Welcome to Whiteshell Provincial Park

Whiteshell Provincial Park is one of Manitoba’s premier outdoor recreation destinations. Known as "Canada’s Natural Playground," the park offers excellent backcountry hiking, canoeing, and camping opportunities. With 250 kilometres of hiking trails, Whiteshell is ideal for families and groups seeking an adventure in the natural world.

**Basic Kit**
- Hiking boots
- Rain gear
- Sunscreen/sunglasses
- Water bottles
- First aid kit
- Compass
- Map
- Water filter
- Knife
- Matches
- Food
- Water
- Lantern
- Tent
- Sleeping bag
- Fuel
- Stove

**Fires**
- Only established fires in designated fire pits.
- Douse fires thoroughly before leaving.
- Allow faster canoe parties to pass you on portage.
- Do not establish latrines on small island campsites.

**Bears and You**
- Bears are likely to seek humans as a source of food. Always store food in bear-proof containers and never feed bears.
- Keep a minimum distance of 10 metres from bears unless a bear is feeding.
- If you encounter a bear, make no sudden movements.

**Backcountry Camping**
- Plan your trip in advance, including a comprehensive equipment list.
- Leave as a group, return as a group.
- Leave no trace – pack out all garbage.
- Monitor weather conditions and be prepared for emergencies.

**Boating**
- Appropriate clothing and footwear are required for all watercraft.
- Operate your vessel with consideration for other vessels in the area.
- Always wear a personal floatation device or life jacket when fishing.

**Angling**
- Fish with barbless hooks; check your regulations for local rules (slot sizes and restricted lakes).
- Respect all fishing laws and regulations.

**Hygiene**
- Use toilet paper or cloth, but no paper products in backcountry campsites.
- Place toilet paper in a waterproof container or in a pit before leaving.

**Drinking Water**
- Treat all water either by filtration, chemicals, or boiling.

**Drown**
- Never cook near the area where you are going to sleep, and, if possible, cook upwind from your sleeping area.
- Do not leave water unattended.

**Lost**
- Always carry wooden matches in a waterproof container.
- Always wear a personal floatation device or life jacket when fishing.

**Travel Tips**
- Check the weather forecast ahead of time when planning to hike or canoe.
- Always be prepared for unexpected weather conditions.

**Fire Regulations**
- Operate your vessel with consideration for other vessels in the area.
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**Backcountry**
- Backcountry hiking can be an exciting experience, but it is important to plan and prepare for your trip.
- Always carry a map and a compass, and know how to use them.
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**License**
- A valid fishing license is required for all angling activities.
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Whiteshell Provincial Park is one of Manitoba's most walkable natural environments. Located at the southern end of the Canadian Shield, Whiteshell is bordered to the south by the United States. Many of the park's visitors are experienced backcountry hikers, often coming from as far away as the United States or Canada. The park's diverse landscape, including forests, lakes, and rivers, provides a unique opportunity to explore nature.

Backcountry Hiking

Backcountry hiking, canoeing, and camping are exciting experiences that can be enjoyed by everyone. To avoid leaving litter behind, please carry out all garbage. Backcountry hikers must carry water and other supplies.

Backcountry Campers' Checklist

- First-aid kit
- Water filters
- Water bottles
- Tent
- Sleeping bag
- Food
- Cooking implements
- Toilet paper
- Map
- Water

Hygiene

Drinking water

- Filtration
- Chemical treatment
- Boiling

Don't's

- Don't leave camp sites
- Don't drink water
- Don't boil water

Driving Safely

- Follow speed limits
- Use light signs
- Keep an eye out for wildlife

Backcountry Adventure Routes

Adventure Routes

- Whiteshell River
- Winnipeg River
- Boating routes
- Recreation 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. Always carry water.

是我希望提供的信息.
Welcome to Whiteshell Provincial Park

Backcountry Backcountry

Backcountry camping, canoeing and hiking can be an exciting experience, but it is important to be prepared. Each year there are instances of serious injuries and deaths among campers and canoeists. In many cases, proper preparation could have prevented the tragedy. The following Backcountry Campers’ Checklist should be read thoroughly and used as a guide when planning your next backcountry trip.

