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Welcome

...to Riding Mountain National Park! We invite you to explore, to cherish and to find wonder and passion as you connect with this premier treasure on the prairies.

The people of Canada, have entrusted Parks Canada, to combine exemplary conservation practices, quality services, programs, and sharing of knowledge, as guardians of the most significant and authentic natural and historic places comprising the very essence of Canada.

This year, Parks Canada celebrates 100 years of being a world leader in the management and protection of the areas that define our country. For many, coming to Riding Mountain is a legacy to pass onto future generations. We too value this legacy and through our work and the support of our partners we achieve our promise of protecting, presenting, and inspiring the future of Canada's unique places.

Whether this is your home away from home or your first time to the area, we encourage you to break free and truly engage yourself in any of the first-class experiences presented throughout this guide. The memories made can be embraced forever.

Cheryl Penny Superintendent





















Come Celebrate! 2011 Special Events

Indicates Centennial Celebration:

June 10 - 12 Grey Owl Golf Tournament June 11 & 12 GPS Adventure Quest 🔯

friendsofridingmountain.ca

June 21 National Aboriginal Day July 1 Canada Day & Citizenship Ceremony

July 9 Bioblitz 🔯 July 16 Parks Day

July 16 Prisoner of War Wagon Tour

July 21-22 Best of the Monterey Pop Festival Onanole

Clear Lake Celebration Day July 23

July 29 - Aug 1 Clear Lake Chamber Music Festival clearlakechamberfestival.com

Aug. 6 - 7 Wasagaming Chamber Days (Parade & Kiddie Parade) discoverclearlake.com

Riding Mountain Triathlon Aug. 13-14 & Kids of Steel (rmtri.com)

Supper in the Field Aug. 20

Outdoor concert in the park Aug. 20

BOO in the park Aug. 20

Tamarack Golf Tournament Aug. 20-27

Tennis Tournament Sept. 3-5

Prisoner of War Wagon Tour Sept. 4

Sept. 10-11 Rona MS Bike Tour

Sept. 17-18 Riding Mountain Hiking Festival

Clear Lake Shoreline Cleanup Sept. 21

Sonics and Sojourns Festival Sept. 22-25 Friends of RMNP Fright Night Oct. 22

RMNP Annual Christmas Bird Count Dec. 21

Riding Mountain Loppet & Mar. 2012 Family Fun Day

Our list of Special Events is always changing so visit the Visitor Centre or www.parkscanada.gc.ca/riding for up-to-date event information.



Visitor Centre

Journey into the Visitor Centre in Wasagaming, a remarkable 1930's Federal Heritage Building.

- Information about guided hikes and outdoor adventures
- Nature Shop
- Discovery Room
- Theatre
- Organically managed English Gardens
- Passes, permits, and licenses

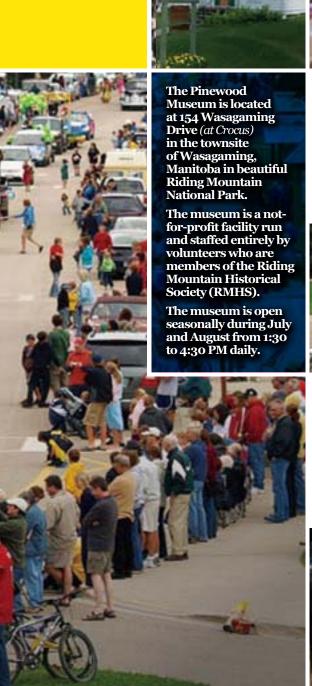
Visitor Centre 2011 Hours of Operation

May 20 to June 30: 9:30 am to 5:00 pm July 1 to Sept. 5: 9:30 am to 8:00 pm

Sept. 6 to Oct. 10: 9:30 am to 5:00 pm











Art, painting, crafts & photography class Bike rentals **Bistros & fine dining Chamber Days** August 6-7 Checkers



Internet Laundromat Lawn bowling Movie theatre **Pinewood Museum Playground** Martese tours





Cozy accommodations Dance hall Full service spa Gourmet espresso Horseback riding Ice cream



Service stations **Shops with treasures** from near and far **Tennis courts Golf Courses** and much more!





July/August

Journey. Laugh. Relax. Learn. Play.

Whatever your mood, no matter your age, our interpretive experiences have something for you! Sign up for your experience today.

For more information on programs visit the Visitor Centre or visit www.parkscanada.gc.ca/ riding. Pre-registration is advised. Fees may apply. Call 204-848-7275.

Morning Guided Hikes

Lace up your boots, grab a friend and let your senses and expert park staff help to guide you along hikes that explore the shores of Clear Lake; skirt the "goat paths" of the Gorge Creek and weave through the Grasshopper valley.

Afternoon Interpreter in Action Stations

Drop-in on mini-activities found on the grass by the Visitor Centre gardens and main beach area. Every afternoon, all summer long, park guides and interpreters bring the stories of this place to life!

New! Monday Afternoons with a Researcher

Enrich your visit and gather first hand information about Clear lake ecosystems. Change your scenery, put on your boots and get ready to get wet as a researcher for a day.

Magical and Mysterious Evenings

Indulge in a cup of hot chocolate around a blazing campfire while listening to Park sagas and songs. The interactive Lake Audy and Moon Lake campfires are sure to be a hit! Visit a bear den, a beaver lodge and so much more during a Car Caravan! In the comfort of your vehicles watch for wildlife as you roll along! Head over to the Visitor Centre for a live theatre program and talk with park specialists.

