

# The Ripple

Fall 2012

**Don Starkell Memorial Flotilla**

**Canoes Needed!**

**Trip Reports: ELA, Mantario**

**Paddling Recipes**

**Book Review: Through Field and Forest**

**Reflections on a Summer of Paddling**





# Contents

- 1 **President's Message**  
A summer of learning and fun
- 2 **Editor's Message**  
Canadian explorations
- 3 **Canoes Needed**
- 4 **Commemorating a Local Legend**  
Don Starkell Memorial Flotilla
- 7 **Back Paddle**  
Killarney Canoe Club
- 8 **Trip Report**  
Experimental Lakes Area
- 10 **Paddling Recipes**  
Pasta! Bannock!
- 12 **Book Launch**  
Paddling Guide for the Brokenhead River
- 13 **Book Review**  
Through Field and Forest: A Canoe Companion for the Brokenhead River
- 15 **Trip Report**  
Mantario Wilderness Route
- 19 **Gear Review**  
Katadyn Hiker Pro Microfilter
- 20 **A Paddling Summer**
- 25 **It's All in The Name**
- 28 **Whitemouth River National Canoe Day Celebration**
- 30 **Manitoba's First SUP Instructor Course**
- 32 **Corporate Members**

## Involvement

If you are interested in being part of Paddle Manitoba activities both on and off the water, sign up as a member today. For information on the benefits of membership and how to join see our website at [www.paddlemb.ca](http://www.paddlemb.ca) or contact the membership secretary, Eric Gyselman, at [membership@paddlemb.ca](mailto:membership@paddlemb.ca).

## Paddle Manitoba

If you are looking for other information on what is happening in the Manitoba paddling community, check out the Paddle Manitoba website at [www.paddlemb.ca](http://www.paddlemb.ca) or phone us at (204) 338-6722.

## Paddlers' Forum

Paddlers are a great source of information for each other! Ask or answer questions of your friends on the water by visiting the forum on our website.

## Other Paddling Connections

Paddle Canada  
1-888-252-6292  
[www.paddlingcanada.com](http://www.paddlingcanada.com)

Manitoba Whitewater Club  
[www.manitobawhitewaterclub.ca](http://www.manitobawhitewaterclub.ca)

Manitoba Paddling Association  
[www.mpa.mb.ca](http://www.mpa.mb.ca)

The Ripple is published online quarterly. Each issue is available exclusively to members for approximately one month after it is published, after which time it will be posted on the Paddle Manitoba website for viewing by all.

Submissions for the Ripple are always welcome, including stories, trip reports, photographs, paddling tips, recipes, anything that might be of interest to other paddlers. Send your contributions to [communication@paddlemb.ca](mailto:communication@paddlemb.ca).

Submissions are best sent electronically, with text sent as the body of an e-mail or in a Word attachment. Pictures do not have to be related to an article but they should have a caption. Pictures submitted for the newsletter may be used for other Paddle Manitoba purposes as well, such as the next Ripple, the website, or other promotional material.

Submission deadline for the next Ripple is December 25, 2012.

# President's Message

## A summer of learning and fun

Summer is slowly coming to end and fall is gently showing its face in the leaves and in the later sunrises. This doesn't mean that our paddling season is over. Fall paddling offers many advantages over summer; fewer bugs, quieter campgrounds, cooler weather, and a chance to watch the leaves on the trees change color. Fall paddling is a good opportunity to squeeze in some last trips but comes with different challenges. If you do go out paddling, please be prepared for quick changes in weather, earlier sunsets and colder water!

This summer has been a busy one for Paddle Manitoba. To start off with, our canoe instructors have been very busy teachers throughout the summer and our new courses have been a great success! I hope that everybody who took those courses enjoyed them and that this will encourage them to practice and improve their skills in the fall and the following summer.

To add to these canoe courses, David Wells from Naturally Superior Adventures in Wawa, Ontario came to Winnipeg to launch SUP in Manitoba. Paddle Manitoba hosted an instructor course at Fort Whyte Alive and there were six eager students ready to tackle the high winds during the course. Chris, from Hardcore Paddleboards, came to the workshops and brought some of their homemade boards! They were pretty sweet! All the students had lots of fun learning new strokes and techniques on the boards and there were plenty of opportunities to get wet and have fun!

