



ANISHINAABE WAADIZIWIN — THE TRAIL EXPERIENCE

Several theme-based interpretive nodes offer traditional perspectives on plants of the area. Reflecting the oral nature of Indigenous cultures, plant teachings are provided by audio devices at two waterside teaching areas along the trail.

The trail follows the route of the former Captain Cootes Trail for 1.1 kilometres from here to Hickory Valley. The land is hilly with packed earth, gravel and wood mulch surfaces. Muddy trails are slippery when wet, and the trails are often icy in winter — use at your own risk.

Reading our tree labels

We have labelled some of the native trees along the trail. You'll find the scientific name in the middle in italics, and the common name in four languages.

Anishinaabemowin	→	Oakwemish
English	→	Black Cherry
Scientific Name	→	<i>Prunus serotina</i>
French	→	Cerisier noir
Kanien'kéha (Mohawk)	→	Erihkó:wa

MAP KEY

- Wide, Open Trails
- Narrow, Dirt Trails
- Lookout
- Canoe Launch
- Boardwalks
- Trail Heads
- Washrooms
- Pay and Display Parking (free for RBG members displaying valid pass)
- Interpretive Node
- Teaching Area

This area is a nature sanctuary. Picking, collecting, harvesting or gathering of any plant or plant part is prohibited.

The plant uses described on the trail reflect traditional Anishinaabe knowledge and cultural beliefs. Like any medicine, plant remedies should be only be used under the direction of a trained professional.