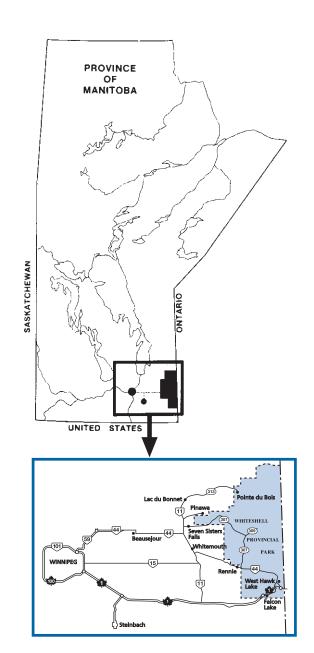
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resh white snow sculpted into winter's finest designs, crisp clean air, the warmth of the sun on vour face, the scent of jack pine—all beckoning you to a Whiteshell adventure. Winter is an exciting season to discover one of Manitoba's premier outdoor recreation playgrounds. Located only one and a half hours from Winnipeg via Highway #1, Highway #44 or PR #307, the park offers a great cure for the winter blues. Picture your own winter adventure in the Whiteshell...whether gliding along some of the 70 kilometres of groomed cross-country ski trails or sledding over the 250 kilometres of groomed snowmobile trails. Imagine patiently waiting for the big catch while ice fishing, swooshing down the ski slopes, getting back to nature on horseback or horse-drawn sled, breaking trail through fresh snow by snowshoe or testing your skills with winter camping in the solitude of the backcountry. It could be as simple as leisurely watching the magic of the northern lights as they dance across a star-filled sky from the comfort of a rented cabin. Whatever your winter interests, you're bound to find something that suits your sense of winter adventure in Whiteshell Provincial Park. If you haven't been to the Whiteshell in the winter, it's time to give it a try. To those who have... welcome back to a Whiteshell winter adventure. Please read on and use this publication to help plan your next visit. Be sure to use the map on the other side to guide you along the trails and

to the many services.



Snowmobiling and **Cross-country Skiing**

With over 270,000 hectares of picturesque Precambrian shield country, the park offers many choices to stage your adventure.

South Whiteshell

If you approach the park from the south near Falcon West Hawk or Caddy Lakes, you will find a superb mix of commercial services and amenities from two town sites and great trail systems spreading out into some of nature's finest landscapes. Snowmobilers will find a variety of challenging terrain, ranging from jack pine forests to rugged snow-capped granite ridges. Two trails from Falcon Lake lead to West Hawk (16 or 22 km). Another will take you from Falcon to Mud Lake and then back to the Falcon Ridge Ski Area (16 km), or set you on a return trip from Falcon to Snake Lake (20 km). Explore the newest section of trail, from Star Lake to Caddy Lake, making a stop at the new Zubec Lake warm-up shelter built by the Whiteshell Snowmobile Club. Cross-country skiers will find a variety of groomed trails at West Hawk Lake (4.5 km), McHugh Lake (9 km), Falcon Lake (4 km), High Lake (7.5 km), Falcon Ridge Ski Area (12.5 km), the Falcon Lake Golf Course trail (4 km), and the South Whiteshell multi-purpose trail (12 km, of which 7.5 km is groomed).

North Whiteshell

If you choose the north portion of the park near Rennie or Seven Sisters Falls, a vast winter paradise beckons you from the doorstep of your comfortable resort accommodation. Cross-country ski the groomed trails at the Alfred Hole Goose Sanctuary (7 km), Inverness Falls (8 km), Jessica Lake (15.4 km), Pine Point (6.5 km) or Otter Falls (10 km) where you'll find routes suited to everyone from novice to expert.



WHITESHELL SNOWMOBILE CLUB



Business Directory and Lodging

A fter a full day of winter fun, there's nothing like relaxing in front of a crackling fire, recalling the day's activities, while enjoying a fine meal and preparing for the next day's adventures. Choose from a variety of lodging options to suit your mood. They range from rustic to the most modern and offer all the amenities. Other services available to help make your winter visit as pleasant and safe as possible are restaurants, grocery stores, gas and service stations, trail warming shelters (with wood-burning stoves), public phones and an ambulance service. If you need information, you'll find that park offices are open on weekdays during the winter. See the following business listing in this guide or check Travel Manitoba's website at travelmanitoba.ca for more information on commercial services.

