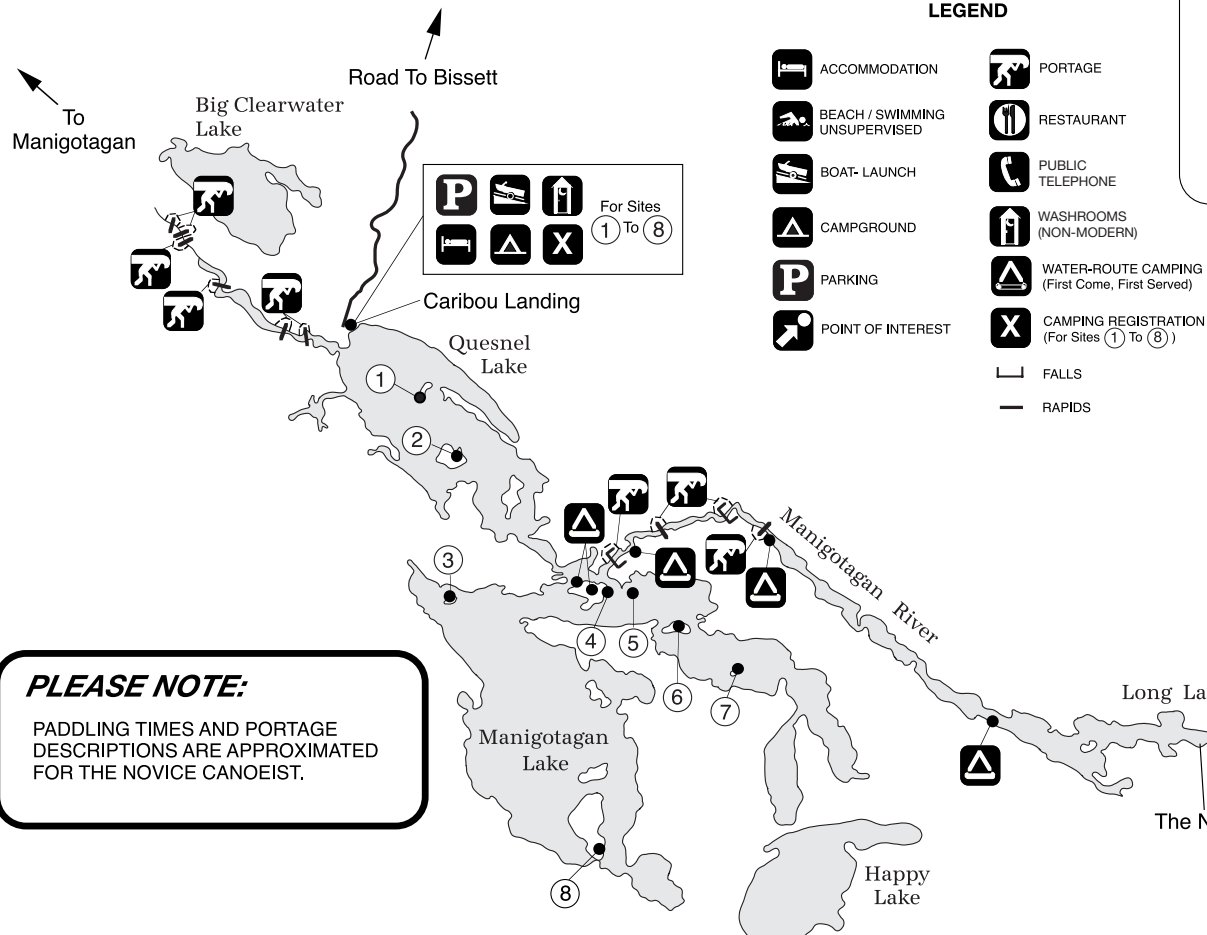


Manigotagan Water Routes

Nopiming Provincial Park



BACKCOUNTRY USERS PLEASE NOTE:

PREPARE IN ADVANCE - This map is for orientation only. Please use it along with a topographic map and be aware that additional pull-outs may be required due to fluctuating water levels.

PACK IT IN-PACK IT OUT - Please bring your litter back and deposit it in the garbage containers located at vehicle access points.

OPEN FIRES ARE PROHIBITED - Please use your portable stoves or the firepits provided at each campsite.

CAMP ONLY AT DESIGNATED SITES - Overnight camping is not permitted in parking lots. Water route camping is only permitted at the designated sites which have been provided with firepits for your safety and convenience.

