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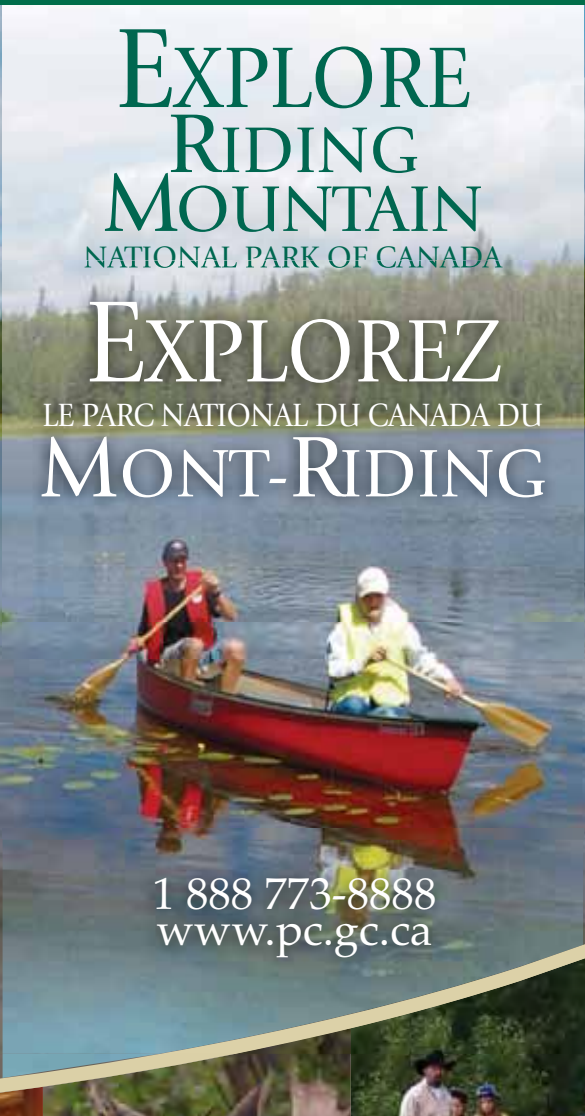
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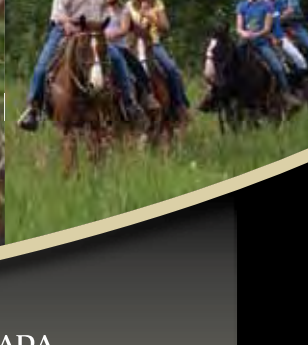
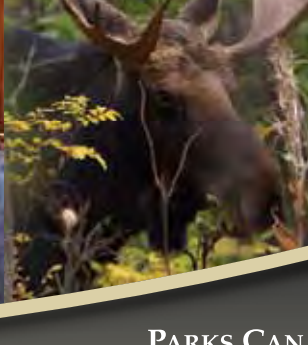
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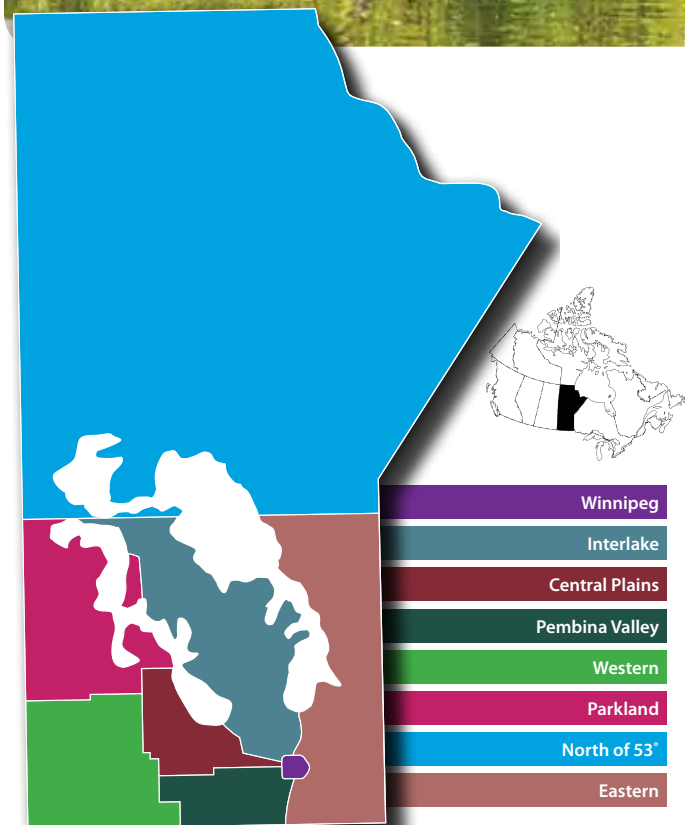


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Your Guide to Adventure



Wildlife & Bird Watching	3
Canoeing / Kayaking	15
Hiking	21
Cycling	31
Skiing	39
Cross-Country.....	40
Downhill	47
Snowmobiling	48
Grab Bag of Adventures	
Aurora Borealis (Northern Lights).....	50
Dogsledding / Skijoring	51
Geocaching.....	52
Rock / Ice Climbing	53
Skateboarding	54
Skydiving	55
Snowshoeing	56
Windsurfing / Kiteboarding / Snowkiting.....	57
Ziplining.....	57
Day Trips	58
Manitoba Getaways	60
Plan Your Trip	62
Parks in Manitoba	64
Adventure Companies	67
Index	71

Manitoba...

I have dipped my paddle in quiet, pristine lakes and navigated rapids so exhilarating I forgot to exhale. I have stood on top of a granite ridge, warmed by the sun, cooled by the breeze. The hiking trail beckoned me on, by the gnarled pine, past the ghostly birches, on to the next vista. I have stared into the eyes of a polar bear. I have heard the rushing sound of thousands of geese lifting into a clear prairie sky. Around crackling campfires, flames reaching for the Northern Lights, I have reminisced about fat tire thrills and easy cycling along smooth, curving paths. Over cappuccinos in the city I have plotted my escape to nearby big open spaces and unspoiled wilderness for an hour, a day or a weekend. I have embraced winter, and felt the kiss of crystal cold air as I skied or snowshoed through forests cloaked in white, valleys draped in a welcoming silence. This is the Manitoba that I remember and where I have found adventure. Unforgettable.

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A Message from the Premier

I am pleased to invite you to discover the magnificence of our prairie province with the essential 2011 Manitoba Travel Guides.

Throughout the year Manitoba offers a multitude of experiences. With a mixture of forest, tundra, grasslands and wetlands, our province's wilderness will thrill even the most skilled explorer. Our town and city centres are vibrant with an extraordinary assortment of music, international cuisine, cultural events and visual arts. From the heart of Winnipeg, our capital city, to every corner of our great province, there is truly something for everyone to discover.

We are proud of our history and heritage, our remarkable geography and our vibrant communities. I invite you to come and discover the adventure and splendor that is Manitoba.

Greg Selinger
Premier of Manitoba
Premier ministre du Manitoba

Message du premier ministre

Je suis heureux de vous inviter à découvrir les attraits de notre province des Prairies grâce au Guide de Voyage Manitoba 2011.

Tout au long de l'année, le Manitoba offre une panoplie d'expériences. La nature sauvage de la province composée de forêts, de toundras, de prairies et de terres humides émerveillera même l'explorateur le plus habile. Nos centres ruraux et urbains dynamiques proposent une scène musicale, une cuisine internationale, des activités culturelles et des arts visuels. Depuis le cœur de Winnipeg, notre capitale, jusqu'à chaque coin de notre superbe province, il y a vraiment de quoi pour tous.

Nous sommes fiers de notre histoire et de notre patrimoine, de notre géographie remarquable et de nos collectivités fécondes. Je vous invite à venir goûter à l'aventure et à la splendeur qui caractérisent le Manitoba.

Manitoba 

WILDLIFE & BIRD WATCHING

Many people don't know that they can immerse themselves in a great outdoor experience, right here in Winnipeg, at FortWhyte Alive. Tucked into the southwest corner of the city, FortWhyte has hundreds of acres of lakes, marsh and forest with several kilometers of walking and interpretive trails. We've gone... to walk along the trails where we've seen the centre's bison herd, ducks and herons on the lakes, turtles, deer, a fox, and a muskrat.

- Kathy Penner

With a rich diversity...

of wetlands, forests, grasslands, subarctic and coastal habitats, and in the centre of migratory crossroads, Manitoba harbours an astonishing two-thirds of Canada's bird species. Prepare to challenge the documented sighting of 212 species on one day in southeastern Manitoba, a North American June Big Day record.

Have your camera ready for the sheer variety and large populations of wildlife – from black bears to polar bears, river otters to ringed seals, and moose to barren-ground caribou. Set your tape recorder running and your spine tingling at the sound of an elk bugling, a wolf howling or a beluga whale chirping.

Here are a few of the wildlife and bird watching hotspots found in the various corners of Manitoba. Find a diversity of ideas and more details in the map and charts that follow.

Photo: Riding Mountain National Park Photo Credit: Parks Canada



Churchill – wildlife and birding hotspot extraordinaire

Place **Churchill** at the top of your must-see list. Sitting on the edge of Hudson Bay, adventure awaits every turn at this premier, international destination for seeing polar bears, beluga whales, barren-ground caribou, seals, birds, Arctic wildflowers, northern lights, and fur-trade history. Treat yourself in summer to the excitement of snorkelling with inquisitive beluga whales or visit in fall to witness the “Lord of the Arctic” – the powerful and magnificent polar bear – in the wild.

Birdwatchers of all stripes will find species that delight in Churchill, where ocean, coastal and tundra species intersect. Mingle with biologists and ornithologists from around the world who come to study shorebird breeding patterns. Thrill at the host of gulls found in the area, including the Bonaparte’s, Thayer’s, Sabines, and rare Ross’s Gulls. Check out **Granary Ponds** as a favoured feeding spot for gulls, terns, shorebirds and waterfowl.



Riding Mountain National Park – a close second

Billed as one of North America’s top 50 birding hotspots by the American Birding Association, **Riding Mountain National Park** boasts over 260 species of birds. Three distinct ecological zones converge in the park resulting in a mixture of species not usually found together. Keep an eye out for Manitoba’s provincial bird, the Great Gray Owl, along with Spruce Grouse, Northern Goshawk, Osprey, Common Goldeneye, Connecticut Warbler, and Belted Kingfisher.

Walk the **Moon Lake** trail for a good chance of spotting moose browsing along the marshy edges. Black bears are plentiful in the park, as are elk. Listen for the eerie high-pitched bugling, like an off-note clarinet, followed by a few low grunts during the elk’s mating season in fall. Less frequently seen, but sometimes heard, is the timber wolf. The equally secretive lynx leaves only tracks in the snow. Capture a sense of the past watching the plains bison in the **Lake Audy** enclosure.



Important Bird Areas

Among Manitoba's 38 designated Important Bird Areas, including Churchill and vicinity, are many accessible sites with facilities built to improve the wildlife and bird watching experience. Here are a few popular destinations.

Black-crowned Night Herons draw birders to **Proven Lake**, found in pothole lake country south of Riding Mountain, an area also popular with hunters. Survey a variety of geese, ducks, gulls, terns and grebes from viewing mounds located at the south end of the marsh, accessible from a section of Trans Canada Trail.

Check off your grassland birds in **Southwestern Manitoba's Mixed-grass Prairie** area. Pick up a locally produced birding map at restaurants in the nearby towns of Melita or Pierson. Look for Ferruginous Hawk, Baird's Sparrow, Sprague's Pipit or Loggerhead Shrike. With great luck, catch a glimpse of the rare Burrowing Owl. Try the **Pierson Wildlife Management Area** to see Say's Phoebes. Watch for new trails to be developed in the **Gerald Malaher Wildlife Management Area**, including a kiosk with information on nearby birding and wildlife viewing sites.

To witness multiple thousands of waterfowl and shorebirds, along with herons, egrets and ibises, head next to **Whitewater Lake**. Considered one of Canada's best-known staging areas for waterfowl and shorebirds, the lake provides a rich habitat for both birdlife and wildlife. Observe over 110 species of birds at this saline wetland spread over 9,000 hectares in southwestern Manitoba. Station yourself at the south end of the lake, with its interpretive signs, viewing mound, trail and boardwalk. Look for large concentrations of shorebirds when water levels are low, with 10,000 White-rumped Sandpipers recorded one year. Significant

numbers of Franklin's Gulls nest here as well as Black-crowned Night Herons. Thousands of Tundra Swans stop by in late fall while hundreds of thousands of Snow Geese, Canada Geese and ducks descend each spring and fall.

Rimming the southern edge of Lake Manitoba, the 220 sq km **Delta Marsh** also lays claim to a rich abundance of migratory songbirds, making it one of Canada's busiest bird banding stations. Adjacent lake, forest and marsh habitat add up to a birder's mecca.

Located twenty minutes north of Winnipeg, **Oak Hammock Marsh** (See ad on page 38) is a North American birding hotspot with over 400,000 waterfowl visiting the 36 sq km of restored prairie marsh during migration. Wander the 30 km network of trails that wind through the marsh and some of Manitoba's last remaining patches of tall-grass prairie. Be sure to stop at the Interpretive Centre with its interactive exhibits, rooftop observation deck, 120-seat multimedia theatre, café, and gift shop. Learn for yourself why British Airways recognized Oak Hammock Marsh globally with top honours in its Environmental Experience category.

Colonial nesting birds abound in **Hecla/Grindstone Provincial Park**. On Hecla Island in Lake Winnipeg, connected to the mainland by a causeway, scout for over 60 bird species on the trails at Grassy Narrows Marsh. Stop along the Harbour Trail for a picnic at the northern tip with its interpretive signage for colonial birds nesting nearby at **Pipestone Rocks**. Peer around while you amble along the 22 km Black Wolf trail, looking for the namesake animal.



Snakes galore & more wildlife

For a truly special experience, watch in wonder at the **Narcisse Snake Dens**, where tens of thousands of red garter snakes slither up to the surface for a mating ritual unlike any other. Catch this unusual sight in late April or early May before the snakes scatter for the summer.

Take to the eastern region of the province to **Whiteshell, Nopiming and Atikaki Provincial Parks** for the chance to spot river otters, black bears, elk, beaver, wolves, martens and, if you are

really lucky, the elusive woodland caribou. Watch for members of the Owl Lake caribou herd foraging for lichen amid stands of jack pine and black spruce in Nopiming Provincial Park.

Gaze across **Pembina Valley Provincial Park** from a wildlife viewing tower and scenic outlook in this south-central provincial park. Fill up on the sights and sounds of songbirds including warblers, vireos and chickadees, and keep an eye out for red fox.



Urban sightings

For an urban birding adventure, launch your quest along the Assiniboine River and riverbottom forest of **Winnipeg's** celebrated **Assiniboine Park** for some of the best birding in the city. Start in the English Garden and watch for a variety of warblers, sparrows and vireos, and in winter, look for waxwings, grosbeaks and crossbills. Listen for songbirds along the trail through dense oak and aspen in the adjacent Assiniboine Forest. Catch the spectacular waterfowl migration each spring and fall at **FortWhyte Alive**, a wild oasis set in an urban environment. Uncover this 640-acre wild refuge of forest,

lakes and marshes by exploring the self-guided trails on your own or join interpreter-led outings. Other spots in the city to enjoy birding include **Kildonan, St. Vital** and **Kings Parks**.

In **Brandon**, birding opportunities abound along the **Assiniboine River Corridor** that winds through this prairie city. Take to the self-guiding pond trail to see Wood Ducks and Common Goldeneye, Mallards and Blue-winged Teal. Follow the Vireo Trail to see a variety of the namesake bird.



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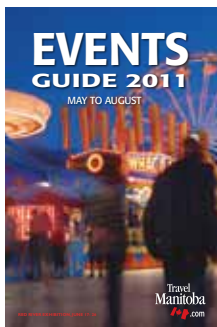
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TRAVEL MANITOBA PUBLICATIONS

This guide is best used with Travel Manitoba's other publications: 2011 Fishing & Hunting Guide, Vacation & Accommodations Guide and Events Guides. All publications are available at Travel Manitoba Visitor Centres or by calling 1-800-665-0040 or visiting www.travelmanitoba.com.



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Wildlife Viewing Hotspots

-  Arctic fox
-  Barren-ground caribou
-  Beaver
-  Beluga whale
-  Bison
-  Black bear
-  Coyote
-  Elk
-  Marten
-  Moose
-  Polar bear
-  Red-sided garter snake
-  River otter
-  Seals
-  Wolf
-  Woodland caribou



Watchable Wildlife
INCORPORATED



Wildlife Management Areas:

- Cape Churchill (WMA)
- Cape Tatnam (WMA)
- Delta Heritage Marsh
- Hecla-Grindstone Provincial Park
- Narcisse (WMA)
- Oak Hammock Marsh (WMA)
- Proven Lake (WMA)
- South-West Mixed Grass Birding Trail—Melita/Pearson
- Whiteshell Provincial Park
- Whitewater Lake (WMA)

Life is Wild in Manitoba

Catch a glimpse of your favourite – the majestic, the elusive, the ferocious, the cute and the slithery. Single out a wildlife watching experience or widen your scope at one of the hotspots.

Arctic fox

Trace the furtive path of the petite Arctic fox as it shadows polar bears to scavenge scraps of seal remains.

Barren-ground caribou

Behold massive herds of tens of thousands of barren-ground caribou forming a moving sea, flowing across the far northern reaches of Manitoba.

Beaver

Watch how the enterprising beaver uses its paddle-shaped leathery tail for support while walking on hind legs to transport branches held with its front paws.

Beluga whale

Listen closely to the vocalizations of beluga whales, sometimes called the canary of the sea.

Bison

Contrast the plains bison found at the Lake Audy enclosure in Riding Mountain National Park with the larger and darker free-ranging wood bison found near Chitek Lake.

Black bear

From a safe distance, observe through binoculars how a black bear's lips and lengthy tongue are used to delicately pick berries and slurp up ants.

Coyote

Try to outrun a coyote, which can reach speeds over 60 kms per hour.

Elk

Check for antler velvet rubbed off by elk in late summer when antlers are full size and ready for the rutting season.

Marten

Look fast for a glimpse of the elusive pine marten with its lightning-fast reflexes.

Moose

Go diving to see a massive moose plunge more than 5 metres deep to grab aquatic plants from the lake bottom.

Polar bear

Picture the majestic adult polar bear, which can grow to a massive 800 kilograms, weighing less than 1 kilogram at birth.

Red-sided garter snake

Be ignored by thousands of harmless red-sided garter snakes preoccupied by a frenzied spring mating ritual in the Narcisse Snake Dens.

River otter

Learn the art of play from the belly-sliding, snow-burrowing, wrestling and cavorting river otter.

Seals

Identify seals in northern Manitoba – a gigantic 360-kilogram bearded seal sun-bathing on rocks, a ringed seal popping up through a breathing hole in the ice, and the distinctively mottle-coloured harbour seal.

Wolf

Howl like the wolves to bring the pack together or to warn other packs to stay away from occupied territory.

Woodland caribou

Consider yourself lucky to catch a glimpse of woodland caribou, which gather in small groups in isolated areas of boreal forest in eastern Manitoba.

BIRDING IN MANITOBA

Set your sights on one of the more than 380 bird species to be spotted in Manitoba due to an advantageous location in the geographic centre of North America. Birders are drawn from around the world to Churchill and Riding Mountain National Park, among other hotspots in the province. Fill in your checklist for some of the sample species found at the birding hotspots suggested in the chart below. Check out one of the guidebooks or websites noted on the previous page for more complete information on the species of interest at these and other Manitoba birding destinations.