Seven Sisters Motel (Seven Sisters Falls) 204-348-3016

Dunlop's Tourist Hotel (Seven Sisters Falls) 204-348-2646

Tirshman's Esso (Seven Sisters Falls) 204-348-2583

Riverview Lodge (Eleanor Lake) 204-348-7607

Otter Falls Resort (Otter Falls) 204-348-7216

Pinewood Lodge (Dorothy Lake) 204-348-7549

We want you to enjoy your visit and have fun in the park. While you are here, please play it safe so you can come back to enjoy the Whiteshell over and over again. Weather can change quickly, so be prepared. Think ahead and plan your outing carefully.

Winter Safety Tips

- Before you take off, check your equipment. Let a responsible person know where you are
- going, when you are leaving and when you expect to return.
- Maintain your snowmobile and cross-country ski equipment.
- When estimating time for the trip, make an allowance for the slowest member of the group
- who sets the pace for the others. Make sure the group stays together. Verify by
- making frequent headcounts. Take time out for rest, food, water, toilet breaks
- and adjusting equipment. Watch out for signs that members of your groups are tiring or experience any other changes in
- physical condition Dress appropriately for the weather. Be prepared for sudden changes in temperature.
- Watch the weather carefully. If it worsens, head
- back to your starting point or get to a shelter. Be aware of weather warnings, and remember to include the wind-chill when planning your trip.

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Signs of Frostbite and **Hypothermia**

Frostbite results when the skin freezes, particularly on fingers, feet and face (ears, nose and cheeks). First the area turns red, then greyish white. To treat frostbite, gently warm the affected area with body heat. Do not massage the affected area as this may result in damaging the skin cells. Do not rub with snow or apply direct heat. If necessary, remove gloves or boots and warm hands and feet inside your jacket.

Hypothermia is the dangerous lowering of body temperature, which causes loss of normal body functioning. It can happen even on relatively warm days. Be on the lookout for signs of hypothermia, which can include shivering, confusion and clumsiness in the early stage.

Forget the myth that alcohol warms up a chilled person. It opens the blood vessels and removes the feeling of chill, but it does nothing to increase body heat. Instead it can increase the risk of hypothermia. With alcohol, you may feel warmer, while your body chills dangerously.

Dressing Right

With high-tech winter wear and proper layering, winter comfort is easy. Start with polypropylene and thermal underwear that releases moisture while retaining heat. Add other heat retentive layers. Avoid cottons and sweatshirts, which retain moisture and make you feel clammy and cold.

Good snowmobile wear contains material that retains heat, releases moisture and resists both water and wind. Consider a buoyant suit with reflective trim for night visibility. Carry extra clothing, socks, boot liners and mitts for layering. A helmet and face shield

combat cold and hazards. Waterproof, insulated boots and leather snowmobile mitts provide the best warmth and protection.

When cross-country skiing, wear layers of loose-fitting clothes, permitting you to remove some when working hard, and to put on more layers when resting. Warm hats, mittens and socks (preferably wool) are essential. Wearing a hat will reduce heat loss through your head. Carry an extra pair of mittens and socks so that a dry pair is available. Woolen socks can be pulled over ski boots for added insulation on very cold days or if sidelined in an emergency.

Basic Survival Kit

While enjoying the remote areas of the park, you can easily ski, snowshoe or snowmobile beyond immediate help. A basic survival kit can be packed and brought with you in case of an emergency. You can add items to these packs for longer journeys (see the information provided on snowmobiling and crosscountry skiing for additional items). A basic repair kit has been included with both the cross-country skiing and snowmobiling sections. It's a long haul if your equipment breaks and you are unable to fix it.

- waterproof matches, or flint candle
- pocket knife (Swiss Army type) aluminum foil (1m x 1m; 3ft. x 3ft.) for cooking, insulation, and making containers
- two sugar cubes
- two heavy-duty plastic bags for shelter
- compact folding saw
- whistle for emergency communication
- roll of 2 in. waterproof tape for first aid, patching, binding and tying

For snowmobilers, an extensive network of trails leads you to spectacular scenic overlooks, a photographer's delight. From Rennie, trails lead into the park to Otter Falls (68 km), Falcon Lake (34 km) or out to the town site of Elma (32 km). You can also travel scenic backcountry loops to Beauchemin Lake (39 km return), and Big Whiteshell Lake (80 km return). Snowmobilers will take delight in the groomed trails from the town of Seven Sisters Falls to Otter Falls (15 km), or the trip from Otter Falls to Rennie (68 km).

