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Fresh white snow sculpted into winter's finest designs, crisp clean air, the warmth of the sun on your face, the scent of jack pine—all beckoning you to a Whiteshell adventure. Whiter is an exciting season to discover one of Manitoba's premier outdoor recreation playgrounds.

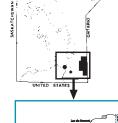
Located only one and a half hours from Winnipeg via Highway #1, Highway #44 or PR #307, the park offer a great cure for the winter blues. Picture your own er adventure in the Whiteshell...whether gliding long some of the 70 kilometres of groomed cross-ountry ski trails or sledding over the 250 kilometres

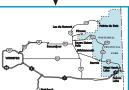
country ski trails or sledding over the 250 kilometres of groomed snowmobile trails. Imagine patiently waiting for the big catch while ice fishing, swooshing down the ski slopes, getting back to nature on horseback or horse-drawn sled, breaking trail through fresh snow by snowshoe or testing your skills with winter camping in the solitude of the backcountry. It could be as eimple as beinymb watching the wards of could be as simple as leisurely watching the magic of the northern lights as they dance across a star-filled sky from the comfort of a rented cabin. Whatever your inter interests, you're bound to find something that uits your sense of winter adventure in Whiteshell Provincial Park.

If you haven't been to the Whiteshell in the winter, it's time to give it a try. To those who have... welcome back to a Whiteshell winter adventure.

Please read on and use this publication to help plan your next visit. Be sure to use the map on the other side to guide you along the trails and to the









With over 270,000 hectares of picturesque Precambria shield country, the park offers many choices to stage your adventure.

South Whiteshell

If you approach the park from the south near Falcon West Hawk or Caddy Lakes, you will find a superb West Hawk or Caddy Lakes, you will find a superb mix of commercial services and amenities from two townsites and great trail systems spreading out into some of nature's finest landscapes. Snowmobilers will find a variety of challenging terrain, ranging from jack pine forests to rugged snow-capped granite ridges. Two trails from Falcon Lake lead to West Hawk (16 or 22 km). Another will take you from Falcon to Mud Lake and then back to the Falcon Ridge Ski Area (16 m) or set way on a seture train from Sackon to Snake km), or set you on a return trip from Falcon to Snake Lake (20 km).

Cross-country skiers will find a variety of groomed trails at West Hawk Lake (4.5 km), McHugh Lake (9 km), Falcon Lake (4 km), High Lake (7.5 km), Falcor Ridge Ski Area (12.5 km), the Falcon Lake Golf Cours trail (4 km), and the South Whiteshell multi-purpos trail (12 km, of which 7.5 km is groomed)

Central Whiteshell

If you choose the central portion of the park near Rennie, Brereton, Jessica, White or Big Whiteshell lakes, a vast winter paradise beckons you from th doorstep of your comfortable resort ac ntry ski the groomed trails at the Alfred Hole Goose Sanctuary (7 km), Invernes Falls (8 km) and Jessica Lake (15.4 km), where you'll find routes suited to every from novice to expert

North Whiteshell

A visit to the northern portion of the park brings you A visit to the northern portion of the park brings you to the popular winter recreation areas of Otter Falls, Dorothy, Nutimik and Betula lakes. Glide along the Otter Falls ski trail (10 km), and be sure to bring your camera along if you choose to ski the Pine Point cross country ski trail (6.5 km). The ice formations over the rocks where water normally flows in warmer weather is a must see is a must see.

owmobilers will take delight in the groomed trai from the town of Seven Sisters Falls to Otter Falls (15 km) or the trip from Otter Falls to Rennie (68 km).