ONTARIO BACKCOUNTRY USERS - An interior camping or day use permit is required for travel in Woodland Caribou Provincial Park in Ontario. For more information please contact Ontario Parks Staff in Red Lake, Ontario @ (807) 727-2253

BERESFORD LAKE TO GARNER OR LONG LAKE

STAGING - At Beresford Lake launch site

LENGTH - Staging area to Garner Lake = 38 km (return)
 - Staging area to Long Lake = 20 km (one way)

CAMPING - 5 sites on Garner Lake are provided free of charge to all users on a first come, first served basis. A developed campground is available at Beresford Lake (fees and registry required).

TIPS - Minimum suggested time to Garner Lake return is 2 days. The first campsite is within 2 hours paddling of the launch site. No portages are required. (please watch for motorboats travelling between Beresford and Garner Lakes). Route from Beresford Lake to Long Lake is recommended as a day trip for visitors staying at the Beresford Lake campground. Allow 4 hours paddling time and 1/2 hour driving time from Beresford Lake to Long Lake.

PLEASE NOTE:

PADDLING TIMES AND PORTAGE DESCRIPTIONS ARE APPROXIMATED FOR THE NOVICE CANOEIST.

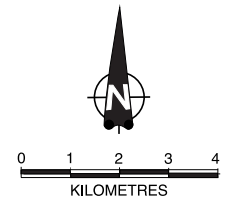
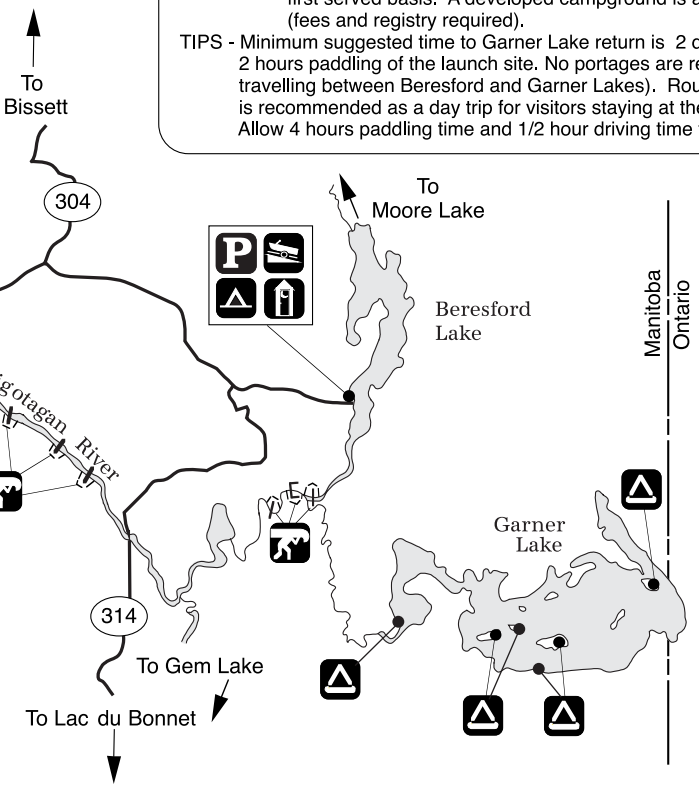
LONG LAKE TO CARIBOU LANDING

STAGING - At Long Lake launch site

LENGTH - Staging area to Caribou Landing = 35 km (one way)

CAMPING - 3 sites along the Manigotagan River as well as 2 sites at the river's inflow are provided exclusively for canoeists travelling the river (first come, first served and free of charge). All other campsites on Manigotagan and Quesnel lakes are available for a fee by advance registration by contacting the Quesnel Lake Caribou Lodge at 1-204-330-1758. A developed campground is also available on the mainland, at Caribou Landing (fees and registry required).

TIPS - Minimum suggested time is 2 full days. 3 days is recommended since the route is one way and requires 2 vehicles for drop off and pull-out sites (driving time from Long Lake to Caribou Landing is 1 1/2 - 2 hours). The first campsite is within 3-4 hours paddling of the launch site. All portages (4) along the river are short and relatively easy to cross.