Now for some fun events Paddle Manitoba was in

involved in! First up was National Canoe Day held by Eastman tourism at Whitemouth Provincial Park. This is the first year they held this event and it was a great success!

Another great paddling event was the Don Starkell flotilla and commemorative cruise aboard M.S. River Rouge. These two events were held to pay tribute to the late Don Starkell and to promote a commemorative statue that will be put up next year. Don Starkell was an amazing paddler who contributed a lot to the paddling community in Manitoba. He is best known for his journey, with his two sons, Jeff and Dana, paddling to the Amazon, and for his attempt to paddle the North West Passage, an effort that ended when he had to be rescued due to severe weather and injuries. Many people came out for the flotilla and it was a sight to see so many boats on the Red River!

Beyond the courses and events, our summer was tainted by the theft of a few of our canoes from LaBarriere Park. We hope that they can be recovered but in the meantime, we will be looking into a more permanent structure at LaBarriere Park.

Another bright side of the changing season is the return of the Paddle Manitoba fall and winter events. I hope that the activities we have planned for you will be enjoyable and fun!

I thank you for your support this summer. We are always looking for volunteers to help out with our activities. If you can volunteer your time this fall, it would be greatly appreciated. In the meantime, be safe on the water and happy paddling!

# Editor's Message

## Canadian explorations

I do not own a Canadian passport. Don't get me wrong: I am fiercely proud to be a citizen of this great land. I applaud loudly when Canadian actors, artists, and authors perform well on a world stage, when a Canadian scientist wins a Nobel prize, when a Canadian astronaut launches into space or when a Canadian invention saves lives. I can rarely watch without tears pouring down my face when the maple leaf is raised and "Oh Canada" streams out for a gold medal athlete at an international competition. This is my country, my home.

Not having a passport means I cannot leave it. And I am okay with that. Everything I need is right here. We have a rich cultural diversity. We truly have the friendliest people anywhere, people who will give the shoes off their feet to a stranger. We have the right to outwardly and assertively express our opinions and not have to fear being thrown in jail for doing so. And we have the most beautiful land anywhere – the lakes, the forests, the prairies, the hills. Sure other countries have lots to offer, but discovering the hidden gems in our own backyard is enough for me.

As I read the submissions for the Fall Ripple, I was struck by how so many of us are finding the gems in our own country, indeed in our own city and province. The Whiteshell, ELA, the Red River, The

Brokenhead and Whitemouth Rivers – it's all there for us to explore and appreciate. Your passport will let you check out the rest of the world. Don't be afraid though to leave it in your dresser drawer while you meet your neighbours and check out what's around the corner and down the street

Yvonne Kyle  
Editor

## Canoes Needed!



Paddle Manitoba needs your help! We had a great summer at Paddle Manitoba but unfortunately two of our canoes were stolen from LaBarriere Park! We regularly use these canoes for our courses and open paddle nights so they are valuable to us. Therefore we need your help!

Paddle Manitoba is looking for any canoes that could be donated to our organization. If you have a gently used canoe or a canoe that needs some repairs or know of anybody who would be willing to donate their old canoe to use, it would be greatly appreciated.

If you do have a canoe that you are willing to donate, please contact us at [info@paddle.mb.ca](mailto:info@paddle.mb.ca) or [president@paddle.mb.ca](mailto:president@paddle.mb.ca) and we can come and pick it up.

Thank you very much!

Kim Palmquist,  
President, Paddle Manitoba



# Commemorating a Local Paddling Legend

## The Don Starkell memorial flotilla

by Mark Ojah

The story of Don Starkell and his canoeing expedition to the Amazon captured my imagination as a kid. My mother, a teacher in the Winnipeg School Division, had invited Don to speak to her students and I got to come along. Listening to Don's talk, seeing his slideshow, and subsequently reading his books had a profound impact on me. And although I've since moved abroad, my admiration for this local paddling legend has continued to grow over the years.

When my sister informed me of Don's passing in January, I decided to try and do something to recognize the Starkell's Amazon paddling achievement and help carry on Don's legacy. A life-sized bronze statue on the banks of the Red River depicting Don, Dana and Jeff vigorously paddling their canoe "Orellana" toward South America seemed like a fitting tribute. Such a sculpture would represent a celebration of the culture of paddling and spirit of adventure and exploration that Canadians are so well known for. Having benefited from Don's message of perseverance growing up, I also envisioned the monument as a beacon of inspiration, encouraging tenacity in the face of life's challenges.