Backcountry Campers’ Checklist

Go online and buy a topographical map/compass/global positioning system (GPS) for your next backcountry adventure. It is a must-have for all backcountry travelers.

Weekend Warriors

The most important tool you can use...
Welcome to Whiteshell Provincial Park

Backcountry Campers’ Checklist

Consider bringing: medical bandage, pain reliever, anti-allergy preparations, antipyretics, motion sickness preparations.

Hygiene
- Dealing with human waste
  - Human waste can contaminate water supplies. In some cases, it can cause illness and death.
  - If you are using a composting toilet, make sure it is designed for backcountry use and is properly maintained.

Drinking water
- Boiling
  - Bring a portable stove, or use a pocket-sized alcohol stove.
  - Boil water thoroughly for one minute. Water contamination is a serious problem. Do not drink raw water.

Dont’s
- Don’t touch plant life.
- Don’t feed the wildlife.
- Don’t smoke in the park.
- Don’t litter.
- Don’t use pets.
- Don’t damage or vandalize

Backcountry Camping

Dicks and Do’s

Do’s
- Plan to go with a group.
- Receive first-aid training.
- Check weather forecasts.
- Complete a trip plan.
- Always carry water.

Survival Tips
- Be prepared for the worst. Always carry water.
- Be prepared for the worst. Always carry water.
- Be prepared for the worst. Always carry water.

Fire Regulations
- Check weather forecasts. Always carry a fire extinguisher.
- To report forest fires call 1-888-442-7277.

Boat Safety
- Always wear a personal flotation device or lifejacket.
- Always be aware of poacher activities.

Bears and You
- Always wear a personal flotation device or lifejacket.
- Always be aware of poacher activities.

An Angler’s Dream
- Always wear a personal flotation device or lifejacket.
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Waterproof your boots prior to leaving on your hike. Consider bringing two pairs of hiking boots and a pair of sneakers for

Conservation offices.

Falcon Lake 204-349-2201
West Hawk Lake 204-349-2245
Rennie 204-369-3153

Backcountry Map and Trip Planning Guide

Backcountry enthusiasts may want to try one of the following challenging canoe routes

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

Always carry wooden matches in a waterproof container.

Always wear a personal flotation device or a lifejacket.

Be aware of boating restrictions in the area, i.e. Mantario zone - no motorized vehicles allowed.

Obtain relevant charts for each area you navigate and keep these documents up-to-date.

Know and obey waterway rules and regulations.

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.

Always be aware of poacher activities.

Always be aware of poacher activities.

Check weather forecasts.

Travel Tips

Prepare your gear and food for your trip.

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Complete a trip plan.

Combine the following recommendations and have it in the backcountry along with a pocket knife.

Always carry water.

A lake depth map might help you catch that master angler. Visit Manitoba Conservation for more information.

Dealing with human waste
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Backcountry hiking, canoeing, and camping are an exciting experience, but it is important to note that traveling in the backcountry is not for the inexperienced. It is important to be prepared and aware of your surroundings.

Be aware of the risk of hypothermia, which can occur in any season. Ensure you have appropriate clothing and gear to protect you from the elements.

Prepare your equipment and gear carefully. Always consider the advice of experienced backcountry hikers and plan your trip accordingly.

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.

Take only pictures, leave only footprints.

Dealing with human waste
Human waste can cause significant problems in the backcountry. If you see any likelihood of problems, please dispose of your waste properly.

Never deface trees.

1-877-627-7226. or by calling

Visit their website at www.manitobaparks.com

Drinking water

Filtration

Remove 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.

For each 1000 mL of water:

1. Boiling for 15 minutes kills all bacteria, giardia and ameba cysts. Chlorine (10 drops of bleaching powder) is added to water in solid particles. The water must be treated for 15 minutes to one hour. Add a pinch of salt to improve the taste.

