



Foley Mountain Conservation Area

FRONTENAC ARCH BIOSPHERE HIKING TRAIL GUIDE

About The Trail

Foley Mountain Conversation Area is located high atop a granite ridge overlooking Upper Rideau Lake. It is owned and operated by the Rideau Valley Conversation Authority and consists of 800 acres of mixed forests, ponds and fields. There are 8 trails to explore including a portion of the Rideau Trail. Several trails are accessible. Trails include:

- Beaver Trail: 1.2 km
- Blue Circle Trail 3.2 km
- Meditation Trail: 0.1 km
- Mobility trail: 0.3 km
- Orange Maple Trail: 2.3 km
- Red Oak Trail: 1.3 km
- White Pine Trail: 1.2 km
- Rideau Trail

Trails are open for cross country skiing and snowshoeing in the winter.

KEY FACTS

- Distance: Variable
- Difficulty: Easy to Moderate
- Other key facts: Year-round access



Plan Your Trip

From Westport drive north on Route 10. Turn right onto Foley Mountain Road. You will enter Foley Mountain Conservation Area.
44.683117885723 -76.389141082764

Foley Mountain Conservation area is managed by the Rideau Valley Conservation Authority.

The area is open daily, year-round from dawn to dusk. Activities include walking, hiking, snowshoeing, swimming, and picnicking. A parking fee applies.



Township of Leeds and the Thousand Islands



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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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Foley Mountain Conservation Area Blue Circle Trail - Spy Rock

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About The Trail

The Blue Circle Trail is one of 5 trails in the Foley Mountain Conservation Area. This trail leads to the Spy Rock lookout, named an Amazing Place by FABN, high above Westport. This view was created when a meteor slammed into the planet a few kilometers to the southwest. The impact caused a massive earthquake causing the earth of Floey Mountain to fall away 100 meters creating the abrupt, high cliff with it's spectacular panoramic view. The path to the lookout is accessible via an easy access ramp.

Other trails in Foley Mountain Conservation Area range from easy to medium difficulty. They include a mobility trail with a wide crushed stone path and low grades and a portion of the Rideau Trail.

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KEY FACTS

- Distance: 3.2 km
- Difficulty: Easy
- Other key facts: Parking fee



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