



**Alberta Health
Services**

CROSS-CANADA RENAL FITNESS CHALLENGE

Places & Faces

Lake of the Woods, Ontario

The Lake of the Woods is a large lake that crosses multiple borders. It is in Ontario, Manitoba, and the United States of America all at the same time.

One shoreline of the lake is part of the USA, but it can only be reached by water or by crossing through Canada. It is the northernmost piece of land in the main United States, and the only piece that sticks above the 49th parallel.

Lake of the Woods has over 14,000 islands in it, and 105,000 kilometres of shoreline.

The lake is a remnant of an enormous lake that once covered much of Manitoba, Ontario, Minnesota, and parts of Saskatchewan and North Dakota. Known as Lake Agassiz, it contained more water than every freshwater lake in today's world combined, but most of it drained away into the ocean about 8000 years ago.

Kenora, Ontario, a town of 15,000 people, sits on the north shore of the lake. Ontario and Manitoba once argued for 14 years over who owned it. Ontario won in 1884, and the border was drawn in its current location.

