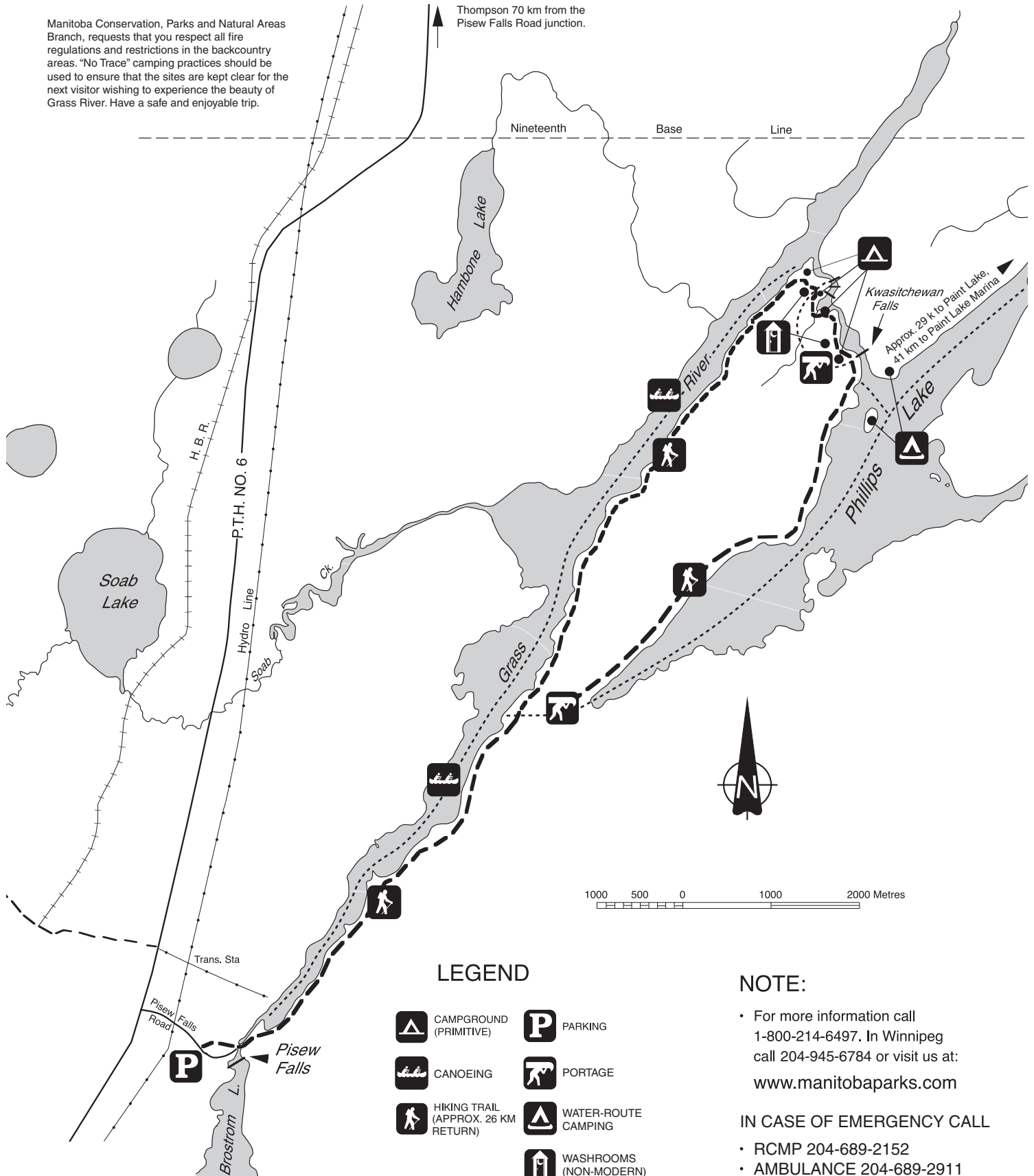


Manitoba Conservation, Parks and Natural Areas Branch, requests that you respect all fire regulations and restrictions in the backcountry areas. "No Trace" camping practices should be used to ensure that the sites are kept clear for the next visitor wishing to experience the beauty of Grass River. Have a safe and enjoyable trip.

Thompson 70 km from the Pisew Falls Road junction.



LEGEND

- | | | | |
|--|-------------------------------------|--|---------------------|
| | CAMPGROUND (PRIMITIVE) | | PARKING |
| | CANOEOING | | PORTAGE |
| | HIKING TRAIL (APPROX. 26 KM RETURN) | | WATER-ROUTE CAMPING |
| | WASHROOMS (NON-MODERN) | | |

NOTE:

- For more information call 1-800-214-6497. In Winnipeg call 204-945-6784 or visit us at: www.manitobaparks.com

IN CASE OF EMERGENCY CALL

- RCMP 204-689-2152
- AMBULANCE 204-689-2911

The Upper Track Trail

This trail follows the Grass River, the key waterway in the late 1700's fur trade route known as the Upper Track. Aboriginal people, who had travelled this route for thousands of years, showed traders from Hudson Bay, that they could reach the Saskatchewan River and the interior of western Canada by this route.

Along the Grass, competition between the "Bay" men and North West Company traders was intense during 1790's and early 1800's as both companies vied for the bulk of the furs.

The trail leads the adventurer down the river to Kwasitchewan Falls, Manitoba's highest, and two rapids above the falls. For most of the trail the waters of the Grass River are within sight and stands of spruce, pine, tamarack and poplar provide shade and habitat for the many birds and animals that live in the area.

- This is a difficult backcountry trail, recommended only for those who are prepared for a rugged hike or with an experienced hiker. Hikers should be in good physical condition.
- When visiting the Pisew Falls - Kwasitchewan Falls area, stay on the designated trails, bridge and boardwalks for your own safety. Do not approach the waterfalls. Falls from height, slippery rocks and strong current poses real danger. Fatalities have occurred at Pisew Falls.
- Rock surfaces are slippery when wet and there are a few wet, boggy stretches, especially in spring and after heavy rains. Wear proper footwear and clothing.
- Camp only at one of the designated campsites above Kwasitchewan Falls.
- Please use a portable stove or one of the firepits provided at each campsite because open fires are prohibited.
- Open air backcountry toilets are provided near the campsite for your use, so you may avoid contaminating the waters and spoiling the aesthetics of this beautiful area. Carry in your own toilet paper.
- Please carry out any garbage you produce while on the trail for disposal back at the parking lot garbage cage.
- Pick up any other litter you find and bring it back with you to help preserve this beautiful area.

First Steps

This hike holds many rewards for those prepared to meet its challenges. It is recommended that hikers take time to plan their trip and carry only essential items on the trail. Pay attention to the following:

1. Advise a responsible person where you are going, when to expect you back and who to contact in an emergency.
2. Do not hike alone in a wilderness area.
3. Do not stray far from the marked trail.
4. Carry enough food and water for overnight, even if you're not planning on staying. Don't rely on catching fish for dinner.
5. Black bears are common in the area. Take precautions to lessen the chances of an encounter. Don't leave food scraps or litter behind, it could lead to problems for the next group. If you do catch fish throw the guts back into deep water, don't leave them along the trail or in the shallows.
6. If you can't use the outdoor toilets provided, dispose of human waste in a shallow trench (10 cm. deep) at least 100 metres from water and well away from the trail.