While enjoying your outing in the Whiteshell, you'll find you are not the only one savouring a winter adventure. Listen and watch for signs of wildlife. The distant howl of a majestic wolf, the nibbled bark of shrubs where deer and rabbits ha nibbled bark of shrubs where deer and rabbits h stopped for a snack, a snow angel made where a ruffed grouse spread its wings or the air holes in the snow signalling the presence of tiny snow dwellers such as voles. Winter is truly alive with activity in Whiteshell Devisioned it Ded. incial Park

owmobiling and cross-country skiing adventum n't enough for you, try your hand at some of the many other activities beckoning the winter ent Downhill Skiing

The Falcon Ridge Ski Area is conveniently located a

east end of Falcon Lake. The opening date fo the east end of Falcon Lake. The opening date for downhill sking depends on snow conditions. The ski area is open weekends and holidays during the season. Group bookings are accepted for mid-week and must be made two weeks in advance. Dates and hours of operation are subject to change, depending on snow conditions.

In addition to skiing, the facility offers snowboarding

Snowshoeing

Whiteshell offers a unique experience in snowshoeing Consider the better part of the park's backcountry – yours to explore. Keep a watchful eye as you tramp through the woods – you may be lucky enough to see a moose, white-tailed deer, rabbit or ruffed grouse. Ice Fishing

Ice fishing is a popular winter activity throughout the Whiteshell. Most of the fish sought during the the Whiteshell. Most of the fish sought during the summer, (walleye, lake truth, brown truth, rainbow trout, and northern pike) are still waiting to be caught beneath the winter's ice cap. Try your hand at Falcon, West Hawk, Camp, Lyons, Bear, Bereton, Jessica, Big Whiteshell and George lakes, some of the most popular spots. Remember that a fishing license is required when ice fishing and can be purchased from hurinesses and park offices. esses and park offices

Falcon Beach Riding Stable and Guest Ranch offers winter horseback riding and sleigh rides Automobile Touring

Another way of enjoying the Whiteshell is from the warmth of your vehicle. Take a couple of hours and travel the scenic drive through the park. Start the adventure at either Seven Sisters Falls (North Whiteshell), at Rennie (Central Whiteshell) or off the Trans-Canada Highway (South Whiteshell), near Falcon Lake and West Hawk Lake. Make sure to stop et area of the meatyment or office chore a dean the at one of the restaurants or coffee shops along the way for refreshments.

Special Events

Horseback Riding

and Sleigh Rides

- Beaver Days Winter Carnival at Falcon/West Hawk lakes Second weekend in February. Whiteshell Community Club (Falcon Lake) Curling bonspiels throughout February and Curling bonspiels throughout February and March. Call 1-204-349-2201 for more information
- Southeast Whiteshell Volunteer Fire Department nowmobile Poker Derby-third weekend in February.

Please remember that a park vehicle permit is required year-round for all motor vehicles in Whiteshell Provincia Park. Permits may be purchased from Manitoba Conservation offices and local businesses.

A fter a full day of winter fun, there's nothing like relaxing in front of a crackling fire, recalling the day's activities, while enjoying a fine meal and preparing for the next day's adventures. Choose from a variety of lodging options to suit your mood. They range from rustic to the most modern and offer all the amenities. Other services available to help make your winter visit as pleasant and safe as possible are restaurants encores dones on an dervice stations. estaurants, grocery stores, gas and service stations, rail warming shelters (with wood-burning stoves),

public phones and an ambulance service. If you need information, you'll find that park offices re open on weekdays during the winter. See the following service listing in this guide or check the Manitoba Accommodations and Campground Guide for more information on commercial services

Business Directory and winter hours of operation

See Service Area numbers on map on other side

(1) Falcon Lake Hotel Indoor Waterslide, Pool, Jacuzzi, Sauna, Suite Lodge & Motel Units, Dining Room, Lounge, VLT's, Beer Vendor.

Ph: 1-204-349-8400 or 1-888-552-2299 falconr@mts.net www.falcon-resort.mb.ca

(2) Falcon Beach Ranch Beautiful Log Chalets, Fireplace, Loft, Outdoor Hot Tub, Sauna Sleigh & Horseback Riding. Open Year Round, Reservations Required. Ph: 1-204-349-2410 or 1-877-949-2410 **3** Falcon Beach **Auto Service**

Gas, Diesel, Propane, Snacks, Meat & Groceries, 24-hour Towing, Tires, Tire Repairs, Batteries, Movie Rentals, Fishing Tackle. Open Daily Year Round 8 am - 7 pm. Ph: 1-204-349-8322; Fax: 1-204-349-3394 Cell: 1-204-795-9553

