



Trail Map



Captain Kidd Trail

2.5 km – hiking & snowshoeing
Stroll through the shade of the natural Carolinian forest. Along the trail look for white oak, black cherry, silver maple, and unique Carolinian tree species such as sassafras, tulip tree and shagbark hickory. The Cerulean warbler – threatened in Ontario – has been documented here at Pinehurst Lake Conservation Area.

What is the Carolinian Zone?

The Carolinian Zone is a region in eastern North America characterized primarily by a predominance of deciduous trees. Pinehurst Lake falls within its northern limit. The Carolinian Zone is home to one-third of the rare, threatened and endangered species found in all of Canada. Sixty-five percent of Ontario's rare plants are found in the Carolinian Zone, and 40% are found nowhere else but in this zone. It is recognized as one of the most biologically diverse and unique regions in Canada.

How the trail got its name

In the late 1800s, William Kidd owned most of the land around Lake Pinehurst. In fact, the lake was once called Kidd Lake. Popular myth has it that Kidd was a descendant of the infamous Scottish pirate Captain Kidd (1645-1701), and that some of the Captain's illicit treasure is buried around the lake. Nobody has ever found any gold, although many have searched!



Trail flora and fauna

Trees

Sugar maple, red and white oak and black cherry grow on high ground. Silver maple and black ash dominate low-lying, wetter areas.

Sugar maples

First Nations taught the early colonists how to tap these trees to make maple syrup which has now become a multi-billion dollar industry in North America.



Plants

Trout lily, mayapple and sensitive fern can be found throughout the forest and wetlands.

Mammals

Look for grey and red squirrels, eastern chipmunks and white-tailed deer. If you're lucky you may spot the elusive southern flying squirrel!



Amphibians

You may spot the red-backed salamander, blue-spotted salamander, spring peeper, wood frog and grey tree frog.



Insects

Commonly seen butterflies include the eastern tailed blue, mourning cloak, red admiral, wood nymph and wood satyr. Cicadas are often heard in late summer. Did you know the cicada song can be heard up to a kilometre away? Its song is the loudest of any insect!

Photo: David Cappoert/MSU

Birds

Red-eyed vireo, eastern wood pewee, wood thrush, downy and hairy woodpecker, white-breasted nuthatch and black-capped chickadees can typically be seen and heard.



Tulip Tree (*Liriodendron tulipifera*)

Common names: tuliptree, tulip poplar, yellow poplar, canoe wood, saddle leaf tree, white wood, white poplar.

The tulip tree, a key Carolinian Zone indicator species, grows 20-30m tall and 12m wide. Their shape is oval or pyramid when young, becoming irregular as it matures. Its deep roots spread widely.

Tulip trees have very unique leaves with a tulip shape. They are bright green and measure 8-20cm long and wide. They turn golden yellow in the fall. The flowers are 5-8cm long and are also shaped like a tulip. The petals are yellow-green with an orange-coloured centre, blooming in May-June.

Can you spot the tulip trees?



Photo: Allen Woodliffe

Have you had your forest bath today?

We all benefit from a "forest bath" which means spending time in a forest. Nearly 40 years of research shows that the experience of nature is very important to human health and well-being. Step into the woods, take a deep breath and enjoy nature.

Your body and mind will benefit!