



WATERSHED  
HERO

# Shout Out to Watershed Heroes! Friends of La Vase Portages

[www.lavaseportages.com](http://www.lavaseportages.com)

---

- Friends of La Vase Portages are a dedicated group of community volunteers who have had a longstanding interest in conserving the heritage value of La Vase Portages route.
- The importance of this 14 km portage route between Trout Lake and Lake Nipissing was acknowledged in 2002 when it was designated as part of the Canadian Heritage River System
- La Vase Portage is believed to be one of the oldest-known trade routes in Ontario – more than 4,700 years ago used as a route by Indigenous peoples.
- The portages evolved as the main link from Quebec to the Great Lakes and eventually western Canada, firstly by explorers and missionaries, and subsequently, by fur traders.
- Friends of La Vase was incorporated in 2006 with the objective
  - to establish and promote the protection of a usable portage from Trout Lake to Lake Nipissing that will reasonably reproduce the voyageur experience;
  - to advocate for the protection of land and waterways associated with the portages and trails, and
  - to provide trails for multiple season non-motorized use.”
- The Friends have worked diligently to achieve these objectives by:
  - raising funds to support land purchases underlying the route
  - hosting annual “Canoe Day” with guided canoe trips across the entire portage route, explaining historical and current landmarks
  - hosting annual “Canoe Night” to foster the sport of recreational canoeing and raise public awareness of the historic significance of the waterway
  - conducting annual spring trail maintenance to remove blowdown
  - advocating for its protection through municipal planning policies
  - hosting various individuals and small groups who cross the portages each year – sometimes as part of a bigger, cross Canada expedition
  - working with NBMCA on the enhancement of trails at the La Vase Portages Conservation Area (Hwy 17 just East of North Bay)
- In February of 2016, the Friends of La Vase Portages were presented the Lieutenant Governor's Ontario Trust Award for Conservation Leadership by
- They are dedicated, committed, passionate and enthusiastic about protecting the La Vase Portages route.
- As part of our 50th anniversary we're proud to acknowledge Friends of La Vas Portages as Watershed Heroes!

FRIENDS OF LA VASE PORTAGES



NORTH BAY - MATTAWA  
**CONSERVATION  
AUTHORITY**

1972-2022 | 50 Years of Conservation