Guided September Fall Experiences

Wednesdays and Saturdays: Elk Bugling Car Caravan, Sundays: Gorge Creek Hike

Guided Experiences







MORNING

New! Hiking Club 10 am 🏚 🚖

Bison, Close Up Bison Exhibit at Lake Audy 11 am 🖨

AFTERNOON

Interpreter in

Action Station: New! Great Grassland Adventure Puppet Show **Playaround** 2 & 3 pm 🗱

EVENING

Call of the Wild Car Caravan 7:30 pm 🟚 🚍

Black Bear Campfire Wasagaming Campground



Starts at Visitor Centre

MORNING

Gorge Creek Hike 10 am 🟚 🚍

AFTERNOON

New! Afternoon with a Scientist: Citizen Science Assist with ongoing research on Clear Lake

1 pm 🛈 Interpreter in **Action Station:** Kippan's Mill

EVENING

New! Stories & **Legends Campfire** Wasagaming Camparound 7:30 pm 🗮

2 pm 🕏 📩 (◎)

The Moon Lake **Mystery Campfire** Moon Lake Camparound 7:30 pm 🌉

MORNING

Adopt-A-River Hip waders & 10 am 🛊 🚍

AFTERNOON

Interpreter in **Action Station:** 2 pm 📥 ∢⊚▶

EVENING

Water -The Incredible Journey!

















Thursday





MORNING

Grasshopper Valley Hike 10 am 🛍 🚍

AFTERNOON

Interpreter in **Action Station:**

Ominnik Marsh Marvels Dip nets provided Meet at Ominnik Marsh trail

EVENING

Call of the Wild Car Caravan 7:30 pm 🟚 🚍

New! Behind the Research

Discovery series

2 pm 🕅 🕩

MORNING Meet the Gardener

10 am 🛈

AFTERNOON

Interpreter in **Action Station:** Doc Bones...CSI 2 pm 🗹 🕪

EVENING

Songs of Riding **Mountain Campfire** 1st Street dock 7:30 pm 类

MORNING

Explore the Shores of Clear Lake Hike 10 am 🖈

AFTERNOON

Interpreter in **Action Station:** Escarpment Dept.

2 pm 💾 🐠

EVENING

Bear-in' it all Campfire Wasagaming Campground 7:30 pm 类

MORNING

Gorge Creek Hike 10 am 🟚 🚍

AFTERNOON

Interpreter in **Action Station:** Rolling River Fire Olympics 2 pm 💾 🐠

EVENING

Sonas of Ridina **Mountain Campfire**

Wasagaming 7:30 pm 🌉

The Grassland **Mystery Campfire** Lake Audy Camparound 7:30 pm 类

Adventures

Discover and explore the park through fun-filled adventures and brain busters! Get vour Xplorer booklet today and begin your family's unforgettable journey in Riding Mountain. Best suited for 6-11 year olds.

Friends of RMNP Junior **Naturalist Program**

Naturalist Programs (ages 5 to 12) June 27 to September 2 Monday to Friday 10 am - 12 pm & 1:30 - 3:30pm

Fear Factor

June 27 to 30; July 18 to 22; August 8 to 12; August 20 to September 2

Discover.....

July 4 to 8; July 25 to 29; August 15 to 19

Survivor

July 11 to 15; August 1 to 5; August 22 to 26

"Firefly Hikes" ages 7 - 14 Tuesday evenings 7 - 9 pm

"Tires & Tracks"

Bike program for ages 7 - 14Saturday mornings 10 am - 12 pm

To register:

Call 204-848-4037 or visit friendsofridingmountain.ca





parkscanada.gc.ca/riding







Family Friendly (©) Come & Go / Drop-in



Park History

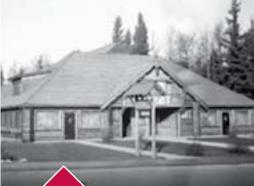
Become a part of 100 years of national park history.



Beaver Lake Lodge.







Riding Mountain East Gate Registration Complex National Historic Site of Canada

Imagine another era as you drive through the only original park gate left standing in Canada, dating back to 1930.

Clear Lake's Wishing Well

Make a wish come true, take part in one of the oldest traditions and toss a coin in as many have done through the years.

Park Theatre

Relax while watching a movie in the largest all-log theatre in North America, built in 1936-37.





Prisoner of War Camp

Discover the amazing truth of nearly 440 German soldiers being captured in North Africa and sent to Whitewater Lake near Lake Audy during WW II. The camp was not fenced nor did it have any guard towers. There are even stories of POWs leaving the camp to attend community dances and returning before dawn!

To discover the site:

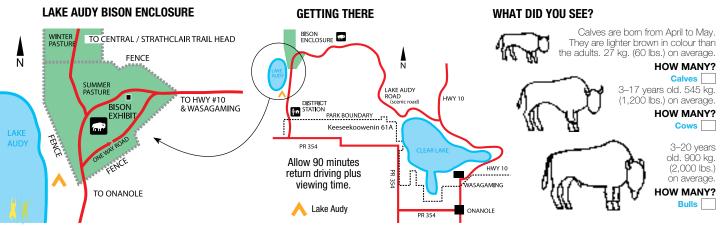
Hike or bike the 11 km from the north end of the Lake Audy Bison enclosure. Contact the Visitor Centre for more information.

Audy Fescue Grassland

From the comfort ofyourvehicle. view the bison of Lake Audy roaming the rough fescue grassland plains an increasingly rare example of natural prairie in Canada.

Home to numerous birds, insects and mammals including close to 40 bison, the fescue grassland of RMNP also support a diverse assemblage of plants and wildflowers found only in this type of grassland. Bison can quickly reach speeds of up to 50 km/hr. For this reason, exercise caution while driving in the Bison Enclosure and please stay in your vehicle; these are wild animals!

The Anishinabe term for bison is Mashkode Bizhiki and means "prairie cow". This great animal provided sustenance for First Nation peoples for centuries. Today, there is still a special bond between the bison and the First Nation communities with ceremonies conducted to respect and honour the bison nation.



represents a gift from the Creator, because all parts of it are sacred. The Clear Lake captures the attention – and Keeseekoowenin hearts - of all those Ojibway First Nation who come to its has a special shores, or spend time

relationship with Riding Mountain National Park. As landowners along the north and west shores of Clear Lake, they have a connection to this place that goes back for generations.