AMENITIES LEGEND

VIEWING TOWER/MOUND	SIGNATURE SITE	CAMPGROUND	RESTROOM
ENTRY FEE/CHARGE OR PARK PASS REQUIRED	INTERPRETIVE CENTRE	CONCESSION, RESTAURANT AND/OR STORE	PARKING
PICNIC FACILITIES	ACCOMMODATIONS	ARBORETUM	WHEELCHAIR ACCESSIBLE




WINNIPEG REGION

LOCATION	HOW TO GET THERE	AMENITIES
Assiniboine Park	Park entrances at Corydon Ave and Wellington Cres., west of Route 90	
Warblers, Sparrows, Flycatchers, Winter Finches, Ruby-throated Hummingbirds, Wood Ducks		
La Barrière Park	6 km south of the Perimeter (Hwy 100) on Waverley St. (Route 80)	
Red-headed Woodpecker, Baltimore Oriole, Great Horned Owl, Cooper's Hawk		
Bunn's Creek	Parking lot west side of Henderson Hwy, just north of Bonner Ave	
Wood Duck, Eastern Screech-Owl		
FortWhyte Alive	Access from McCreary Rd., north of McGillivray Blvd	
Waterfowl, particularly Canada Goose		





PARKLAND REGION

LOCATION	HOW TO GET THERE	AMENITIES
Riding Mountain National Park	See Parks in Manitoba map on page 64	
At least 260 species, many rare. Some examples include Northern Hawk Owl, Trumpeter Swan, Yellow-bellied Flycatcher, Western Wood-Pewee, Connecticut, Canada & Golden-winged Warblers, Chimney Swift, Indigo Bunting		
Duck Mountain Provincial Park and Provincial Forest	See Parks in Manitoba map on page 64	
Approximately 200 species, such as Solitary Sandpiper, Boreal & Northern Hawk Owls, Western Wood-Pewee, Yellow-bellied & Olive-sided Flycatcher, Palm, Wilson's & Bay-breasted Warblers, Rusty Blackbird		



CENTRAL PLAINS

LOCATION	HOW TO GET THERE	AMENITIES
Delta Marsh	Southern tip of Lake Manitoba, access from PR 240 and PR 430	  
American Avocet, Sedge Wren, Nelson's Sharp-tailed Sparrows, Horned Grebe, Common, Hooded & Red-breasted Mergansers, Double-crested Cormorant, Canvasback, Forster's, Common, Caspian & Arctic Terns, Common & Red-throated Loons, Tundra Swan, Bald & Golden Eagles		

PEMBINA VALLEY

LOCATION	HOW TO GET THERE	AMENITIES
Pembina Valley Provincial Park	See Parks in Manitoba map on page 64	   
Great Crested Flycatcher, Yellow-throated Vireo, Veery, Orange-crowned Warbler, American Redstart, Scarlet Tanager, Indigo Bunting, Eastern Towhee		
Windygates Hawk Watch Site	East of the hamlet of Windygates (refer to Finding Birds in Southern Manitoba book for detailed directions)	No amenities on-site
Bald & Golden Eagles, Red-tailed & Rough-legged Hawks, Northern Harrier, Turkey Vulture, Peregrine Falcon		

WESTERN REGION

LOCATION	HOW TO GET THERE	AMENITIES
Brandon - Assiniboine River Corridor (including Curran Park, Eleanor Kidd Gardens and Queen Elizabeth Park)	Parking access at the Riverbank Discovery Centre east of the intersection of 18th St. and Kirkcaldy Dr. (follow signs). Curran Park access south of PR 459 west of junction of 18th St. and Kirkcaldy Dr.	  
Canada Goose, Pied-billed Grebe, Spotted Sandpiper, Belted Kingfisher, Yellow-headed Blackbird, Wood Ducks, Hooded Merganser, Common Goldeneye, Broad-winged Hawk, Least Flycatcher, Yellow-throated, Warbling, & Red-eyed Vireos, Clay-coloured Sparrow, Cliff & Northern Rough-winged Swallow, Eastern Wood-Pewee, Great Crested Flycatcher, Rose-breasted Grosbeak, Baltimore Oriole		
Brandon Hills WMA	10 km south of Brandon on Hwy 10 (follow signs)	
More than 50 species, such as Scarlet Tanager, Ruffed Grouse, Yellow-bellied Sapsucker, Indigo Bunting, White-breasted Nuthatch, Golden-winged Warbler, Spotted Sandpiper, Northern Waterthrush, Loggerhead Shrike, Horned Lark, Vesper Sparrow		
Douglas Marsh	South of Trans Canada Hwy and village of Douglas on PR 340 (follow signs)	 in village of Douglas (follow trail to marsh)
Yellow Rail, Wilson's Snipe		
Oak Lake Area	West of town of Oak Lake on Hwy 1 to junction of PR 254	  
Diverse habitats attract multiple species such as White-faced Ibis, American Avocet, Tundra Swan, Orchard & Baltimore Orioles, Yellow Warbler, Clark's Grebe, Franklin's Gull, Baird's Sparrow, Chestnut-collared Longspur, Burrowing Owl, Cattle Egret		
Whitewater Lake	West of Boissevain and north of Hwy 3 (refer to Finding Birds in Southern Manitoba for detailed directions)	     
Enormous numbers of waterfowl and shorebirds as well as rarities, such as Great, Snowy & Cattle Egrets, White-faced & Glossy Ibis, and Curlew Sandpiper		

INTERLAKE REGION

LOCATION	HOW TO GET THERE	AMENITIES
Oak Hammock Marsh (See ad on Page 38)	25 km north of Winnipeg, access from PR 220, 4 km north of Hwy 67	
296 species observed (106 breeding), such as Snowy Owl, Ross's & Greater White-fronted Geese, Cinnamon Teal, Garganey & Eurasian Wigeon, American Golden Plover, White-rumped Sandpiper, White-faced Ibis, and huge numbers of Canada Geese		
Red River Road & Lockport	Junction of PR 238 and Hwy 44 at Lockport	
American White Pelicans		
Hecla/Grindstone Provincial Park	See Parks in Manitoba map on page 64	
Spruce Grouse, Northern Hawk, Barred, Great Gray & Northern Saw-whet Owls, American Three-toed, Black-backed & Pileated Woodpeckers, Boreal Chickadee		

NORTH OF 53°

LOCATION	HOW TO GET THERE	AMENITIES
Churchill area (including Akudlik Marsh, Churchill River Estuary, Wapusk National Park, Cape Churchill WMA, York Factory and Cape Tatnam WMA)	Northern Manitoba, accessible by train or plane only	
Approximately 200 species, including Ross's Gull, Hudsonian Godwit, Arctic Tern, Smith's Longspur, Bonaparte's Gull, Pacific Loon, Gyrfalcon, Willow & Rock Ptarmigans, Harris's Sparrow, Jaegers		
Clearwater Lake / Grass River Provincial Parks	See Parks in Manitoba map on page 64	
Sharp-tailed Grouse, Gray Jay, Boreal Chickadee, Winter Wren, Bay-breasted & Connecticut Warblers, Blue-headed & Philadelphia Vireos		

EASTERN REGION

LOCATION	HOW TO GET THERE	AMENITIES
Grand Beach Provincial Park	See Parks in Manitoba map on page 64	
Summer Tanager, Piping & Black-bellied Plovers, Osprey, Great Blue Heron, Bald Eagle, Pine Warbler		
Patricia Beach Provincial Park	See Parks in Manitoba map on page 64	
Common, Forster's, Caspian & Black Terns, Western Grebe, American White Pelican, Bald Eagle		
Victoria Beach	120 km north of Winnipeg on Hwy 59	
Blackburnian Warbler, American Redstart, Red-breasted Nuthatch, Pileated, American Three-toed, & Black-backed Woodpeckers, Boreal Chickadee, Bald Eagle, Bonaparte's Gull		
Seven Sisters Falls / Natalie Lake / Pinawa	East of Hwy 11 and north of Hwy 44	
Red-throated Loon, Long-tailed Duck, Sandhill Crane, Northern Hawk Owl		
Birds Hill Provincial Park	See Parks in Manitoba map on page 64	
More than 222 species, such as Northern Goshawk, Northern Shrike, American Woodcock, Northern Saw-whet Owl, Indigo Bunting, Eastern Towhee, Lark Sparrow, Eastern Bluebird		

WHAT TO KNOW BEFORE YOU GO

Fees: Vehicle park passes are required in provincial or national parks. (Find more information in the Parks in Manitoba pages at the back of the guide.)

Information sources

- Manitoba Naturalists Society – includes rare species reporting, Manitoba Species List, Important Bird Areas, and organized bird outings:
www.manitobanature.ca/birder/index.html
- Manitoba birds – Birds and Birding in Manitoba (forum):
<http://groups.yahoo.com/group/manitobabirds>
- The Birds of Manitoba Online (Manitoba Museum) - includes hotspots and checklists:
www.virtualmuseum.ca/Exhibitions/Birds/MMMN/English/index.html
- Delta Marsh Bird Observatory: www.dmbo.org
- FortWhyte Alive: www.fortwhyte.org
- Oak Hammock Marsh: www.oakhammockmarsh.ca
- Riding Mountain National Park – Birder's checklist available at the Visitor Centre for the approximately 260 bird species found in the area. Also, check with Parks Canada at (204) 848-7275 for information on interpreter-led wildlife viewing in summer and fall:
www.parkscanada.ca/ridingmountain
- Whitewater Lake – includes map and species list: www.whitewaterlakemb.com
- Winnipeg's major park locations:
www.winnipeg.ca/publicworks/ParksandFields/Parks/ParkLocations.asp

Birding festivals

- Delta Marsh Birding Festival – held every other year, taking place next in May 2010
www.dmbo.org/festival
- Eaglefest at Hecla Provincial Park
www.gov.mb.ca/conservation/parks/popular_parks/hecla_grindstone
- Oak Hammock Marsh Migration Festival
www.oakhammockmarsh.ca

Guide to Churchill

Planning to visit Churchill? Contact Travel Manitoba for a copy of the Guide to Churchill. Packed with information on polar bears, birds, beluga whales and more, this guide includes everything you need to put together an amazing trip.

Black bear country

Manitoba has a healthy black bear population – be alert and 'bear smart' when travelling in their habitat. For more information, see: www.gov.mb.ca/conservation/wildlife/problem_wildlife/pdf/bebearsmart_bklt.pdf

Guidebooks

-  ***Finding Birds in Southern Manitoba*** – Manitoba Naturalists Society & Brandon Naturalists Society (Manitoba Naturalists Society, 2006)
-  ***The Birds of Manitoba*** – Manitoba Avian Research Committee, Manitoba Naturalists Society (Manitoba Naturalists Society, 2003)
-  ***Pelicans to Polar Bears: Watching Wildlife in Manitoba*** – Catherine Senecal (Heartland Publications, 1999)
-  ***Manitoba Birds*** – Andy Bezener & Ken De Smet (Lone Pine Publishing, 1999)

Accommodations

Call Travel Manitoba at 1-800-665-0040 for a free Vacation and Accommodations guide and provincial highway map. Accommodations range from campgrounds to hotels, motels, lodges and bed & breakfasts. During polar bear viewing season in Churchill, be sure to book well in advance, as accommodations fill up quickly.

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a wildlife viewing or birding adventure:

- Arctic Nature Tours
- Bakers Narrows Lodge
- Blue Sky Outfitters
- Churchill Nature Tours
- Churchill Northern Studies Centre
- Churchill River Mushing
- Churchill Wild
- Churchill Wilderness Encounter
- Crooked Creek Lodge
- D. & O. Soloway Outfitters
- Earth Rhythms Learning Adventures
- Falcon Beach Riding Stables & Guest Ranch
- Fehr-Way Tours Ltd.
- Frontiers North Adventures
- Great Gray Owl Wilderness Adventure Camp
- Great White Bear Tours Inc.
- Gull Harbour Marina
- Heartland International Travel & Tours
- Hudson Bay Helicopters
- Kayak Churchill
- Lazy Bear Lodge
- Mantario Wilderness Skills
- Nanuk Polar Bear Lodge
- Narrows West Lodge Inc.
- Nature 1st (Adventure Walking Tours)
- North Star Tours
- Northern Life
- Opasquia Tours
- Red River Outfitters
- Riding Mountain Guest Ranch
- Riding Mountain Nature Tours
- Routes on the Red
- Sea North Tours Ltd.
- Second Nature
- Sno-Much Fun
- The Great Canadian Travel Company Ltd.
- The Tundra Buggy® Adventure
- Toban Experience
- Trapper Don's Lodge & Outfitting Services
- Walk in the Wild
- Wapusk Adventures
- Watchee Lodge
- Wilderness Spirit Adventures

Parks Canada Turns 100!

Parks Canada celebrates its 100th anniversary in 2011, a major milestone for the world's first national parks service. There are 167 national historic sites, 42 national parks and four national marine conservation areas located across the country. Manitoba is home to two national parks and nine national historic sites – all excellent places to discover Manitoba's and Canada's natural and cultural treasures.

Riding Mountain National Park features a unique mix of accessible wilderness, including 400km of trails, and great town site amenities, like charming boutiques and fantastic restaurants. Let the Visitor Centre, a national heritage building, be the starting point for all your park adventures. Learn about guided hikes, outdoor experiences and many other exciting activities waiting for you. No matter when you come to Riding Mountain National Park there is always something to do!

Did you know that The Forks is a National Historic Site? Parks Canada manages nine acres of interpretive trails, relaxing green space and river forest within the greater Forks site. Explore these trails with an interpreter on the 6,000 Years in 60 Minutes walking tour or using GPS technology and a self-guiding booklet to track down "elusive" history at The Forks and locate a hidden geocache. All tours/programs depart from the Explore Manitoba Centre.

Not only is the area of Manitoba along the shores of the Hudson Bay historically significant, it is also a unique and special natural area. Wapusk National Park is a fantastic place for viewing arctic wildlife, including polar bears that den in the area. It is also one of the top bird-watching destinations in the province and is home to caribou, arctic fox, lynx and black bear. Hop on a boat to the Prince of Wales Fort, built 250 years ago, and learn about the history of the fort's role in the 18th century rivalry for control of the territory. Take a guided tour to see the fort, the cannons at Cape Merry Battery, the signatures of historical people carved into rocks at Sloop Cove and enjoy the fantastic scenery.



To learn more about any of Manitoba's National Parks or National Historic Sites, visit www.pc.gc.ca. Find information on getting there, what to do while you're there and a listing of special events and activities.

CANOEING / KAYAKING

...As we settled into our canoes, the boreal forest around us takes in the morning dew and gives off that undeniably unforgettable, smell of fresh air... For the next few days we paddle the shallow Deer, winding down a serpentine trail of trippy little rapids. We see a blue heron that first morning and some caribou tracks on the riverbank when we stop for lunch...

- Carmen Speich

With thousands of freshwater...

lakes and world-class wilderness rivers, Manitoba serves up a smorgasbord of paddling choices to satisfy all appetites.

Enough whitewater to make your head spin. Rivers so remote that caribou, moose, black bear and eagles are your only companions. Manitoba's full menu of variety and quality caters to the discerning paddler – wild rivers on the northern edge of the tundra, whitewater rivers in the boreal forest, prairie rivers meandering through towns and cities. Savour lakes the size of inland seas or sample interconnecting chains of small placid lakes. Gorge on an unending feast of canoeing and kayaking that will satisfy you for years.

Here are a few ideas to help you pinpoint the type of paddling experience that fits you. Find more specific details and more route suggestions in the charts that follow.



The Bloodvein, Seal and Hayes rivers are part of the Canadian Heritage Rivers System, recognizing their outstanding natural, cultural or recreational value. The historic Red River, which flows through Winnipeg, was recently designated as Manitoba's fourth heritage river.

Photo Credit: Ericlindberg.com

Raucous whitewater and wilderness

Picture your ideal whitewater experience on a remote wilderness river surrounded by rugged granite cliffs. A ferocious ride, the **Pigeon River** commands your respect. Get your heart racing through an astonishing 40-km stretch that never lets up, punctuated by thirty sets of rapids. No wonder it's called 'Manitoba's Colorado River'. Catch your breath and look up to glimpse a black bear or moose along the river's edge.

Head to the remotest corner of Manitoba for a must-do experience that will imprint itself on your soul. On the **Seal River**, satisfy both your need for exciting whitewater and an amazing variety of wildlife and scenery, shifting from forest to subarctic tundra in the '**Land of the Little Sticks**'. Harbour seals that come to play and feed 260 km inland at Shethanei Lake will bring a smile to your face. Let the feeling of untouched wilderness seep into your consciousness as you hike the worn path of the 400,000 strong Qamanirjuaq barren-ground caribou herd. Trace their migration route along the spine of ancient eskers, long ridges of sand and gravel left behind when the glaciers melted. And bring your best whitewater skills – you'll need them!

Challenge your expertise on one of Manitoba's most pristine and isolated wilderness routes – the **Thlewiaza, Cochrane and Caribou rivers**. Travel through tundra in the far northern reaches next to the

Nunavut border. Reserved for paddlers with extensive whitewater skills and wilderness travel experience, and a passion for fishing.

Be part of history on the **Hayes River**, one of the only remote rivers in Canada that sees fewer paddlers today than 200 years ago. A principal fur trade route for the Hudson's Bay Company, this historic waterway blends exquisite wilderness with an integral time in the country's development. Reset your arms and challenge your legs with a hike up Brassey Hill, Manitoba's second highest point. Check out the mammoth bearded seals and smaller ringed seals in the river's estuary, where freshwater mingles with seawater from Hudson Bay. Finish your journey with a visit to the 172-year-old Hudson's Bay Company trading post that still stands at **York Factory National Historic Site**.

Capture it all on the **Bloodvein River** – remote wilderness, over 100 small rapids and waterfalls, abundant wildlife and rare bird species, and red ochre pictographs marked on granite cliffs. Set deep within the spectacular Canadian Shield – rock formed during the Precambrian era between four billion and 540 million years ago – this exceptional river attracts paddlers from around the world for trips varying from five days to two weeks.



Playboating

Combine a narrow channel and a serious drop in elevation to make **Sturgeon Falls** on the Winnipeg River your choice playboating spot. It was named by Ken Whiting, former world freestyle kayaking champion, as one of the Top 10 places to

paddle in North America. Camp nearby and play for days. Mix it up at **Cooks Falls** on the Whitemouth River, a destination that will satisfy playboaters of varying skill levels.



Lake paddling

Find plenty of tranquil **flatwater paddling** at its finest on Manitoba's 100,000 lakes. Explore a variety of popular routes in **Whiteshell, Nopiming and Atikaki provincial parks**. Check the

charts that follow for specific routes that match your preferences, from a few to many portages or from a day trip to a weekend in the wild.

Road Accessible Wilderness

The **Manigotagan River** in Nopiming Provincial Park provides a speedy wilderness getaway, providing five days of challenging paddling for all skill levels. Delight in the same ancient bedrock of the Canadian Shield and variety of wildlife and birdlife seen on the Bloodvein. Develop your whitewater confidence or portage around the various rapids and falls. Watch for western painted or snapping turtles sunning themselves on rocks. Plan your route using the new Manigotagan River Canoe Route online interactive map and trip planner at www.mbeconetwork.org/canoemap.

If you prefer a northern route without much whitewater and road access, then the **Grass River** is your pick. Alive with birds, including common loons, double-crested cormorants, American white pelicans, bald eagles and great blue herons, the Grass is renowned for its abundant waterfalls and exceptional fishing. Drop a line to catch pike, walleye, whitefish or lake trout. The Grass flows through a number of large lakes including Tramping Lake, home to one of Manitoba's best pictograph sites. Once the Grass River narrows to a corridor, camp each night next to one of the many waterfalls.

Urban rivers

Dip a paddle in one of the four major waterways flowing through or next to **Winnipeg**, including the Red, Assiniboine, Seine and La Salle rivers. Amuse yourself for a few hours or devote days on the water within and beyond the city limits, discovering the urban environment and rural countryside from the vantage of a prairie river.

Explore another urban section of the Assiniboine River in **Brandon**. Rent a canoe or kayak near Riverbank Discovery Centre and laze away the day paddling through the heart of the city.

CANOEING / KAYAKING IN MANITOBA

Looking for a two-week trip or a weekend adventure? Manitoba's thousands of rivers and lakes are all potential destinations for canoeing and kayaking. Find a premier paddling experience in Manitoba that fulfills your desires and fits your schedule.



