narasimha.toller, conner_risto, alik3310, listowelkia, plw123, mikew269, marissapcassell, mae0 and rudebloodspam like this

OCTOBER 2

Add a comment...



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Allie Wood is at 📍 Marshlands Conservation Area.

...

September 24 · Kingston · 🌐

Forgot to post hike#3 at Marshlands! Golfed at Cataraqui for 15 years and never ventured over (except to look for golf balls 😊). Thank you CRCA challenge loved this hidden gem!

#HikeCRCA, #HealthyHikes Trailhead Kingston Atmosphere



Like



Comment



Share



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Jennifer Baker @JenniferBakerCo · Oct 26

Trail 9/9 for @CataquiRCA #HikeCRCA! Grateful for the challenge - saw some beautiful locations! #ygk 🌿🌲



Trailhead Kingston

1 9



Jennifer Baker @JenniferBakerCo · Oct 22
Mac Johnson @CataquiRCA 🌞🌞 #HikeCRCA Perfect morning!!7/9

Thank you

Krista Fazackerley

Communications & Education Supervisor
Cataraqui Region Conservation Authority

kfazackerley@crca.ca

www.crc.ca

www.cataraquitrail.ca



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