It is thought that the First Peoples have been living in the Riding Mountain area since the great glacier moved off the land around 10,000 years ago.

First Peoples and their descendents share a deep connection to this place that goes beyond the rich resources the area offered them. For them, the land

on its waters. To the Anishinabe (the name in reference to the local First Nations people living in the Riding Mountain Region today) this deep groundwaterfed lake is derived from the Creator and the underground springs that feed it are the veins of Mother Earth. Thus to the Anishinabe the lake water is alive. This belief is meaningful to the First Nations people of Riding Mountain.

Parks Canada and the Anishinabe share a common interest of protecting this very special place and will continue to work together to do this.

First Nations

Immerse yourself in the rich cultural heritage of the Riding Mountain First Nation communities at the Keesee Sharing Lodge.

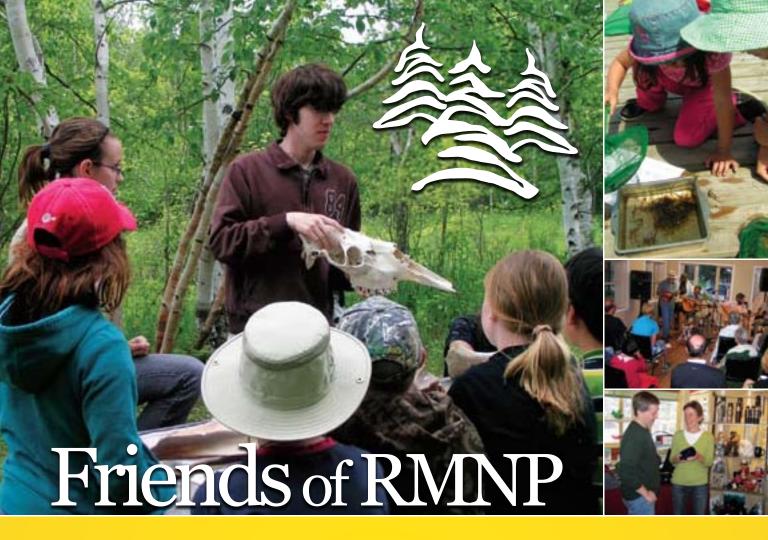
Tour Manitoba's first aboriginal-run museum, speak with elders, artists, cultural leaders and spiritual teachers.

Take part in workshops to learn about traditional drumming, crafts, and medicines.

Gifted storytellers narrate accounts of life in Washagama Saageygun, the Anishinabe term for "clear water lake", now commonly called Clear Lake.

For more information about programming please email: keeseelodge@mts.net or visit www.keeseekoowenin.ca





Promoting and providing opportunities to increase the public's awareness, appreciation and enjoyment of the natural and cultural heritage of **Riding Mountain** National Park.

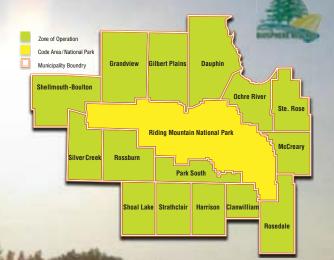
Preserve your connection to RMNP contact Friends of Riding Mountain to purchase a Heritage Walk stone along the Visitor Centre's perennial garden path.

- RMNP souvenirs and gifts in the Visitor Centre and year-round Learning Centre, 154 Columbine Street
- "Discovering Nature" adult learning workshops
- Unique Learning Programs: Prisoner of War Wagon Tours and Bike programs
- Junior Naturalist Program for ages 5 to 12
- Young Explorers Programs for ages 7 to 14
- Citizen Science Bird Monitoring Programs

- Ominnik Marsh kit rentals
- Geocaching and GPS training and kits!
- Host park special events: Canada Day, Parks Day, Friends Fright Night and the Riding Mountain Cross Country Ski Loppet.
- Adopt-an-Animal program
- Fall Eco-Science Camp program for Grade 7 & 8 student living in the Riding Mountain Biosphere Reserve.
- Volunteer opportunities for all ages

Satisfy your curiosity and discover more about the Friends organization. Call 204-848-4037, email friends.rmnp@pc.gc.ca, or visit friendsofridingmountain.ca. With RMNP as the core protected area and 15 surrounding Rural Municipalities, the Biosphere Reserve fosters and encourages a sustainable community-based regional economy, with high biodiversity on a rural landscape.

- Caching Riding Mountain Discover the unique people and places that make the Biosphere Reserve a UNESCO designated area of special importance. www.cachingridingmountain.ca
- Annual RMBR Photo Contest Share your memories and experiences of the Biosphere Reserve and have a chance to win great prizes. www.rmbr.ca
- At the Farm Gate Connect with the local producers and artisans of the Biosphere Reserve through the At the Farm Gate program
- Uncover the treasures within the Biosphere Reserve, call 204-636-2085, email rmbr@mts.net, or visit www.rmbr.ca



Riding Mountain Biosphere Reserve

While visiting RMNP you are in the *only* biosphere reserve in Manitoba, 1 of 15 in Canada and 1 of 564 in the world.

Cherie Sto



Unwind with friends at the "Meet the Artists" evenings and discover how new works of art are created.

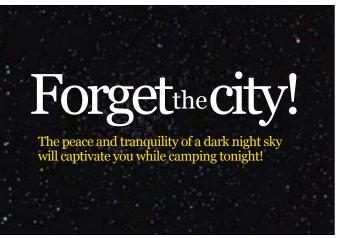
During the summer the historic Deep Bay cabin is home to Manitoba writers, actors, visual artists, dancers, choreographers, musicians and composers, providing them with time to reflect, experiment and create while living and working for two weeks in this awe-inspiring setting.