Photo Credit: Ericlindberg.com

FLATWATER LAKES / FEW PORTAGES

PADDLING ROUTE	LOCATION	START	DESTINATION	DISTANCE / NOTES
Beaver Lake	Duck Mountain PP	Prieston Lake	Beaver Lake	6.4 km one-way
Brereton Lake to Mud Turtle	Whiteshell PP	Brereton Lake	Mud Turtle	6 km round trip
Caddy Lake to North Cross	Whiteshell PP	Caddy Lake	North Cross Lake	~10 km one-way
Chain Lakes	Duck Mountain PP	PR 366, south end of Chain Lakes	Northern end of Chain Lakes	5.8 km one-way
Falcon Lake to High Lake	Whiteshell PP	Falcon Lake	High Lake	~3 km one-way
Hanson's Creek	Whiteshell PP	Hanson's Creek and Hwy 44 near Bear Lake hiking trail	End of Hanson's Creek	32 km round trip to Frances Lake with 4 portages
Rabbit River - Cole Lake	Nopiming PP	Junction of PR 314 and Black River	Cole Lake	30 km return / 2 days
Seagrim Lake / Elton Lakes	Nopiming PP	PR 314 west of Black Lake Campground	Second Lake	15 km return / 2 days
White Lake to Cabin Lake	Whiteshell PP	White Lake campground	Cabin Lake	Short day paddle

PLAYBOATING

PADDLING ROUTE	LOCATION	ACCESS
Cook Falls (Whitemouth River)	Near town of Elma at junction of Hwys 11 and 15	3.2 km SE of Elma
Sturgeon Falls (Nutimik Lake)	Winnipeg River, Whiteshell PP	Nutimik Lake campground

BIG LAKES / MOVING WATER / PORTAGES

PADDLING ROUTE	LOCATION	START	DESTINATION	DISTANCE / NOTES
Assiniboine River	Spruce Woods PP	PR 340	Hwy 34	125 km / 3-5 days
Bird (Oiseau) River	Nopiming PP	Bird Lake	PR 315	34 km / 1 day
Bird River to Elbow Lake	Nopiming PP	Tulabi Falls	Entrance to McGregor Lake	55 km return / 3 days
Grass River	Grass River PP	Wekusko Lake	Setting Lake	~125 km / 4-6 days
Mantario Lake	Whiteshell PP	Big Whiteshell	Mantario lake	16 km one-way
Oskar Lake loop	Turtle Mountain PP	Oskar Lake Rd	Oskar Lake Rd	19 km loop
Pinawa Channel	Pinawa Dam PP	East end of PR 211	Old Pinawa Dam	7 km one-way
Rice River	North of Hollow Water First Nation	Winter road north of PR 304 to bridge	Lake Winnipeg	13 km one-way
Souris River	Southern MB near Brandon	Bridge on PR 348	Confluence with Assiniboine River	58 km / 2-3 days
Whitemouth River	Hwy 1 East, south of Hadashville	End of PR 505, south of Hwy 1	Wayside park, Forestry Rd 30	~18 km one-way
Whiteshell River	Whiteshell PP	Caddy Lake	Betula Lake	85 km / 2-3 days

REMOTE / MOVING WATER / PORTAGES

PADDLING ROUTE	LOCATION	START	DESTINATION	DISTANCE / NOTES
Berens River	Little Grand Rapids	Family Lake (fly-in)	Berens River village (fly-out)	148 km / 5-8 days
Black River	Nopiming PP	Black Lake	PR 304, 40 km north of Pine Falls	95 km / 4-5 days
Bloodvein River	Atikaki PP	Artery Lake (fly-in)	Lake Winnipeg	225 km / 12-14 days
Gammon River	Atikaki PP	Obukowin Lake (fly-in)	Junction with Bloodvein (fly-out)	106 km / 3-4 days
Hayes River	Northern MB, south of Wapusk National Park	Oxford House (fly-in)	York Factory (fly-out)	380 km / 14-18 days
Manigotogan River	Manigotogan River PP	Hwy 314 near Long Lake	PR 304 at Manigotogan	134 km / 4-7 days
Pigeon River	Atikaki PP	Shinning Falls on Family Lake (fly-in)	Mouth of the river (fly-out)	153 km / 5-9 days
Seal River	Northern Manitoba, west of Churchill	Tadoule Village (fly-in)	Hudson Bay (fly-out)	315 km / 18-21 days

PADDLING IN THE CITY

PADDLING CITY	LOCATION	ACCESS
Winnipeg	Red River, Assiniboine River, Seine River, La Salle River	Winnipeg boat launches & docks along the Red and Assiniboine rivers: www.winnipeg.ca/publicworks/ParksandFields/Parks/BoatLaunches.asp Routes on the Red: www.riverswest.ca
Brandon	Assiniboine River	Brandon Riverbank Discovery Centre – Assiniboine River Corridor: www.riverbank.mb.ca

WHAT TO KNOW BEFORE YOU GO

Fees: Vehicle park passes are required in provincial or national parks. (Find more information in the Parks in Manitoba pages at the back of the guide.)

Maps & information sources

- Canada Map Sales (Manitoba Conservation, Product Distribution): One-stop shopping for topographic maps, hydrographic charts, illustrated maps of 13 major canoe routes prepared by artist/canoelist Réal Bérard, and several of the books listed above. Find online at www.canadamapsales.com or call (204) 945-6666 / toll-free 1-877-627-7226.
- Canoeing in Manitoba's provincial parks: www.gov.mb.ca/conservation/parks/recreation/canoeing.html
- Canadian Heritage Rivers in Manitoba: www.gov.mb.ca/conservation/parks/recreation/canoeing.html
- Paddle Manitoba: www.paddle.mb.ca
- Manitoba Whitewater Club: www.mbwhitewaterclub.ca
- Manitoba playboating spots: www.wavpaddling.ca/manitoba-playspots
- Canadian Canoe Routes Forum – Manitoba: www.myccr.com/SectionForums/index.php
- Duck Mountain Provincial Park - Beaver Lake canoe route: www.gov.mb.ca/conservation/parks/park_maps/duck_mountain/beaver_lake_canoe_area.pdf
- Duck Mountain Provincial Park - Chain Lakes canoe route: www.gov.mb.ca/conservation/parks/park_maps/duck_mountain/chain_lake_canoe_area.pdf
- Manigotagan River canoe route: online interactive map and trip planner available at www.mbeconetwork.org/canoemap. Check the website for locations to purchase a printed copy of the map.
- Nopiming Provincial Park – Elton Lakes to Seagrim Lake / Rabbit River to Cole Lake / Bird River to Elbow Lake canoe routes: www.gov.mb.ca/conservation/parks/park_maps/nopiming/nopiming_water_routes.pdf
- Turtle Mountain Provincial Park - Oskar Lake Loop canoe route: www.gov.mb.ca/conservation/parks/park_maps/turtle_mountain/turtle_mtn_oskar_lake_canoe.pdf
- Brandon Riverbank Discovery Centre – Assiniboine River Corridor – www.riverbank.mb.ca
- Winnipeg boat launches & docks along the Red and Assiniboine rivers: www.winnipeg.ca/publicworks/ParksandFields/Parks/BoatLaunches.asp

Annual events

- Waterwalker Canoe and Kayak Film Festival: www.paddlemb.ca
- Canadian Rivers Day: www.saveourseine.com

Guidebooks



• *A Daytripper's Guide to Manitoba: Exploring Canada's Undiscovered Province* – Bartley Kives (Great Plains Publications, 2006)



• *Wilderness Rivers of Manitoba: Journey by Canoe Through the Land Where the Spirit Lives* - Hap Wilson & Stephanie Aykroyd (Canadian Recreational Canoeing Association, 1998)



• *Canoeing Manitoba Rivers, Vol. 1 South* - John Buchanan (Rocky Mountain Press, 1997 – out of print but available used)



• *Northern Manitoba from Forest to Tundra: A Canoeing Guide and Wilderness Companion* – Paul M. Gahlinger (G.B. Communications, 1995 – out of print but available used)

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a canoeing or kayaking adventure:

- Arrow Lake Outfitters
- Bakers Narrows Lodge
- Black Feather
- Clearwater Canoe Outfitters
- Crooked Creek Lodge
- Gull Harbour Marina
- Kayak Churchill
- Lazy Bear Lodge
- Mantario Wilderness Skills
- Narrows West Lodge Inc.
- Neso Lake Adventures
- Northern Life
- Northern Soul Wilderness Adventures
- Red River Outfitters
- Rivers Run Wild
- Routes on the Red
- Sea North Tours Ltd.
- Toban Experience
- Walk in the Wild
- WAVpaddling
- Whiteshell Outfitters
- Wilderness Spirit Adventures



HIKING

This summer a friend took me to the most beautiful spot I've ever been to in Manitoba...and I've explored the province from top to bottom! It's a hidden spot with a slow climb and then dramatically descends into a ravine and then ascends up the back side of this enormous mound of shale on the Manitoba Escarpment. The steep climb up the shale mountain is well worth the incredible view from the top... it's totally mind blowing and breathtaking!
- Trish Johnston

From the hundreds of trails...

around Manitoba, here are just a few ideas to relieve your itchy feet and wanderlust. Sample the sheer variety of hiking and walking trails – backpack overnight, walking the day away, or amble for an hour or two with the family. Here are just a few ideas with more extensive details and suggestions in the charts that follow.



Overnight backpacking

Challenge your stamina on the remarkable terrain of the 66-km **Mantario Hiking Trail**, which snakes up and down the exposed bones of the Precambrian Shield in Whiteshell Provincial Park. Tread over ancient grey and black granite striped with pink quartzite, flecked with sparkles of mica, and splotched by khaki-green lichens. Gnarly jack pines valiantly push their way out of sheer rock cliffs, reaching out over peaceful clear lakes that dot the length of the trail. The dramatic contrast of rock, water and trees is achingly beautiful but accessing this view takes effort. The continual change in elevation will challenge your fitness level as well as your navigational skills. Finding a path on three-billion-year-old rock is nothing like following a beaten earth trail or looking into the distance at a well-worn path visible along a mountain ridge. While most hikers take three to five days to complete the trail one way, runners in the '**Mantario Marathon**' cover the same distance in just 12 hours over two days during the annual event held the last weekend in September.

Hike between two sets of spectacular waterfalls in **Pisew Falls Provincial Park**, located 725 km north of Winnipeg. Cross the suspension bridge for a spray-in-your-face view of these picturesque falls plummeting 13 metres into the Grass River. Beyond the bridge, follow the upper track of the 22-km return hiking trail, which parallels the Grass River, to **Kwasitchewan Falls**, Manitoba's highest natural waterfall. Camp overnight at one of three backcountry sites. Take the spur trail to view Kwasitchewan Falls and two sets of rapids above the falls. Return to the trailhead the next day along the lower trail, which shadows the edge of Phillips Lake. For optimum conditions, hike the route in spring or autumn. Intended for fit hikers, this trail requires carrying lots of water. Be sure to hang a provincial park pass in your vehicle before starting out. Pick up a map and purchase your pass at Paint Lake Provincial Park office 50 km north of Pisew Falls.

Full day hikes

Watch for evidence of black bear on the rugged and scenic **Gorge Creek Trail** in the eastern half of **Riding Mountain National Park**. Loose shale on the narrow path, across a steep slope carved away by water over thousands of years, requires a steady foot. Start at the eastern trailhead, from the Birches picnic site, to make for an easier return, descending from 700 to 420 metres.

Step through history on the **Silver Bend Trail** in southwestern Manitoba. Through interpretive signage along the trail, learn the stories of early settlers and supplies that arrived by steamboat in the 1800s. Imagine an earlier time when the Avonlea peoples hunted in the area, using bows and finely crafted stone arrowheads. Stop occasionally to soak in exceptional views of the Assiniboine River Valley.

Challenge yourself on a 20-km return hike in the **Brandon Hills**, trekking across the spine of the Manitoba Escarpment. Defined as a push moraine, these hills are ice-shoved ridges of glacial sediment. Start on the ski and cycling trails under a canopy of poplar, bur oak

and Manitoba Maples, continuing beyond to eventually rise onto an open steep ridge. Tread this earthen spine with its panoramic views of the surrounding countryside.

Enter another world on the **Spirit Sands** and **Devil's Punch Bowl** trails in **Spruce Woods Provincial Park** and find stretches of open sand dunes in the middle of the prairie. Carry lots of water for this hike, where the sun beats down on the sand, creating desert-like conditions. Watch for turkey vultures circling overhead. After exploring this geographical anomaly, cool off next to the blue-green waters of the Devil's Punch Bowl fed by underground streams.

Track the **Black Wolf Trail** in **Hecla Provincial Park**, a recent 19 km addition to the island's extensive trail system. Encounter the Icelandic fishing roots of the region on a tour of historic Hecla Village or follow the Lighthouse Trail to the end of a skinny peninsula for views of neighbouring Black Island in Lake Winnipeg. Nourish your spirit soaking up the setting sun on a white sandy beach along the northwest shore.

Robertson Esker

Manitoba's largest and longest esker runs over 190 km through the northwest region of the province, reaching into Nunavut.

Hike a remote esker

Awaken your sense with a unique adventure hiking along timeworn eskers near the community of **Lynn Lake** in northwestern Manitoba. Retrace the historic pathways of Aboriginal peoples and migrating barren-ground caribou on

ridges formed by retreating glaciers over 12,000 years ago. Bring your binoculars to spot a variety of birds in the 'Land of the Little Sticks' where forest transitions into tundra.

Family hikes

Go a little ways or take in the entire length of the **Ironwood Trail** and **Pinawa Heritage Channel Walk**. Cross the suspension bridge over the Pinawa Channel to immerse yourself in a white spruce forest bordering a rugged shoreline of massive slabs of rocks. Traverse the diversion dam to reach the scenic community of Pinawa and connect with the Ironwood Trail, a self-guiding path that edges the impressive Winnipeg River. Finish up by wandering through the nearby **Pinawa Heritage Dam**, whose crumbling remains resemble a Roman aqueduct.

Stroll the shoreline of Lake Manitoba at **Steep Rock** alongside magnificent limestone cliffs soaring 30 metres above the water.

Explore the many wave-cut caves that pocket these cliffs. Lose yourself in the spectacular landscape before dunking into crystal clear water for a leisurely swim.

Pack a lunch and bring the entire family for a gentle hike along the self-guiding **Pine Point Trail** in **Whiteshell Provincial Park**. Stop for your picnic at the scenic Pine Point Rapids or add a second loop to Viburnum Falls and Acorn Falls. Be sure afterwards to stop by the sacred 1,500-year-old Bannock Point Petroforms, small boulder mosaics shaped into snakes, turtles, birds and geometric designs created by Aboriginal peoples over 1,500 years ago.

Hike in the city

In **Winnipeg**, choose from one of the many trails offered in the city's parks and neighbourhoods or stroll along the downtown riverwalk and watch the Assiniboine River flow by. Shadow the Red River through St. Boniface, the largest French-speaking community west of the Great Lakes, hiking through rows of towering cottonwoods along the riverbank in Whittier Park. Walk for kilometres on the Harte Trail, a converted rail bed that now forms part of the Trans Canada Trail's route through Winnipeg. Venture into the Living Prairie Museum after wandering through the urban preserve of tall grass prairie and

pick up a pack of native wildflower seeds to plant in your own backyard.

In **Brandon**, start your exploration at the Riverbank Discovery Centre. Stroll along the self-guided pond trail celebrating wetlands and the important habitat they provide. Spot a beaver chiseling the base of a poplar. Hike the entire 17 km of trail as it winds through riverbottom forest, along sports fields and roadways, connecting with historic downtown Brandon.

HIKING IN MANITOBA

Spend a day or a few hours hiking one of these suggested trails for a completely different experience each time. (For driving directions to specific parks and links to maps, refer to the Parks in Manitoba section at the back of the guide.)

INTERLAKE REGION

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Hecla Provincial Park	See Parks in Manitoba map on page 64	Multiple trails, from 0.6 km to 23.2 km	Easy to moderate

Wander the many trails on Hecla Island for spectacular views of Lake Winnipeg and the Grassy Narrows Marsh. Download map: www.gov.mb.ca/conservation/parks/education/trails

CENTRAL PLAINS

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Rae Trail	West of Hwy 34, north of Holland	14 km loop	Moderate

Rolling terrain combine with expansive views of the Assiniboine River. Find out why it's one of the province's best in *Hiking the Heartlands* (Prairie Pathfinders).

Beaudry Provincial Park	See Parks in Manitoba map on page 64	5 trails, from 2 to 5 km loops	Easy
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Gentle, undulating trails close to Winnipeg.

Download map: www.gov.mb.ca/conservation/parks/park_maps/beaudry/beaudry_hiking_trails.pdf

NORTH OF 53°

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Grass River Provincial Park	See Parks in Manitoba map on page 64		

Download info & maps: www.gov.mb.ca/conservation/parks/education/trails

Karst Springs	Next to the campground	3.2 km loop	Easy
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Take in this short trail to see the spring that gushes out of a solid rock face and flows into the Grass River.

Wekusko Falls	Access from PR 392, 115 km east of The Pas	3 km loop	Moderate
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Witness the Grass River plunging through a series of falls and rapids as you cross two swinging footbridges that traverse the rushing waters. (No online map available.)

Clearwater Lake Provincial Park	See Parks in Manitoba map on page 64		
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Download info & maps: www.gov.mb.ca/conservation/parks/education/trails

Caves	Access from PR 287	0.8 km loop	Moderate
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Gaze into deep crevices that formed when rock masses split and check out the lake that lives up to its name with crystal clear water.

WESTERN REGION

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Langford Trails	15 km southeast of Neepawa	4 connecting trails, from 1 to 3.1 km	Easy
Explore this new trail system and discover why locals refer to the area as the 'Brown Sugar Mountains'. Find info & map under Recreation: www.langford.ca			
Spruce Woods Provincial Park	See Parks in Manitoba map on page 64		
Download info & maps: www.gov.mb.ca/conservation/parks/education/trails			
Spirit Sands / Devil's Punch Bowl	West side of Hwy 5, just north of the Assiniboine River	10 km loop	Moderate to difficult
Not a true desert but the sand dunes and cacti sure make it look like one! Don't miss the 45 metre deep Devil's Punch Bowl.			
Springridge	Next to Steels Ferry Overlook, 4 km east of campground	1.2 km loop	Easy
Be sure to take in the Steels Ferry Overlook with its spectacular view of the ancient valley and the modern Assiniboine River.			
Hogsback	North of Hwy 2, east of Cypress River	3 km return	Moderate
Short hike that's worth the trip for the panoramic view. More details available in <i>Hiking the Heartlands</i> (Prairie Pathfinders).			
Silverbend	Near town of Miniota, off Hwy 83	12 km return	Moderate
Prepare to be challenged by some steep climbs while immersed in the early settlement history of the Assiniboine River. Find details and maps in <i>Hiking the Heartlands</i> (Prairie Pathfinders).			

Spruce Woods Provincial Park

PARKLAND REGION

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Duck Mountain Provincial Park	See Parks in Manitoba map on page 64		
Download info & maps: www.gov.mb.ca/conservation/parks/education/trails or www.gov.mb.ca/conservation/parks/popular_parks/duck_mtn/duck_mtn_map.pdf			
Copernicus Hill	Access from PR 366 in the north half of the park, close to Glad Lake	1.5 km loop	Easy
Climb up the viewing tower for a 360 degree view, including Glad Lake.			
Baldy Point	Access from PR 367 in the southeast corner	3 km return	Easy
Check out an amazing view of the escarpment from the highest point of elevation in Manitoba.			
Blue Lakes Trail / Shining Stone Trail	Access from PR 367 in the south central section at West Blue Lake	5.5 km / 1.1 km loop	Moderate
Never leave the lake view on this enjoyable trail.			
Roaring River Canyon	Access from PR 486, in Duck Mountain Provincial Forest	18.5 km return	Difficult
Follow this combination of trail and forestry road deep into the forest to eventually reach Jumper Plains. Check out the excellent description and map in <i>Hiking the Heartland</i> (Prairie Pathfinders).			

Duck Mountain Provincial Park

PARKLAND REGION CONTINUED

Bellsite	Off Hwy 10, at Porcupine Provincial Forest	14 km return	Difficult
Tread this challenging old logging road to earn the payoff – a spectacular view of Bell River Canyon. Find detailed information in <i>Hiking the Heartlands</i> (Prairie Pathfinders).			
Thunder Hill	Located between towns of Swan River and Benito, off PR 487	4.5 km loop	Moderate
Soak in the Swan River Valley on these trails developed by a local bike club. Learn more in <i>Hiking the Heartlands</i> (Prairie Pathfinders)			
Asessippi Provincial Park	See Parks in Manitoba map on page 64		
Download info & maps: www.gov.mb.ca/conservation/parks/education/trails			
Ancient Valley	Access from main park road, off PR 482	3 km loop	Easy
Learn how glacial processes shaped the landscape 8,500 years ago on this rolling terrain.			
Riding Mountain National Park	See Parks in Manitoba map on page 64		
Map available at the Visitor Centre or refer to <i>Riding Mountain National Park Trail Guide: Taking to the Trail</i> (Friends of RMNP). Trail descriptions online: www.pc.gc.ca/pn-np/mb/riding/activ/activ4_e.asp			
Lakeshore	Wasagaming Townsite	Short loop 1 km / Long loop 7.2 km	Easy
Stroll along the shoreline of Clear Lake on this gentle trail.			
Ominnik Marsh	Wasagaming Townsite	1.9 km loop	Easy
Rent a Marsh Discovery Kit from the Nature Shop at the Visitor Centre before taking to the trail.			
Gorge Creek	North of Hwy 19 in the east side of the park	12.8 km return	Difficult
Hike these steep slopes to observe a gorge created by thousands of years of erosion; a challenging trail that rewards with spectacular vistas.			
Grey Owl	North side of Hwy 19, close to junction of Hwy 10	17.8 km return	Moderate
Devote a day hiking this scenic trail to sit in the cabin where Grey Owl lived for six months in 1931 or save the cabin for another day and turn onto the Kinosao trail junction for a shorter distance (total 7.3 km loop).			
Brule	Shared trailhead with Grey Owl / Kinosao	2.1-4.2 km	Easy
Watch for tiger salamanders on the way to Kinosao Lake.			
Moon Lake	35 km north of Wasagaming, east of Hwy 10	9.2 km loop	Difficult
Bring your binoculars for an excellent chance of glimpsing moose browsing.			
Ochre River	22 km north of Wasagaming, east of Hwy 10	24.9 km return	Difficult
Experience a wide variety of landscapes on this rugged and exhilarating trail.			