2. Chemical treatment

Use a chemical treatment that is effective for cold or cloudy water. 2% of Potassium Permanganate is added to water. 10 drops of Potassium Permanganate kill giardia and the ameba cyst. The water must be treated for 30 minutes to one hour. Add a pinch of salt to improve the taste. For 2% of Potassium Permanganate, please contact Parks Canada for the current instructions.

Backcountry Hiking Trail

Mantario Hiking Trail

Hiking routes

This historic route embraces approximately a dozen lakes and 15 portages with wide and lake-like connecting channels. Its history is full of drama, including a voyageur campaign. Campsites along the way are plentiful. This route is recommended for experienced canoeists.

You must be prepared for all conditions and be aware of the risk of hypothermia, which can occur in any season. Ensure you have appropriate clothing and gear to protect you from the elements.

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Aid kit is equipped to deal with blisters.

Don't assume young animals are abandoned. The mother is usually

Sales

Waterproof your boots prior to leaving on your hike. Consider

◆

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.

1-877-627-7226.

The charts for Manitoba and northwestern Ontario are available online at www.manitobaparks.com.

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

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.

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.

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.

Ensure that you are familiar with basic survival skills and techniques. 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.
Whiteshell Provincial Park

This map should be used in conjunction with topographical and/or boating charts. The nautical charts show shorelines, water depths, reefs, navigational aides and safe harbours. Ask at any of our visitor centres or call 1-877-627-7226 or visit canadamapsales.com for a complete listing of our available charts and maps.

Hiking and Canoeing

Start/end: PTH 44, 16 km east of Rennie, Manitoba

◆ Trip Planning Guide

Plan to go with a group.

◆ Dates of your trip

◆ Trip route

◆ Length, one way: 418 km

◆ Time: 25 hours of hiking time (based on the rate of 2.4 kilometres per hour)

◆ Access to fire

◆ Fire regulations

Read a few books on camping/hiking to ensure you develop a confidence level that meets your needs.

Be aware of conditions that may cause you to be on the trail longer than you expected.

◆ First-aid kit

Your body requires fluids continuously, so it is important to drink fluids.

Your first-aid kit is equipped to deal with blisters.

◆ Dealing with human waste

Bury your waste.

◆ Tools

Always carry wooden matches in a waterproof container.

Always carry water.

◆ Hygiene

Drink fluids and/or boiling.

◆ Fire

Always carry matches, fuel, means of ignition (e.g. matches, lighter, firelighter) and means of starting a fire.

Always carry a small flashlight.

Use fire to attract rescuers’ attention.

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

If people are in the area, ask them if they can help you.

◆ Medical conditions of group members

First-aid training is an asset and is recommended for your group, especially if you are planning a canoe trip.

◆ Weather

Take only pictures, leave only footprints.

◆ Boating

Safely navigating a major lake or river system can be a complex task for both recreational boaters and professional watercraft operators.

Boating charts

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.

Know and obey waterway rules and regulations.

Be respectful of other park users including trappers, hunters and other campers.

Respect and maintain the natural quiet of your surrounding.

All campfires must be placed in designated fire pits.

Allow faster canoe parties to pass you on portage.

Only establish fires in designated fire pits.

Be aware that campfires are not permitted in Whiteshell Provincial Park.

◆ Boating safety

Boating safety

Recreational canoeing trips begin at Falcon Lake and wind throughout Whiteshell Provincial Park.

◆ Trip route

A round trip on the Whiteshell River begins at tranquil Caddy Lake and winds throughout Whiteshell Provincial Park.

Cross lakes may be closed because they are impassible and dangerous. Check with Manitoba Conservation before departing.

The Whiteshell River winds through Whiteshell Provincial Park and flows into Lake St. Martin

◆ Survival tips

Survival tips

If you allow a group member to fall behind, they risk entanglement.

Don’t deface trees.

Don’t leave your gear directly on the trail obstructing passage.

Don’t alter trails.

Sunscreen is recommended.

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Dentures can be stored in a small container of water.

Wear your personal medication.

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