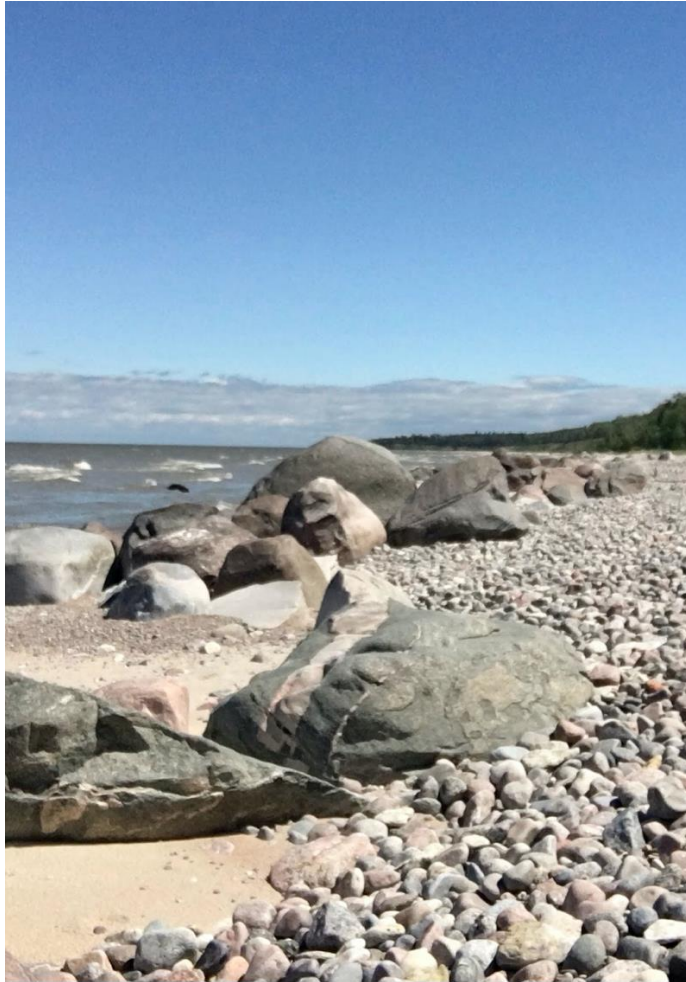


1)Elk Island Trail



Beautiful, lightly traveled trail located north of Victoria Beach off of highway 504 in Treaty 1 territory.

Features include large uninhabited low use beaches, interesting forest with diverse sections and a variety of mushrooms.

The view along the northwestern beach provides an appreciation of the expanse of the lake and gives an “ocean view” in a prairie province.

The beginning of the trail requires crossing a spit - sand bar with water on both sides. There are sections with large boulders which provide challenging terrain around the halfway point of the trail. The entire trail can be done as a loop but there is an option to do the trail as an out & back.

Trail Distance	16.3km
Primary Activity Type	Hiking
Approx. Time to Complete	3hrs 45mins (for entire loop)
Hiking Difficulty Level	3

2) Bald Hill Trail System



Photo Credit: Parks Canada

Located in Riding Mountain National Park in Treaty 2 territory. Experience the diverse terrain of the prairies at the great escarpment - providing a view of the vast prairie levels.

This trail provides some challenges with moderate inclines, especially up to the top of Bald Hill. The top of Bald Hill is a great photo spot and provides a great view of the area. Trail surfaces include mixed natural terrain, gravel, and boardwalks. Many viewpoints and rest areas to stop and enjoy the view or have lunch.

Many variations of this trail are available so the user can make decisions based on the amount of time they have available. Some of these variations include Gorge Creek (20.9 km), Reeves Ravine (11.4 km), Jet Trail Loop (11.4 km) and 462 West (9 km). The trail distance and approximate time to complete below are based on the Bald Hill Long Loop. Approximate times to complete any of the other segments can be found on the [interactive trails map on the Trail Manitoba website](#).

Trail Distance	21.2 km
Primary Activity Type	Hiking
Approx. Time to Complete	4hr 15 mins
Hiking Difficulty Level	2

3) Hunt Lake Trail



Located in Whiteshell Provincial Park in Treaty 3 territory.

Beautiful elevated views of West Hawk Lake especially at the halfway point. Cozy proximity to two bays that are suitable for swimming. Traverses through multiple cedar groves. Exposure to many rock faces including a mini elevated cave which can be accessed via rock scaling.

Highly varied terrain for those seeking an agility adventure. Some boulder/rock scaling required, heavily rooted, steep in many sections, and some route finding required.

At the halfway point of this out & back there is a great rest spot to stop for lunch or take a break before heading back on the trail. Many opportunities for photos and to take in the beautiful lake views.

Trail Distance	12.6 km
Primary Activity Type	Hiking
Approx. Time to Complete	3hrs 15mins
Hiking Difficulty Level	3

4) Spirit Sands Trail System



Photo Credit: Winnipeg Free Press

Located in Spruce Woods Provincial Park in Treaty 1 territory. This trail system contains: crater shaped lake view point, variety of landscapes and ecosystems, sand dunes, grasslands, forest setting, wooden walkways, stairs, and some shaded rest areas.

The Dunes

Also known as Manitoba's formal desert, includes 30 meter sand dunes which offers great views from the peaks. You will have the potential to see Manitoba cacti, hognose snakes and the western skink. Experience a mini oasis between the sand dunes.

Devil's Punchbowl

Unique geographical feature called the punchbowl - a pond from aquifer water. Pleasant ascent and descent into the punchbowl via wood stairs. Opportunity to see unique wildlife including turtles and beavers and unique pond flowers. Don't forget to take the short detour to the lookout tower that overlooks the meandering Assiniboine river.

Trail Distance	10 km (includes all sections)
Primary Activity Type	Hiking
Approx. Time to Complete	2hrs 15mins
Hiking Difficulty Level	3

5)Pisew Falls & Kwasitchewan Falls



Photo Credit: Marilyn Kroeker

Located in Pisew Falls Provincial Park near Thompson Manitoba in Treaty 5 (1875) territory. You will be immersed into a vast waterfall environment.

Most spectacular waterfall hike in the province with stunning views of a gorge and a 13 meter waterfall with observation platforms. Two major waterfalls include Pisew Falls and Kwasitchewan Falls.

Opportunity for a short hike to Pisew Falls or a longer out & back hike to Kwasitchewan Falls. The rock surfaces on the trail will be slippery when wet so be aware after rainfall or in sections near the waterfalls.

The Kwasitchewan Falls hike is commonly done as a one night camping or backpacking trip. The hike features a waterfall, a bridge, mixed natural surface, and rocky sections.

Trail Distance	27.4 km (entire trail with both waterfalls)
Primary Activity Type	Hiking
Approx. Time to Complete	6hrs 45mins
Hiking Difficulty Level	4