EASTERN REGION

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Birds Hill Provincial Park	See Parks in Manitoba map on page 64	12 trails, from 1 to 12 km return	Easy to moderate
Close proximity to Winnipeg makes this a popular park for hiking as well as picnics, swimming, inline skating and cycling. Download info & maps: www.gov.mb.ca/conservation/parks/education/trails			
Grand Beach Provincial Park	See Parks in Manitoba map on page 64		
Take time away from the white sands to explore the history and many faces of this park. Download info & maps: www.gov.mb.ca/conservation/parks/education/trails			
The Beaches / Ancient Beach	Near park campground	6 km loop	Moderate
Enjoy the sheer variety of this route from a beach ridge to towering cliffs. Find more details and maps in <i>Hiking the Heartlands</i> (Prairie Pathfinders).			
Old Pinawa Dam	15 km northwest of Pinawa, off PR 520	17.2 km return	Moderate
Start with a quick tour of the romanesque ruins at Old Pinawa Dam before trekking along the Pinawa Channel to the suspension bridge. Download map: www.mrta.mb.ca/gfx/map_Pinawa.jpg			
Ironwood Trail	Pinawa, off Hwy 11 at end of PR 211	3.9 km one-way	Easy
Stroll along the Winnipeg River through a stand of rare ironwood trees. Start at the Pinawa Club (Pinawa beach) at the east end or jump into the middle at the marina.			
Whiteshell Provincial Park	See Parks in Manitoba map on page 64		
Pine Point Rapids	Access from PR 307, between Betula and Nutimik lakes	8.2 km loop	Easy to moderate
Hike the full loop to take in the rapids and two waterfalls. Download map: www.gov.mb.ca/conservation/parks/education/trails			
Hunt Lake	Access at eastern end of Hwy 44	12.6 km return	Difficult
Experience the best of Precambrian Shield on this popular and physically demanding trail. Download map at: www.gov.mb.ca/conservation/parks/park_maps/whiteshell/hunt_lake_trails.pdf			
Centennial Trail	South of Hwy 44, at Bear Lake Trail Wayside Park	11.4 km one-way	Difficult
Keep this challenging and invigorating trail for those willing to scramble and climb steep grades. Get the details and map in <i>Hiking the Heartlands</i> (Prairie Pathfinders).			
McGillivray Falls	Access at Hwy 44 at McGillivray Lake	4.6 km loop	Difficult
Reach the viewpoint on the shorter 2.8 km loop or follow the 4.6-km trail to get to McGillivray Lake. Download map: www.gov.mb.ca/conservation/parks/education/trails			
Castle Rock	Start at northern end of Mantario Trail, near Big Whiteshell Lake	14 km one-way	Difficult
Get a taste of wilderness on the north end of the 60 km Mantario Trail. Find a description and general map in <i>Hiking the Heartlands</i> (Prairie Pathfinders).			
South Whiteshell Trail	Access at Caddy Lake or West Hawk Lake	14 km one-way	Easy
Hike a lot or a little on sections of this gently rolling trail that also contains a 12 km spur trail to Falcon Lake. Download map: www.mrta.mb.ca/gfx/tcSouthWhiteshell.pdf			
Agassiz Interpretive Trail	North of PR 201, 6.4 km west of Vita	5 km loop	Easy
Must see remnant of tall grass prairie including six-foot tall Big Bluestem			

Grand Beach

Whiteshell Provincial Park

EASTERN REGION CONTINUED

Nopiming Provincial Park	See Parks in Manitoba map on page 64		
Known mostly for its canoeing and fishing, Nopiming also contains short but unusual hiking trails.			
Walk on Ancient Mountains	East of PR 314, close to Tooth Lake	1.8 km one-way	Moderate
Clamber up short, steep inclines on this short but challenging hike that leads to a magnificent 360-degree view. Download map: www.gov.mb.ca/conservation/parks/education/trails			

PEMBINA VALLEY

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Pembina Valley Rim	Pembina Valley Provincial Park, near Morden	6.5 km loop	Moderate to difficult
Climb up and down the steep walls of the Pembina River Valley. Find details and maps in <i>Hiking the Heartlands</i> (Prairie Pathfinders).			
Roseau River	Near Roseau River, west of Hwy 59	10 km return	Moderate
Cross a suspension bridge over the Roseau River on this former school path. Read the whole story in <i>Hiking the Heartlands</i> (Prairie Pathfinders).			

BACKPACKING TRAILS

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	DAYS
Pisew Falls	Pisew Falls Provincial Park	22 km return	2 days
Download map: www.gov.mb.ca/conservation/parks/park_maps/pisew_falls/pisew_falls_hiking.pdf			
Mantario Trail	Whiteshell Provincial Park	60 km one-way	3 to 6 days
Purchase map through Manitoba Naturalists Society or Canada Map Sales (info below). General trail information: www.manitobanature.ca/fomt/trail.html			
Epinette Creek – Newfoundland Trail	Spruce Woods Provincial Park	38.4 km return	2 days
Download park map: www.gov.mb.ca/conservation/parks/popular_parks/spruce_woods/spruce_woods_map.pdf			

URBAN HIKING

URBAN DESTINATIONS IN:	LOCATION	ACCESS
Winnipeg	Assiniboine Forest, Assiniboine Park, Bunn's Creek, Crescent Park, Kings Park, La Barrière Park, Little Mountain Park, Living Prairie Museum, Omand's Creek, Seine River / Greenway, St. Vital Park, Sturgeon Creek, Whittier Park	Winnipeg's major park locations: www.winnipeg.ca/publicworks/ParksandFields/Parks/ParkLocations.asp
Brandon	Curran Park, Dinsdale Park / Optimist Park, Ducks Unlimited Conservation Area, Eleanor Kidd Gardens, Queen Elizabeth Park, Westbran Area	Brandon Riverbank Discovery Centre – Assiniboine River Corridor: www.riverbank.mb.ca

WHAT TO KNOW BEFORE YOU GO

Fees: Vehicle park passes are required in provincial or national parks. (Find more information in the Parks in Manitoba pages at the back of the guide.)

Maps & information sources

Many maps for hiking trails in provincial parks can be found online and printed copies are available at the Manitoba Conservation office at 200 Saulteaux Crescent in Winnipeg. A trail map for Riding Mountain National Park is available online or can be picked up at the Parks Canada Administrative Office in Wasagaming. The excellent guidebooks listed below also contain trail information, maps and photos.

- Canada Map Sales (Manitoba Conservation, Product Distribution): one stop shopping for topographic maps and various guidebooks. Buy online at www.canadamapsales.com or call (204) 945-6666 / toll-free 1-877-627-7226.
- Provincial parks – self-guided trails: www.gov.mb.ca/conservation/parks/education/trails
- Riding Mountain National Park:
 - o Trail guide: www.pc.gc.ca/pn-np/mb/riding/activ/activ4_e.asp
 - o General map found under Visitor Information and Maps: www.pc.gc.ca/pn-np/mb/riding/images/RMNP-tear-off-map-E.pdf#nameddest=page1
- Manitoba Recreational Trails Association: www.mrta.mb.ca
- Winnipeg Trails Association: www.mrta.mb.ca/wta
- Prairie Pathfinders Walking Club: www.prairiepathfinders.mb.ca
- Mantario Hiking Trail Map – available for purchase through the Manitoba Naturalists Society at 401-63 Albert St. in Winnipeg or call (204) 943-9029 and Canada Map Sales (see above). General trail information available on the MNS website: www.manitobanature.ca
- Seine River Greenway Map – for a list of retailers selling maps for this Winnipeg greenway, see www.saveourseine.com or call (204) 470-9247.
- City of Winnipeg trails and pathways: www.winnipeg.ca/publicworks/ParksandFields/Parks/RecreationalActivities.asp
- City of Winnipeg nature trail maps: www.winnipeg.ca/publicworks/naturalist/ns/activities/trails.asp
- Brandon Riverbank Discovery Centre – trail map for Assiniboine River Corridor: www.riverbank.mb.ca
- Brandon Bike & Trail Map – copies available from the Brandon Neighbourhood Renewal Corporation at 410-9th Street (City Hall – Main Floor) or call (204) 729-2496
- Westman Wilderness Club (Brandon area): www.westmanwildernessclub.ca

Annual events

- Jane's Walk Winnipeg: www.janeswalk.net
- International Trails Day: www.mrta.mb.ca/Trails/wta
- Hiking Festivals: www.prairiepathfinders.mb.ca

Guidebooks



- **Hiking the Heartland: Explore Manitoba on Foot** - Prairie Pathfinders (Prairie Pathfinders Inc., 2007)



- **A Daytripper's Guide to Manitoba: Exploring Canada's Undiscovered Province** – Bartley Kives (Great Plains Publications, 2006)



- **Riding Mountain National Park Trail Guide: Taking to the Trails** (A Friends of Riding Mountain National Park publication, 2005)



- **Backroad Manitoba: Southern Manitoba** - Russell and Wesley Mussio (Backroad Mapbooks, 2005)



- **Winnipeg Walks** - Prairie Pathfinders (Prairie Pathfinders Inc., 2003)



- **Manitoba Picnic Perfect: Discover Manitoba's Secret Scenic Treasures** - Prairie Pathfinders (Prairie Pathfinders Inc., 2003)

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a hiking adventure:

- Arctic Nature Tours
- Arrow Lake Outfitters
- Crooked Creek Lodge
- D. & O. Soloway Outfitters
- Falcon Beach Riding Stables & Guest Ranch
- Great Gray Owl Wilderness Adventure Camp
- Mantario Wilderness Skills
- Narrows West Lodge Inc.
- Nature 1st (Adventure Walking Tours)
- North Star Tours
- Northern Life
- Northern Soul Wilderness Adventures
- Prairie Pathfinders Inc
- Riding Mountain Guest Ranch
- Routes on the Red
- Toban Experience
- Walk in the Wild



Trans Canada Trail

Exhibiting the features for which Canada is renowned – diverse community, rich history and natural wonders – the Trans Canada Trail is an exhilarating experience for outdoor enthusiasts. When complete, this recreational corridor will connect every province and territory. Manitoba's portion of the TCT is just under 1,400 kilometres, divided into 18 different sections managed by local trail associations in co-operation with the Manitoba Recreational Trails Association. Progress is well underway across the province in developing this trail network that encompasses existing and newly built trails as well as logging roads, abandoned rail lines and gravel roads. This national recreational trail encourages five core activities – walking, cycling, horseback riding, cross country skiing and snowmobiling. Check out the chart below to wander through the various sections of the Trans Canada Trail in Manitoba, following the trail from west to east. (Check with local trail associations for updates on trail conditions and completion status of individual sections.)

TRANS CANADA TRAIL IN MANITOBA	START	END	DISTANCE
The Crocus Trail	Madge Lake	Russell	136 km (complete)
Rosburn Subdivision Trail	Russell	Neepawa	176 km
Neepawa / RM of Langford Trail	Neepawa	Southern boundary of R.M. of Langford	34 km
Carberry / North Cypress Trail	Near Wellwood	Southern boundary of municipality	32 km (complete)
South Cypress / Glenboro	R.M. of North Cypress	Southern boundary of Spruce Woods Provincial Park	35 km (complete)
Victoria Millennium Trail-Cypress River	Southern boundary of Spruce Woods Provincial Park	R.M. of Lorne	15 km (complete)
Lorne Trail	R.M. of Victoria	R.M. of Thompson (near Deerwood)	78 km (complete)
Miami / Thompson Trail	Near Deerwood	R.M. of Stanley	54 km (complete)
Stanley Trail	R.M. of Stanley / Thompson boundary	Rosengart	64 km (complete)
Altona / Rhineland / Gretna Post Road	Rosengart	Emerson Junction	76 km (complete)
Crow Wing Trail	Emerson	St. Norbert	191 km (complete)
Winnipeg Trails	St. Norbert / Fort Whyte / Harte Trail	Assiniboine River / The Forks / Bunns Creek	81 km
Red River North Trail	North of Winnipeg	Jackfish Creek in Belair Provincial Forest	163 km
Blue Water Trail	Jackfish Creek in Belair Provincial Forest	Old Pinawa Dam	84 km
Pinawa Trail	Old Pinawa Dam	Seven Sisters Falls	28 km (complete)
North Whiteshell	Seven Sisters Falls	Rennie	80 km
Centennial Trail	Rennie	Caddy Lake	50 km
South Whiteshell Trail	Caddy Lake	West Hawk Lake	15 km

WHAT TO KNOW BEFORE YOU GO

Maps and information sources:

Maps and information for sections of the Trans Canada Trail in Manitoba can be downloaded from online sources as well as purchased from a variety of retailers.

Manitoba Recreational Trails Association:

- Trail chart - www.mrta.mb.ca/trailchart
- Trail maps - www.mrta.mb.ca/maps.html
- Trail association contacts – www.mrta.mb.ca/transcnd.html

Trans Canada Trail Manitoba regional maps

For a list of retailers selling these maps, see the Manitoba Recreational Trail Association website at www.mrta.mb.ca or purchase through Canada Map Sales

- Map 1: Western Uplands & Mixed Grass Prairie
- Map 2: Assiniboine Delta & Pembina Hills
- Map 3: Tall Grass Prairie
- Map 4: Winnipeg Prairie & Riverbottom Forest
- Map 5: Aspen-Oak Parkland, Manitoba Lowlands & the edge of Boreal Shield
- Map 6: Boreal Shield



Guidebook:



Trans Canada Trail Manitoba: Official Guide – Sue Lebrecht (Canadian Geographic Enterprises, 2003)



Cycling

My husband, son (15 years old) and I had heard that there was a 38km trail around Clear Lake. I decided that it would be different to bike around the trail. We rented the mountain bikes in town, packed our lunch, drinks, bike repair kits, and first aid kit. We started our adventure around 10:30 in the morning. In around 5pm we arrived at the condo... It is a trip we will not soon forget or soon do again.

- Francoise Martin

Whether you like...

it rough or smooth, there are plenty of options for cycling dirt and paved trails in Manitoba. Ride trails that twist across rugged Canadian Shield rock. Hammer single-track paths that wind through boreal forests where leaves brush your arms. Crank your pedals past rolling aspen and bur oak forests.

Here are a few favourite cycling trails around the province. Find more details and many more suggestions in the charts that follow.



Two-wheel workouts

Squeeze the air out of your lungs on the J.E.T., Bald Hill and Packhorse trails in **Riding Mountain National Park**. Plunge down the escarpment on these ruggedly steep trails only to face a grueling climb back to the top. Test your technical prowess on the slopes of a 'prairie mountain' where competitive cyclists train. But don't stop there. Keep sampling from the 400 km of summer trails in the park that fulfill the wishes of all cyclists.

Pedal the ski trails of the **Brandon Hills** for the sheer pleasure of a rollicking route that challenges but doesn't overwhelm. Or head into the bush for exciting single-track riding that demands constant attention. Offering something for everyone, this area delivers a variety of trail lengths and difficulty through thickly wooded ridges of Manitoba maple, bur oak, poplar and hazelnut.

Ride the rollercoaster routes of the Epinette Creek backcountry trail system in **Spruce Woods Provincial Park**. Sample the shorter loops or commit yourself to the 40 km Newfoundland Trail where the rustic Jackfish Cabin provides an ideal midway spot to eat your lunch and take a breather.

Point your wheels toward **Grand Beach Provincial Park** to combine forested hills with the demands of sandy soil. A premier cross-country ski area, these trails serve double duty for cyclists in summer. Cap the day with a swim at one of North America's finest white sand beaches.



Riding in the city

Cycle at a relaxed pace on paved and dirt paths curving through **Winnipeg's** many urban parks for short but enjoyable rides. Twist your way around the wooded trails in Little Mountain Park or head to La Barrière Park to combine hills and flat dirt paths. Create a longer urban ride pedalling Winnipeg's Riverbank Parkway System, which combines trails and roadways.

Explore the well-developed trail systems along the meandering Assiniboine River in **Brandon**, Manitoba's second largest urban centre. Stick to paved surfaces or veer into the woods on dirt paths close to the water's edge.



Easy riding

Delight in the gentle terrain of **Turtle Mountain Provincial Park** with its rolling backcountry dirt and grass trails. Take time to look around for moose or deer while spinning along under a canopy of aspen, elm, black poplar, ash, birch and Manitoba maple. Watch for beaver, western painted turtles and red-necked grebes on one of the 200 lakes that dot the park. Afterwards, stroll through the explosion of flowers in the nearby International Peace Gardens.

Enjoy smooth cycling on a paved surface through the woods and winding around a lake on the Pine Ridge Bicycle Trail in **Birds Hill Provincial Park**. Add some distance pedaling the paved

road that loops through the park. For dirt trail riding, stick to the backcountry Bluestem Mountain Bike Trail.

Gratify both your off-road and paved-trail biking desires in **Whiteshell Provincial Park**. Leisurely spin past rugged granite outcrops and through lush forests in Manitoba's largest and most visited provincial park. Start your off-road cycling adventure on trails from Big Whiteshell Lake, Inverness Falls or Betula Lake. Or roll along the paved surface of the South Whiteshell Trail, part of the Trans Canada Trail.

Gravel road riding

Add some gravel road riding to your repertoire for a different mix – you'll be surprised by this pleasant experience! Cycle the road less travelled and experience tucked-away delights. Get up close to pastoral images on back roads with little traffic. Indulge in the rolling hills, creeks and aspen/oak forests of the **Snow Valley** area near the towns of Roseisle and St. Lupicin. Get a workout or take a pleasurable ride in this former downhill ski area on the edge of the Pembina Valley. Discover the charm that drew many Manitoba artists to live there.

Dig deeper into the Pembina Valley around the community of **Lavenham** to really get your legs pumping. Ambitious riders can spend several days cycling loops through aspen, bur oak and spruce forests that open up to striking views of the Assiniboine River Valley below.

Retrace the early routes of Aboriginals, fur traders, pioneers and smugglers on the historic **Crow Wing Trail**. Pedal the 36-km (one-way) signed section between the towns of Otterburne and St. Malo on a variety of gravel, grass, dirt and paved surfaces. Complete your early settler experience in St. Malo at Le Musée Pionnier.

Winter cycling

Like to bike all year round? Then come out for the annual **IceBike**, in early February. Join hundreds of other mountain bike devotees on the Red River in Winnipeg starting from The Forks.

Guaranteed fun for riders of all abilities and ages, including a pre-race event for kids.

CYCLING IN MANITOBA

For every surface and way that you could bike, Manitoba provides dozens of choices of trails to suit every style. Experience landscapes and views as varied as the trails in each corner of Manitoba.



EASTERN REGION

LOCATION	HOW TO GET THERE	DISTANCE	TERRAIN
Birds Hill Provincial Park	See Parks in Manitoba map on page 64		
Bluestem	Access from the riding stables parking lot off North Drive and Nimowin Road	14 km	Off-road
Easy trail riding over gentle terrain.			
Pine Ridge Bicycle Trail	Access from North Drive	7 km	Paved trail
Enjoy a leisurely ride around the man-made lake and beach.			
Aspen	Access from the riding stables parking lot off North Drive and Nimowin Road	6.5 km	Off-road
Peddle through aspen forest and flowery meadows.			
Sandilands Provincial Forest	PR 210 south east of Steinbach, 8 km south east of Marchand	52 km total	Off-road
Create loops to match your tastes, combining hills and forests as well as sandy terrain for the experienced riders.			
Whiteshell Provincial Park	See Parks in Manitoba map on page 64		
Big Whiteshell Trail	Access from PR 309	9 km return	Off-road
Encounter moderate hills and gravel pits on this enjoyable trail.			
South Whiteshell Trail	Falcon Lake to West Hawk Lake	14 km one-way	Off-road
Cycle this popular route that is part of the Trans Canada Trail in Manitoba.			
Jessica Lake to Rainbow Falls	Access from PR 307	8 km return	Off-road
Find a moderate challenge along this rocky, rooty trail where great views of lakes and rivers make the trip especially worthwhile.			
Betula Lake (Forester's Footsteps)	Access from PR 307	4.2 km loop	Off-road
Loop through natural forest as well as a Red Pine and Jack Pine plantation on this trail that is partly shared with hikers.			
Winnipeg to Lockport	Junction of Perimeter and Henderson Hwy (PR 204) north to Lockport	40 km return	Paved shoulder
Experience a classic road cycling route that is especially busy on summer weekends. Stop for lunch overlooking the Red River and watch the pelicans.			

Birds Hill Provincial Park

Whiteshell Provincial Park

INTERLAKE REGION

LOCATION	HOW TO GET THERE	DISTANCE	TERRAIN
Hecla/Grindstone Provincial Park	See Parks in Manitoba map on page 64		
Eastern Shore	Start at Gull Harbour Resort and Campground or Hecla Village	19 km return	Paved trail
Enjoy picturesque views of Lake Winnipeg as you peddle from the marina all the way to Hecla Village.			
Black Wolf	Start at group use/campground south of Hecla Village	18 km one-way	Crushed rock
Bike all or part of this addition to the island's extensive trail system.			

PARKLAND REGION

LOCATION	HOW TO GET THERE	DISTANCE	TERRAIN
Thunder Hill	South of Swan River on PR 487	4.5 km loop	Off-road
Catch stunning views of the Swan River Valley as well as fast downhill and wild drops on trails built by a local bike club.			
Riding Mountain National Park	See Parks in Manitoba map on page 64		
Pick up a trail map at the Visitor Centre in Wasagaming.			
Grey Owl	7 km northeast of Wasagaming, access north of Hwy 19	17.8 km return	Off-road: grass
Choose this trail for gorgeous scenery, a few challenging hills, and an interesting destination at Grey Owl's cabin.			
Wasagaming Bike Trail	Access from east side of Community Centre parking lot	11 km return	Off-road: grass and gravel
Enjoy great views of Clear Lake while challenging yourself with some steep hills without leaving the Wasagaming area.			
Clear Lake South Shore	Start from the Wasagaming Boat Cove	7 km one-way	Off-road: from hard packed to spongy
Follow the south shore of Clear Lake through picturesque aspen parkland.			
Central Trail	Access from the north end of the Bison Enclosure at Lake Audy	66.3 km one-way	Off-road: grass and gravel
Explore the backcountry on this former road that serves up a variety of cycling options from day trips to multi-day adventures.			
Sugarloaf	Access from Sugarloaf Warden Station on Blackstone Road off PR 366	8 km one-way	Off-road: hard gravel
Reward yourself with frequent stops for scenic views of the beautiful Birdtail Valley in the northwest corner of the park.			
Bald Hill	Access from the North Escarpment Trail, 1.5 km from parking lot	7.8 km one-way	Off-road
Catch your breath and feel on top of the world gazing at the awe-inspiring views provided on this challenging trail.			
J.E.T. Trail	Access from the North Escarpment Trail, 4.3 km from the parking lot	7.8 km one-way	Off-road
Test yourself on steep descents that will challenge even the most well-seasoned off-road cyclist.			