While enjoying your outing in the Whiteshell, you'll find you are not the only one savouring a winter adventure. Listen and watch for signs of wildlife. The distant howl of a majestic wolf, the nibbled bark of shrubs where deer and rabbits have stopped for a snack, a snow angel made where a ruffed grouse spread its wings or the air holes in the snow signalling the presence of tiny snow dwellers such as voles. Winter is truly alive with activity in Whiteshell Provincial Park.

Connecting snowmobile trails act as a magnet, bringing visitors to Whiteshell Provincial Park from as far away as Ontario, Michigan and Minnesota.

From the south, across the border or from southeastern Manitoba, you enter the park on the Can-Am Trail or along a 32–kilometre trail from Elma to Rennie. From the east, you can come along trails groomed by north-western Ontario snowmobile clubs that intersect with Whiteshell trails at High Lake near Falcon, or use an access trail maintained between Ingolf, Ontario and West Hawk Lake.

From the north and west, you can ride the trails of Pinawa, Agassiz, and Lac du Bonnet, which are groomed by the SNOPALS Snowmobile Club, entering the Whiteshell trail network from the town of Seven Sisters. As destination snowmobiling increases in popularity, so likely will the number of pleasure

seekers coming to the park. You won't be disappointed. Come, plot a course that includes the Whiteshell, and plan to stay a weekend or longer. You'll enjoy a variety of terrain over the long distance and find some comfortable places to spend the night.

f snowmobiling and cross-country skiing adventures aren't enough for you, try your hand at some of the many other activities beckoning the winter enthusiast.

Downhill Skiing

The Falcon Ridge Ski Area is conveniently located at the east end of Falcon Lake. The opening date for downhill skiing depends on snow conditions. The ski area is open weekends and holidays during the season. Group bookings are accepted for mid-week and must be made two weeks in advance. Dates and hours of operation are subject to change, depending on snow conditions. In addition to skiing, the facility offers snowboarding and tubing.

Snowshoeing and Winter Walking

Whiteshell offers a unique experience in snowshoeing Consider the better part of the park's backcountry yours to explore. Keep a watchful eye as you tramp through the woods - you may be lucky enough to see a moose, white-tailed deer, rabbit or ruffed grouse. Explore the groomed walking trails in the North Whiteshell, Pine Point (5 km) and Forester's Footsteps (4.2 km), or trek down the South Whiteshell Trail from West Hawk to Falcon Lake (16 km).

Ice Fishing

Ice fishing is a popular winter activity throughout the Whiteshell. Most of the fish sought during the summer, (walleye, lake trout, brown trout, rainbow trout, and northern pike) are still waiting to be caught beneath the winter's ice cap. Try your hand at Falcon, West Hawk, Camp, Lyons, Bear, Brereton, Jessica, Big Whiteshell and George lakes, some of the most popular spots. Remember that a fishing license is required when ice fishing and can be purchased from businesses and park offices.

Horseback Riding and Sleigh Rides

Falcon Beach Riding Stable and Guest Ranch offers winter horseback riding and sleigh rides.

Automobile Touring

Another way of enjoying the Whiteshell is from the warmth of your vehicle. Take a couple of hours and travel the scenic drive through the park. Start the adventure at either Seven Sisters Falls (PR 307), at Rennie (PTH 44) or off the Trans-Canada Highway near Falcon Lake and West Hawk Lake. Make sure to stop at one of the restaurants or coffee shops along the way for refreshments.

Interpretive Programs

Make a family discovery this winter at an interpretive event! Park Interpreters lead guided walks, snowshoe expeditions, campfire talks and special events that offer you and your family a unique learning experience in the Whiteshell winter. For more information, call the Park Interpreter's office at 204-369-3157 or check for events online at ManitobaParks.com.