Throughout the season the artists feature their work through the "Meet the Artists" evenings hosted in and around Wasagaming. Look for posters or ask at the Visitor Centre for a listing of events.

Campgrounds _____





















LAKE AUDY

Backcountry Campsites	Link Trail	wagons	horses	biking	hiking	corrals	hitching	cooking grills	water source
Birdtail	Tilson Trail		/	/	/		/	/	slough
Breezy Hill	N. Escarpment	/	/	/	/	/	/	/	well
Cowan Lake	Cowan Lake			/	/			/	well
East Deep Lake	N. Escarpment			/	/			/	well
Elk Creek	Ochre River			/	/			/	creek
Gunn Creek	Central Trail	/	/	/	/	/	/	/	creek
Gunn Lake	Gunn Lake	/	/	/	/	/	/	/	well
Kays	Birdtail		/	/	/		/	/	well
Kinnis	Strathclair	/	/	/	/	/	/	/	creek
Long Lake	Long Lake		/	/	/		/	/	well
Minnedosa	Grasshopper		/	/	/		/	/	well
Ochre River	Ochre River		/	/	/	/	/	/	creek
Scott Creek	Scott Creek			/	/		/	/	creek
Tilson Lake	Tilson Trail			/	/			/	lake
Vermillion	Strathclair	/	/	/	/		/	/	well
Whitewater	Central Trail								well

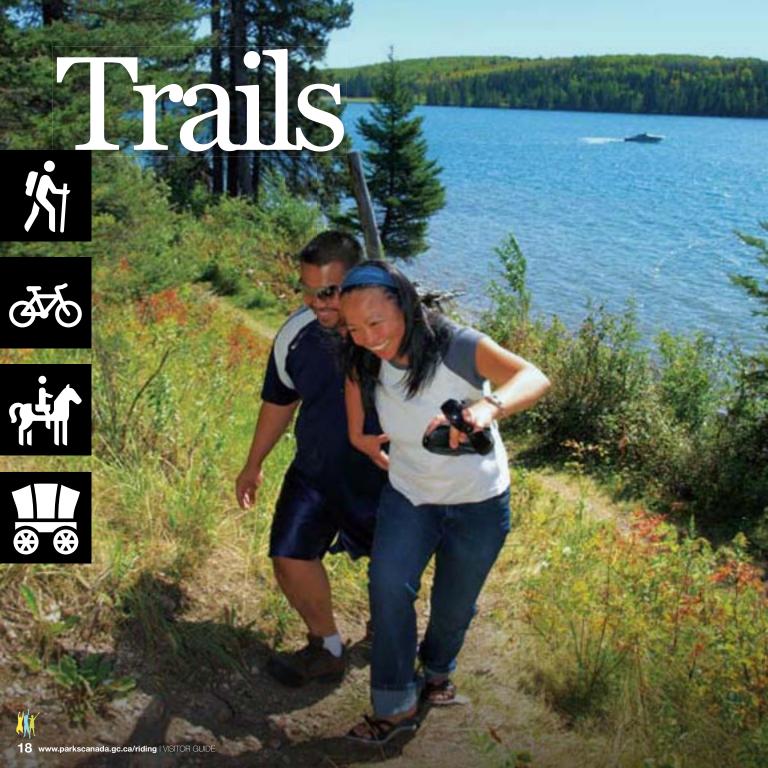


Wasagaming Campground Reserve. Relax. Experience 1.877.RESERVE | (1.877.737.378 www.pccamping.ca For Group Camping, Yurt and Cairn's Cabin Reservations, and Group Camping, Backcountry Camping & Winter Camping Reservations can be made at the Park Office, Visitor Centre or by calling 204-848-7275.

Family-Friendly Camping

- Enhanced security services
- Bare Campsite Program
- Environmentally-friendly cleaning products used in all washrooms.
- May long weekend liquor ban
- · Wasagaming Campground liquor consumption ban nightly (11:00 pm - 7:00 am)















| 竹 Hiking | ● Biking | Horse Riding | Wagon | と Wheelchair Accessible

Accessible Easv Moderate

♦ Difficult

New Hiking Club

Looking for a hiking partner? Or maybe you just want to get out on a different trail? Stop by the Visitor Centre to find out which trail we'll be hiking every Sunday throughout the summer. Get off the beaten track and discover: Bald Hill, Hyde Lake and Clear Lake North Shore.

Day Trails

Around Wasagaming

9.5 km one way		/ 参 /
7.0 km one way		分 ~
1.0 km return		分 千 (
7.2 km return		竹 硺
1.9 km return		対と
3.4 km return		竹 硺
5.5 km one way		分配
	7.0 km one way 1.0 km return 7.2 km return 1.9 km return 3.4 km return	7.0 km one way 1.0 km return 7.2 km return 1.9 km return 3.4 km return

Along Historic Highway 19

Arrowhead	3.4 km return		竹
Grey Owl	8.9 km one way		前麵
Kinosao	3.9 km one way		竹一季
Brûlé	2.1 & 4.2 km return		洧
Loon's Island	2.4 km return		竹
Gorge Creek	6.4 km one way	•	竹
Burls & Bittersweet	2.2 km return		K
Oak Ridge	3.1 & 6.4 km return		*

Along Scenic Parkway 10

Bead Lakes	4.0 km return	1 71
Boreal	1.0 km return	/ Yr
Moon Lake	9.2 km return	♦ %
Kippan's Mill	1.2 km return	● %
Crawford Creek	10.0 km return	章 杨 农
Beach Ridges	3.5 km return	小

Backcountry Trail (Distances are all one—way)