NORTH OF 53°

LOCATION	HOW TO GET THERE	DISTANCE	TERRAIN
Flin Flon	Town of Flin Flon, on Hwy 10	26 km total	Off-road
Ride the rocks of the Canadian Shield along with a variety of terrain that includes some steep descents and long climbs.			

WESTERN REGION

LOCATION	HOW TO GET THERE	DISTANCE	TERRAIN
EpINETTE Creek - Newfoundland Trail	Spruce Woods Provincial Park (See Parks in Manitoba map on page 64)	38.4 km return	Off-road: some sand
Crisscross diverse ecosystems on this challenging trail.			
Neepawa-Langford Trails	Access 10 km east of Neepawa on Hwy 16 and 5 km south on Road 81W	1.6 to 9 km	Off-road: grass
Find something for everyone, from flat trails for an easy ride to rolling hills for a workout.			
Turtle Mountain Provincial Park	See Parks in Manitoba map on page 64		
Western Trails	Access from Max Lake Campground	8 to 43 km	Off-road
Ride along varying terrain from a high quality gravel road to excellent grassy trails.			
Eastern Trails	Access from Adam Lake Campground	3 to 17 km	Off-road
Choose from a variety of wide, multi-use trail loops that accommodate cyclists of just about every level.			
Brandon Hills	10 km south of Brandon on Hwy 10 (follow signs)	~ 45 km	Off-road
Delight in the sheer pleasure of a rollicking route that challenges but doesn't overwhelm.			

Turtle Mountain

PEMBINA VALLEY

LOCATION	HOW TO GET THERE	DISTANCE	TERRAIN
Emerson to Fort Dufferin	Start from Emerson Park under the northwest end of the rail bridge	5 km return	Off-road
Ride rolling terrain and cross a suspension bridge on your way to Fort Dufferin, original site of the North West Mounted Police.			
Rosenort - Tobacco Creek Trail	From the west side of Rosenort, head south on Rosewood Drive to join the trail at the end of the road	7 km return	Off-road
Twist your way through dense trees and experience the thrill of crossing the Morris River on a 50 foot floating bridge.			

WHAT TO KNOW BEFORE YOU GO

Fees: Vehicle park passes are required in provincial or national parks. (Find more information in the Parks in Manitoba pages at the back of the guide.)

Maps & information sources

- Manitoba Cycling Association – Cyclist's Map of Winnipeg plus Winnipeg and area cycling routes: www.cycling.mb.ca
- Brandon Riverbank Discovery Centre – trail map for Assiniboine River Corridor: www.riverbank.mb.ca
- Brandon Bike & Trail Map – copies available at the Brandon Neighbourhood Renewal Corporation at 410-9th Street (City Hall – Main Floor) or call (204) 729-2496
- Riding Mountain National Park:
 - o Trail guide: www.pc.gc.ca/pn-np/mb/riding/activ/activ4_e.asp
 - o General map found under Visitor Information and Maps: www.pc.gc.ca/pn-np/mb/riding/images/RMNP-tear-off-map-E.pdf#nameddest=page1

Annual events

- Icebike: www.icebiking.com
- Muddy Waters 100: www.mts.net/~levansm/mwaters/muddy_waters

Guidebooks



- **A Daytripper's Guide to Manitoba: Exploring Canada's Undiscovered Province** - Bartley Kives (Great Plains Publications, 2005)



- **Backroad Mapbooks: Southern Manitoba, 1st Edition** – Russell and Wesley Mussio (Mussio Ventures Ltd., 2005)

- **Manitoba Outdoor Adventure Guide: Cycling** – Ruth Marr (Fifth House, 1989 - out of print but available used)

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a cycling adventure:

- Bee2gether Bikes
- Crooked Creek Lodge
- D. & O. Soloway Outfitters
- Falcon Beach Riding Stables & Guest Ranch
- Narrows West Lodge Inc.
- Northern Life
- Routes on the Red
- Second Nature

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Travel Manitoba



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www.oakhammockmarsh.ca



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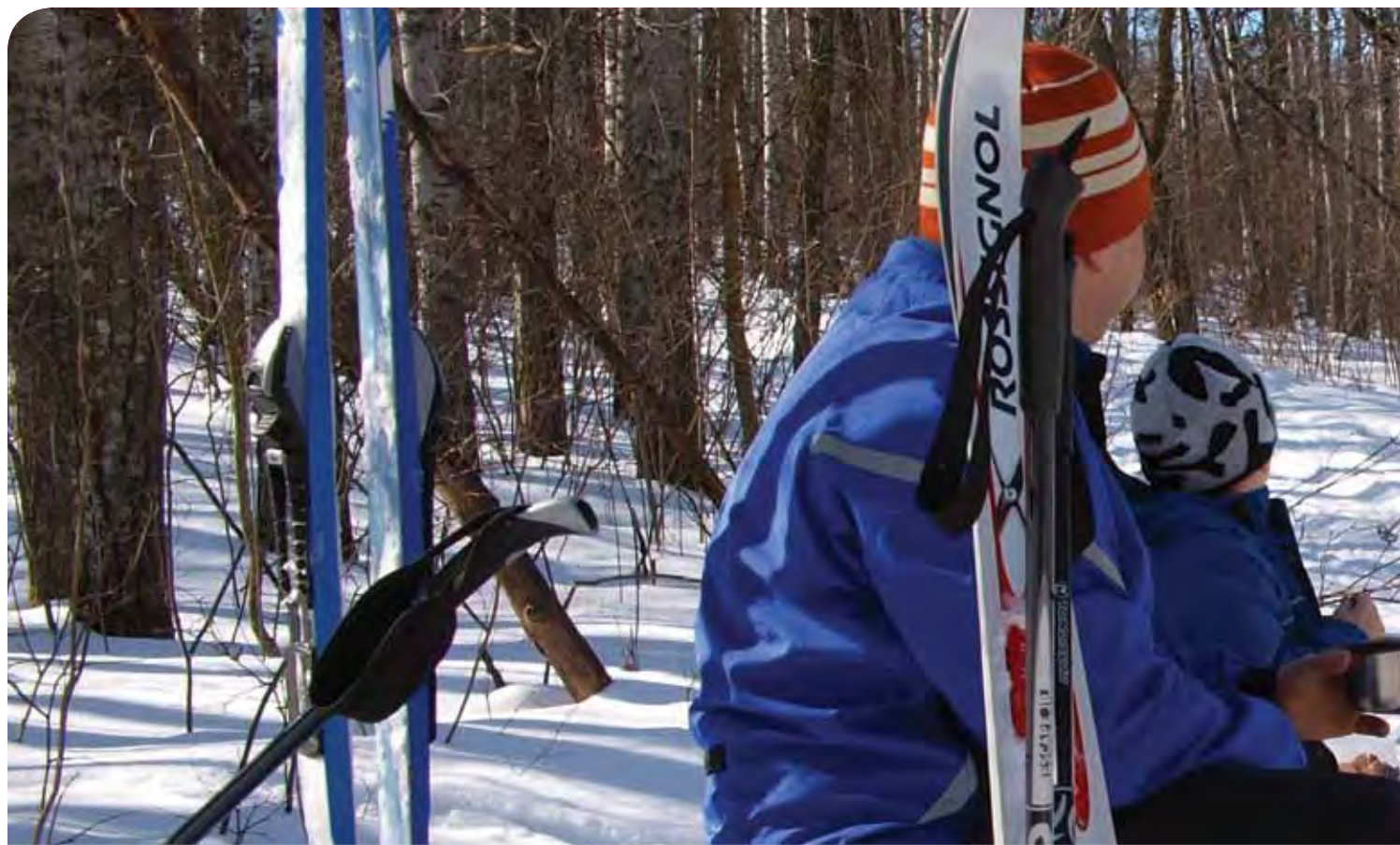
SKIING



Celebrate winter...

in Manitoba under clear skies on a blanket of sparkling white drifts. Revel in the refreshing crispness of winter air. Then come inside and curl up by a cozy fire, sip a steaming mug of cocoa and warm the memories of a landscape renewed.

Photo: Asessippi Ski Area & Resort



Cross-country skiing

Sunny days galore, plenty of snow that can stretch from November through mid-March, and well-groomed trail networks that are both varied and very affordable – a cross-country skier's dream. Kick and glide or skate your way through forests, sheltered from the wind, and find easy trails for beginners or longer trails with hills that will literally take your breath away. Overnight in rustic backcountry cabins or luxuriate in lodges and nearby bed and breakfasts. Wax up and hit the trails – there's a lot of ground to cover!

Here is a sampling of just a few of the popular ski trails and destinations around the province. Check out the more extensive listings in the charts that follow.

Central Plains & Pembina Valley

These two regions offer outstanding trails favoured by cross-country skiers from across the province. Highlights include panoramic views of river valleys atop steep hills with a few hairpin turns at the bottom. Bring your best herringbone skills and practice corner control!

One of the most popular trails is the **Pumpkin Creek** trail system in the woodlands of Snow Valley near Roseisle. Spend a full day playing here before moving on the challenging **Bittersweet** trail system near Treherne. Cut loose on the twists and turns of the **Shannondale** trails close to Morden. Spend part of your day checking out the funky shops in Morden's historic downtown area or touring the Canadian Fossil Discovery Centre.

Western Region

Glide on a single track through dense aspen and bur oak, and watch for a porcupine hanging from a tree branch overhead. Trail hop for a week or a weekend on the premier ski trails in the western region of Manitoba.

Start with the **Brandon Hills** to find a bit of wilderness a mere 10 km south of the city of Brandon. Splurge several days on the three sets of ski trails in nearby **Spruce Woods Provincial Park**, exploring the Epinette Creek, Seton and Yellow Quill trails systems, each combining short, gentle loops with more challenging distances and more technical options. Warm up in cozy wood-heated huts dotting the trail networks.

Consider a nearby bed and breakfast or hotel to enjoy a few days skiing in **Turtle Mountain Provincial Park**. Watch for indents where a moose slept on the track, while you skim over a rolling, forgiving terrain that will tickle everyone's fancy.

Parkland Region

Spend a day, weekend or week skiing the profusion of trails at **Riding Mountain National Park**. Choose from over 280 km of cross-country ski trails, varying from perfectly groomed to wilderness conditions. Count on excellent snow, as this area gets on average 20 cm more snow each winter than the rest of southern Manitoba.



Travel west to an exceptional private trail network called **Rivendell**, located on **Lake of the Prairies**. Après ski, take in the nearby Inglis Grain Elevators National Historic Site, vestiges of a disappearing prairie icon.

Eastern Region

Enter Canadian Shield country in the eastern region of Manitoba, dominated by ancient Precambrian rock mixed with forests of white spruce, black spruce, poplar and jack pine. Named for Boreas, the Greek god of the North Wind, the boreal forest cuts a die green swatch across the eastern side of the province. Revel in the diversity of crowd-pleasing trails that draw skiers from Winnipeg and beyond.

Play on over 40 km of classic ski trails in popular **Birds Hill Provincial Park**, located just 20 minutes north of Winnipeg. Forget summer memories of the sandy beach at **Grand Beach Provincial Park** and take to the ski trails instead. Warm up on gentle loops near the trailhead or go squirrely on the hills. Save your energy for the climb up 'Heart Attack Hill' or cut across the detour.

Continue east to **Pinawa** for a glide through thick forest, spruce bogs and rocky outcrops. Catch glimpses of the Winnipeg River and Pinawa Channel through snow-laden tree branches. Time your visit to coincide with the annual Manitoba Loppet, held in January and open to all skier levels.

Book a cabin or room, and cruise for days on the trails in **Whiteshell Provincial Park**. Traverse kilometres of classic tracks on the connecting Whiteshell, West Hawk and Falcon Ridge trail systems. Detour south on the trip home and lose yourself in the dramatic bone-white stands of birch in **Sandilands Provincial Forest**, a mixed hardwood and pine forest. Take in the Mennonite Heritage Village in Steinbach if you are passing by on a weekday.

Winnipeg and Brandon

For a quick cross-country ski in Winnipeg, check out the lit trails at **Windsor Park Nordic Centre**. Improve your skate or classic technique with a private lesson. Skate ski the **La Salle River** for a wilderness experience close to city limits. For that backcountry feel, make the short drive to the groomed trails in **Beaudry Provincial Park** just outside city limits.

In Brandon, try the classic and skate trails any time of day at the **Recreation Centre Golf Course**, with its lit tracks. Split your day between a few twirls around the Outdoor Skating Oval and skiing on the adjacent trails.

CROSS-COUNTRY SKIING TRAILS

INTERLAKE REGION

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Hecla Provincial Park	See Parks in Manitoba map on page 64	4 classic trails, from 4 to 12.4 km, and 5 km skate trail	Easy
Ski Hecla Island for gentle terrain with the option of longer distances. Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Camp Morton Provincial Park	See Parks in Manitoba map on page 64	6 trails, from 1.1 to 3.9 km	Easy
Gentle, sheltered trails adjacent to Lake Winnipeg. Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			

CENTRAL PLAINS

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Bittersweet	Near Treherne, on PR 242 between Hwy 1 and Hwy 2	11 connecting classic trails, from 0.8 to 4 km, and 4 km skate trail	Moderate to difficult
Lots of climbs – catch your breath at the top and soak in magnificent views of the Assiniboine River. Download map: www.ccski.mb.ca/wts_CentralMB.htm#Bittersweet			
Beaudry Provincial Park	See Parks in Manitoba map on page 64	5 connecting trails, from 2 to 5 km	Easy to moderate
Gentle, undulating trails close to Winnipeg. Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			

WESTERN REGION

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Squirrel Hills	Junction of Hwy 10 and PR 355 at Minnedosa	~ 10 km	Difficult
For those who love hills and tight corners.			
Neepawa-Langford	7 km east of Neepawa on Hwy 16	7 km classic & 1.6 km skate	Easy to moderate
Gentle, well-sheltered, double-tracked trail. Find info & map under Recreation: www.langford.ca			
Spruce Woods Provincial Park	See Parks in Manitoba map on page 64		
Great weekend destination with 3 trail systems to fill several days skiing. Download maps: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Epinette Creek Trails	Parking lot access east of Hwy 5	4 connecting loops, from 2.2 to 38.4 km	Easy to difficult
Variety of scenic loops, with lots of hills and technical turns on the longer routes. Overnight at Jackfish Cabin with advance booking.			
Yellow Quill Trails	Parking lot access east of Hwy 5	3 loops, from 1.8 to 5.8 km	Easy to moderate
Rolling hills with easy run-outs and great vistas of surrounding area.			
Seton Trails	Parking lot access west of Hwy 5	4 connecting loops, from 2.9 to 4.8 km	Moderate to difficult
Steep sections with some technical turns but loads of fun.			
Brandon Hills	10 km south of Brandon on Hwy 10 (follow signs)	3 nested loops, from 2.5 to 7.5 km	Moderate
Lots of up and down with few flat sections. Download map: www.ccski.mb.ca/wts_WesternMB.htm			
Turtle Mountain Provincial Park (Adam Lake)	See Parks in Manitoba map on page 64	4 nested loops, from 4 to 15 km	Easy to moderate
Gentle, rolling hills with enough challenge to make it interesting. Overnight at James Lake Cabin with advance booking. Watch for moose! Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			

PARKLAND REGION

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Duck Mountain Provincial Park	See Parks in Manitoba map on page 64		
Download maps for each trail: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Childs Lake	Southwestern corner of park, access from PR 367	3 connecting trails, from 5 to 10.5 km	Easy to moderate
Sample the gentle rolling terrain among the rugged forests of the 'Ducks'.			
Wellman Lake	Northeastern part of park, access from PR 366	2 km total	Easy
Undulating terrain that is appealing to the beginner.			
Glad Lake	Northeastern part of park, access from PR 366	3.8 km loop	Easy to moderate
Varied terrain with level ground to rolling hills with a few steep slopes.			
Rivendell	31 km north of Russell, access 1 km west of Hwy 83	Connecting trails, from 4 to 6 km	Moderate to difficult
Ski across, up and down the scenic slopes of Lake of the Prairies. Download map: www.ccski.mb.ca/wts_WesternMB.htm			
Riding Mountain National Park	See Parks in Manitoba map on page 64		
Skier's paradise in a winter wonderland. Over 260 km of ski trails provide tons of variety for all levels. Pick up printed trail map at Parks Canada office in Wasagaming.			
Grey Owl	7 km northeast of Wasagaming, access north of Hwy 19	17.5 km return	Moderate
Most popular trail for good reason – gorgeous scenery, a few challenges along the way, and an interesting destination at Grey Owl's cabin. Do all or part of the trail.			
Kinosao Lake	7 km northeast of Wasagaming, access north of Hwy 19	3.9 km loop	Difficult
Still got energy? Link up to this trail on the return from Grey Owl's cabin.			
Ochre River	27 km north of Wasagaming, access east of Hwy 10	26.4 km return	Wilderness trail
Picturesque but technical trail for the experienced skier. Overnight at Cairns Cabin with advance booking.			
Crawford Creek	51 km north of Wasagaming, access east of Hwy 10	25.6 km return	Difficult
Climb, climb, climb then turn around and fly down.			
Lake Katherine	Access south of Hwy 19, close to junction of Hwy 10	3.2 km loop	Easy
Popular trail often used to warm up the legs before taking on Compound East.			
Compound East	Just north of Wasagaming, access east of Hwy 10 at maintenance compound	8.2 km loop	Moderate to difficult
Challenging hills depending on snow/ice conditions. Connects to Lake Katherine trail.			
Wasagaming Townsite	Access from south gate	2 km loop	Easy
Great for the family with little ones.			
Wasagaming Campground	Access from south gate	4-8 km options	Easy
Go for a ski without leaving the Wasagaming area.			
Moose Lake	Western part of park, access from PR 264	9.2 km	Moderate
Popular trail in the southwest corner of the park.			

