



Bay of St. Lawrence Park Vita Parcours Trail

FRONTENAC ARCH BIOSPHERE HIKING TRAIL GUIDE

About The Trail

Vita Parcours is a European fitness concept that is making its way to North America. This fitness trail gives participants the opportunity to stay fit at any level, free of charge, from May 1 to Nov 30. Each station features different exercises, aimed at muscular training, flexibility and endurance. The fitness trail consists of sections of grass, stone and wood chips, on the trail there are 7 Fitness Stations, 8 Metal Benches, 2 Board Walks, 2 Bridges and 2 Parking Lots. The trail is easy to follow and leads to fitness stations describing the exercises. The trail is under development with new facilities being added over the coming years.

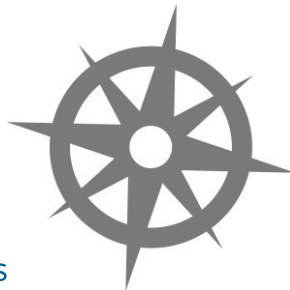
Plan Your Trip

The park is located in the south western corner of the Township on Island Drive in the Bay of St. Lawrence subdivision.
44.315428, -76.229494
Bring plenty of water.



KEY FACTS

- Distance: 4 km
- Difficulty: Easy to Challenging
- Other key facts: Fitness Activities



This project has been made possible by the generous support of our partners.



The Frontenac Arch Biosphere belongs to the world network of UNESCO Biosphere Reserves. The Frontenac Arch Biosphere Network's mission is to encourage people to work together toward a sustainable community. Enough for all, for all time.

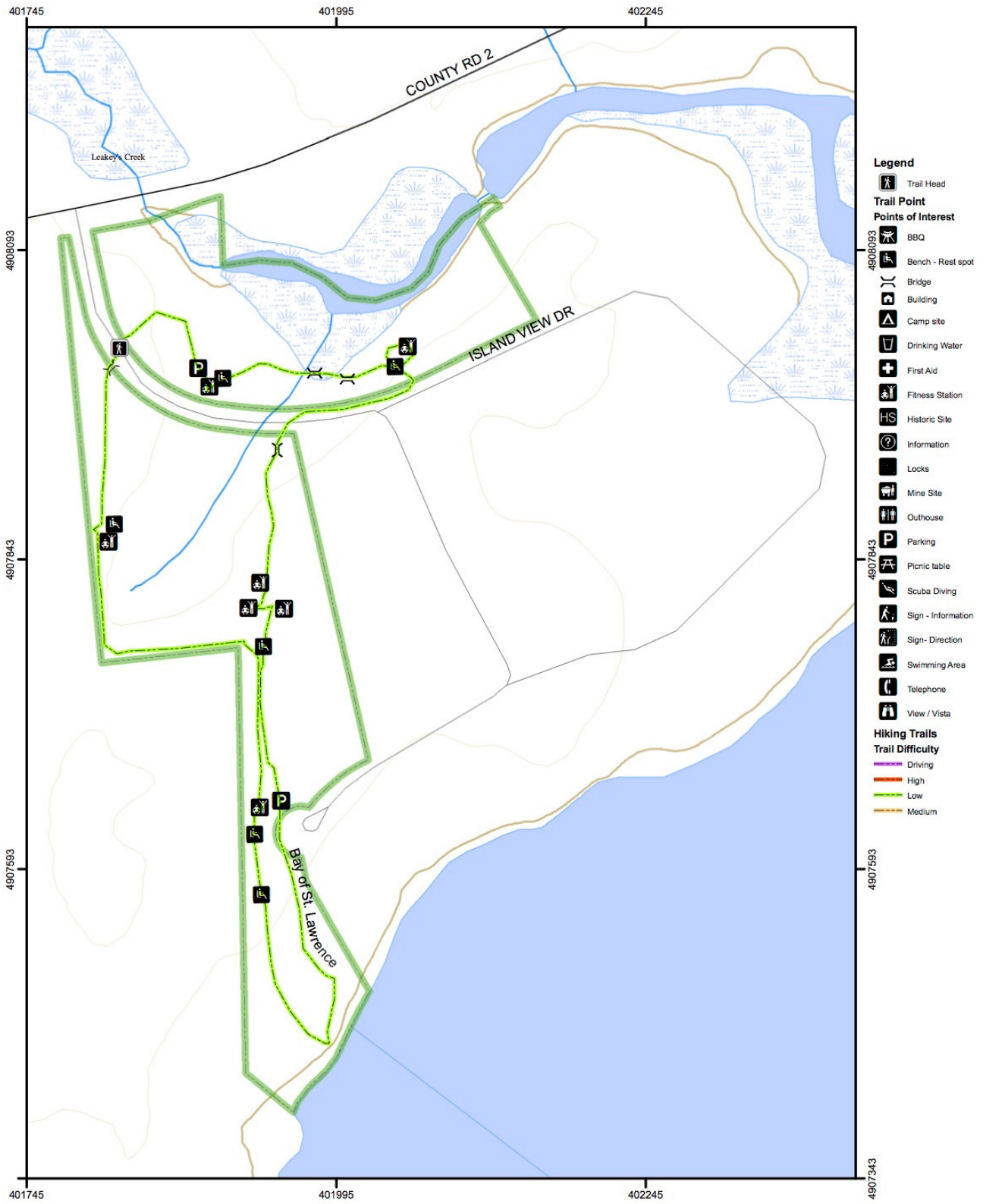
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Produced by the FRONTENAC ARCH BIOSPHERE RESERVE Trail System Project from data collected in 2008-2010. Base Data supplied by Ontario Ministry of Natural Resources Land Information Ontario 2010

Bay of St. Lawrence Park

Take nothing but pictures, leave nothing but footprints