West of Parkway 10

Baldy Lake	10.0 km		が 必 中
Birdtail	11.4 km		外 廵 中
Central	66.3 km		外 為 中 器
Grasshopper Valley	20.5 km		外参州
Gunn Lake	1.9 km	♦	常 答 前
Long Lake	14.0 km		常 神 硷 代
Strathclair	22.9 km		竹 硺
Sugarloaf	8.0 km		为感性器
Tilson Lake	38.6 km	*	冷るが

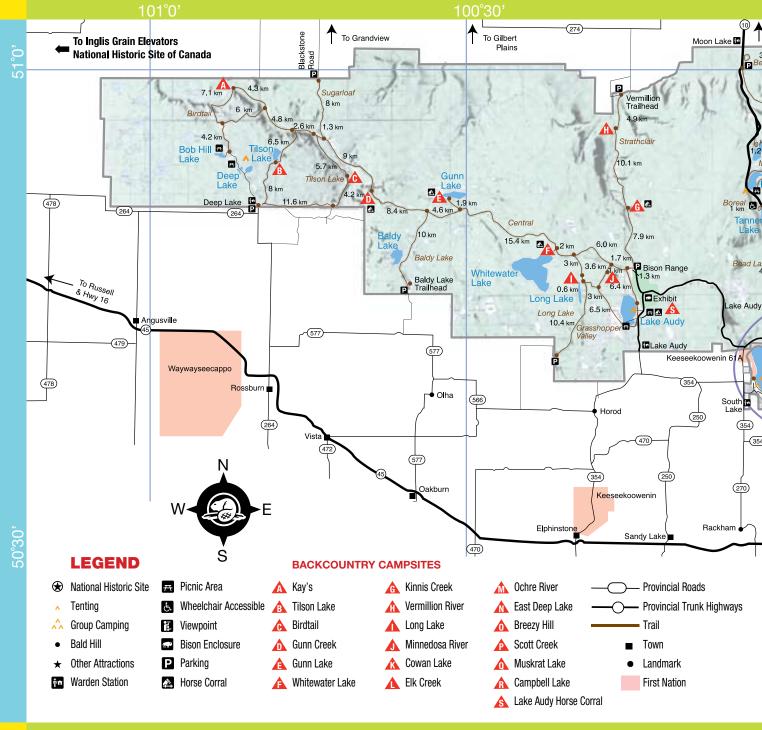
East of Parkway 10

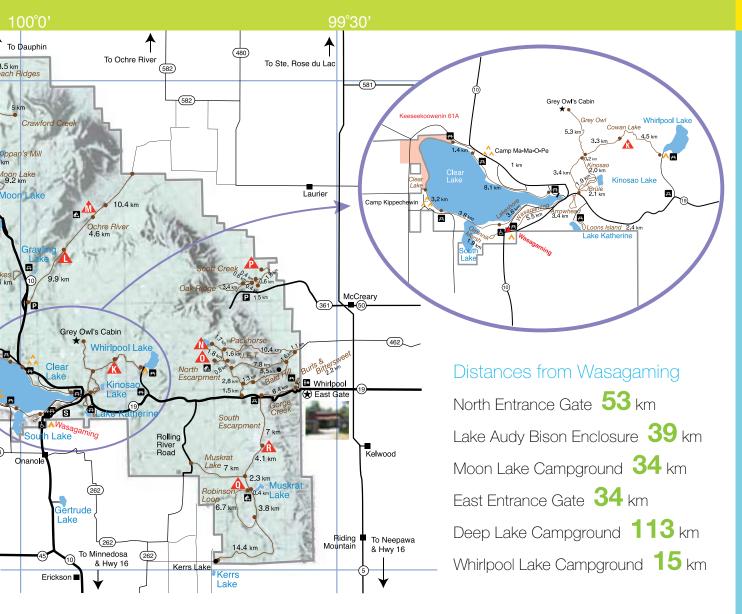
Bald Hill	8.4 km	♦	竹 廵 拼
Breezy Hill	1.8 km		分 参 # 器
Cowan Lake	7.8 km		分 ~
J.E.T.	7.8 km	♦	分 ※
North Escarpment	8.4 km		分 為 計器
Ochre River	24.9 km	*	分 鄉
Packhorse	11.5 km	*	分 鄉
Scott Creek	2.4 km		竹 廵

For details on each trail, a Trail Guide is available for purchase at the Nature Shop in the Visitor Centre. For updated trail information please go to www.parkscanada.gc.ca/riding