In March I began reaching out to potential champions to gauge support for the initiative, and to

seek help in promoting, organizing, and coordinating the effort (as well as to ensure the integrity of any future fundraising campaign). This process is still ongoing. My goal has been to plant a seed that others





was launching from The Forks. Heavy rains in previous weeks had swollen the Assiniboine River to near flood stage. As the lead canoe (paddled by Jeff, Dana and Gaby Delgado from Mexico) eased back into the water, the swift current grabbed her broadside and swung her around. Suddenly, with television cameras rolling, the guests of honor were careening

Don was smiling down on us on the flotilla day as the weather was warm and sunny and the wind not too strong

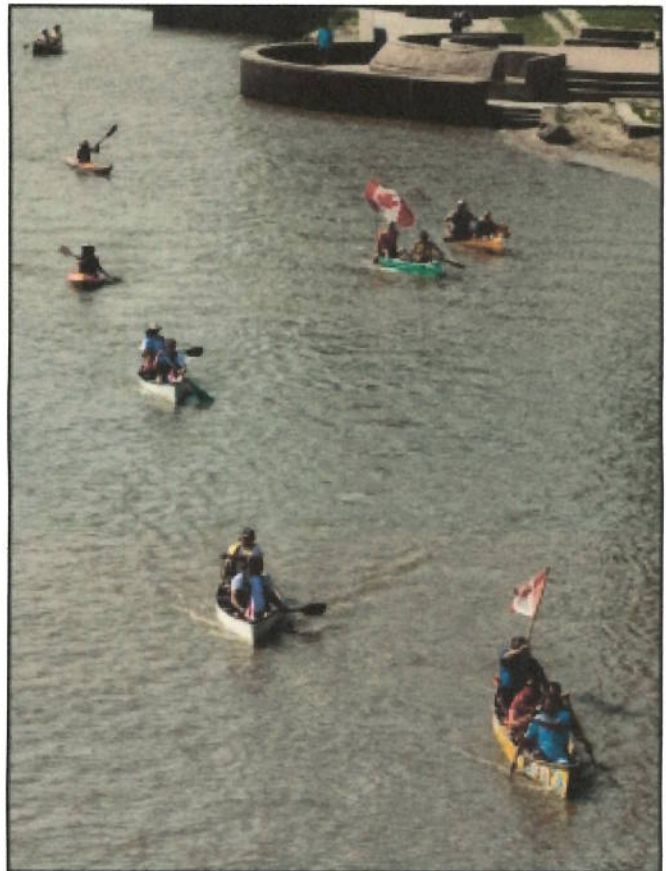
(particularly Winnipeggers) who have been inspired by Don's story can help nurture and bring to fruition. Dana and Jeff Starkell have voiced their support for the idea, and Chris Forde (Paddle to the Amazon documentary filmmaker), Kim Palmquist (President of Paddle Manitoba), and Graham Ketchison (Executive Director of Paddle Canada), have done much of the heavy lifting to raise awareness.

This summer we held what I hope will be the first of many Don Starkell Commemorative Flotillas. This free paddling jamboree was organized as a fun day out on the water to reminisce about adventures and to spread the word out about the statue initiative. Retracing in reverse those first kilometers of the Starkell's Amazon trip, 25-30 canoes and kayaks paddled from the Forks historic site downtown to Kildonan Park in north Winnipeg. It struck me as entirely appropriate that the junction of the Red and Assiniboine Rivers was the starting point for the inaugural flotilla. This popular modern-day meeting place has its roots in Aboriginal paddling heritage, which dates back thousands of years at that spot.

Don was smiling down on us on the flotilla day as the weather was warm and sunny and the wind not too strong. For me, one of the most positive aspects of the event was our ability to involve youth that don't typically have the chance to paddle. With the help of Cam White of Red River Outfitters and Ken Mason of the North Winnipeg YM-YWCA, 10 kids from the North End managed to navigate a massive 'war canoe' down the river without incident.