(4) Falcon Trails Resort/ Falcon Ridge Ski Area Four season resort on Falcon Lake with Lakefront

Cabins, Conference Centre, and Ski Area. Ph: 1-204-349-8273: Fax: 1-204-349-3287 www.falcontrails.mb.ca

with private hot tubs, T.V./DVD, BBQ), Motel Units, Convenience store (Gas, Oil, Groc, Movi

Ph: 1-877-349-2250; Fax: 1-204-349-3233

mbat cold and hazards. Waterproof, insulated boot

and leather snowmobile mitts provide the best warmth

When cross-country skiing, wear layers of loose-fitting

clothes, permitting you to remove some when workin hard, and to put on more layers when resting. Warm

hard, and to put on more layers when resting. Warm hats, mittens and socks (prefearbly wool) are essential. Wearing a hat will reduce heat loss through your head. Carry an extra pair of mittens and socks so that a dry pair is available. Woolen socks can be pulled over ski boods for added insulation on very cold days or if sidelined in an emergency.

While enjoying the remote areas of the park, you

While enjoying the remote areas of the park, you can easily ski, snowshoe or snowmobile beyond immediate help. A basic survival kit can be packed and brought with you in case of an emergency. You can add items to these packs for longer journeys (see the information provided on snowmobiling and cross-country skiing for additional items). A basic repair kit has been included with both the cross-country skiing and snowmobiling sections. It's a long haul if your environment breaks and you are unable to fix it.

aluminum foil (1m x 1m; 3ft. x 3ft.) for cooking, insulation, and making containers

roll of 2 in. waterproof tape for first aid, patching,

equipment breaks and you are unable to fix it.

waterproof matches, or flint

two sugar cubes

compact folding saw

binding and tying

whistle for emergency com

pocket knife (Swiss Army type)

two heavy-duty plastic bags for shelter

candle

and protection.

Basic Survival Kit

ATM, Lotto, Bait, Tackle). Open year ro

ystone@granite.mb.ca ww.keystoneresort.mb.ca

Domo Gas, Convenience store, marin snowmobile and ATV's (parts, service and (5) Keystone Resort accessories). Open 7 days/week. New owner Relax in beautiful cabins (with fire

Ph: 1-204-369-5623

(6) Tallpine Lodges

Ph: 1-866-349-2209

& Lounge

Hwy #44 West Hawk Lake

(8) Rennie River Leisure

soup that can be cooked in its own container

1m (3ft.) of electric wire. Use it for tving and

high energy foods like chocolate or dried fruit

compass (make sure you know how to use it before you leave on your trip)

naking handles for foil cookward

an insulated aluminized safety blanket

Cross-Country Ski Safety

frostbite or hypothermia.

in the case of comp outing accordingly.

you plan to return.

Stay on designated trails.

Carry out all garbage

Dress appropriately for the weather. The

objective is to stay warm and dry to prevent

Plan your outing carefully, choosing trails that suit your level of ability.

Before you depart, check local snow condition

Tell someone where you are going and when

Observe the one-way travel directions to avoid colliding into other skiers.

Know your limits; don't over-exert yourself.

Bring along a variety of waxes and a scrape

Keep to the right so faster skiers can pass on the left.

for changing snow conditions.

Step off the trail when resting or adjusting

Ski with a partner whenever possible.

For current information, contact your local

Manitoba Conservation office. Check for clos

9m (30 ft.) of thin nylon cord

Ph: 1-204-349-2269

Romantic Luxury Lodges: Jacuzzi, Saunas, Fireplaces, Sat. TV, Kitchenettes; Trails and

mentary skis. Open daily

(7) The Landing Restaurant

Steaks & Ribs. Breakfast & Lunch Menu or

ends. Winter Hours Thurs- Sur

(9) Brereton Lake Resort "Enjoy the Hospitality". Year-round Cottages (hot tubs or hot tubs & saunas, Sat. TV/VCR/CD,

