HELEN LAKE AND LOW LAKE, Killarney Provincial Park

PORTAGE FROM HELEN LAKE TO NELLIE LAKE
This 2525m portage ascends 80m in elevation while on route to Nellie Lake. The first section of this portage is a bit rough and runs along a close by unnamed lake before leading to an old logging road. Depending on water levels the roughest trail along this portage may be passed by paddling the unnamed lake. This portage is a favourite among many due to its scenic views. Wooden boardwalks have been put into place to avoid many wet areas to provide good footing.

PORTAGE FROM HELEN LAKE TO ISHMAEL LAKE
This route first leads to a small narrow pond off the western most shores of Helen Lake. Depending on water levels there may be a small lift over before entering this arm. Take the 70m portage into Ishmael Lake which is an easy portage and should provide good footing.

PORTAGE FROM HELEN LAKE TO MCGREGOR BAY VIA LOW LAKE
This 70m portage descends over large granite outcropping s to the right of an old dried out falls. There are natural steps along this route, watch footing as these areas can be very slippery during wet weather. Campsite #138 is located in close proximity to this portage; please respect other paddler’s solitude. Paddle to the southern most arm of Low Lake to reach the next portage. This route is also slippery during wet weather, take caution especially with heavy packs. There is a 20m lift over into a large beaver pond; Low Lake is controlled by this and some seasons water levels may be down enough to double this portage. Follow the small creek into the main area of the pond paddle south to the final portage into the North Channel. The 19m liftover is relatively flat and as with the last couple of portage can be very wet at times.

Helen Lake and Low Lake are joined by a 70m portage. Low Lake has the typical crystal clear waters and white quartzite cliffs that the park is known for. Once on the Helen side of this portage it shows the extreme elevation difference of these two lakes. Because of their more northern location, this is the perfect spot if seeking seclusion.

When choosing a campsite for the night, we recommend site #173. The view from this site is a spectacular panorama which can be taken in from a large open rock area, also excellent for sunbathing or stargazing. Try campsite #138 for great swimming and a private lagoon.