EASTERN REGION

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Birds Hill Provincial Park	See Parks in Manitoba map on page 64	5 connecting trails, from 4 to 14 km	Easy to moderate
Most heavily skied trails in the province due to variety and proximity to Winnipeg. Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Grand Beach Provincial Park	See Parks in Manitoba map on page 64	5 connecting trails, from 2.6 to 13.3 km	Moderate to difficult
Great variety for different skill levels, from moderate inclines to 'Heart Attack Hill'! Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Pinawa	Access at end of PR 211	6 connecting trails, from 2.5 to 10 km	Easy to difficult
Spectacular Canadian Shield scenery combined with good variety of terrain for all levels. Download map: www.whiteshellskiclub.com			
Whiteshell Provincial Park	See Parks in Manitoba map on page 64		
Great weekend destination to fill several days skiing. Download maps: http://www.gov.mb.ca/conservation/parks/popular_parks/whiteshell/winter_adventures.html#maps			
Falcon Lake/West Hawk area	Multiple access points (see trail map)	6 connecting trails, from 4.5 to 16 km	Easy to difficult
Popular trail system for its multiple connecting loops that offer variety and distance.			
Otter Falls	Access from PR 307, close to Eleanor Lake	3 & 7 km loops	Easy to moderate
Glide along but keep an eye out for snowshoe hares.			
Pine Point Rapids	Access from PR 307, between Betula and Nutimik lakes	6.5 km loop	Moderate
Take in this popular hiking trail to see the ice formations created by the rapids in winter.			
Inverness Falls	Access from PR 307, near Brereton Lake	5 nested loops for a total of 8 km	Easy to moderate
Ski through a red pine plantation on these trails.			
Jessica Lake	Access from PR 307	4 connecting trails, from 1.8 to 8 km	Easy
Take the longest trail to reach Rainbow Falls.			
Sandilands Provincial Forest	Parking lot access at PR 210 and PR 404	6 connecting trails, from 2.5 to 11.1 km	Easy to difficult
Stands of birch trees make this area a standout as well as distance and terrain options. Drop off donation for Sandilands Ski Club at Marchand Store. Download map: www.sandilands.ca			
Whitemouth River	South of Hwy 1 East at junction of Hwy 11 (near Hadashville)	3 connecting trails, from 2.5 to 7 km	Easy
Gently rolling terrain through mixed forest. Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			

PEMBINA VALLEY

PEMBINA VALLEY	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Pumpkin Creek	4 km west of Roseisle	6 connecting trails, from 1.5 to 9.7 km	Moderate to difficult
Picturesque rolling terrain with a few technical turns. Download map: www.ccski.mb.ca/map_PumpkinCreek.pdf			
Shannondale	8 km west of Morden on Hwy 3, north on RR 34 for 2 km	3 connecting classic trails, from 3 to 11 km, and ~7 km skate	Moderate to difficult
Take the easy options or go crazy climbing and descending. Download map: www.ccski.mb.ca/wts_CentralMB.htm#Shannondale			

NORTH OF 53

LOCATION	HOW TO GET THERE	TRAIL DISTANCE	GENERAL RATING
Flin Flon	Town of Flin Flon, on Hwy 10 at Saskatchewan border	6 connecting classic trails, from 0.9 to 8.7 km, and 2.3 km lit trails	Easy to difficult
Paint Lake Provincial Park	See Parks in Manitoba map on page 64	3 trails, from 2 to 5 km	Easy

Experience the grand northern landscape of islands dotting lakes among rugged Precambrian Shield.
Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html

SKATE SKIING

SKATE SKIING	LOCATION	TRAIL DISTANCE	GENERAL RATING
Birds Hill Provincial Park (Group Use Road)	See Parks in Manitoba map on page 64	5 km	Easy
Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Bittersweet	Near Treherne, on PR 242 between Hwy 1 and Hwy 2	4 km	Moderate
Download map: www.ccski.mb.ca/wts_CentralMB.htm#Bittersweet			
Brandon Recreation Centre	Corner of 26th Street and McDonald Avenue, Brandon	3.5 km	Easy to moderate
Download map: www.riverbank.mb.ca/rb_trailmap.pdf			
Camp Morton (Pincherry & Fox Den trails)	See Parks in Manitoba map on page 64	3.9 and 1.1 km	Easy
Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Grand Beach Provincial Park	See Parks in Manitoba map on page 64	5 trails, from 2.6 to 13.3 km	Easy to difficult
Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Hecla Provincial Park	See Parks in Manitoba map on page 64	5 km	Easy
Download map: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html			
Riding Mountain National Park	See Parks in Manitoba map on page 64		
Deep Lake	West side of park, access from PR 264 (Deep Lake Warden Station)	10 km	Easy
Pick up printed trail map at Parks Canada office in Wasagaming			
Whirlpool	East side of park, access from Hwy 19	6.7 km	Easy
Pick up printed trail map at Parks Canada office in Wasagaming			
Shannondale	8 km west of Morden on Hwy 3, north on Hwy 34 for 2 km	7 km	Easy to difficult
Download map: www.ccski.mb.ca/wts_CentralMB.htm#Shannondale			
Windsor Park Nordic Centre	10 Des Meurons Street, Winnipeg	8 km	Easy to moderate
Download map: www.ccski.mb.ca/windsor_park_nordic_centre.htm			

URBAN TRAILS

MAJOR DESTINATIONS IN:	TRAILS	GENERAL INFORMATION
Winnipeg	Assiniboine Park, Kil-Cona Park / Harbour View Recreation Complex, Kildonan Park, La Barrière Park, St. Vital Park, Windsor Park Nordic Centre	Winnipeg's major park locations: www.winnipeg.ca/publicworks/ParksandFields/Parks/ParkLocations.asp Cross Country Ski Association of Manitoba - where to ski in Winnipeg: www.ccski.mb.ca/wts_Winnipeg.htm Windsor Park Nordic Centre: www.ccski.mb.ca/windsor_park_nordic_centre.htm
Brandon	Brandon Recreation Centre	Cross Country Ski Association of Manitoba: www.ccski.mb.ca/wts_WesternMB.htm

LIT TRAILS – NIGHT SKIING

LIT TRAILS - NIGHT SKIING	LOCATION	TRAIL DISTANCE	GENERAL RATING
Brandon Recreation Centre	Corner of 26th Street and McDonald Avenue, Brandon	3.5 km lit classic & skate	Easy to moderate
Download map: www.riverbank.mb.ca/rb_trailmap.pdf			
Flin Flon (Valley Loop)	Town of Flin Flon	2.3 km lit classic	Easy
Download map: www.geocities.com/ffskiclub/			
Riding Mountain National Park	Access from south gate (See Parks in Manitoba map on page 64)	Wasagaming - 2 km townsite & 8 km campground lit classic trails	Easy
Pick up printed trail map at Parks Canada office in Wasagaming or call (204) 848-7275.			
Windsor Park Nordic Centre	10 Des Meurons Street, Winnipeg	8 km lit classic & skate	Easy to moderate
Download map: http://www.ccski.mb.ca/windsor_park_nordic_centre.htm			

WHAT TO KNOW BEFORE YOU GO

Fees: Vehicle park passes are required in provincial or national parks. (Find more information in the Parks in Manitoba pages at the back of the guide.)

Maps & information sources

Maps for ski trails in provincial parks can be found online and printed copies are available at the Manitoba Conservation office at 200 Saulteaux Crescent in Winnipeg. Maps are often available at the trailhead as well. A ski trail map for Riding Mountain National Park can be picked up at the Parks Canada Administrative Office in Wasagaming. Many of the maps for private trail systems are available for download in pdf format from the Cross-Country Ski Association of Manitoba's website.

- Cross-Country Ski Association of Manitoba - trail information & maps: www.ccski.mb.ca/where_to_ski.htm
- Skiing in provincial parks:
 - o Trail conditions report & maps: www.gov.mb.ca/conservation/parks/winter_reports/cross_country_skiing_report.html or call (204) 945-6784 or toll-free 1-800-214-6497 and follow the prompts
 - o General information on where to ski: www.gov.mb.ca/conservation/parks/recreation/skiing.html
- Skiing in Riding Mountain National Park:
 - o Trail conditions report: www.pc.gc.ca/apps/tcond/cond_E.asp?oPark=100373
 - o General map found under Visitor Information and Maps: www.pc.gc.ca/pn-np/mb/riding/images/RMNP-tear-off-map-E.pdf#nameddest=page1
- Skiing in Winnipeg:
 - o City of Winnipeg cross-country ski trails & grooming schedule: <http://www.winnipeg.ca/publicworks/ParksandFields/Parks/xcountryski.asp>
 - o Windsor Park Nordic Centre: www.ccski.mb.ca/windsor_park_nordic_centre.htm

Guidebook



- **Riding Mountain National Park Trail Guide: Taking to the Trails**
(A Friends of Riding Mountain National Park publication, 2005)

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a cross-country skiing adventure:

- Crooked Creek Lodge
- Falcon Beach Riding Stables & Guest Ranch
- Second Nature



It's all Downhill from here!

Think you can't find a slope on the prairies high enough to snowboard, tube or downhill ski? Crush that myth at one of southern Manitoba's three major winter resorts.

Head south to **Holiday Mountain** at La Rivière for a lift. Zip uphill on one of the two chairlifts, t-bar or the new Wonder Carpet Beginner Lift. Check out the varied freestyle terrain park for boarders showcasing a large table top, short flat rail, rainbow rail, kinked rail, 40-foot long flat rail and two new boxes plus plenty of wedge jumps. Pack your downhill skis for 11 major runs including three beginner runs, four intermediate and four advanced runs.

Go west to **Asessippi Ski Area & Resort** for a downhill thrill. Fly your board over terrain with highlights including a flat to down box, straight double pipe rail,

step downs, flat box, flat to down rail, battle ship rail, rainbow rail, and a set of rollers. Exhaust yourself on over 400 feet of dragon-groomed pipe! Zoom down one of three snowtubing runs or swoosh through 25 downhill runs, with an easy ride up on a quad chair, two triple chair lifts or three surface tows.

Get a rush on the snowboard terrain park and groomed tubing chutes at **Falcon Ridge Ski & Recreation Area** in eastern Manitoba. Pump adrenaline on 'The Bear Pit' featuring two table tops, a quarter pipe and a fun box. Point your skis downhill on one of the 11 runs with a t-bar, two rope tows and a new handle tow for beginners. Switch to cross-country skis for 15 km of exhilarating trails that link up to longer trail networks in **Whiteshell Provincial Park** or explore the surrounding jack pine forest on snowshoe.



- | | |
|---|--|
| 1 Asessippi Ski Area & Resort | 4 Ski Valley |
| 2 Falcon Ridge Ski & Recreation Area | 5 Springhill Winter Sports Park |
| 3 Holiday Mountain | 6 Stony Mountain Ski Area |

SKI RESORT	LOCATION	DISTANCE FROM WINNIPEG	TELEPHONE	WEBSITE
Asessippi Ski Area & Resort	Near town of Inglis, in western MB	Four hours west	(204) 564-2000	www.asessippi.com
Falcon Ridge Ski & Recreation Area	Whiteshell Provincial Park, near Ontario border	90 minutes east	(204) 349-8935	www.falcontrails.mb.ca/falconridge
Holiday Mountain	Near town of La Riviere, in south-central MB	Two hours south	(204) 242-2172	www.holidaymountain.com
Ski Valley	Near town of Minnedosa, in western MB	Three hours west	(204) 867-3509	www.skivalley.ca
Springhill Winter Sports Park	11 km north of Winnipeg on Hwy 59	20 minutes north	(204) 224-3051	www.springhillwinterpark.com
Stony Mountain Ski Area	10 km north of Winnipeg on Hwy 7	30 minutes north	(204) 344-5977	www.skistony.com



Snowmobiling

Zip across frozen terrain covering more than 11,000 kms of designated groomed snowmobile trails crisscrossing the province. Ride across the wide open of a frozen lake or enjoy the secluded feel of a forested trail. Sled from town to town or explore the woods from your lodge or cabin on a series of day trips.

Plan your sledding trip in the first week of March to coincide with the annual **Canadian Power Toboggan Races in Beausejour**. Travel to nearby **Whiteshell Provincial Park** for close to 300 km of snowmobile trails in magnificent Canadian Shield country, a combination of rock cliffs and boreal forest. Warm up in one of eight shelters along the route. Continue east into Ontario on the Trans-Canada Snowmobile Trail or south to Minnesota on the Can-Am International Trail.

Discover why the **Lac du Bonnet** area received a gold medal from SnoRiders West Magazine. Re-supply in towns along the way –

Seven Sisters, Pinawa, Lac du Bonnet or Pine Falls – before heading further north to **Grand Beach Provincial Park**. From there, experience the vastness of Lake Winnipeg with a trip from **Grand Marais to Gimli** on the opposite shore. Travel with caution across kilometres of windswept, open conditions.

Steep terrain, numerous lakes and a remote setting draw snowmobilers to **Duck Mountain Provincial Park**. Sled over 150 km of trails travelling deep into this wild setting or connect with secondary roads into friendly rural communities. Continue north to **The Pas** and brave the incredible 144 km trail all the way to **Flin Flon**. Explore winter fun in nearby **Paint Lake Provincial Park** and Manitoba's two highest waterfalls, **Pisew and Kwasitchevan**. Join the thousands of Manitobans who take to the snow every weekend!

WHAT TO KNOW BEFORE YOU GO

Information

For info on trails, events and snowmobile-friendly places to stay and eat, contact Snoman Inc. at (204) 940-7533 or visit www.snoman.mb.ca.

SnoPass

Purchase your SnoPass to travel on 11,000+ kms of designated trails throughout the province. For a list of retailers and clubs that sell the pass, see the Snoman website.

Trail Conditions

Check Manitoba Conservation's report on trails inside provincial parks at www.gov.mb.ca/conservation/parks/winter_reports/snowmobile_report.html or call (204) 945-6784 / toll-free 1-800-214-6497 and follow the prompts. See the Snoman website for conditions on designated trails outside parks.

Maps

Contact Travel Manitoba at 1-800-665-0040 for snowmobile trails in provincial parks and visit the Snoman website for online maps from regional snowmobile clubs.

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a snowmobiling adventure:

- Crooked Creek Lodge
- D. & O. Soloway Outfitters
- Sno-Much Fun
- Whiteshell Outfitters

Grab Bag of Adventures

I had the pleasure to go on a dogsled ride with Bluesky Expeditions. It was a true 'Manitoba' moment, it was cold. We had lots of fun.
- Carole Dubé

For the Adventurous...

Manitoba offers many activity ideas for all four seasons. From rock climbing in Whiteshell Provincial Park, to skydiving over the Interlake region, to dogsledding under the Northern Lights, the following activities will appeal to people of all ages, both as participants and as spectators.



Aurora Borealis (Northern Lights)

Watch the greatest natural light show on the planet from the Arctic Tundra Domes in northern Manitoba. Located a few kilometres away from the artificial lights of town, the domes provide a front row seat to the otherworldly light show of vivid colours in the skies above **Churchill**, where the highest intensity of auroral activity is found in the Arctic. You will be treated to the Aurora Borealis, also known as the Northern Lights, at their most resplendent.

Aurora Borealis is a natural phenomenon caused by the interaction of charged particles from the sun with atoms in the upper atmosphere. Scientists from around the world have come to Churchill to study the Northern Lights in the active night sky. Legend has it that if you whistle at these multi-coloured ribbons of light, they will dance down to the ground. Keep watch on the night sky anywhere in Manitoba to be treated to their display. They will entrance you!

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a Northern Lights viewing adventure:

- Aurora Domes
- Bakers Narrows Lodge
- Blue Sky Expeditions
- Churchill Nature Tours
- Churchill Northern Studies Centre
- Churchill River Mushing
- Churchill Wild
- D. & O. Soloway Outfitters
- Earth Rhythms Learning Adventures
- Frontiers North Adventures
- Great White Bear Tours Inc.
- Heartland International Travel & Tours
- Mantario Wilderness Skills
- Nanuk Polar Bear Lodge
- Narrows West Lodge Inc.
- Nature 1st (Adventure Walking Tours)
- North Star Tours
- The Great Canadian Travel Company Ltd.
- Toban Experience
- Wapusk Adventures
- Watchee Lodge
- Wilderness Spirit Adventures



Dogsledding / Skijoring

Harness up your dog and go skijoring over frozen rivers and dog-friendly trails. Get a workout for both skier and pet! Or trade in the skis for a sleigh and go kicksledding with your dog instead. Check out the Snow Motion Winter Dog Sports Club of Manitoba for lessons or group outings with like-minded enthusiasts.

Bring out the whole pack for recreational dogsledding or pit your team against others in the annual Hudson Bay Quest, a 250-mile dogsled race between Churchill, Manitoba and Arviat, Nunavut. Continue the competition at the World Championship Dog Race held in The Pas at the Northern Manitoba Trappers' Festival in February.

Information sources

- Snow Motion Winter Dog Sports Club of Manitoba - www.snowmotion.ca/GoSnowMotion.html
- Manitoba Dog Sledding Association – <http://members.autobahn.mb.ca/~mdsa/home.html>

Annual events

- World Championship Dog Race: www.trappersfestival.com

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a dogsledding adventure:

- Bakers Narrows Lodge
- Blue Sky Expeditions
- Churchill River Mushing
- The Great Canadian Travel Company Ltd.
- Wapusk Adventures



Geocaching

A modern, outdoors twist on the childhood game of hide-and-go-seek, geocaching is the sport of tracking down hidden containers using clues and GPS (Global Positioning System) technology.

In geocaching, the hider creates a cache that typically includes a logbook and container with any number of items. Once the cache is hidden, the hider takes a reading of the latitude and longitude for the location and identifies the coordinates on a website along with details for that particular geocache.

The seeker then searches for the hidden container using the location coordinates and a handheld GPS unit. Once the geocache is found, the seeker takes an item from the container, leaves a new item, signs the logbook, and returns the container to its hiding place for the next adventurer.

Find out how to get started from the Manitoba Geocaching Association or rent a Cacher's Kit from the Nature Shop in the Visitor Centre at Riding Mountain National Park.

Information sources

- Manitoba Geocaching Association: www.mbgeocaching.ca
- Caching Riding Mountain: www.cachingridingmountain.ca
- RTA geocaches: www.travelmanitoba.com/geo

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a geocaching adventure:

- D. & O. Soloway Outfitters
- Earth Rhythms Learning Adventures
- Northern Life



Rock / Ice Climbing

Manitoba may not be the first place that comes to mind for rock climbing, but the Alpine Club of Canada began in Winnipeg back in 1906. Local climbers head to the Canadian Shield in Eastern Manitoba to climb the granite cliff faces in **Whiteshell Provincial Park**. Favoured sites include **Castle Rock**, found on **Big Whiteshell Lake**, and **Lily Pond Cliff**, accessible from Hwy #44 west of **Caddy Lake**. Check the Alpine Club Manitoba Section's website for detailed information.

In winter, try climbing the 20-metre ice tower in Whittier Park in Winnipeg created each year by the Club d'escalade de Saint-Boniface. Even if you don't put pick to ice, come out in mid-February to watch others scale the structure during the annual Festiglace ice climbing competition. Converted to wall climbing in the hot months, the tower makes outdoor climbing possible in summer without leaving the city. See the club's website for availability and costs.

Annual events

- Festiglace de Saint-Boniface: www.cesb.net/gb/festiglace.html
- Prairie Pump and Brass Monkey – indoor climbing competitions organized by Vertical Adventures: www.climbva.com

Indoor climbing walls

- École Précieux-Sang (209 Kenny St.): www.cesb.net
- Mountain Equipment Co-op (303 Portage Ave): www.cesb.net
- Shapes Co-ed Fitness Centre (2535 McPhillips, 1910 Pembina Highway): www.shapes.mb.ca
- YM-YWCA Elmwood-Kildonan and West Portage locations: www.ymcaywca.mb.ca
- University of Manitoba Climbing Wall (145 Frank Kennedy Centre): www.umanitoba.ca/faculties/kinrec/bsal/programs/clubs/climbing
- Vertical Adventures: www.climbva.com

Maps & information sources

- Alpine Club of Canada, Manitoba Section: www.alpine-club.mb.ca
- Club d'escalade de Saint-Boniface: www.cesb.net



Skateboarding

Kickflip, grind and ollie through the world-class skate parks found in Manitoba. Join the likes of Tony Hawk and Bam Margera who have carved up **The Plaza at The Forks in Winnipeg**. Most towns and cities in Manitoba have at least one local skate park and several are currently under construction. Check with local community clubs and recreation centres for more information.

Information sources

- Skate parks in Winnipeg including photos and map: www.winnipeg skateparks.com
- Skateboard Coalition of Manitoba: www.skateboardcoalition.mb.ca
- Skate parks in Winnipeg including photos and map: www.winnipeg skateparks.com
- Skateboard Coalition of Manitoba: www.skateboardcoalition.mb.ca

Annual events

- Rogers WAM at the Plaza – Winnipeg Amateur Skateboarding Contest: www.wamattheplaza.com

SKATEBOARDING PARKS

WINNIPEG REGION

PARK	LOCATION	FEATURES
The Plaza at The Forks	One – Forks Market Road	30,000 sq foot skate plaza of cast in place concrete and 8,500 sq foot bowl complex. Highlights include notched custom tile vert wall, “Magic Carpet” steel ribbon track and a series of small to large slappy ledges. Skate Patrol on duty from noon until dusk.
Michael Komenda Memorial Skate Park	Wilkes Avenue at Fairmont Road in Marj Edey Park	25,000 sq foot mix of bowl, traditional park and modern plaza terrain of cast in place concrete.
Skatepark West	Sturgeon Road at Silver Avenue	Cast in place concrete park featuring stairs, rails, and ramps.
Fort Garry Skate Park	Fort Garry Community Centre at 880 Oakenwald Avenue	Cast in place concrete park featuring stairs, rails and ramps.
Sargent Park Skate Park	Wall Street at Sargent Avenue	Park features cast in place concrete bowl, pyramid and fun boxes, as well as numerous rails and grind ledges.
St. Vital Skate Park	St. Anne’s Road at Meadowood Drive next to the St. Vital Arena	11,000 sq foot modular park featuring half pipes, stairs and fun boxes.
Transcona Millennium Skate Park	255 Redonda Street	Modular park featuring fun boxes, quarters with hips and a bank with a hip.
The Edge Skate Park	125 Pacific Avenue	Winnipeg’s only indoor all-season skate park. 10,000 sq foot park features a six-foot high by 16-foot wide spined mini ramp and a four-foot half bowl. There is a small fee and a helmet and pad requirement or a waiver must be signed. Call ahead for hours as certain evenings have different age restrictions (204) 947-2677.
East St. Paul Skate Park	262 Hoddinott Road behind the East St. Paul Arena	Cast in place concrete park featuring banks with hips, quarter pipes, and fun boxes.

INTERLAKE REGION

PARK	LOCATION	FEATURES
Gimli Skate Park	North Colonization Road in Loni Beach	5000 sq foot park with sheet metal equipment, stairs, curbs and grinding bars.

PARKLAND REGION

PARK	LOCATION	FEATURES
Roblin Skateboard Park	315 Hospital Street	10,000 sq foot park with wood structures, including box ramp, half pipe and rails.

NORTH OF 53°

PARK	LOCATION	FEATURES
The Pas Kelsey Recreation Skateboard Park	Access off of Grace Lake Road near Scott Bateman Middle School	Wood structures including grind box, quarter pipes and box ramps.

EASTERN

PARK	LOCATION	FEATURES
Steinbach Quarry Park	220 Lumber Avenue	Equipment includes half pipes, grind boxes, and a box jump with a hubba. Supervisors on-duty Monday – Friday 7:30 PM – 10:30 PM.

Skydiving

Got a need to drop from the sky? Head to Manitoba’s two skydiving drop zones – **Gimli**, on the edge of Lake Winnipeg about an hour’s drive north of Winnipeg, or **Steinbach**, located a half-hour to the east. Try out a tandem jump or go solo!