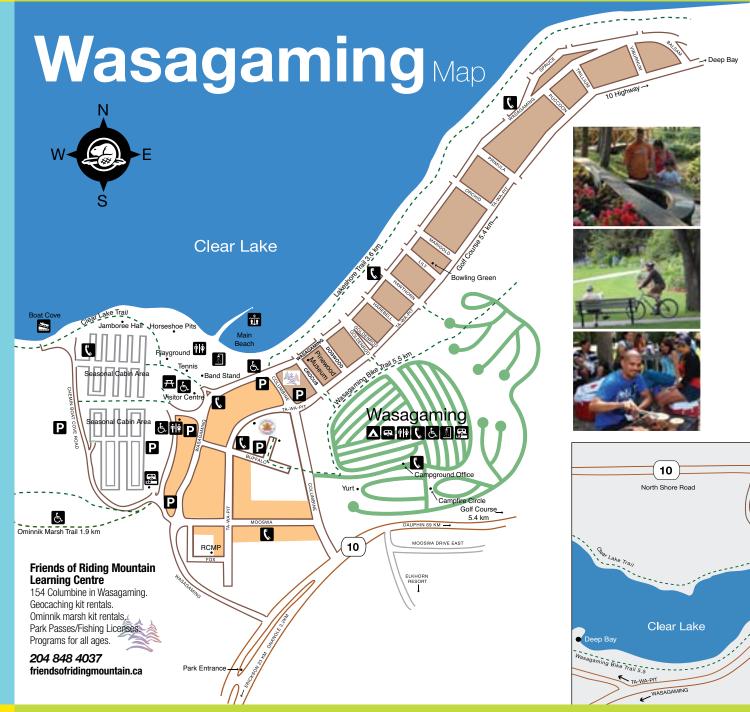


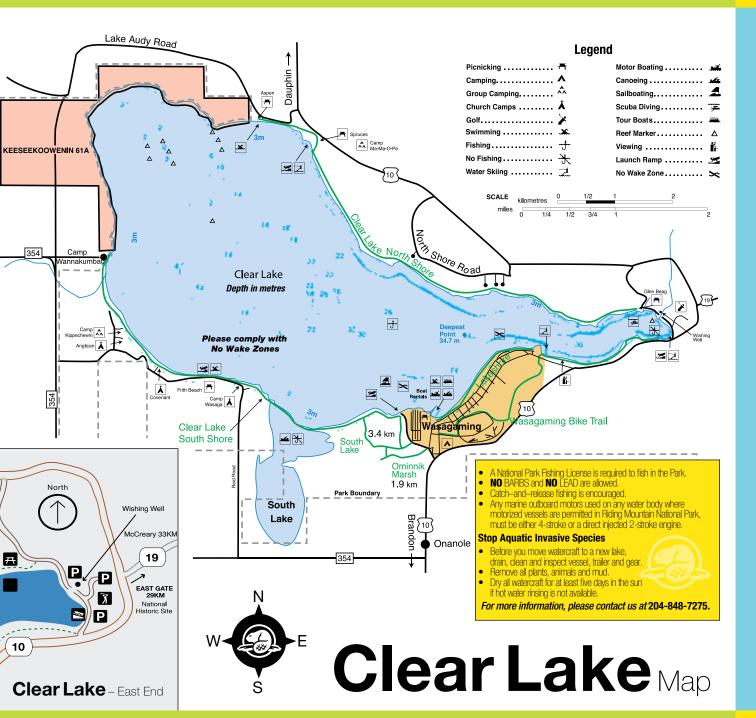






Riding Mountain National Park of Canada





Animal Look-A-Likes

Out on the trails or from your vehicle, the incredible diversity of wildlife species within the park makes it a perfect destination for wildlife watchers.

Sometimes it can be confusing trying to tell certain mammals apart. Try this quick reference list to help decipher which "look-a-like" you have spotted. The key icon 2 will be the "kev" to figuring out which species is which.

Wondering where to spot certain Wildlife?

Be sure to ask our friendly staff at the Visitor Centre or check the wildlife observation boards located in the lobby of the Visitor Centre or Administration Office for the latest sightings. Record your observations here as well.

Wolf... or Coyote?





Lynx... or Cougar?





Wolf

- Face is more dog-like and less pointed than the covote.
- Ears are more rounded
- Coat is nearly white to nearly black, but mainly gray.
- 🥦 Tail is much like a dog's, and is carried high when running.

Covote

- Face is slender with pointed nose and pointed ears.
- Legs are long and slender.
- Colour is reddish gray.
- The tail, which is very large, bushy and black-tipped, is carried low when running.

Lynx

- This cat looks a lot like a very long-legged tabby house cat.
- Prominent ruff around face.
- Ears are pointed and tipped with long black hairs.
- Has very large, padded feet
- Tail is stubby with a completely black tip.

Cougar

Cougar sightings have been on the rise in and around RMNP in recent vears. Should you be so fortunate as to spot a "big cat", here is what to look for:

- Very large (the size of a Labrador Retriever or bigger), tawny coloured cat.
- Long, slender tail is almost the same length as the animal's body.

Black Bear... or Grizzly?



Pine Marten...

or Fisher?



or White-Tailed Deer?







Rlack Rear

Unfortunately, there are no longer any plains grizzly bears in RMNP as they were all killed in this region in the 1800s. So, should you see a bear in the park you have indeed spotted a black bear... even if its coat is blonde, brown, cinnamon or a mixture thereof. Be sure to read our two pamphlets:

You Are in Bear Country and The "Bare" Campsite Program.



Pine Marten

This mink-size member of the weasel family vanished from RMNP in the 1940s due to loss of habitat. It was reintroduced into the park between 1991-1993.

- Size of a house cat.
- Yellowish-brown to dark brown fur.
- Pale buff patch on throat and breast.

Fisher

Also a member of the weasel family, the fisher vanished from RMNP in the 1940s as well. It was successfully reintroduced during 1994-1995.

- Larger than pine marten, approx. the size of a very large house cat or small dog.
- Dark brown to nearly black, with whitetipped hairs, giving it a frosted look.

Moose

- · Largest of the three.
- Dark brown with long, gray legs.Males have antlers which are
- Males have antlers which are palmate and flat.
- Often seen in or near water.
- Large, overhanging snout and "bell" on throat.

Elk

- Reddish-brown body.
- Small, thin tail.
- Males have huge spreading antlers.
- Large and distinct yellowish-white rump patch.

White-Tail Deer

- Reddish in summer, blue-gray in winter.
- Males have antlers which consist of a main beam with tines.
- 🥦 Distinctly white, flag-like tail.



Neverending fun!

Choice is yours.

Challenge yourself to windsurf across Clear Lake.

Paddle along the quiet natural surroundings of Whirlpool Lake.

Quietly discover the loons on Lake Katherine.

Have your **face painted** at one of our special event days.

Let the **sounds** of the Clear Lake Chamber Music Festival July 29th to August 1st, 2011 resonate within you. www.clearlakechamberfestival.com

Test your limits during the Riding Mountain Triathalon. www.rmtri.com

Feel goose bumps as you gaze over the striking mix of forest, ravine and distant Manitoba farmland on the Gorge Creek trail.

Savour the simple pleasures with your nearest and dearest during a family picnic.

Seize the day and celebrate while you make the most of your 2011 visit to Riding Mountain!

