



WHITESHELL
PROVINCIAL PARK

Backcountry Map and Trip Planning Guide



Protecting
& Managing
our Future

Manitoba 

Whiteshell Backcountry

Welcome

to Whiteshell Provincial Park

Whiteshell Provincial Park is one of Manitoba's premiere outdoor recreation spots. Located 1 1/2 hours from Winnipeg by the Trans-Canada Highway, PTH 44 or PR 307, the park offers excellent backcountry hiking, canoeing and camping opportunities. Embark on a wilderness adventure in over 270 000 hectares of picturesque Precambrian Shield country. Pitch your tent in the rugged forest. Canoe the unspoiled rivers and lakes. Thrill to the spectacle of shimmering northern lights. Discover our pristine lakes and glorious sandy beaches. For an extraordinary outdoor adventure, visit the Whiteshell's backcountry. Come experience everything under the sun.

Backcountry hiking, canoeing and camping can be an exciting experience, but it is not suitable for everyone. Trails can be challenging and are intended for experienced backpackers. Backcountry hiking is not recommended for beginners or children.

This map should be used in conjunction with topographical and/or navigational maps, aerial photos, field markers and other available data. You can contact local Manitoba Conservation offices to check for any trail condition updates.

Travel Tips

Prepare/plan

- ◆ Make a list of equipment and food required for your trip. Always plan to bring extra food in case of a delay; this could be bad weather or trail conditions that may cause you to be on the trail longer than you expected.
- ◆ Split equipment throughout your group to lighten the pack load.
- ◆ Read a few books on camping/hiking to ensure you develop a comprehensive equipment list.
- ◆ Ensure that you are familiar with basic survival skills and techniques.
- ◆ Talk to someone who has hiked or canoed the route before. Trail updates and water level conditions are available from Manitoba Conservation offices.
- ◆ Plan to go with a group.

Complete a trip plan

Before leaving on your trip, note the following information and leave it with the RCMP, Manitoba Conservation and a responsible person:

- ◆ Dates of your trip
- ◆ Trip route
- ◆ Names and contact numbers for everyone in your group
- ◆ Expected return time
- ◆ Medical conditions of group members
- ◆ Automobile types, licence plate numbers of vehicles left at trailheads
- ◆ Any other relevant information

Check weather forecasts

Check the weather forecast ahead of time when planning to hike or canoe. Three to four-day forecasts are available through most media including the Internet. Always be prepared for unexpected weather conditions.

Receive first-aid training

Along with carrying an adequate first-aid kit for the size of your group, first-aid training is an asset and is recommended for all backcountry travellers.

Leave as a group – stay as a group

Hike at the pace of the slowest person in the group. If in a large group, break into two smaller groups but stay in contact with each other. If you allow a group member to fall behind, they risk becoming lost or may become injured in an attempt to keep pace.

Use other navigational aids

This map is not intended to replace topographical maps. Bring a global positioning system (GPS), topographical maps and/or a compass with you. Know how to use these navigational tools. Although most of the trails are marked, you could become lost, requiring the use of these lifesaving tools.

Drink fluids

Your body requires fluids continuously, so it is important to have the necessary containers to carry at least two litres of water. Treat all water either by filtration, chemicals and/or boiling.

Footwear and footcare tips

Your feet will be the most important asset of your hiking adventure. Ensure you have good, "broken-in" hiking boots. Waterproof your boots prior to leaving on your hike. Consider bringing two pairs of hiking boots and a pair of sneakers for around camp. A spare set of shoelaces is also a good idea. Bring an extra pair of socks for each day of hiking. Ensure your first-aid kit is equipped to deal with blisters.



Backcountry Campers' Checklist

Consult a hiking/canoeing book or brochure and/or talk to experienced hikers and canoeists regarding appropriate gear to bring. This checklist is intended to remind you of essential equipment only.

- topographical map/compass/global positioning system (GPS)
- waterproof matches/firestarter, in a waterproof container
- first-aid kit
- tent
- sleeping bag
- cooking implements
- food (for one more day than planned)
- 2 water bottles
- extra clothes
- rain gear
- hat
- sunscreen/sunglasses
- insect repellent
- small flashlight
- pocket knife
- toilet paper

Turn in Poachers

Call: 1-800-782-0076

Report the following information.

