



## FOR IMMEDIATE RELEASE

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## Celebrate Family Day! Conservation Areas are FREE

To celebrate families, Central Lake Ontario Conservation (CLOCA) invites you to discover one or all of its local Conservation Areas with **FREE** admission/parking on Family Day, Monday February 17, 2020, from dawn to dusk.

“Family time is very important and a visit outdoors to a Conservation Area makes a great outing with many health benefits,” said Patricia Lowe, Director of Community Engagement with Central Lake Ontario Conservation. “An increasing body of research suggests that one of the best ways to give your morale a boost is to spend more time outdoors!”

Central Lake Ontario Conservation owns 2,700 hectares of land, with eight publicly accessible Conservation Areas and 45 kilometres of trails, providing CLOCA’s watershed residents a variety of recreational opportunities and experiences.

Not sure where to go? Check out some of CLOCA’s Conservation Area (CA) highlights below to help you decide on your destination:

- Lynde Shores CA – bring along a handful of bird seed and walk the Chickadee Trail to get up close and personal with local songbirds.
- Stephen’s Gulch CA – plan a run, ski or walk to take advantage of the hills and get a great cardio workout.
- Heber Down CA – bring your four-legged friends to hike the trails or try an off-leash experience at the dog park. (Remember to park at the new entrance at 5000 Cochrane Street.)
- Bowmanville Westside Marsh CA – get close to one of our jewels—two coastal wetlands which host a variety of winter waterfowl. Bring your binoculars.
- Long Sault CA – if snow conditions are good, bring your cross-country skis or snowshoes.
- Enniskillen CA – this is an opportunity to a stop for a winter picnic, build a snowman and explore the many trails.

Whatever your pleasure, CLOCA’s Conservation Areas offer something for everyone. Not sure where to find these Conservation Areas? Visit CLOCA’s website at [www.cloca.com](http://www.cloca.com). **Happy trails!**

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### **About Central Lake Ontario Conservation (CLOCA)**

Central Lake Ontario Conservation (CLOCA) is a local, community based, environmental organization and one of 36 Conservation Authorities responsible for managing watershed resources across Ontario. Established in 1958, CLOCA's jurisdiction is based on the watershed boundaries of four major watercourses and 18 minor watercourses draining an area of over 639 square kilometres. CLOCA's watershed stretches from the municipal boundaries of Ajax/Pickering to Clarington, and north from Lake Ontario to the crest of the Oak Ridges Moraine.

CLOCA provides a wide variety of science-based watershed management programs and services, delivered in partnership with their municipal partners, local landowners, environmental agencies and all levels of government. CLOCA's municipal partners include the Region of Durham, the cities of Oshawa and Pickering, the towns of Ajax and Whitby, the Municipality of Clarington, and the townships of Scugog and Uxbridge.