The Cataraqui Trail is a 104-km long multi-use trail which goes from Strathcona to Smith Falls. No washroom facilities or drinking water are available on the trail. Permitted uses are hiking, cycling, horseback riding, cross-country skiing and snowmobiling.

Conservation Area Regulations
Please observe the following regulations:
- Hours: 7:30 a.m. to dusk.
- Keep dogs and other pets on a leash no more than two metres in length.
- Do not litter.
- Keep dogs and other pets on a leash no more than two metres in length.
- Do not damage, disturb or remove any structure, plant or animal which could be harmed.
- Do not feed or disturb any animals or wildlife.
- Remember that alcoholic beverages are not permitted on our trails.
- Do not damage, disturb or remove any structure, plant or animal which could be harmed.
- Do not litter.