The only close call of the day came as the flotilla

backward downstream in an Orellana replica with little primary stability. Onlookers watched with bated breath and cringed expressions...but, true to form, the crew managed to right the craft and get her safely underway. My canoeing buddy from Winnipeg joked about offering some launching advice, but with 30,000+ kms of paddling experience in their boat, what could we say?

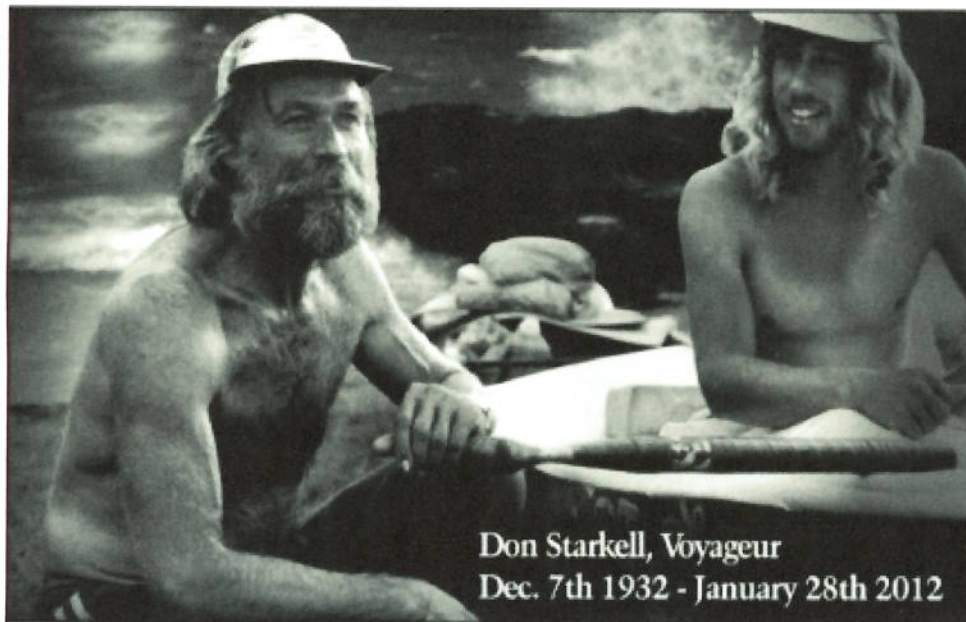


To virtually participate in the Jul 14th, 2012 Don Starkell Flotilla, as well as the commemorative riverboat cruise that Dana and Jeff hosted the following day, check out the slick video produced by Chris Forde:

<http://vimeopro.com/clientroom/celebrating-don-starkells-life>

There's already talk about organizing a bigger flotilla in 2013 to get more folks out on the water and build momentum for the statue initiative. Does the paddling route need to be changed to a different

location within Winnipeg (Assiniboine Park to the Forks, for example) or elsewhere? We want your suggestions. To provide feedback or to learn how you can get involved in the planning, coordination, publicity or logistics for next year's event, please contact Kim Palmquist ([president@paddle.mb.ca](mailto:president@paddle.mb.ca)) or me ([markojah@hotmail.com](mailto:markojah@hotmail.com)). News and updates will also be posted on the Paddle Manitoba and Paddle to the Amazon websites next spring. Hope to see you on the water next year!



Don Starkell, Voyageur  
Dec. 7th 1932 - January 28th 2012



## Back Paddle

Taking a look at Manitoba's Paddling Past

# Killarney Canoe Club

by Dusty Molinski

Paddling clubs, both formal and informal, have no doubt existed since individuals started owning canoes and kayaks. The focus of these clubs varied amongst the members interests, with some dedicated to racing, while others recreation. Manitoba was no different. While the Winnipeg Canoe Club is a well-known club of our past, there were others in the province. The photo below is of the Killarney Canoe Club, on Killarney Lake, in southwest Manitoba, circa 1910



Manitoba Archives. Killarney Collection. Killarney Lake 19. Killarney Canoe Club. 1910.

Back Paddle is a new series looking back at images of people, places and equipment related to paddling in Manitoba from the year 2000 and earlier. If you have images you are interested in sharing of paddling in days past, please send them, along with a brief background, to [dustymolinski@gmail.com](mailto:dustymolinski@gmail.com).