- ◆ Time and location of offence
- ◆ Make, colour and licence number of vehicle
- ◆ Number and description of vehicle
- ◆ Direction vehicles travelled
- ◆ Any other useful information

Survival Tips

If you become lost, experience severe weather or sustain injuries, follow these survival tips.

- ◆ Let others know of your position and remain at that location.
- ◆ Build a shelter. Shelters can be built from snow and brush.
- ◆ Conserve heat by huddling together.
- ◆ Always carry water.
- ◆ Try to conserve body heat by staying dry.
- ◆ Always carry wooden matches in a waterproof container.
- ◆ Be familiar with recognized distress signals.
- ◆ Use fire to attract rescuers' attention.

Backcountry Camping

Do's and Don'ts

Follow these helpful hints for a safe, enjoyable backcountry adventure that is respectful of nature and future campers.

Do

- ◆ Hike in single file to prevent widening the trail.
- ◆ Keep your campsite clean by packing out all garbage.
- ◆ Allow faster canoe parties to pass you on portage.
- ◆ Respect and maintain the natural quiet of your surrounding.
- ◆ Sweep your campsite before you leave.
- ◆ Only establish fires in designated fire pits.
- ◆ Burn unwanted food leftovers. If a campfire is not possible, put scraps in an airtight container to burn at the next campsite or pack out.
- ◆ Use camp stoves where fires are prohibited.
- ◆ Douse fires thoroughly before leaving.
- ◆ Be respectful of other park users including trappers, hunters and other campers.
- ◆ Take only pictures, leave only footprints.

Don't

- ◆ Don't deface trees.
- ◆ Don't establish latrines on small island campsites.
- ◆ Don't leave your gear directly on the trail obstructing passage.
- ◆ If you see stones placed in specific formations, don't move them. These sites may be sacred to Aboriginal people.
- ◆ Don't assume young animals are abandoned. The mother is usually nearby and may attack.



Hygiene

Drinking purified water only, eating clean food and disposing of sewage efficiently prevents illness and helps ensure a positive camping experience.

Drinking water

Three ways to purify water:

1. Boiling

Heat water to a rolling boil for three minutes to sterilize the water and kill bacteria, protozoan cysts like beaver fever and cryptosporidium, ameba cysts and hepatitis virus. The colour and taste of the water doesn't matter provided it has been adequately boiled.

2. Chemical treatment

Tincture of iodine two percent (five drops/litre for clear water, 10 drops for cold or cloudy water) allowed to stand for 30 minutes kills bacteria, giardia and ameba cysts. Chlorine (10 drops of one percent solution to one litre of water) kills most water-borne bacteria but not ameba cysts or bacteria embedded in solid particles. The water must be treated for 15 minutes to one hour. Add a pinch of salt to improve the taste.

3. Filtration

Filtration removes suspended matter and some bacteria giving the water a deceptively clear appearance. Filters must be kept scrupulously clean or they lose their efficiency. Water should be boiled after filtration, not before.

Dealing with human waste

Human waste can ruin a campsite or trail for future campers. If you are away from proper washroom facilities follow this advice.

- ◆ Dig a hole six to eight inches deep that is well away from the water and bury your waste.
- ◆ Pack out any toilet paper, diapers or other paper products you have used.
- ◆ Ensure you are at least 400 metres away from water sources to avoid contaminating the water supply.

An Angler's Dream

With over 200 lakes and rivers, Whiteshell Provincial Park is an angler's dream. Dip your hook and be rewarded with northern pike, bass, walleye, lake and rainbow trout. Angling licences are required and may be obtained at Manitoba Conservation offices and at most hardware stores, sporting good stores, fishing centres and lodges. Remember to fish with barbless hooks and check your fishing regulations for local rules (slot sizes and restricted lakes).

Safety tips

- ◆ Never fish from rocks near hydro dams.
- ◆ Always wear a personal floatation device or life jacket when fishing.
- ◆ Never anchor a boat downstream from a generating station or spillway.
- ◆ Never drink alcohol and operate a boat.
- ◆ Watch for and obey all signs near dams.

Angling maps

A lake depth map might help you catch that master angler. Visit canadamapsales.com or call 1-877-627-7226 to order lake depth maps.



Boat Safety

Recreational powerboat users can access a number of the Whiteshell's backcountry wilderness areas. For your safety and the safety of fellow boaters, please follow these guidelines.