Pet friendly, wheelchair acc.), Store (Gas, Movies) Licensed Dining. Snowmobile rentals. Closed Tues Ph: 1-204-369-5352 prereton@granite.mb.ca www.whiteshell.mb.ca\br

10 Inverness Falls Resort

Treat yourself to Cottages with fireplace, Satellite/TV & Hydro-Thermo Tubs or a Mineral Whirlpool! Outdoor Mineral Hot Tub & Sauna Hut! Snowshoeing, Winter Hiking, Skiing, vmobiling

Ph: 1-204-369-5336 or 1-877-467-0832 nvernes@granite.mb.ca vww.invernessfalls.mb.ca

(1) Big Whiteshell Lodge 4 season lodge. Large, deluxe, lakefront co whirlpool, fireplace, Sat T.V./VCR/CD player covered deck, BBO & outdoor fire pit). Stor eisure wear, groceries, gas, oil, bait, license

Ph: 1-204-348-7623

Remember to bring your repair and survival kits

Let Manitoba Conservation staff know of any hazards you encounter.

Cross-Country Ski Repair Kit

nowmobiling requires constant care, caution and tention. For this reason, do not drink and drive. Even

small amounts of alcohol can impair your perception and judgement, slow your reaction time and limit your ability to control your sled at critical moments.

Operating your machine under the influence of alcohol puts your life and the lives of others in danger. It is

unishable under the Criminal Code of Canada and ca

put both your driver's license and insurability at risk

fatalities. When operating snowmachines across frozen lakes, stay on the designated trail. Do not stop until you reach shore. If you hit slush, do not let off the

throttle. If you are following someone who hits slush

veer off to make your own path. If you are crossing unfamiliar lakes and rivers that are not part of the

safe track across the ice exists. As a rule of thumb, "If you don't know, don't go."

A final safety tip - check your fuel tank to ensure you

designated trail system, ask area resid

can get to the next fuel stop.

Drowning is the leading cause of snowmobile

cord

wire

pliers

knife

screwdriver

emergency ski tir

Snowmobile Safety

(12) Nutimik Lodge Luxury cabins (fireplaces, whirlpool, BBQ). Available 7 days a week. Meal plan available

Liquor vendor, Premium Gas, Movies. Store open Fri, Sat, Sun during the winter. Ph: 1-204-348-7652 nutimiklodge@mts.net www.nutimik.mb.ca

13 Pinewood Lodge

Gas, convenience store. Open 7 days/week. Indoor pool, hot tub, fitness centre, poolside suites. Lakefront cottages, loft bed tub, fireplace, TV/VCR/DVD/Satellite, BBO, Pet & smoke free Ph: 204-348-7549

pinewood@granite.mb.ca www.mypinewood.com

(14) Otter Falls Resort Deluxe lakefront cottages (hot tubs/ Jacu Tubs & Sauna, Gas fireplace, Sat, TV/DVD, CD ibs & Sauna, Gas Ineplace, cull layer, Full Kitchen, BBQ). Some cottager friendly Sno hiking, & toboggar Ph: 1-204-348-7216 or 1-866-895-3045

Snowmobile Trail Rules Do not drive at high speeds. Do not exceed the recommended speed of 60

- km/hr on straight-aways and 30 km/hr or Slow down for reduced visibility, regulate speed limits, caution areas and deteriorating
- sledding conditions. Always wear your helme
- Keep to the right half of the lane on all trails. Do not cross over the centre into the oncoming
- lane. It is dangerous and unlawful. Watch for groomers on trails at all times
- Do not travel off the marked trail. Be alert to dangerous conditions, which can occur at any time.
- Report dangerous drivers or unsafe condition Be aware that open liquor is illegal in any public area.
- Use caution on trails—slow down and enjoy.
- Do not leave your snowmobile on the trail. If it breaks down, pull if off to the side.
- When meeting oncoming traffic on a lake, keep
- Lake travel at night requires slower speeds.
 Hidden obstructions like docks, bridges and marker buoys are difficult to see.
- It is easy to become disorientated in snow squal and darkness. If you lose your way, stop until you regain your sense of direction. Leave your machine running so your lights can be seen.
- Signal your intentions. Carry out your garbage

to the right.

