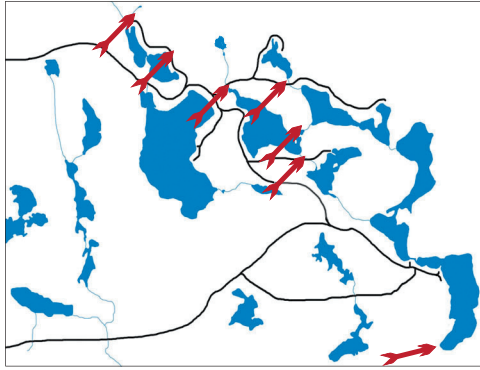


Crystal Falls, located at the south end of Long Lake, is the largest and most attractive waterfall on the Limberlost Reserve, especially in the early spring or after an extended period of heavy rainfall.

Although the elevation decline from High Lake to Poverty Lake is greater, the volume of water is far less than the amount which flows through the chain of lakes into Long Lake and over the Crystal Falls.



Water flowing into Buck Lake at the Helve Portage

The lakes which feed into Long Lake drain the eastern side of the Limberlost Reserve. A number of these lakes are fed not only by surface runoff, but also through underground springs. The water which flows over the falls eventually drains into the Lake of Bays.

Crystal Falls is particularly attractive in the middle of the day when the sun shines through the canopy and rainbows are created in the spray from the falls. This led to the falls also being referred to as the Shower Bath Falls.

The high level of moisture in the air around the falls has fostered prolific fern growth on the rock ledges and caves, which serve as animal habitats on the eastern bank of the falls.

During the early spring and late fall it is important for hikers to make sure they exercise caution by wearing bear bells or by making noises to indicate their presence to nearby animals, particularly when approaching the falls.

The second most attractive waterfall on the Limberlost Reserve is on the stream which flows out of Angle Lake.

Angle Lake can be located by hiking up the Angle Lake portage which runs parallel to the Angle Lake stream. Near the top of the climb, walk north to the stream to locate the falls.

There are many other attractive water flows which cascade over series of rocks and ledges. None of these, however, have as large a water volume or elevation drop as the Crystal Falls or Angle Falls. These



Crystal Falls at the end of Long Lake in the late spring

Other water cascades are located on the Nelson River, Oliver Creek, Helve Portage and Buck Lake Portage. Similar to the Crystal and Angle Falls, they are best viewed in the spring or after a heavy summer rainfall.