Information sources

- Manitoba Sport Parachute Association: www.mspa.mb.ca
- Skydive Manitoba: www.skydivemanitoba.com
- Adventure Skydiving: www.339jump.com



Snowshoeing

Strap on snowshoes to explore the bush or ramble on designated trails in Manitoba's numerous parks. Try out the modern lightweight, slim versions with crampons to easily traverse hills and

hard packed snow or ice. Play it old school with traditional wood-framed beavertail or bear paw snowshoes for an authentic feel. The choice is yours – snowshoeing can take you anywhere!.

SNOWSHOE TRAILS

LOCATION	HOW TO GET THERE	DISTANCE	GENERAL RATING
Riding Mountain National Park	See Parks in Manitoba map on page 64		
Pick up a winter trails map at the Parks Canada Administrative Office in Wasagaming. Trail descriptions available online at: www.pc.gc.ca/pn-np/mb/riding/activ/activ4_e.asp			
Arrowhead	Access south of Hwy 19, 0.8 km east of junction with Hwy 10	3.4 km loop	Moderate
Picturesque trail winding through meadow and a thick stand of black spruce.			
Brûlé	Access north of Hwy 19, 1.0 km east of junction with Hwy 10	4.2 km return	Moderate
Follow the two connected loops to reach Kinosao Lake.			
Bead Lakes	Access west of Hwy 10, 25.5 km north of Wasagaming	4.0 km loop	Moderate
Pass through a mature white birch forest and an understory of hazel, young aspen and white spruce.			
Moon Lake	Access east of Hwy 10, 35 km north of Wasagaming	9.2 km loop	Difficult
Great way to spend a day clomping through the mixed forest circling Moon Lake.			
North Escarpment Trail	Access north of Hwy 19, 24 km from Wasagaming	8.4 km one-way	Easy
Tramp through eastern hardwood forests and take a peek beyond the junctions of three challenging trails that descend the escarpment – Bald Hill, J.E.T. and Packhorse.			
Neepawa-Langford Winter Park	Access 10 km east of Neepawa on Hwy 16 and 5 km south on Road 81W	3 loops from 1.9 to 2.5 km	Easy
Gentle terrain that is well sheltered. Download info & map under Recreation: www.langford.ca			
Birds Hill Provincial Park	See Parks in Manitoba map on page 64		
Download map & trail details: www.gov.mb.ca/conservation/parks/popular_parks/cedar_bog/winter.html			
Cedar Bog	Access trailhead on west side of North Drive	3.5 km	Easy
Listen for blue jays, black-billed magpies, pine grosbeaks, hairy woodpeckers and black-capped chickadees along this trail.			
Hecla Provincial Park	See Parks in Manitoba map on page 64		
Download map: www.gov.mb.ca/conservation/parks/park_maps/winter_maps/winter_hecla_gull_harbour.pdf			
Gull Harbour Trail	Access northern end of peninsula	5.5 km	Easy
Gaze across the expanse of Lake Winnipeg to spot other islands from this trail.			



Windsurfing / Kiteboarding / Snowkiting

Harness the power of the wind to propel you over water, land and snow. Sail across the big open waters of the massive **Lake Winnipeg** and **Lake Manitoba**. Windsurfers find a balance of consistent wind and glassy surface at the lagoon in **Grand Beach Provincial Park** while kiteboarders love the choppy waves at **Patricia Beach** and **Winnipeg Beach**. Blast across frozen fields and lakes in the burgeoning sport of snowkiting. Use the wind to sweep across snow and spin into the sky. Check out Kiteboarding Manitoba for favoured locales and to join others for a day of wind and fun.

Information sources

- Kiteboarding Manitoba - www.kiteboardingmanitoba.com
- Manitoba Windsurfing Club: http://sports.groups.yahoo.com/group/Manitoba_Windsurfing_Club/



Ziplining

No need to travel to a remote location for an exciting ziplining experience – the latest in outdoor adventure awaits you in south-central Manitoba. Catch a thrill and a fabulous view of the **Pembina Valley** as you zip along a cable from the safety of a harness, flying high above the treetops. Travel from platform to platform, for a bird's eye perspective from a variety of cable locations and lengths. Soar 150 feet above ground across the ravine for an out-of-the-ordinary ride.

ADVENTURE COMPANIES

Get a guide / Take a tour

Check out the following company listings at the back of the guide for a ziplining adventure:

- Hy-Wire Zipline Adventures



Day Trips

From Winnipeg...

Spend an active day outdoors but still close to Winnipeg. Try one of these ideas within an hour's drive of the city.

Walk along the **Gimli** harbour and watch the sailboats glide along the water. Jump in for a swim to cool down after energizing game of beach volleyball. Visit the New Iceland Heritage Museum before taking in the events of the Icelandic Festival of Manitoba held at the beginning of August each year.

Hike among some of the largest cottonwoods, maples and basswood trees in **Beaudry Provincial Park**. Watch out for deer, beaver, and foxes as you walk through pristine river bottom forest. Return in winter with your cross-country skis to fly through more than 15 kilometres of groomed trails.

Cycle to **Lockport** via Henderson Highway. Stop for a hot dog as you watch a motorboat pass through the St. Andrews Lock and Dam. Pedal past Lockport on River Road and Highway 9 to experience life in the fur trade days at Lower Fort Garry National Historic Site. Return home along the scenic River Road stopping at Captain Kennedy House and St. Andrews Rectory and Church National Historic Sites of Canada.

Launch your canoe from **La Barrière Park** and paddle the La Salle River. Keep a keen eye for great blue herons and painted turtles as your paddle cuts through the calm waters.

Grab your binoculars and head to **Patricia Beach Provincial Park**. Watch for bald eagles, white pelicans and black terns. Head a bit further north to **Grand Beach Provincial Park** where you can speak to a volunteer about the endangered piping plover that nest in a protected section of the beach. Walk along the Wild Wings Self-guiding Trail as you study osprey, summer tanager and great blue herons.

Visit **Birds Hill Provincial Park** in any season to bike, hike, swim, camp, in-line skate, ride horse-back, cross-country ski or snowshoe. Favoured by Winnipeggers for its proximity to the city and sheer diversity of recreational opportunities, spend a few hours or a weekend. Join thousands of music lovers from across North America who gather every July for the much-loved Winnipeg Folk Festival.

- 1 Gimli
- 2 Beaudry Provincial Park
- 3 Lockport
- 4 La Barrière Park
- 5 Grand Beach
- 6 Birds Hill
- 7 Brandon Hills
- 8 Spirit Sands
- 9 Clear Lake
- 10 Ski Valley
- 11 Turtle Mountain



From Brandon...

Pedal your way through the **Brandon Hills**. Enjoy the spectacular view from the top of the Bald Hills as you catch your breath after a vigorous climb. This rolling route with some steep climbs will prove to you that not all prairie landscape is flat.

Hike the Spirit Sands and Devil's Punch Bowl at **Spruce Woods Provincial Park**. Your legs will get a workout as you scurry up and down the sand dunes alongside numerous cacti. Cool down at the end of the day with a refreshing dip in Kiche Manitou Lake.

Rent a kayak and explore the shorelines of Clear Lake in **Riding Mountain National Park**. Visit bison at the Lake Audy Bison Enclosure. Check out the sandcastle-building contest that is part of Wasgaming Weekend, the second weekend in July.

Strap on your downhill skis before you swoosh down the hill at Ski Valley. Switch it up later in the day and cross-country ski the **Squirrel Hills** near Minnedosa. The combination of hills and tight corners will give you a challenge and a workout.

Wake up early to head to **Whitewater Lake** just north of Turtle Mountain Provincial Park. Don't forget your binoculars, camera and birding books. The thousands of shoreline birds, raptors and waterfowl that congregate here during their migration in the spring and fall will make this a worthwhile trip for any bird lover.

Manitoba Getaways

Check out these multi-day tours for fun filled adventure throughout Manitoba.

Notes Notes *Stunning Southwestern Manitoba*

3 Days

Whether a weekend adventure or midweek escape, this two-three day tour through southwestern Manitoba will be a hit with any outdoor enthusiast.

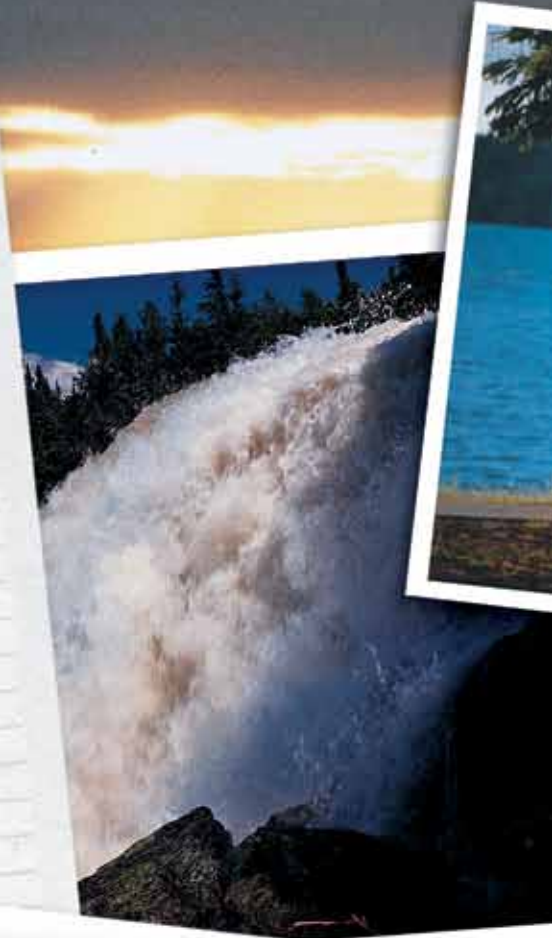
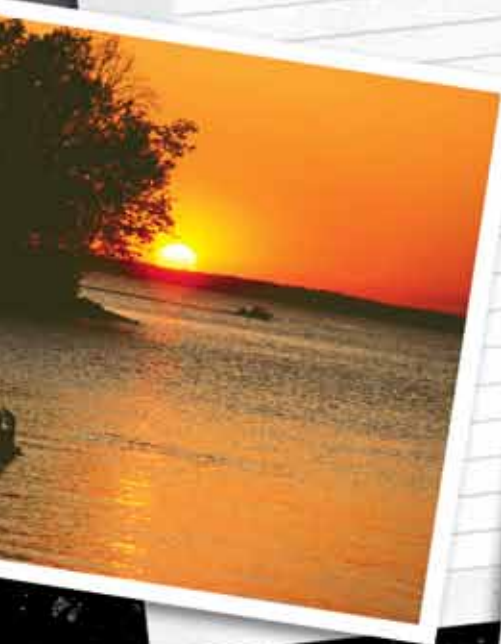
Start with a day in Spruce Woods Provincial Park. Rent a canoe and paddle the Assiniboine River. Don't miss a hike through the Spirit Sands and Devil's Punch Bowl to see the largest stretches of open sand in Manitoba. From there head to Souris to take a walk through Victoria Park and across the Souris swinging bridge. Spend an evening mountain biking the picturesque Eastern Trails of Turtle Mountain Provincial Park. Get up early to watch the migrating waterfowl at Whitewater Lake - a Watchable Wildlife site. On your way home stretch your legs with a hike on the Rae Trail, then zip over to Pembina Valley to experience flying through the air on a zipline.

Notes Notes *Experience Eastern Manitoba*

5 Days

For a week away, the many parks of eastern Manitoba offer a smorgasbord of outdoor adventure opportunities.

Start at St. Malo Provincial Park. Explore the trails then cool off with a dip in St. Malo Lake. Discover the Tall Grass Prairie Preserve, one of the last remnants of this ecosystem in Canada. Next go to Whiteshell Provincial Park where you can spend two to three days. Cycle and hike the South Whiteshell Trail. Visit the ancient petroforms near Betula Lake. Hike the Amisk Trail to Inverness Falls. Spend a day following the path of the historic Winnipeg River. Stroll the Ironwood Trail in Pinawa, then wander through the ruins in Pinawa Dam Heritage Park. Further north, pedal over ancient mountains along the Blue Water Trail - part of the Trans Canada Trail. At Grand Beach Provincial Park, work up a sweat biking the Squirrel Run then head to the beach for a swim and a game of beach volleyball. Head further north for one or several days of paddling in the recently created Manigotogan River Provincial Park.





Notes
Notes *Picturesque Parkland*

3 Days

Discover that Manitoba is anything but flat as you glide and slide through hills and valleys in Manitoba's Parkland on a winter outdoor vacation.

Start with an invigorating skate or classic cross-country ski at Shannondale near Morden. Head to Riding Mountain National Park where over 260 km of winter trails await you and you can easily fill a day. Snowshoe the beautiful Arrowhead Trail. Ski Grey Owl Trail to the historic Grey Owl Cabin. If you brought your skate skis then check out Whirlpool Lake. Finish your trip with a day at Asessippi Ski Area and Resort. Go downhill skiing or bring your snowboard and check out the terrain park. Try a snowbike or bounce down the hill on an inner tube. If you still have energy head a little farther north to Rivendell for some excellent classic cross-country skiing, up and down the hills along Lake of the Prairies.

Notes
Notes

Magnificent Manitoba Sampler

10 Days

Take time to explore the scenic north as you travel through luscious boreal forest, past stunning waterfalls and get up close and personal with a beluga whale.

Stop on your journey north at Duck Mountain Provincial Park to hike Baldy Point Trail and catch the view from the highest point in Manitoba. Next stop should be Thunder Hill Trail north of Swan River for rugged mountain biking. Continue to The Pas and try your luck fishing for dinner. A must see is the Caves Trail in Clearwater Lake Provincial Park. Continue north to Flin Flon for a day and walk the extensive boardwalk trail circumnavigating Ross Lake. Take a day to drive east stopping to experience the stunning waterfalls of northern Manitoba. First hike across two swinging footbridges to Wekusko Falls. Then head to Pisew Falls Provincial Park and from there hike to Kwasitchewan Falls, Manitoba's highest natural water fall. Spend a day in Thompson, walking or biking along the Spirit Way. Take the train to Churchill, at the edge of the arctic. Spend three days exploring Churchill. Kayak or snorkel with the beluga whales. Take a tundra adventure with a local guide for a chance to see a polar bear as well as over 200 species of birds and numerous arctic flowers. Go dog carting - the summer equivalent of dog sledding. A guided trip to Prince of Wales Fort National Historic Site is a must. Fly back to Thompson to pick up your car. On your way home stop in Hecla/Grindstone Provincial Park for a day or two to relax. Hike the Black Wolf Trail or the dykes through Grassy Narrows Marsh; then go for a refreshing swim in Lake Winnipeg. Continue on to Oak Hammock Marsh for a final birding extravaganza.



Plan your trip

Go it alone or get a guide

Whether travelling alone, with family or friends, you will find helpful information in this guide and other Travel Manitoba publications available upon request and distributed at Visitor Information Centres throughout the province. In Winnipeg, visit the Explore Manitoba Centre at The Forks.

Accommodations

Stay in your tent, trailer or RV at one of hundreds of private or public campgrounds across Manitoba. Keep it simple and rent a cabin or a yurt. Or choose a deluxe lodge or a sumptuous bed and breakfast. Contact Travel Manitoba for a copy of the Accommodations and Campgrounds Guide.

Urban Connection

Destination Winnipeg: Toll-free 1-800-665-0204
www.destinationwinnipeg.ca
Brandon Tourism: www.tourism.brandon.com

Getting Around

By plane: Winnipeg James Armstrong Richardson International Airport (www.waa.ca)

By rail: VIA Rail Canada Inc. (www.viarail.ca)

By ground: Greyhound Canada (www.greyhound.ca)
Contact related adventure companies at the back of this guide or browse the Winnipeg Yellow Pages online for bikes, canoes/kayaks, camping equipment and snowmobiles at: www.mtsyellowpages.com.

Canadian Currency

To ensure the prevailing rate of exchange, visitors are advised to exchange their funds or traveller's cheques at any Canadian financial institution, bank, trust company, credit union, caisse populaire, or exchange booths at border crossing points. Although U.S. money is readily accepted, using Canadian money while travelling in Manitoba is recommended.

Weather Conditions

Manitoba typically features winters that are cold and dry, temperate spring and fall, and summers that are hot and dry. For current weather conditions around the province, visit: http://weatheroffice.ec.gc.ca/forecast/canada/index_e.html?id=MB

Average daily temperatures in southern Manitoba:

Summer +23 °C (74 °F)

Winter -15 °C (5 °F)

Average daily temperatures in Churchill:

Summer +12 °C (54 °F)

Winter -27 °C (-16.6 °F)

(Wide variations from average values are common in all seasons.)

Do I need a passport to enter Canada?

U.S. citizens, including children, who are returning to the U.S. from Canada by air are required to have a valid passport or passport card. Passports for land and sea travelers will be required as of June 1, 2009.

Children under 16, and those 16-18 traveling in certain adult-supervised groups, will be exempt. A birth certificate and parental consent will be sufficient.

Please visit the U.S. Department of State website at www.travel.state.gov or the Canadian Border Services website at www.cbsa.gc.ca for current requirements and up-to-date information.

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All About Manitoba

Provincial population: 1.15 million

Provincial capital: Winnipeg (pop. 694,670)

Second largest city: Brandon (pop. 41,510)

Time zone: Manitoba is located in the central time zone (CST)

Provincial Bird: Great Grey Owl

Provincial Flower: Prairie Crocus

Provincial Animal: Bison

Provincial Tree: White Spruce

Highest Point: 831 metres (2,727 ft.) Baldy Mountain in Duck Mountain Provincial Park

Lowest Point: sea level on the Hudson Bay coast

Coastline: Manitoba has 645 km (400 miles) of coastline along the Hudson Bay

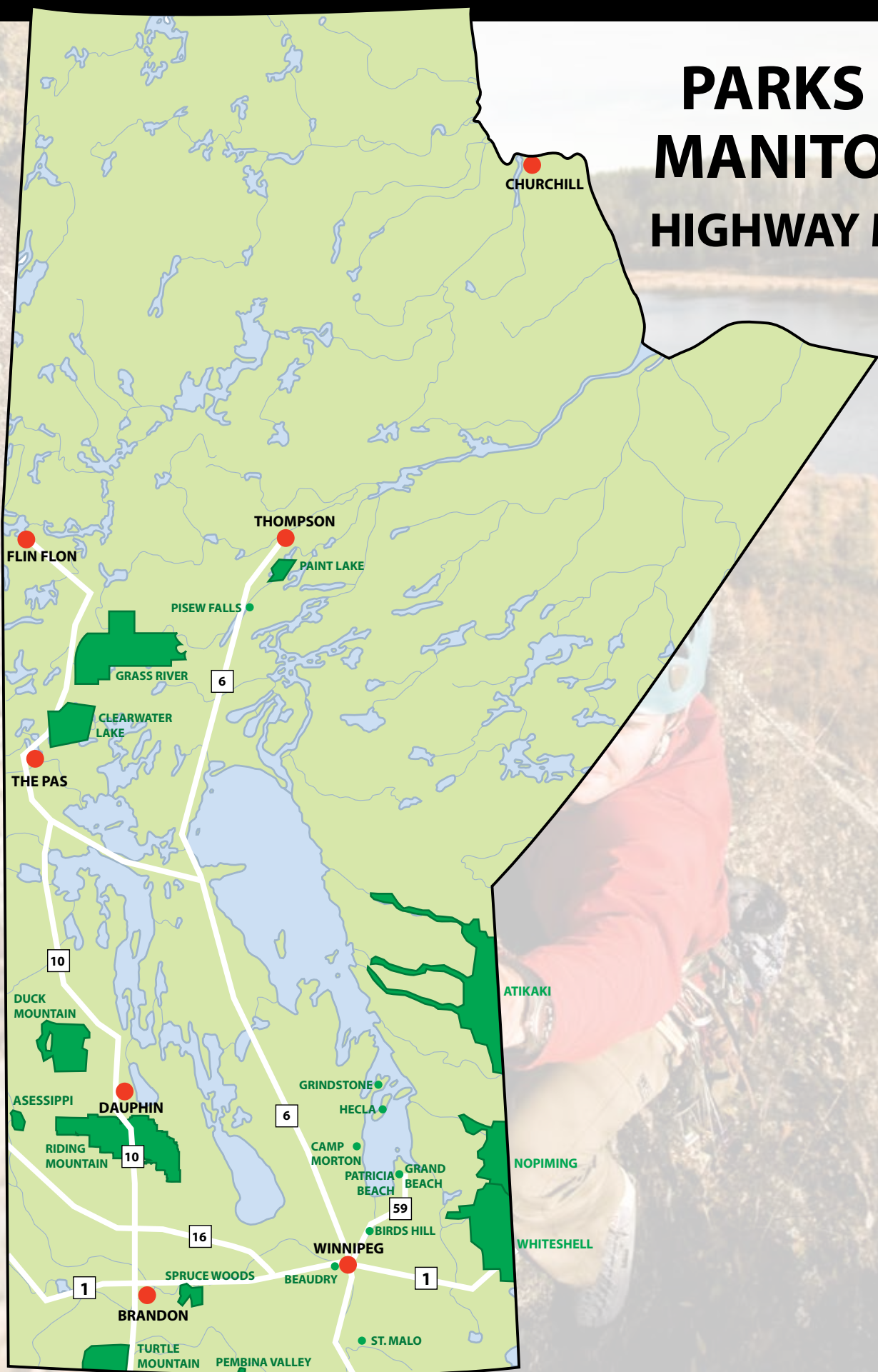
Metric Conversions

Temperature: Celsius to Fahrenheit – multiply Celsius temperature by 9, divide by 5, add 32

BEST TIME OF YEAR FOR DIFFERENT ACTIVITIES

Aurora borealis watching	January to mid-March
Biking, hiking	May to September-October
Beluga whale watching	July to August
Birding	May to June, September to October
Camping	May to September
Canoeing/kayaking	May to September (dependant on river flows)
Caribou viewing	March to April, mid-August to September
Cross-country skiing	November to March
Dogsledding	November to March
Horseback riding	June to November
Polar bear watching	October to November
Snowmobiling	November to March
Snowshoeing	November to March
Windsurfing	June to August

PARKS IN MANITOBA HIGHWAY MAP



Manitoba is home to 52 provincial parks as well as two national parks. Day, weekend or annual passes are required year-round to enter all parks. For information on the range of passes and costs, refer to the websites below.