Frostbite results when the skin freezes, particularly or fingers, feet and face (ears, nose and checks). First the area turns red, then greyish white. To treat frostbite, gently warm the affected area with body heat. Do not massage the affected area as this may result in damaging the skin cells. Do not rub with snow or mark drives the start if nonzero removal on going or boots apply direct heat. If necessary, remove gloves or boots and warm hands and feet inside your jacket. Hypothermia is the dangerous lowering of body nperature, which causes loss of normal body functioning. It can happen even on relatively warm days. Be on the lookout for signs of hypothermia which can include shivering, confusion and clumsines in the early stage. Forget the myth that alcohol warms up a chilled person. It opens the blood vessels and removes the feeling of chill, but it does nothing to increase body heat. Instead it can increase the risk of hypothermia. With alcohol, you may feel warmer, while your body while donesersely.

winter comfort is easy. Start with polypropylene and thermal underwear that releases moisture while

etaining heat. Add other heat retentive layers. Avoid

- Take time out for rest, food, water, toilet breaks
- Watch out for signs that members of your groups are tiring or experience any other changes in physical condition.
- Dress appropriately for the weather. Be prepared for sudden changes in temperature.
- With high-tech winter wear and proper layering, Watch the weather carefully. If it worsens, head back to your starting point or get to a shelter.

Be aware of weather warnings, and remember to include the wind-chill when planning your trip.

cottons and sweatshirts, which retain moisture and nake you feel clammy and cold. Good snowmobile wear contains material that retains heat, releases moisture and resists both water and wind. Consider a buoyant suit with reflective trim for Don't Drink & Drive! night visibility. Carry extra clothing, socks, boot liner and mitts for layering. A helmet and face shield

Dressing Right

Signs of Frostbite and Hypothermia

Frostbite results when the skin freezes, particularly or

- and over again. Weather can change quickly, so be prepared. Think ahead and plan your outing carefully Winter Safety Tips Before you take off, check your equipment.
- Let a responsible person know where you are going, when you are leaving and when you expect to return.

We want you to enjoy your visit and have the in the park. While you are here, please play it safe so you can come back to enjoy the Whiteshell ov vant you to enjoy your visit and have fur

Maintain your snowmobile and cross-country

ki equipment. When estimating time for the trip, make an

- allowance for the slowest member of the group who sets the pace for the others. Make sure the group stays together. Verify by
- making frequent headcounts
- and adjusting equipment.

Buigeneding Protecting

Connecting snowmobile trails act as a magnet, bringing visitors to Whiteshell Provincial Park from as far away as Ontario, Michigan and Minnesota.

om the south, across the border or from Sou Manitoba, you enter the park on the Can-Am Trail or along a 32-kilometre trail from Elma to Rennie.

From the east, you can come along trails groomed by Northwestern Ontario snowmobile clubs that intersec with Whiteshell trails at High Lake near Falcon, or us an access trail maintained between Ingolf, Ontario and West Hawk Lake.

From the north and west, you can snowmobile the trails of Pinawa, Agassiz, and Lac du Bonnet, which are groomed by the SNOPALS Snowmobile Club, entering the Whiteshell trail network from the town of Seven Sisters.

As destination snot As destination snowmobiling increases in popularity, so likely will the number of pleasure seekers coming to the park. You won't be disappointed. Come, plot a course that includes the Whiteshell, and plan to stay a weekend or more. You'll enjoy a variety of terrain over the long distance and find some comfortable places to spend the night.

Stay on Designated Trails

Winter trails in the Whiteshell are monitored and maintained for your safety - and to facilitate an njoyable outing. Trails have been developed to allow encyable outing. Irais have been developed to allow recreational opportunities while protecting our natural environment. By staying on designated trails you can reduce risks to yourself and your equipment; and help protect the beauty of our park.