Barrier Bay (Nutimik Lake) 204-348-7755

Nutimik Lodge (Nutimik Lake) 204-348-7652

Betula Lake Resort (Betula Lake) 204-348-2964

Big Whiteshell Lodge (Big Whiteshell Lake) 204-348-7623

White Lake Resort (White Lake) 204-348-7605

Jessica Lake Lodge (Jessica Lake) 204-348-7544

soup that can be cooked in its own container

■ 1m (3ft.) of electric wire. Use it for tying and

■ high energy foods like chocolate or dried fruit

compass (make sure you know how to use it

making handles for foil cookware.

before you leave on your trip)

an insulated aluminized safety blanket

Cross-Country Ski Safety

frostbite or hypothermia.

suit your level of ability.

outing accordingly.

you plan to return.

Dress appropriately for the weather. The

objective is to stay warm and dry to prevent

Plan your outing carefully, choosing trails that

Before you depart, check local snow conditions.

For current information, contact your local

Tell someone where you are going and when

Observe the one-way travel directions to avoid

Step off the trail when resting or adjusting

Know your limits; don't over-exert yourself.

Bring along a variety of waxes and a scraper

Keep to the right so faster skiers can pass on

for changing snow conditions.

Ski with a partner whenever possible.

colliding into other skiers.

Stay on designated trails.

Manitoba Conservation office. Check for closures

in the case of competitions, and reschedule your

9m (30 ft.) of thin nylon cord

Inverness Falls Resort (Brereton Lake) 204-369-5336

Brereton Lake Resort (Brereton Lake) 204-369-5352

Rennie River Leisure (Rennie) 204-369-5623

Rennie Hotel (Rennie) 204-369-5308

Rennie General Store (Rennie) 204-369-5282

West Hawk Inn (West Hawk Lake) 204-349-8347

Keystone Resort (West Hawk Lake) 204-349-2250

Tallpine Lodges (West Hawk Lake) 204-349-2209

Pittman Steakhouse (West Hawk Lake) 204-349-2269

Crescent Beach Cottages (West Hawk Lake) 204-349-2214

Falcon Lake Hotel (Falcon Lake) 204-349-8400

Falcon Beach Ranch (Falcon Lake) 204-349-2410



- Carry out all garbage.

the left.

equipment.

 Remember to bring your repair and survival kits Let Manitoba Conservation staff know of any hazards you encounter.

Cross-Country Ski Repair Kit

- cord
- wire pliers
- knife
- screwdriver
- emergency ski tip

Snowmobile Safety

Snowmobiling requires constant care, caution and attention. For this reason, do not drink and drive. Even small amounts of alcohol can impair your perception and judgement, slow your reaction time and limit your ability to control your sled at critical moments. Operating your machine under the influence of alcohol puts your life and the lives of others in danger. It is punishable under the Criminal Code of Canada and can put both your driver's license and insurability at risk.

Drowning is the leading cause of snowmobile fatalities. When operating snowmachines across frozen lakes, stay on the designated trail. Do not stop until you reach shore. If you hit slush, do not let off the throttle. If you are following someone who hits slush, veer off to make your own path. If you are crossing unfamiliar lakes and rivers that are not part of the designated trail system, ask area residents whether a safe track across the ice exists. As a rule of thumb, "If you don't know, don't go."

A final safety tip – check your fuel tank to ensure you can get to the next fuel stop.

Snowmobile Trail Rules

- Do not drive at high speeds. Do not exceed the recommended speed of 60 km/hr on straight-aways and 30 km/hr or slower on corners.
- Slow down for reduced visibility, regulated speed limits, caution areas and deteriorating
- sledding conditions. Always wear your helmet.
- Keep to the right half of the lane on all trails.
- Do not cross over the centre into the oncoming lane. It is dangerous and unlawful.
- Watch for groomers on trails at all times.
- Do not travel off the marked trail. Be alert to dangerous conditions, which can
- occur at any time. Report dangerous drivers or unsafe conditions.
- Be aware that open liquor is illegal in any public area.
- Use caution on trails--slow down and enjoy. Do not leave your snowmobile on the trail. If
- it breaks down, pull if off to the side.
- When meeting oncoming traffic on a lake, keep to the right. Lake travel at night requires slower speeds.
- Hidden obstructions like docks, bridges and marker buoys are difficult to see.
- It is easy to become disorientated in snow squalls and darkness. If you lose your way, stop until you regain your sense of direction. Leave your machine running so your lights can be seen.
- Signal your intentions.
- Carry out your garbage.