PROVINCIAL PARKS

CONTACT INFO:

Manitoba Conservation, Parks and Natural Areas Branch
Toll-free: 1-800-214-6497
(In Winnipeg: 945-6784)
www.manitobaparks.com

Call Travel Manitoba toll-free at 1-800-665-0040 for a copy of the Provincial Parks Guide.

NATIONAL PARKS CONTACT INFO:

Riding Mountain National Park:
(204) 848-7275 / email: rmnp.info@pc.gc.ca
www.parkscanada.gc.ca/ridingmountain

Wapusk National Park: (204) 675-8863 /
email: wapusk.np@pc.gc.ca
www.parkscanada.gc.ca/wapusk

See ad page 38

POPULAR MANITOBA PARKS

Find detailed information and maps for your favourite Manitoba provincial park online at www.gov.mb.ca/conservation/parks/popular_parks. If the seasonal maps for winter and summer activities are not obvious on the home page for a specific provincial park, check under the Resources and Other Maps section. To get you started, here are directions and links to some of the most popular parks for outdoor adventures in Manitoba.

ASESSIPPI

Main website: www.gov.mb.ca/conservation/parks/popular_parks/assessippi

Directions from Winnipeg: Travel west on Hwy 1, turn north on Hwy 16, turn north on Hwy 83 and turn west on PR 482 to reach the park. (Total: 380 km/ 236 mi.)

From Brandon: Travel north on Hwy 10, turn west on Hwy 16, north on Hwy 83 and turn west on PR 482 to reach the park. (Total: 212 km/132 mi.)

ATIKAKI

Main website: www.gov.mb.ca/conservation/parks/popular_parks/atikaki

Directions from Winnipeg: There is no direct road access into the park. The most popular water route begins at Wallace Lake, south of the park. Wallace Lake is 250 km (155 mi.) from Winnipeg via PTH 59, north to PR 304. To fly into Atikaki, arrangements can be made with lodges, outfitters, or air charter companies.

BEAUDRY

Main website: www.gov.mb.ca/conservation/parks/popular_parks/beaudry

Directions from Winnipeg: Travel west on Roblin Blvd (PR 241) through the town of Headingley, continuing approximately 6 km west until park sign, turn north to enter park.

BIRDS HILL

Main website: www.gov.mb.ca/conservation/parks/popular_parks/birds_hill

Combined seasonal map: www.gov.mb.ca/conservation/parks/popular_parks/birds_hill/birds_hill_park_map.pdf

Directions from Winnipeg: Travel north on Hwy 59 to the west park entrance. (Total: 24 km/14.9 mi.)

CAMP MORTON

Main website: www.gov.mb.ca/conservation/parks/popular_parks/camp_morton

Directions from Winnipeg: Travel north on Hwy 9, turn east into park. (Total: 98.2 km/61 mi.)

CLEARWATER LAKE

Main website: www.gov.mb.ca/conservation/parks/popular_parks/clearwater_pp

Directions from Winnipeg: Travel north on Hwy 6, turn west on Hwy 60, north on Hwy 10, east on Hwy 287, and turn north into the park. (Total: 648 km/402.6 mi.)

From The Pas: Travel north on Hwy 10, turn east on PR 287 and then turn north into the park. (Total: 25 km/16 mi.)

DUCK MOUNTAIN

Main website: www.gov.mb.ca/conservation/parks/popular_parks/duck_mtn

Directions from Winnipeg: Travel west on Hwy 1, turn north on Hwy 16, north on Hwy 5, turn west on Hwy 5/68, continue west on Hwy 5 at Dauphin, and turn north on PR 366. (Total: 372 km/231 mi.)

From Brandon: Travel north on Hwy 10 to Dauphin, then turn west on Hwy 5, and north on PR 366 into the park. (Total: 210 km/130 mi.)

GRAND BEACH

Main website: www.gov.mb.ca/conservation/parks/popular_parks/grand_beach

Directions from Winnipeg: Travel north on Hwy 59. (Total: 100 km / 62 mi.)

HECLA/GRINDSTONE

Main website: www.gov.mb.ca/conservation/parks/popular_parks/hecla_grindstone

Directions from Winnipeg: Travel north on Hwy 8. (Total: 150 km / 90 mi.)

NOPIPING

Main website: www.gov.mb.ca/conservation/parks/popular_parks/nopiming

Directions from Winnipeg: Travel north on Hwy 59, turn east on Hwy 44, turn north on Hwy 11, turn east on PR 313, northeast on PR 315, and turn north on PR 314 through the park. (Total: 178 km/111 mi.)

PAINT LAKE

Main website: www.gov.mb.ca/conservation/parks/popular_parks/paint_lake

Directions from Winnipeg: Travel north on Hwy 6 and turn east on PR 375 into the park. (Total: 736 km/457 mi.)

From Thompson: Travel south on Hwy 6 and turn east on PR 375 into the park. (Total: 36 km/22 mi.)

PINAWA DAM

Main website: www.gov.mb.ca/conservation/parks/popular_parks/pinawa_dam

Directions from Winnipeg: Travel north on Hwy 59, turn east on Hwy 44, turn north on Hwy 11, turn east on PR 211, turn north PR 520 and turn east into the park. (Total: 118 km/73 mi.)

PISEW FALLS

Main website: www.gov.mb.ca/conservation/parks/popular_parks/northeast/pisew

Directions from Winnipeg: Travel north on Hwy 6 and turn east into the park. (Total: 687 km/427 mi.)

From Thompson: Travel south on Hwy 6 and turn east into the park. (Total: 74 km/46 mi.)

RIDING MOUNTAIN NATIONAL PARK

Main website: www.pc.gc.ca/ridingmountain

Trail info: Activities / Trail Guide & Etiquette (includes both back country and front country trails as well as cross country ski trails) http://www.pc.gc.ca/pn-np/mb/riding/activ/activ4_E.asp

Maps: Available at Visitor Centre or refer to detailed trail maps contained in "Taking to the Trails: Riding Mountain National Park Trail Guide" published by Friends of Riding Mountain National Park (2005).

General park map online: Found under Visitor Information / Maps: http://www.pc.gc.ca/pn-np/mb/riding/visit/visit4_e.asp

Ski trail conditions: Listed under Public Safety / Trail Conditions Report

Directions from Winnipeg to south gate access: Travel west on Hwy 1, turn north on Hwy 16, turn north on Hwy 10 and follow into park townsite of Wasagaming. (Total: 260 km / 162 mi.)

From Brandon: Travel north on Hwy 10. (Total: 95 km/59 mi.)

SPRUCE WOODS

Main website: www.gov.mb.ca/conservation/parks/popular_parks/spruce_woods

Directions from Winnipeg: Travel west on Hwy 1 and turn south on Hwy 5 to reach park entrance. (Total: 192 km/119 mi.)

From Brandon: Travel east on Hwy 1 and turn south on Hwy 5 to reach park entrance. (Total: 70 km/44 mi.)

Trail systems: The Epinette Creek, Yellow Quill and Seton trail systems are physically separate from the main section of the provincial park, approximately 10 km north on Hwy 5. The parking lots are accessed from Hwy 5 with Epinette and Yellow Quill located east of Hwy 5 and Seton to the west of Hwy 5. The Epinette and Yellow Quill systems can be connected in the summer via the Trans Canada Trail.

ST. MALO

Main website: www.gov.mb.ca/conservation/parks/popular_parks/st_malo

Directions from Winnipeg: Travel south on Hwy 59. (Total: 72 km/45 mi.)

TURTLE MOUNTAIN

Main website: www.gov.mb.ca/conservation/parks/popular_parks/turtle_mtn

Directions from Winnipeg: Travel west on Hwy 1 west to Brandon and turn south on Hwy 10 to reach the park entrance. (Total: 308 km/191 mi.)

WHITESHELL

Main website: www.gov.mb.ca/conservation/parks/popular_parks/whiteshell

Full activity map for entire park: www.gov.mb.ca/conservation/parks/popular_parks/whiteshell/map_park.pdf

Directions from Winnipeg: To Falcon Lake: Travel east on Hwy 1, turn south into Falcon Lake. (Total: 146 km/91 mi.)

To West Hawk Lake: Travel east on Hwy 1, turn north into West Hawk Lake (Total: 155 km/96 mi.)

To Big Whiteshell Lake: Travel east on Hwy 15, turn north at Hwy 11, turn east on Hwy 44, turn north on 307, and northeast on 309 to reach Big Whiteshell Lake. (Total: 165 km/103 mi.)

WHAT'S A YURT

Leave the tent at home and camp in a yurt! Part cabin, part tent, these domed shelters feature electricity plus a skylight for fresh air and sunshine. Bed down on rustic log furniture and cook outside in the firepit. Yurts are available in a number of provincial parks around southern Manitoba, including Spruce Woods. (For more information, see the Plan Your Trip section under camping options.)



CAMPING OPTIONS

A range of services and camping options are offered in Manitoba's provincial parks, from basic tenting to full service sites. Call Travel Manitoba toll-free at 1-800-665-0040 for the Accommodations and Campgrounds Guide, which offers detailed information on all public and private campgrounds in the province. Also, visit the Manitoba Parks website (www.manitobaparks.com) for information online. Information on private campgrounds is available through the Manitoba Association of Campgrounds and Parks (www.macap.mb.ca).

If you want to camp but don't want to haul along your tent or trailer, you can rent a yurt in a variety of provincial parks, including Assiniboia, Bakers Narrows, Clearwater Lake, Nutimik and Spruce Woods. Book a vacation cabin at either Camp Morton or Hecla Provincial Park.

Backcountry camping

In general, backcountry camping in provincial parks in southern Manitoba is permitted only at designated sites and fires are permitted only in the firepits that are provided. A provincial park pass is required but not a backcountry permit. Backcountry camping takes place in Atikaki, Duck Mountain, Grass River, Nopiming, Spruce Woods, and Turtle Mountain provincial parks.

Riding Mountain National Park offers four campground areas and 22 backcountry campsites. The backcountry sites are equipped with firewood, pit privies, picnic tables, and food storage containers. A national park pass and backcountry camping permit is required to camp at any of the backcountry sites.

Leave No Trace

Travel Manitoba supports the principles of the "Leave no Trace" program, which promotes and inspires responsible outdoor recreation. For details on how to put into practice the seven principles listed below, visit: www.leavenotrace.ca/programs/principles.html

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

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E-mail: rob@wildernessspirit.com

A

Acorn Falls.....23
 Adam Lake.....42
 Agassiz Interpretive Trail.....27
 Akudlik Marsh.....4, 12
 Altona.....30
 Ancient Beach Trail.....27
 Ancient Mountains.....28
 Ancient Valley.....26
 Arrowhead Trail.....56
 Asessippi Provincial Park.....26
 Asessippi Ski Area and Resort.....47
 Aspen Trail.....36
 Assiniboine Forest.....6, 28
 Assiniboine Park.....6, 10, 28
 Assiniboine River.....19, 20
 Assiniboine River Corridor (Brandon). 6, 11
 Atikaki Provincial Park.....6, 17

B

Bald Hill Trail.....35
 Baldy Point.....25
 Bannock Point Petroforms.....23
 Bead Lake.....56
 Beaudry Provincial Park.....24, 41, 42, 58
 Beausejour.....48
 Beaver Lake.....18
 Bellsite.....26
 Berens River.....19
 Betula Lake.....34
 Big Whiteshell Lake.....53
 Big Whiteshell Trail.....36
 Bird River.....19
 Birds Hill Provincial
 Park.....12, 27, 33, 34, 41, 44, 45, 56, 58
 Bittersweet Trails.....40, 42, 45
 Black Island.....22
 Black River.....19
 Black Wolf Trail.....22, 35
 Bloodvein River.....16, 19
 Blue Lakes Trail / Shining Stone Trail.....25
 Bluestem Mountain Bike Trail.....34
 Brandon 6, 11, 17, 20, 23, 28, 32, 41, 45, 59
 Brandon Hills.....11, 22, 32, 36, 40, 42, 59
 Brandon Recreation Centre.....45, 46
 Brassey Hill.....16
 Brereton Lake.....18
 Brule Trail.....26, 56
 Bunn's Creek Trail.....10, 28

C

Cabin Lake.....18
 Caddy Lake.....18, 53
 Camp Morton Provincial Park.....42, 45

Cape Churchill WMA.....12
 Cape Tatnam WMA.....12
 Carberry.....30
 Caribou River.....16
 Castle Rock.....27, 53
 Cedar Bog Trail.....56
 Centennial Trail.....27, 30
 Central Trail.....35
 Chain Lakes.....18
 Childs Lake.....43
 Churchill.....4, 12, 50, 51
 Churchill River.....12
 Clear Lake South Shore.....35
 Clearwater Lake Provincial Park.....12, 24
 Cochrane River.....16
 Cole Lake.....18
 Compound East Trail.....43
 Cook Falls.....16, 19
 Copernicus Hill.....25
 Crawford Creek Trail.....43
 Crescent Park.....28
 Crocus Trail.....30
 Crow Wing Trail.....30, 33
 Curran Park.....11, 28
 Cypress River.....30

D

Deep Lake.....45
 Delta Marsh.....5, 11
 Devil's Punch Bowl Trail.....22, 25
 Dinsdale Park.....28
 Douglas Marsh.....11
 Duck Mountain
 Provincial Park.....10, 25, 43, 48

E

Elbow Lake.....19
 Eleanor Kidd Gardens.....11, 28
 Elton Lakes.....18
 Emerson.....36
 Epinette Creek Trail System.....28, 36, 42

F

Falcon Lake.....18, 44
 Falcon Ridge Ski & Recreation Area.....47
 Flin Flon.....35, 45, 46, 48
 Forester's Footsteps Trail.....34
 Fort Dufferin.....36
 FortWhyte Alive.....6, 10

G

Gammon River.....19
 Gerald Malaher WMA.....5
 Gimli.....48, 55, 58

Glad Lake.....43
 Glenboro.....30
 Gorge Creek Trail.....22, 26
 Grand Beach Provincial
 Park.....12, 27, 32, 41, 44, 45, 48, 57, 58
 Grand Marais.....48
 Grass River.....17, 19
 Grass River Provincial Park.....12, 24
 Grey Owl's Cabin Trail.....26, 35, 43
 Gull Harbour Trail.....56

H

Hanson's Creek.....18
 Harbour Trail.....5
 Harbour View Recreation Complex.....45
 Harte Trail.....23
 Hayes River.....16, 19
 Hecla/Grindstone Provincial
 Park.....5, 12, 22, 24, 35, 42, 45, 56
 High Lake.....18
 Hogsback Trail.....25
 Holiday Mountain.....47
 Hunt Lake.....27

I

Inverness Falls.....44
 Ironwood Trail.....23, 27

J

Jessica Lake.....34, 44
 J.E.T. Trail.....35

K

Karst Spring Trail.....24
 Kil-Cona Park.....45
 Kildonan Park.....6
 Kinosao Lake.....43
 Kings Park.....6, 28
 Kwasitchevan Falls.....22, 48

L

La Barrière Park.....10, 28, 32, 58
 La Salle River.....41
 Lac du Bonnet.....48
 Lake Katherine Trail.....43
 Lake Manitoba.....57
 Lake of the Prairies.....41
 Lake Winnipeg.....57
 Land of the Little Sticks.....16
 Langford Trails.....25, 36, 42
 Lavenham.....33
 Lockport.....12, 34, 58
 Little Mountain Park.....28, 32
 Living Prairie Museum.....23, 28

Lily Pond Cliff	53	Pisew Falls Provincial Park	22, 28	Steinbach	55
Lorne Trail.....	30	Proven Lake	5	Stony Mountain Ski Area	47
Lynn Lake	23	Pumpkin Creek Trails.....	40, 44	Sturgeon Creek	28
M		Queen Elizabeth Park.....	11, 28	Sturgeon Falls	16, 19
Manigotagan River	17, 19	Q		Sugarloaf Trail	35
Mantario Hiking Trail.....	22, 28	R		T	
Mantario Lake	19	Rabbit River	18	The Forks	54, 55
McGillivray Falls.....	27	Rae Trail.....	24	The Pas	48, 55
Miami.....	30	Rainbow Falls	34	Thlewiaza River	16
Moon Lake Trail	26, 56	Recreation Centre Golf		Thompson Trail	30
Moose Lake.....	43	Course (Brandon).....	41	Thunder Hill Trails.....	26, 35
Morden.....	40	Red River.....	16, 17	Tobacco Creek Trail	36
Mud Turtle.....	18	Red River North Trail.....	30	Tramping Lake.....	17
N		Red River Road & Lockport	12	Trans Canada Trail.....	30
Narcisse Snake Dens.....	6	Rhineland	30	Turtle Mountain	
Natalie Lake	12	Rice River	19	Provincial Park	33, 34, 40, 42
Neepawa.....	30, 36, 42, 56	Riding Mountain National Park		V	
Newfoundland Trail	28, 364, 10, 22, 26, 32, 35, 40, 43, 45, 46, 56, 59		Viburnum Falls.....	23
Nopiming Provincial Park.....	6, 17, 28	Rivendell.....	41, 43	Victoria Beach.....	12
North Cross.....	18	Roaring River Canyon	25	Victoria Millennium Trail	30
North Escarpment Trail.....	56	Robertson Esker.....	23	Vireo Trail	6
North Whiteshell Trail.....	30	Roblin.....	55	W	
Nutimik Lake	19, 27	Roseau River.....	28	Wapusk National Park.....	12
O		Roseisle	33	Wasagaming Bike Trail.....	35
Oak Hammock Marsh.....	5, 12, 38	Rosenort	36	Wasagaming Campground.....	43
Oak Lake	11	Rosburn Subdivision Trail	30	Wasagaming Townsite.....	26, 43
Ochre River Trail	26, 43	S		Wekusko Falls.....	24
Old Pinawa Dam	27	Sandilands Provincial Forest.....	34, 41, 44	Wellman Lake.....	43
Omand's Creek	28	Seagrim Lake.....	18	Westbran Area	28
Ominnik Marsh.....	26	Seal River	16, 19	West Hawk	44
Oskar Lake.....	19	Seine River	20, 28	Whirlpool Trail.....	45
Otter Falls	44	Seton Trail System	42	White Lake	18
Otterburne.....	33	Seven Sister Falls.....	12, 30, 48	Whitemouth River	19, 44
P		Shannondale Trails.....	40, 44, 45	Whiteshell Provincial Park	
Patricia Beach.....	57	Silver Bend Trail.....	22, 256, 17, 23, 27, 33, 34, 41, 44, 48	
Paint Lake Provincial Park.....	45, 48	Snow Valley.....	33	Whiteshell River	19
Patricia Beach Provincial Park	12, 58	Souris River	19	Whitewater Lake.....	5, 11, 59
Pembina Valley		South Cypress / Glenboro Trail	30	Whittier Park.....	23, 28
Provincial Park.....	6, 11, 28, 57	South Whiteshell Trail	27, 30, 34	Wild Wings Trail	58
Phillips Lake	22	Southwestern Manitoba's		Windsor Park Nordic Centre	41, 45, 46
Pierson Wildlife Management Area	5	Mixed-grass Prairie.....	5	Windygates Hawk Watch Site.....	11
Pigeon River	16, 19	Spirit Sands Trail	22, 25	Winnipeg.....	
Pinawa	12, 41, 44, 48	Springhill Winter Sports Park	476, 17, 20, 23, 28, 32, 34, 41, 45, 55, 58	
Pinawa Heritage Channel Walk	23, 30	Springridge.....	25	Winnipeg Beach.....	57
Pinawa Heritage Dam	19, 23, 30	Spruce Woods		Winnipeg River	16
Pine Falls	48	Provincial Park	22, 25, 32, 40, 42, 59	Y	
Pine Point Rapids.....	23, 27, 44	Squirrel Hills	42, 59	York Factory National Historic Site.....	16
Pine Point Trail	23	St. Lupicin.....	33	Yellow Quill Trails.....	42
Pine Ridge Bicycle Trail.....	34	St. Malo.....	33		
Pipestone Rocks.....	5	St. Vital Park	6, 28		
Pisew Falls	48	Stanley Trail.....	30		
		Steep Rock Trail	23		

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