Remember:

- All motorized vehicles are prohibited in the Mantario Wilderness Zone
- Trails marked with a blue ribbon are not Snofund Trails. These trails are trapping trails and are not intended for public use. Professional trappers in this area depend on these trails for part of their come. Using these trails compromises the
- Snow and ice designated trails only. You are risking your s and your equipment when riding off marked trails



Whiteshell Provincial Park

Seyutues Vinter

(15) Riverview Lodge

Catch the Whiteshell Magic! Year Round Luxur Cabins. Fireplaces and Whirl Pools. Location on Main Snowmobile Trail. Steak pit and Lounge en weekends at noor

Ph: 1-204-348-7607 or 1-888-275-3462

www.riverviewlodge.ca

16 Seven Sisters Motel '04

O/o Trudy Lehman. Licensed Restauran Pizza, Rooms & Vendor. Try the ski and snowmobile trails

Ph: 1-204-348-3106 or 1-866-782-5375

Snowmobilers' Code Of Ethics

I will be a good sports enthusiast. I recogn that people judge all snowmobile owners by my actions. I will use my influence with othe vmobile owners to promote fair conduc 2 I will not litter trails or camping areas. I will not

- pollute lakes or streams.
- 3 I will not damage living trees, shrubs, or other natural features. I will go out only when there is sufficient snow so that I will not damage
- 4 I will respect other people's property and rights 5 I will lend a helping hand when I see someone in distress
- 6 I will make my vehicle and myself available to assist search and rescue parties.
- 7 I will not interfere with or harass hikers, skiers nowshoers, ice anglers or other winter sports enthusiasts. I will respect their rights to enjoy our ecreational facilities.
- 8 I will know and obey all federal, state/provincial and local rules regulating the operation of snowmobiles in areas where I use my vehicle. I will inform officials when using public land.
- 9 I will not harass wildlife. I will avoid areas posted for the protection or feeding of wildlife.
- 10 I will stay on marked trails or marked roads open to snowmobiles. I will not snowmobile where prohibited.

-from Manitoba Conservation, Snowmobile Training Manual

Winter **Adventures**

Whiteshell Provincial Park



Manitoba 쫘

Snowmobile Repair Kit

 spare belt, spark plug manufacturer's tool kit

- extra wrenches, nuts and bolts sized to your sled
- tow rope and pry bar duct tape and wire
- extra ignition key
- work gloves
- flashlight



Caution

Ice conditions can change daily. The marking of a trail on the map does not suggest that ice travel or crossings are safe. Ask several local people, or visit our Web site at www.manitobaparks.com for information on present ice conditions before doing any river or lake riding.

Caution

etimes trail locations marked on this map ar relocated during the winter. The map should be used as a trip-planning guide only. Follow the designated trail markers.

Caution

Ride single file at a safe distance and at a sensible speed to ensure your safety and that of others.

The Snofund is Manitoba's user-pay snowmobile trail pass system. It requires snowmobilers who choose to ride on a designated Snofund Snowmobile Trail to purchase a trail pass (Snopass).

As a dedicated fund, all of the time pass compassi-tion of the sales of Snopasses goes back into snowmobiling. The Snofund Program provides financial assistance to maintain existing traits, develop new ones, construct and upgrade trait shelters, purchase and install trait signs, produce regional trail maps of the designated trail system and cover the operational costs of the Snofund Program.

A Snopass is legally required to ride on designated Snofund snowmobile trails, RCMP and Manitoba Natural Resource Officers actively patrol the trails and enforce the requirement for a Snopass, All Whiteshell Provincial Park snowmobile trails are designated as Snofund trails. For more information or trail condition reports, call Snowman Inc. (Snowmobiles of Manitoba at 1-204-940-SLED (7533) or visit their Web site at



This map has been published from inform deemed correct and available at the time of publication

We may have missed a trail or some other relevant item for this year's map. If so, let us know and we'll nsider putting it on next time. Your assistance will allow us to keep up with the many changes taking place on the trails, so we can continue to offer you the most up-to-date trail map possible.

We assume no responsibility or liability for discrepancies, errors or omissions that may app or for actual conditions on the indicated trails a one time.

All distances are approximate. The map is intended as a general guide only. Please follow designated trail signage.

For more information and trail condition reports please contact the numbers on the front of the map or visit our Web site at www.manitobaparks.co



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