## Trip Report

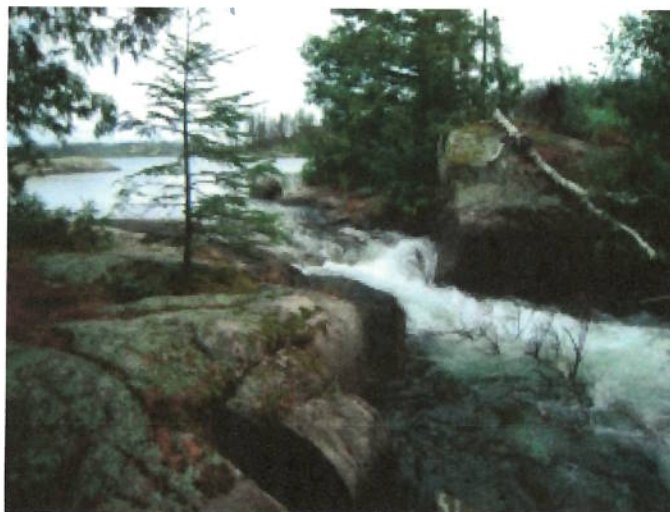
# Experimental Lakes Area

by Alex Wall

If you are looking for a challenging adventure that takes you through some of the most pristine wilderness accessible by canoe I recommend the Experimental Lakes Area. One route to take is a 100 km loop that a friend and I accomplished in just under 5 days this summer. You could add a few days to the trip if you would like to have a bit more down time. The key is to pack light with dehydrated food and use gear that is not too bulky. Even switching to a lighter sleeping bag can make a world of difference for space. Only take what you need as it makes the 14 portages so much easier. But don't forget your camera.



Pictographs on Point Bay



Buzzard Falls (Winnange/Eagle portage)

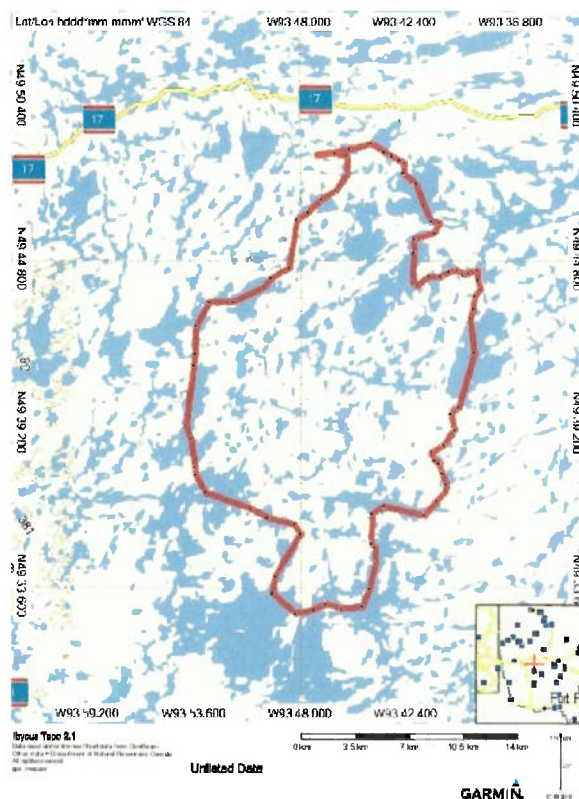
We began our journey at Stewart Lake off Pine Road (60 km east of Kenora) and made a short portage to Winnange Lake where we spent the first night. This lake has many amazing camping sites to choose from and even has a large beach site on the north east end of the lake, great if you are canoeing with several others. If you like fishing, troll with a spoon for a northern pike or jig deep for a lake trout.

On Day 2 we were supposed to make it to Point Lake, but the wind delayed us significantly so we ended up camping on a beach on an unnamed lake. However, we were able to get back on schedule for Day 3 and made it to Mad Dog Lake with plenty of

time to set up a tent and relax with a beach fire. During the paddle from Teggau to Point Lake, keep an eye out for pictographs on the cliffs.

