

# SAMPLE MANITOBA TRAIL ROUTES

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Participate as an individual, join a team, or create your own team, and raise awareness and funds for all cancers. And at the same time reduce your personal risk of cancer by being active.

Choose any challenge you like to reach either a distance of 20kms or 200 minutes of physical exercise! Walk, cycle, swim, run or do a workout from aerobics to zumba and everything in between.

**Not sure what to do?** Check out some of the beautiful trails around Manitoba

[Great places for hiking and biking](#)

Thousands of kilometres of trails, from lakeside paths to rocky inclines, make it easy to explore Manitoba on foot or bike. – Travel Manitoba

## **Trans Canada Trail**

The Trans Canada Trail stretches all the way across Manitoba - from the South Whiteshell Trail in the east to the Crocus Trail to the west in Duck Mountain Provincial Park. Trek through the boreal forest and across granite rock ridges along the Blue Water South portion of the trail – a 37 km stretch that starts at the Pinawa Dam heritage site. Pedal along the Crow Wing Trail - the longest section of the trail at 191 km.

## **Birds Hill Provincial Park**

Cyclists, walkers or runners can enjoy the park's network of trails. Birds Hill has eight trails for hiking or biking. Wander through the “enchanted forest”, under the dense canopy of the eastern white cedar along the Cedar Bog Trail. The Nimowin Trail - a Cree word meaning peaceful or quiet - offers interpretation on the impacts of human activities on the natural environment.

## **Whiteshell Provincial Park**

The Whiteshell is a hikers dream. It has some of the province's best hiking trails. The steep rock outcrops offer a challenge, and the activity of busy beavers might even drastically alter the trail! Choose a two-hour hike that take you to Inverness Falls, or one that leads you through the jack pine stands at Bear Lake. Five different trails, which range from 45 minutes to three and half hours, loop around Jessica Lake. Learn about the park, its fauna, flora, geological features, and its history on one of the park's self-guided interpretive trails. Mountain bikers enjoy the Canadian Shield scenery on the 4.2 km trail at Betula Lake, or the multi-use, 29 km South Whiteshell Trail system that links Falcon Lake to Caddy Lake.