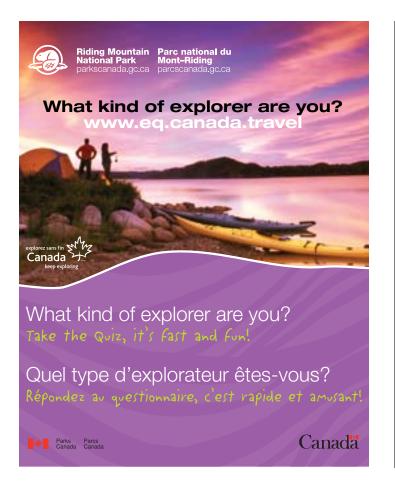












Keep bears wild and alive, maintain a wildlife attractant free lot or campsite.

Please leave any items that will attract wildlife in a hard sided vehicle when your picnic or cook shelter is unattended for ANY length of time.

FEEDING WILDLIFE MAY....

- Cause animals to become a nuisance.
- Result in the animal being destroyed.
- Can lead to a maximum fine of \$5,000 under the Canada National Parks Act.

ITEMS THAT ATTRACT WILDLIFE...

- Food / Coolers
- Garbage & food packaging
- Pet food / pet dishes
- Bottles & cans
- Toiletries, suntan lotion, insect repellent
- Any items associated with food préparation or clean up
- Grev water pails
- BBQ's and bird feeders





Spruce Budworm - Watch for these little guys in June!

Riding Mountain National Park is currently experiencing an elevated population of spruce budworm (SBW), a moth that is native to our region. An important food source for many birds species, in its larval stage (worm), the SBW eats the needles of spruce and balsam fir trees, so residents and visitors can expect to see this activity during the month of June. RMNP staff monitor the SBW population each summer, and are expecting fewer larvae this spring than last.

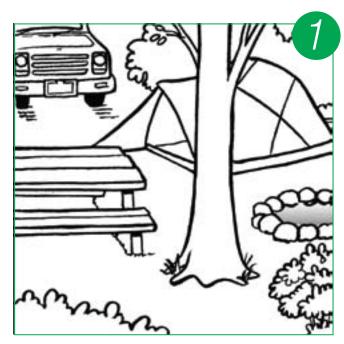
The SBW population has been higher than average for the last five years, and could stay high for several more years. It is important to remember that these population cycles are part of a natural process that has been functioning for thousands of years in the forests of North America. Although some trees may look unhealthy for a few weeks, the mixed wood forest is expected to recover quickly.

For more information about environmental research and issues within the park visit www.parkscanada.gc.ca/riding or call 204-848-7275.



स्कृब 'Bare' G ta 'Bear' Ga







Find the differences

Spot the differences between these two campsites. Write your answers on another piece of paper. *In which campsite do you think the bears would get into trouble?* Answers on bottom of page.

www.getbearsmart.com

campaite. 7) This camp is set up beside a stream. 8) There are bear scratches on the tree and bear tracks and "scat all over. alzhes on the table. 5) Cooking smoke is blowing onto the tent. 6) I here are beny bushes and a skunk cabbage patch near the left out. 3) There are food wrappers, empty cans, bottles, fruit and other food scraps on the ground. 4) There is a dishpan with dirty likes to go camping, get your parents to read this page too. 1) There is food in the tent. 2) The cooler, campatove and fuel container are afored their tood properly. Bears would get into trouble in campaite #2, it smells like tood and looks interesting to them! It your tamily Rests would find camparte #1 boring, Nothing to eat or play with! These campers have chosen a spot free of bear signs and have

Need to Know

Whether you are looking to connect with nature, experience adventure, or escape from your daily routines, we want to share some simple safety precautions to make sure that you stay, safe and enjoy your visit. Please be advised that travelling within the park is at your own risk.

Water. Road. Trail.

Plan & prepare before you set out.

- **Do** you know the weather forecast?
- *Did* you plan your route and bring a map?
- *Did* you tell someone where you were going and when you plan to return?
- *Did* you pack extra food and clothing?
- **Do** you stay alert for hazards and wildlife?
- **Do** you know what to do in an emergency?

What to do if you get lost...

- **■** *Keep* your group together.
- *Stay* on the trail and retrace your steps.
- **Be** prepared to stay overnight...a search takes time.
- *In winter*, know the signs of fatigue, hypothermia and frostbite.

Specifically for Backcountry:

- Use bear proof containers at the campsites for storing food, toiletries and garbage.

 Do not leave anything behind.
- Bring your own drinking water or be prepared to purify from natural sources (visit http://www.hc-sc.gc.ca/ewh-semt/pubs/water-eau/outdoor-plein_air-eng.php)
- Leave no trace of your visit and treat the trails and campsites gently so that others may enjoy them after you leave.
- Respect other park users, especially when you encounter horses move off the trail, avoid sudden movements or noises, dismount and walk bicycles.

Identifying Poison Ivy

- 1. Three leaves 3-12cm in length, red in spring, satin green in summer and shades of yellow, orange, red or bronze in autumn.
- 2. Slightly toothed, somewhat shiny, smooth leaves.
- 3. A woody stock at the base of the plant.
- 4. No thorns.



Fishing.

Anglers require a Riding Mountain National Park fishing license which can be purchased at the Visitor Centre. entrance gates, campground kiosks, or the administration office.



A Message From the Park Wardens...



Leave it for others to enjoy.

Take nothing but photos and leave nothing but your footprints.

Backcountry.

A backcountry permit is mandatory for overnight backcountry visits. Fees apply.

Protect your pets.

Wild animals roam free in National Parks. Keep your pets on a leash and supervised so that they do not harass wildlife, provoke attacks or endanger people. Please be courteous and clean up after your pets.

Disable firearms.

