




**BRUCE TRAIL**  
 THIS SECTION OF THE TRAIL THROUGH THE TWENTY VALLEY GORGE IS STEEP AND ROCKY. FOR EXPERIENCED HIKERS ONLY.

**TRAIL LEGEND**  
 (APPROXIMATE MEASUREMENTS TO AND FROM PARKING LOT)

-  **FOREST FROLIC TRAIL**  
 850 metres - 20 MINUTES  
 EASY TO MODERATE LEVEL OF DIFFICULTY
-  **SWITCH BACK TRAIL**  
 725 metres - 15 MINUTES  
 EASY TO MODERATE LEVEL OF DIFFICULTY
-  **CATARACT TRAIL**  
**TO LOWER FALLS:**  
 1.3 Km - 30 to 40 MINUTES - LEVEL: EASY  
**TO UPPER FALLS:**  
 1.7 Km - 40 to 50 MINUTES - LEVEL: EASY TO MODERATE

-  **EASY TRAIL**  
 BEGINNER
-  **MODERATE**  
 SOME STEEP AND ROCKY AREAS
-  **DIFFICULT TRAIL**  
 EXPERIENCED HIKER

THE UPPER FALLS ARE 11 METRES IN HEIGHT. CONSIDERED A CURTAIN WATERFALL, ITS WIDTH IS GREATER THAN ITS HEIGHT.



THE LOWER FALLS ARE 27 METRES IN HEIGHT. CONSIDERED A CLASSIC WATERFALL, ITS HEIGHT AND WIDTH ARE NEARLY EQUAL.



 NORTH  
 TO LAKE ONTARIO