The following morning (Day 4) the wind was at our backs as we headed to Dryberry Lake and then had a decent trek to Hillock Lake via portage (~800 m). Once on Hillock you start to see more signs that people have been there. I cannot stress this enough; take your trash with you and leave only footprints behind. It is sad to venture so far into the wilderness and see garbage that could easily have been carried out. If you pack right you should have no waste, just Ziplocs. After Hillock there was a very wet and muddy portage to Highwind, but stay to the sides of the trail and you should be fine or just go for a swim on Highwind after the portage. The fourth and final night was on Porcus at the end of an ATV trail at the south east end of the lake. It's a relatively large campsite, but it may be occupied on weekends. On Day 5 we paddled through Lake 109, Fish Lake, Manomin Lake, and back to Stewart Lake to complete the loop.

During this trip we had some of the best weather possible, allowing us to complete the 100 km in less than 5 days. However, I would bring enough supplies to last 6 or 7 days in case the weather delays your trip. Good luck and enjoy the trip. If this is too long a trip there are many different options in the Experimental Lakes Area. It's an amazing place to paddle!





## Paddling Recipes

Paddlers are always looking for new things to satisfy their tummies while out on excursions. If you have any recipes that you have found particularly satisfying, send them along for others to try out. Here are a couple to test on your next trip.

Corn Bread and Sweet Potato Bannock  
Submitted by Jim Gallagher, Bemidji, MN  
and Brian Johnston, Beaconsfield, MB.

Jim created this corn meal-based bannock mix for use during our 1000-kilometre traverse of subarctic rivers this summer (2012). The ingredients combine into a hearty and moist stovetop bread that is a great addition to one-pot trail dinners such as chili.

### Ingredients:

Bob's Red Mill cornbread mix  
Betty Crocker's instant sweet potatoes  
Dried egg powder  
Dried milk powder  
Oil (at the time of baking)

Combine Bob's Red Mill cornbread mix with Betty Crocker's instant sweet potatoes in a ratio of about 3:1. The corn bread mix also requires eggs and milk, so make the mix 'complete' by adding the appropriate amount of dried egg powder and dried milk powder for a bulk mix (approximately 4 to 6 dried eggs and about  $\frac{3}{4}$  cup of dried milk). Package 2 dry cups of mix for each bannock loaf. A 2-cup loaf served a group of six paddlers as a side dish although we could have eaten several loaves topped with butter after a long day—aw, fresh bread!

At the time of preparing to bake, add several tablespoons of oil to mix and enough water to make a well-mixed stiff batter. The more water added, the longer the baking time. Spoon out the batter into an oiled hot frying pan and flatten with a spoon. Cover

and cook over low heat on your camp stove, flipping the bannock to bake it evenly. The bannock is done when the tip of a knife or toothpick comes out clean.

This bannock recipe is a welcome change from traditional bannock and is gluten free.



Surprisingly, Mel was able to photograph this freshly-sliced bannock before the crew picked the pan clean.  
(Photo: Mel Boughman)



Brian and Brian proudly show off bannock wedges.  
(Photo: Lee Sessions)

Paddler's Quick and Easy Pasta  
Submitted by Alex Wall

One easy meal that gave us complex carbohydrates and amazing flavor was pasta mixed with rehydrated vegetables.

Ingredients for two large servings:

- 2 dehydrated red peppers
- 2 Tbsp oil
- Salt and Pepper
- 2 cups rotini pasta
- Butter
- 2 dehydrated yellow onions
- 1 lb (before dehydration) white mushroom

Fry up the dehydrated red peppers, mushrooms, and onions with oil, salt and pepper and simmer with some water to slightly rehydrate. Boil the pasta to preferred doneness and strain, then stir in the fried vegetables and add some butter. You can even wrap a lake trout in aluminum foil stuffed with these dehydrated vegetables and throw it on the coals to add a course to your dinner if you had luck fishing.



# Paddling Guide for the Brokenhead River Released

Anyone who has ever wanted more information about traversing the Brokenhead River by canoe or kayak now has a book to turn to. Titled *Through Field and Forest: A Canoe Companion for the Brokenhead River*, this new book is the first paddling guide for the Brokenhead River.

"This book is really the result of my own frustrations in finding detailed information when it comes to paddling the Brokenhead River," says Dusty Molinski, author of the book. "Countless sources of information exist for the Whitemouth River to the east and the Red River to the west, but very little for the Brokenhead River between them, yet it has so much to offer paddlers. I wanted to change that."