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Special Events

Beaver Days Winter Carnival at Falcon/ West Hawk lakes – February. Whiteshell Community Club (Falcon Lake) - Curling bonspiels throughout the season. Call 204-349-2201 for more information.

Whiteshell Snowmobile Club

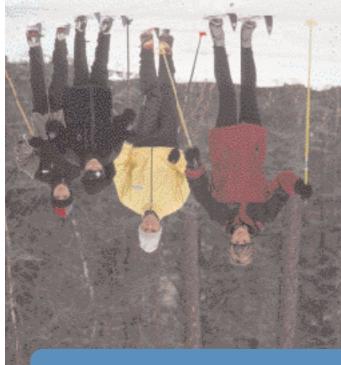
The Whiteshell Snowmobile Club is a group of volunteers dedicated to promoting snowmobiling in the park. The club works together with Manitoba Conservation and Water Stewardship in signing trails and maintaining warm-up shelters along the trails. Poker derbies and other fundraising events are held throughout the winter to help promote snowmobiling in the park – check out their website for more information on volunteering and how to join at whiteshellsnowmobileclub.ca.

Stay on Designated Trails

Winter trails in the Whiteshell are monitored and maintained for your safety – and to facilitate an enjoyable outing. Trails have been developed to allow recreational opportunities while protecting our natural environment. By staying on designated trails you can reduce risks to yourself and your equipment, and help protect the beauty of our park. Remember:

- All motorized vehicles are prohibited in the Mantario Wilderness Zone.
- Trails marked with a blue ribbon are not Snofund Trails. These trails are trapping trails and are not intended for public use. Professional trappers in this area depend on these trails for part of their income. Using these trails compromises their livelihood.
- Snow and ice conditions are monitored on designated trails only. You are risking your safety and your equipment when riding off marked trails.

A map has been provided in the warm-up shelters to help you plan your trip on designated trails. We thank you for your help and co-operation.



Winter Adventures



- Falcon Trails Resort (Falcon Lake) 204-349-8273
- **Falcon Beach Auto Service** (Falcon Lake) 204-349-8322
- Falcon Lake Bistro & Bakery (Falcon Lake) 204-349-8993









Snowmobile Repair Kit

- spare belt, spark plugs
- manufacturer's tool kit
- extra wrenches, nuts and bolts sized to your sled
- tow rope and pry bar
- duct tape and wire
- extra ignition key
- work gloves flashlight

Caution

Ice conditions can change daily. The marking of a trail on the map does not suggest that ice travel or crossings are safe. Ask several local people, or visit our Web site at www.manitobaparks.com for information on present ice conditions before doing any river or lake riding.

Caution

Sometimes trail locations marked on this map are relocated during the winter. The map should be used as a trip-planning guide only. Follow the designated trail markers.

Caution

Ride single file at a safe distance and at a sensible speed to ensure your safety and that of others.

he Snofund is Manitoba's user-pay snowmobile trail pass system. It requires snowmobilers who choose to ride on a designated Snofund Snowmobile Trail to purchase a trail pass (Snopass).

As a dedicated fund, all of the money raised through the sales of Snopasses goes back into snowmobiling. The Snofund Program provides financial assistance to maintain existing trails, develop new ones, construct and upgrade trail shelters, purchase and install trail signs, produce regional trail maps of the designated trail system and cover the operational costs of the Snofund Program.

A Snopass is legally required to ride on designated Snofund snowmobile trails. RCMP and Manitoba Natural Resource Officers actively patrol the trails and enforce the requirement for a Snopass. All Whiteshell Provincial Park snowmobile trails are designated as Snofund trails. For more information or trail condition reports, call Snoman Inc. (Snowmobiles of Manitoba) at 1-204-940-SLED (7533) or visit their Web site at www.snoman.mb.ca.



This map has been published from information deemed correct and available at the time of publication.

We may have missed a trail or some other relevant item for this year's map. If so, let us know and we'll consider putting it on next time. Your assistance will allow us to keep up with the many changes taking place on the trails, so we can continue to offer you the most up-to-date trail map possible.

We assume no responsibility or liability for discrepancies, errors or omissions that may appear, or for actual conditions on the indicated trails at any time.

All distances are approximate. The map is intended as a general guide only. Please follow designated trail signage.

For more information and trail condition reports please contact the numbers on the front of the map or visit our Web site at www.manitobaparks.com.



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