- ◆ Enroll in an accredited boating safety course. Be aware of current regulations for required courses and licences.
- ◆ Be aware of current and predicted weather conditions.
- ◆ Know and obey waterway rules and regulations.
- ◆ Always wear a personal flotation device or a lifejacket.
- ◆ Obtain relevant charts for each area you navigate and keep these documents up-to-date
- ◆ Operate your vessel with consideration for other vessels in the area.
- ◆ Ensure that you have all required equipment aboard and that it is in good working order.
- ◆ Never operate a vessel while under the influence of alcohol.
- ◆ Be aware of boating restrictions in the area, i.e. Mantario zone - no motorized vehicles allowed.

Boating charts

Safely navigating a major lake or river system can be a complex task for both recreational boaters and professional mariners. Setting a course and avoiding natural hazards is much easier with the aid of hydrographic charts. The nautical charts show shorelines, water depths, reefs, navigational aides and safe harbours.

Hydrographic charts have been prepared for most major waterways in Canada. The charts for Manitoba and northwestern Ontario are available online at canadamapsales.com or by calling 1-877-627-7226.



Bears and You

Viewing a black bear from a safe distance can be a highlight of your backcountry trip. Black bears are usually black but can range from blond, cinnamon or light brown. Any bear you see in the Whiteshell is a black bear regardless of its colour. Take precautions to avoid confrontations. Here are some general wildlife guidelines.

- ◆ Give bears and all wildlife distance. Wildlife at close range can feel threatened and become aggressive.
- ◆ Avoid cooking food that has a strong odour, such as canned fish. Burn tin cans and food scraps in the fire, then remove any unburned remains (including the tin) and pack it out.
- ◆ Never cook near the area where you are going to sleep and, if possible, cook upwind from your sleeping area. Never keep food in your tent.
- ◆ Pack out all your garbage. Do not bury garbage or deposit garbage in toilets or fire pits.
- ◆ Report any unusual sightings or encounters to a Manitoba Conservation office.

Fire Regulations

Open fires are prohibited. Campfires may only be built in approved metal fire pits when forest fire conditions permit. Use of portable camp stoves is recommended. Douse fires thoroughly before leaving. During extreme hot/windy weather, fires or even backcountry access may be restricted completely, regardless of an approved fire pit. Always check with the Manitoba Conservation office for the current fire hazard situation.

To report forest fires

Call: 1-800-782-0076

Report the following information.

- ◆ Location and size of fire
- ◆ Time fire was noticed
- ◆ Colour and amount of smoke
- ◆ Direction fire is spreading
- ◆ Access to fire
- ◆ If people are in the area



Backcountry Adventure Routes

Backcountry enthusiasts may want to try one of the following challenging canoe routes or hiking trails. Or, chart your own course, using the map on the reverse. However, remember to consult topographical and navigational maps and a Manitoba Conservation office before heading into the backcountry.

Canoe routes

Winnipeg River

This historic route embraces approximately a dozen lakes and 15 portages with wide and lake-like connecting channels. Its waters are cool and clear with several varieties of sport fish. Campsites along the way are plentiful. This route is recommended for experienced canoeists.

- ◆ Length, one way: 418 km
- ◆ Start: Keewatin, Ontario
- ◆ Time: allow 14 days
- ◆ Destination: Winnipeg, Manitoba

Whiteshell River

A round trip on the Whiteshell River begins at tranquil Caddy Lake and winds throughout Whiteshell Provincial Park. From the ducks of Mallard Lake to the rushing river rapids to the rocky cliffs and boulder-strewn shores, this route will exhilarate and delight you. Camping and fishing opportunities abound. A challenging route recommended for experienced canoeists.

Note: When water levels are high, the tunnels on Caddy and South Cross lakes may be closed because they are impassible and dangerous. Check with Manitoba Conservation before departing.

- ◆ Length, return: 161.7 km
- ◆ Start/end: Caddy Lake on PTH 44
- ◆ Destination: via Big Whiteshell Lake, allow 3 days;
via Nutimik Lake, allow 6 days

Frances Lake

This pleasant paddle leads to a secluded camping spot situated on Frances Lake. There are three short portages as you follow Hansons Creek past beaver lodges and picturesque wetlands.