Over five years of research, both on and off the water, were involved. "The natural and cultural history of the river is fairly well documented. However, this information is spread over many papers, reports and books, often within the limits of government boundaries. The river does not recognize these boundaries, so part of my research was to assemble this information together," explains Dusty. "Information as it relates to paddling was virtually non-existent, except that people have done it. Gathering this information required extensive time on the river". The end result is a book that is truly of interest to anyone with a fascination for the river, certainly paddlers, but also non-paddlers alike.

In its 112 pages, introductory chapters detail the natural and cultural history of the river, complete with historic photographs and documents. Two pages of colour photographs of the river today complement twenty-eight maps that detail the portion of the river of interest to paddlers, from just south of the highway 15 bridge to the river's mouth at Lake Winnipeg. Over 100 points on these maps show the locations of hazards, natural and cultural points of interest, parking sites and access and egress spots. The final chapter suggests routes and lists the common plant and animal species. "It is my hope that with this book, more people will discover and appreciate the Brokenhead River," notes Dusty.

*Through Field and Forest: A Canoe Companion for the Brokenhead River* retails at \$18 and is available at McNally Robinson Booksellers in Winnipeg and online at [www.throughfieldandforest.com](http://www.throughfieldandforest.com).





## Through Field and Forest: A Canoe Companion for the Brokenhead River

by Chris Randall

With such abundant canoeing available to us in Manitoba it is easy to forget about the waterways closer to home. Though many of us will venture onto the murky waters of the Red or Assiniboine or perhaps join Charles for a Wednesday evening paddle on the La Salle, far fewer choose to explore the other smaller rivers of southern Manitoba.

We should then be grateful to Dusty Molinski for the time he has dedicated to publishing this guide to the Brokenhead River. No longer can we make the excuse that we have nowhere to go for information on this lesser known gem.

Dusty takes us on a journey, both geographical and historical from where the river becomes “paddleable” to where it meets Lake Winnipeg. Like all good guidebooks he includes where to get on and off the river and points out hazards and local services, but it is the information on the human, biological and physical characteristics that help the guide live up to its title of “Canoe Companion.” Notes on the history of the river prevent the route



descriptions from becoming simply a list of features, while a useful bibliography helps readers wishing to find more details about the river and its history.

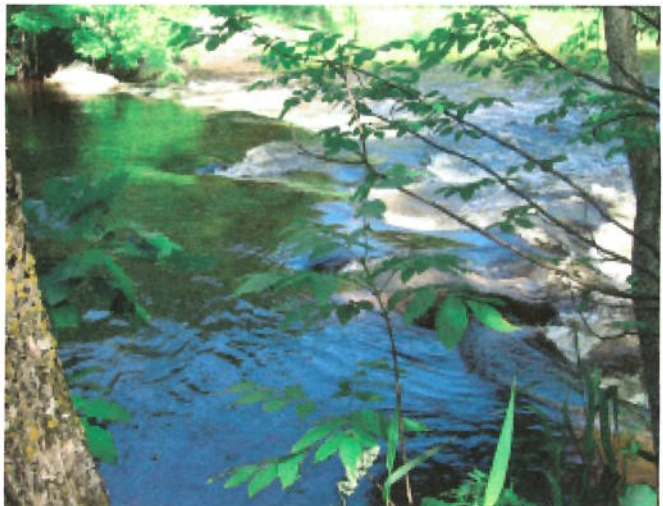
Unlike many of the rivers near Winnipeg, the Brokenhead is quite clear, bordered mostly by grazing land or hay fields. A narrow strip of forest buffers the river for most of its course, making it easy to forget how much the surrounding landscape

has changed since the days when the first homesteaders reached this area in the late 19th Century. Though modern life intrudes along the way in the form of the bright lights of Beausejour and the promise of ice-cream at Robyn's Drive-In, the description of the river as it nears Lake Winnipeg shows that the river still has plenty to offer canoeist or kayaker all the way 'til the end.

Dusty has used aerial photos to guide paddlers, something that works well and I expect we will begin to see a lot more of in guidebooks as photo coverage improves.

Having paddled a section of the Brokenhead in 2011 I was looking forward to returning this year only to have my plans curtailed by such a dry spring. Dusty's book has answered many of the questions I had about which section to paddle next and it has given me greater incentive not to forget about my plans to explore more of this delightful river.

Through Field and Forest is available directly from Dusty at [www.throughfieldandforest.com](http://www.throughfieldandforest.com) for \$18 plus shipping and handling.