Firearms must remain in your vehicle at all times, unloaded and in a case or wrapped and securely tied so that no part of the firearm is exposed.

The whole Parks Canada team. including our staff responsible for visitor services, resource conservation, technical services, and law enforcement, look forward to welcoming you to Riding Mountain National Park. We want your visit to be both enjoyable and memorable.

Park wardens are here to protect not only our visitors but the natural and cultural resources of this park. They work in partnership with the RCMP who continue to be the primary enforcers of the Criminal Code. Take the time to get to know the park wardens in your area; they will be happy to explain their role.

We need your eyes and ears!

Call 1-877-852-3100 for 24-hour Park Emergency Service if you see anyone violating Park regulations.

Obey Closures

Areas in the park may be closed by order of the Superintendent for public safety or environmental reasons. Closures are marked with signs and/or flagging tape.

Safety Registration

Parks Canada offers a Safety Registration service for people engaging in potentially hazardous activities. *REMINDEŘ*: If you register yourself "out" then you must – by law – register vourself back "in" to prevent an unnecessary and costly search.





Let's Take Care of Our Lakes

RMNP continues to be an environmental leader by implementing higher emission standards. Making low emission engines a requirement ensures the quality of our lakes for generations to come. Please read our emissions brochure for complete engine requirements and restrictions.

Complete a Pleasure Craft Operator course and get carded!

- Make every trip a round trip and drive responsibly, at moderate speeds. Be aware of changing weather conditions. Tell someone your travel plan. Sit down and don't rock the boat!
- Remember that rain and melting snow make river water rise, run fast and create potentially dangerous conditions.
- Impaired boating, like impaired driving, is a criminal offense.
- Operating a boat within 50 metres of an International Diving Flag is illegal.
- Respect No-Wake Zones and swimming areas.

Always Keep Your Distance.

No matter how tame they may seem, ALL park animals are unpredictable and potentially dangerous. Getting too close to elk and moose is always hazardous. Attacks may occur at any time of the year. Females are even more defensive during the April to June calving season. Males are especially dangerous during the September to October rut.

The park is accessible for those with mobility, hearing and visual impairments. The Administration Building, Visitor Centre, campgrounds, day-use areas, and selected trails are wheelchair accessible. Wheelchairs and all-terrain strollers are available at the Visitor Centre.

Never underestimate the power of weather! Conditions can change rapidly.

- Check the local forecast and be prepared for anything.
- Take along clothing for protection from wind, cold, rain, snow.
- Dress in layers and adjust as you go to prevent overcooling and overheating.





Summer is construction season in Manitoba!

Watch for road workers and heavy equipment entering the roadway. Avoid heavy fines—obey posted speed restrictions.

Drive defensively!

- Be patient with other drivers that may be lost, distracted by the scenery, or in a hurry.
- Be prepared for a variety of conditions.
- Slow down in bad weather or stop somewhere safe and wait it out.
- Watch for cyclists. They may be difficult to see from a vehicle.
- Do not drive on the shoulder of the road.
- Watch for wildlife that may be on or near any park road.
- If you see animals near the road, slow down as they could run into your path at any time.
- Warn other motorists by flashing your hazard lights.

- Always wear a lifejacket or PFD (personal flotation device).
- Be a lifeguard to your children. Stay within reach and never leave them alone near, in, or on the water.
- Learn to swim.
- · Learn rescue skills for yourself and others.
- · Learn first aid.
- Swim with a buddy.
- Know where it is safe to dive.

For more information, contact the Lifesaving Society at 204-956-2124 or aquatics@lifesaving.mb.ca.
Visit the website www.mb.life saving.ca.





Swimmer's Itch – Swimmer's itch is a temporary skin irritation caused by a parasite. Symptoms are a tingling sensation and small red dots that enlarge and become itchy. Preventative measures are waterproof sunscreen or baby oil applied before entering the water, and showering/toweling off immediately after leaving the water. Treatment is through topical medication or taking antihistamines. Suggestions for topical applications are: baking soda paste, calamine lotion, anti-itch creams or a warm bath in baking soda. Antihistamines found in allergy medications such as Chlor-Tripolon and Benadryl are the most common.



Contact Information

Riding Mountain National Park of Canada

1-204-848-PARK (7275) rmnp.info@pc.gc.ca www.pc.gc.ca/riding

Hearing impaired only, TTY 1-866-787-6221

Wasagaming Campground Reservations

Toll Free 1-877-RESERVE 1-877-(737-3783) www.pccamping.ca

Road Conditions

Toll Free 1-877-627-6237 www.gov.mb.ca/roadinfo

Weather Office

www.weatheroffice.ec.gc.ca

Emergency 911 Police | Fire | Ambulance

Royal Canadian Mounted

Police (RCMP) 1-204-848-2442

24-Hour Park **Emergency Service**

Toll Free 1-877-852-3100 Public safety, wildlife & park enforcement



2011 Riding Mountain Photo Contest

Themes

- 1. Nature
- 2. Wildlife
- 3. People in the Park



Prize

1. First place prize package includes a Riding Mountain National Park Annual Family Pass, and the first place photo will appear in the park's 2012 Visitor Guide

Eligibility

Contest open to everyone, including professional photographers. A Special Junior Photographer category.

For Full Details

- 1. Visit www.friendsofridingmountain.ca.
- 2. Ask at the Nature Shop in the Visitor Centre, or the Friends Learning Centre at 154 Columbine, in Wasagaming.

Entry deadline:

December 1, 2011

Further Reading & Resources



Manitoba. 1+9 Travel Manitoba 1-800-665-0040 travelmanitoba.com



1-866-234-8687 tourismwestman.com

Wasagaming Chamber of Commerce 204-848-2742 discoverclearlake.com



City of Dauphir 1-877-566-5669 tourismdauphin.ca





Parkland Tourism 1-888-528-6484 parklandtourism.com