NOTE:

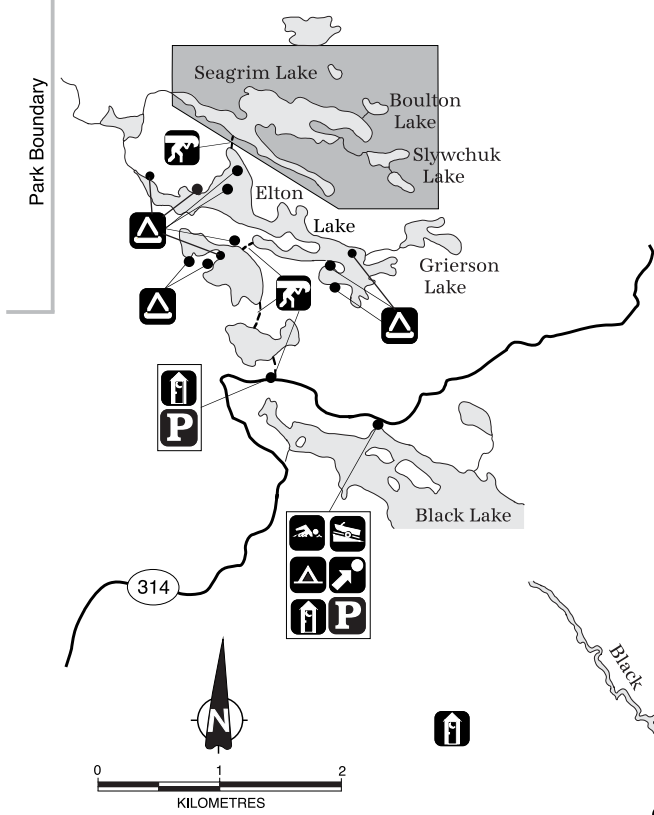
- For more information call 1-800-214-6497 (945-6784 in Winnipeg) or visit our website: www.manitobaparks.com

