

Campground Tips

- Be Wildlife Smart. Do not feed any wildlife, including birds or squirrels. You are in black bear country - secure all attractants such as food, cooking equipment and trash in a locked vehicle. Do not store food or attractants in your tent.
- Practice Leave No Trace. Pack out all gear and trash to keep the campsites clean for others.
- Keep dogs on leash and clean up after your pet.
- Learn to recognize and avoid poisonous plants such as poison ivy.
- Open fires are prohibited. Use portable stoves or fire pits provided.
- Don't Move Firewood - Moving firewood can spread harmful invasive species and destroy our forests.
- Prevent the spread of aquatic invasive species. Always clean, drain, dry watercraft and water related equipment. Visit manitoba.ca/stopais for full regulations.
- In case of injury or illness contact a Park Attendant or Park Patrol Officer. They can assist you to reach medical help.
- Full camping regulations are available in the Campers Guide, available from park offices and online at manitobaparks.com.

Kiche Manitou Campground

- The Spirit Sands is a desert-like area featuring 30 metre sand dunes



Located in western Manitoba, Spruce Woods Provincial Park consists of 269 square kilometres of spruce parkland, forest, mixed grass prairie, and the Spirit Sands. The park, named for all the spruce trees growing in the area, was once the home of Fort des Epinettes, a 1700s Northwest Company trading provisioning post.

Spruce Woods is home to the famous Spirit Sands, a desert-like area that features sand dunes that tower up to 30 metres. Within these dunes, catch a glimpse of Manitoba's only lizard, the Northern prairie skink, or see the Western hognose snake and cacti - all unique to Manitoba! Be sure to visit the Devils Punch Bowl, an eerie pond formed by an underground stream. There are 11 oxbow lakes found in the park, one of which is Kiche Manitou Lake located in the Day Use area of the campground. "Kiche Manitou" is an aboriginal phrase meaning "Great Spirit."

The park boasts a year round Visitor Centre including a gift shop, operated by the park's co-operating association, The Friends of Spruce Woods Inc., an exhibits building, and interpretive

offices, each of which open up into a spacious amphitheatre. The park interpreters will lead you on various programs like campfire talks, guided hikes, and children's events.

There are many activities to keep the family busy, including interpretive programs, miniature golf at the Pine Fort IV concession, fishing, biking, swimming, bird watching, hiking and equestrian trails. Kiche Manitou, the 200+ site campground, features electrical and basic camping and activities. See the best features of the park with a wagon ride through the Spirit Sands booked with Spirit Sands Wagon Outfitters.

If you are on the lookout for fresh produce and baking, be sure to stop by the Famers Market in Glenboro and Carberry on your way to Spruce Woods. While in Carberry visit Seton Centre to see rotating displays of artwork, books and memorabilia by world-famous naturalist, writer and artist, Ernest Thompson Seton.

More information on Kiche Manitou Campground and Spruce Woods Provincial Park is available on request from the park office.