- ◆ Length, return: 17 km
- ◆ Start/end: PTH 44, 16 km east of Rennie, Manitoba

Hiking routes

Mantario Hiking Trail

The trail extends over 63 kilometres between its two trailheads at Caddy Lake and Big Whiteshell Lake. It crosses exceptionally varied terrain and is intended for more experienced backpackers. The trail presents a unique challenge to those wishing to experience breathtaking hiking terrain and excellent wildlife viewing opportunities. Be sure to purchase a copy of the highly recommended Mantario Hiking Trail brochure, available from Canada Map Sales or the park office at West Hawk Lake.

- ◆ Length, one way: 63 km (40 miles)
- ◆ Time: 25 1/2 hours of hiking time (based on the rate of 2.4 kilometres per hour)
- ◆ Start: Big Whiteshell Lake/Caddy Lake
- ◆ End: Caddy Lake/Big Whiteshell Lake

Canada Map Sales

If you're planning a backcountry hiking or canoeing trip, contact Canada Map Sales for all your navigational needs. They have a wide selection of topographical maps, hydrographic charts, angling maps, aerial photos and illustrated canoe route maps.

Visit their website at canadamapsales.com or call 1-877-627-7226.

Don't Forget Your Park Vehicle Permit

A park vehicle permit is required for all motor vehicles entering a provincial park, year round. They can be obtained from Manitoba Conservation offices and some local businesses.

Manitoba Conservation

Please contact Manitoba Conservation or the park district office for more information on Whiteshell Provincial Park and backcountry adventures.

Manitoba Conservation

200 Saulteaux Crescent
Winnipeg, MB R3J 3W3
204-945-6784
1-800-214-6497
www.manitobaparks.com

Park Offices

Falcon Lake	204-349-2201
West Hawk Lake	204-349-2245
Rennie	204-369-3153
Seven Sisters Falls	204-348-4004

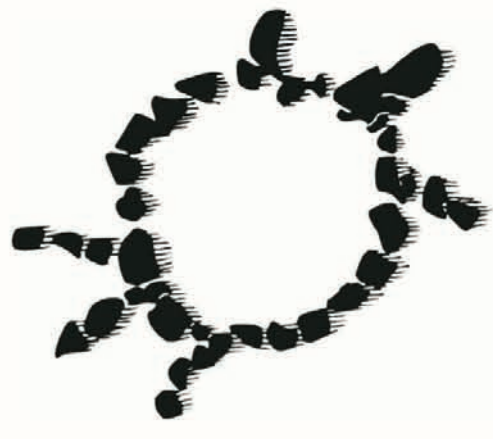
Emergency Services

North Whiteshell	
RCMP	204-348-7177
Ambulance	204-348-7700
South Whiteshell	
RCMP	911