IN CASE OF EMERGENCY CALL

- RCMP 345-8685
- AMBULANCE 1-877-977-0007

April 2011

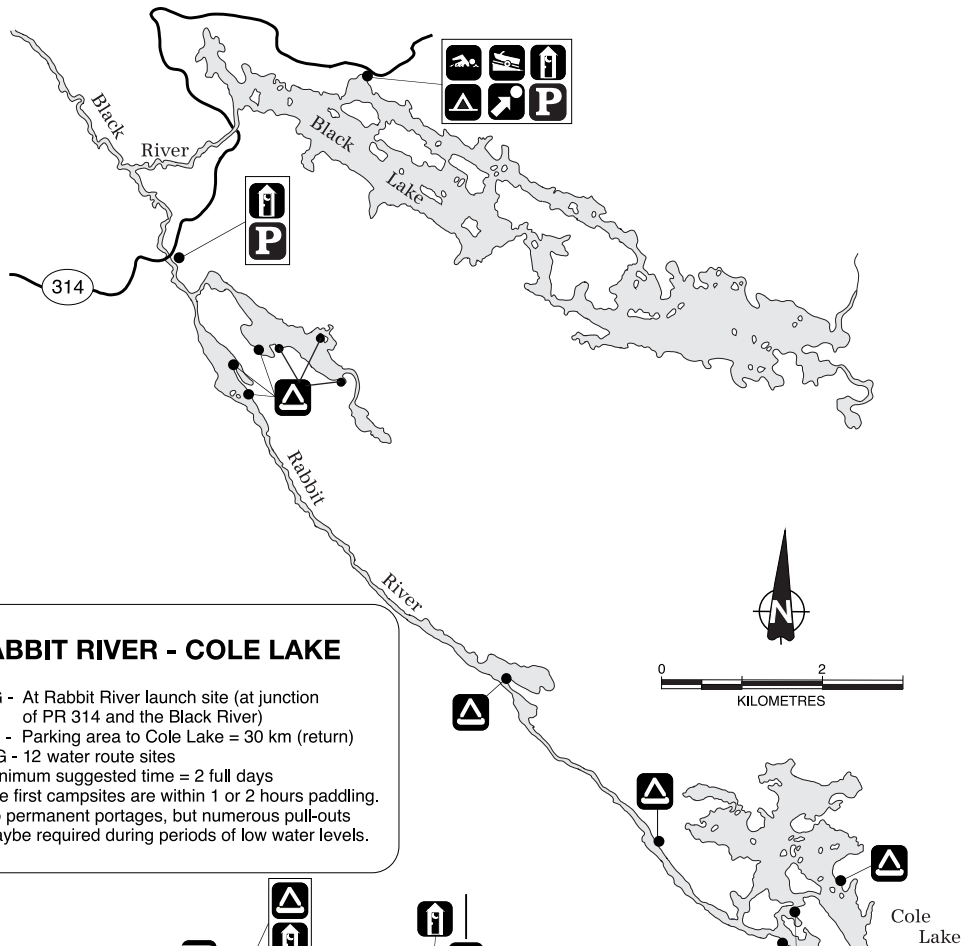




SEAGRIM LAKE

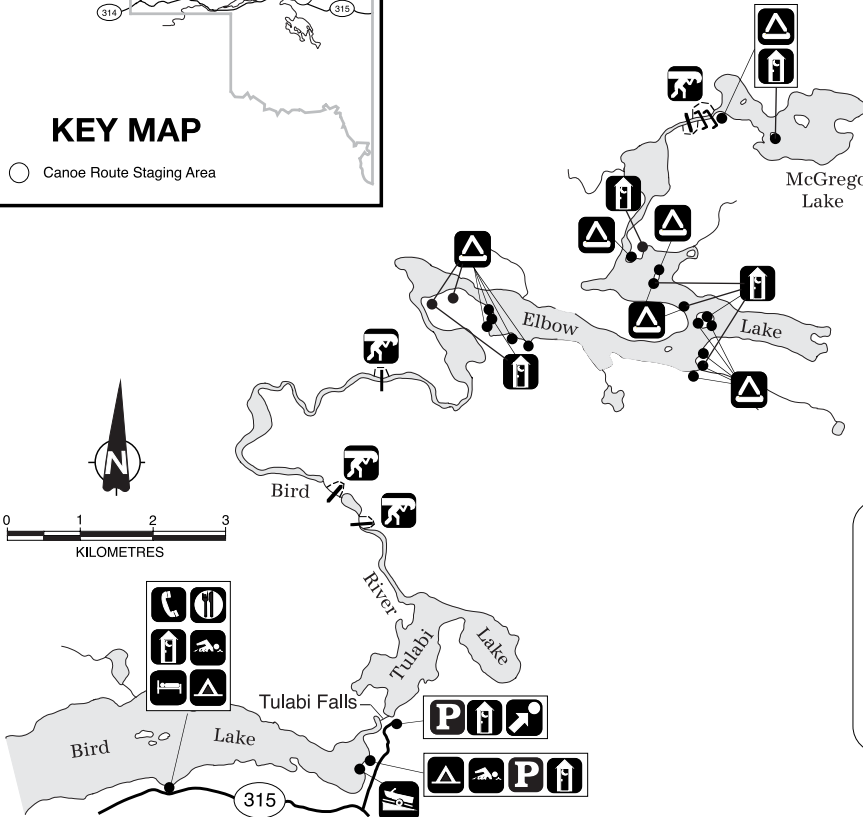
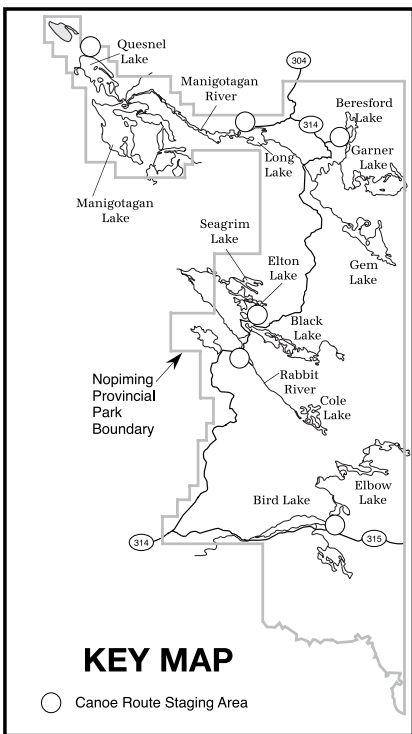
STAGING - At Seagrim launch site (just west of the Black Lake campground)
LENGTH - Parking area to Seagrim Lake = 15 km (return)
CAMPING - 13 water route sites
TIPS - Minimum suggested time = 2 days (with an overnight stop) or 1 full day (for a day trip) The first campsites are within 2 - 3 hours of paddling. Portages are relatively long but easy to travel.

■ No camping in this area (Sensitive Caribou Calving Area.)



RABBIT RIVER - COLE LAKE

STAGING - At Rabbit River launch site (at junction of PR 314 and the Black River)
LENGTH - Parking area to Cole Lake = 30 km (return)
CAMPING - 12 water route sites
TIPS - Minimum suggested time = 2 full days
 The first campsites are within 1 or 2 hours paddling. No permanent portages, but numerous pull-outs maybe required during periods of low water levels.



PLEASE NOTE:

PADDLING TIMES AND PORTAGE DESCRIPTIONS ARE APPROXIMATED FOR THE NOVICE CANOEIST.

BIRD RIVER - ELBOW LAKE

STAGING - At Tulabi Falls launch site.
LENGTH - Parking area to McGregor Lake = 55 km (return)
CAMPING - 20 water route sites
TIPS - Minimum suggested time = 2 full days
 Plan on 3 days for the entire route. First campsites are within 4-5 hours paddling. Portages (7) are short and range from relatively easy to moderately difficult.