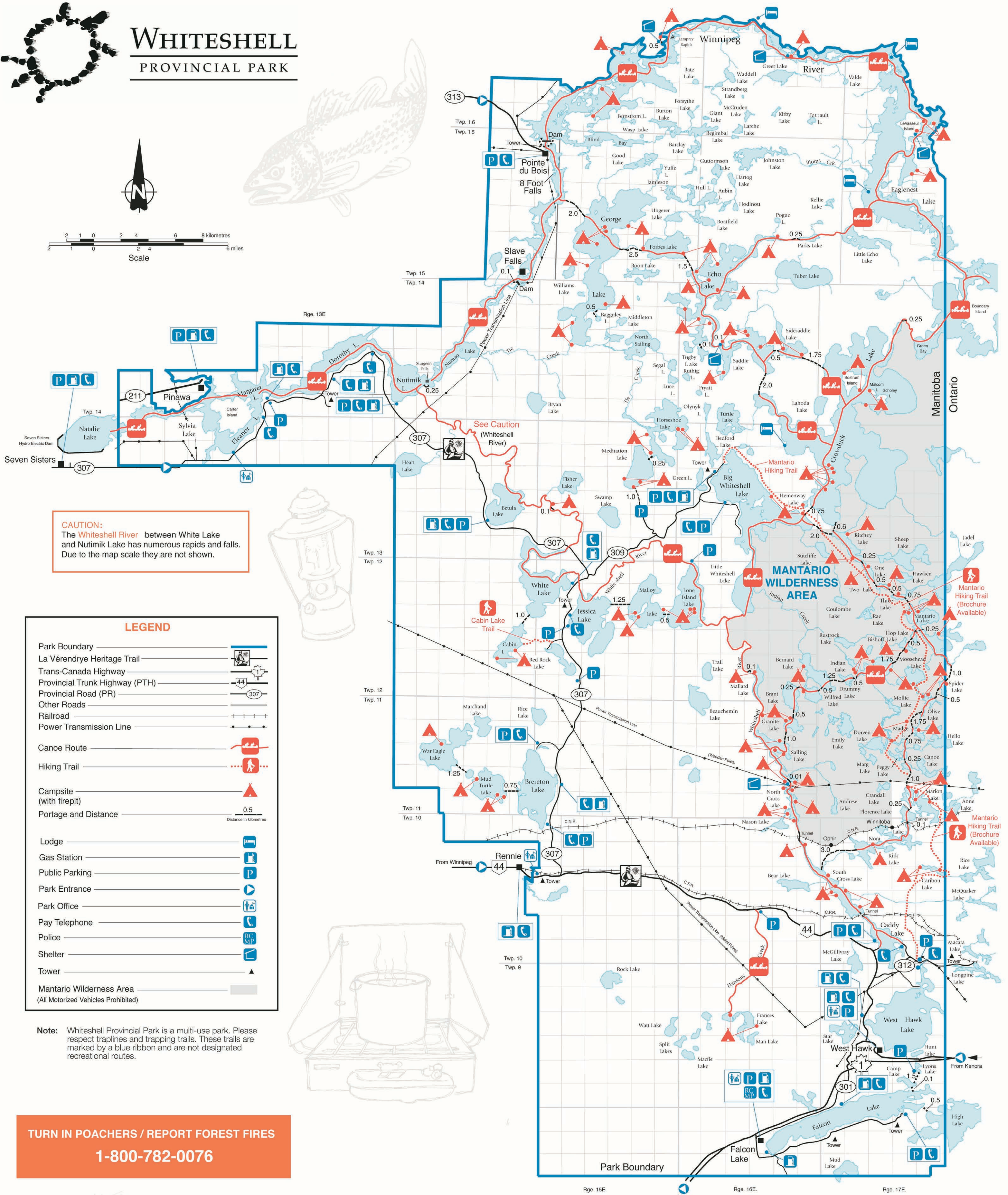
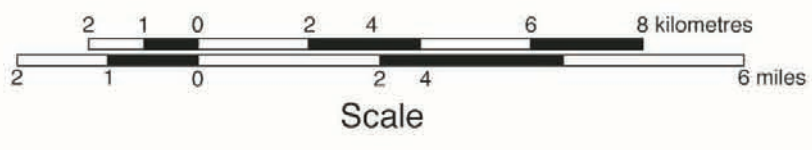


Whiteshell Provincial Park

Summer Backcountry Map



WHITESHELL
PROVINCIAL PARK



CAUTION:
The Whiteshell River between White Lake and Nutimik Lake has numerous rapids and falls. Due to the map scale they are not shown.

LEGEND

- Park Boundary
- La Vérendrye Heritage Trail
- Trans-Canada Highway
- Provincial Trunk Highway (PTH)
- Provincial Road (PR)
- Other Roads
- Railroad
- Power Transmission Line
- Canoe Route
- Hiking Trail
- Campsite (with firepit)
- Portage and Distance (0.5 km)
- Lodge
- Gas Station
- Public Parking
- Park Entrance
- Park Office
- Pay Telephone
- Police
- Shelter
- Tower
- Mantario Wilderness Area (All Motorized Vehicles Prohibited)

Note: Whiteshell Provincial Park is a multi-use park. Please respect traplines and trapping trails. These trails are marked by a blue ribbon and are not designated recreational routes.

TURN IN POACHERS / REPORT FOREST FIRES
1-800-782-0076



FOR MORE INFORMATION PLEASE CONTACT:
PARK OFFICES:
 Falcon Lake 204-349-2201
 West Hawk Lake 204-349-2245
 Rennie 204-369-3153
 Seven Sisters Falls 204-348-4004
MANITOBA CONSERVATION:
 Public Information 204-945-6784
 1-800-214-6497



CAUTION TO ALL BACKCOUNTRY USERS: This park map is to be used for general information only. It is not a topographical or navigational map. Because of the changing nature of the backcountry, this map should be referred to only in conjunction with topographical and/or navigational maps, up-to-date aerial photographs, field markers, and other available data. Please consult with local Manitoba Conservation offices for up-to-date information.