## Trip Report

# Mantario Wilderness Loop

## A Backcountry Canoeist's Dream

by Debra Kendall and Ralf Deppe

Approximate distance traveled: 118 km (including paddling and portaging)

Days: 6 (I recommend doing it in 10)

Day One: Caddy Lake to Sailing Lake

We unloaded the canoe in Caddy Lake, paddled through Caddy Lake to the first tunnel (South Cross). Then on to the second tunnel (North Cross). These tunnels are under the rail lines.

Highlights: Beautiful area, the tunnels are a unique paddling experience, many campsites, you will encounter other boats and paddlers.

Cautions: Many motor boats, lots of 'people traffic'.

Sailing Lake is a great place to camp. If you are looking for a short trip you can stop here for a few days and have a fairly easy paddle back with very little portaging. We camped here the first night. The



Caddy Lake tunnel

campgrounds are nice and you will find picnic tables at most sites.

Day 2: Sailing Lake to Big Whiteshell Lake

Sailing Lake is pretty and is nice paddling in good wind conditions. In higher wind conditions staying close to the shore helps and there are lots of bays



and inlets that will provide some shelter from gusting wind. The portages require good physical condition. It is not flat land and you will be carrying your gear and canoe straight up large rocks and over rough and often muddy terrain. Mallard Lake is full of wild rice, grass, and what looks like bamboo. We had to fight our way through a straight wall of rice and grass for quite a distance. It was hard work and we were glad to finally see some open water at the end of it.

Mallard Lake highlights: Pretty and very calm, effect of wind is lessened by the grass and rice.

Cautions: In a low water year (or late in the season) it can be almost impossible to get across.

From Mallard Lake we went on to Little Whiteshell Lake. Little Whiteshell is a nice open Lake. We had some interesting wind but it was not from the front, so we were able to get across with decent speed. We camped on Big Whiteshell Lake. Nice campsites.



Mallard Lake

Highlights: a variety of scenery between Mallard and Big Whiteshell.

Cautions: There are motor boats and people on both Big and Little Whiteshell. Big Whiteshell has many

cabins on it.

#### Day 3: Big Whiteshell to Mantario

This stretch is full of portages through Ritchie Lake,



Mantario Lake

One, Two and Three Lakes, and into Mantario Lake. We had blistering hot, over 30 degree temperatures, and it was a bit grueling. The portages are a great way to really see the land in the Whiteshell though, and perhaps to have a chance encounter with wildlife.

Mantario Lake is beautiful and the campsites are great. We camped at a site that has the Mantario hiking trail passing right through it. The campsite seems to be in use fairly often. Nice place to rest after a hard day.

#### Day 4: Mantario to Indian Lake

The day started with a hop into Hop Lake. From there we headed into Bishoff Lake and more grueling portages. After a long portage it was a nice treat to discover a sandy beach. It was a good place for a rest and some lunch. We then crossed over to the other shore of Indian Lake where we made our camp. Indian Lake is truly a backcountry paradise seeker's dream. It is quite untouched by people and has a lot

of wildlife activity. We saw beavers and other small animals, watched a marten swim across the lake right towards us and then scramble up a tree, came very close to a moose, and noticed many signs of wolves and coyotes. It was really hard to leave.

#### Day 5: Indian Lake to Sailing Lake

This was another day of portages. We portaged and paddled through Indian Lake, Drummy Lake, Wilfred Lake, Bernard Lake, Granite Lake, then into Sailing Lake. By Sailing Lake you are back into civilization. There are people and a few boats. We arrived in Sailing Lake to a thunderstorm, and quickly made our camp for the night.

Highlights: Beautiful and varied scenery, chance encounters with wildlife on the portages, nice paddling lakes.



Portage marker

Cautions: Some of the portage signs and path markers have deteriorated but it looks like they are being replaced and will be back in good condition soon. Also, an added caution for Brandt Lake; it is filled with wild rice and grass and will be hard to cross in low water years or late season.

#### Day 6: Sailing Lake to Caddy Lake



The weather still showed signs of rain when we awoke so we got started as quickly as we could. Although the wind picked up and we could hear distant thunder, we made it back to Caddy before the rain came. From Sailing to Caddy we encountered many other canoes and, with it being a long weekend, almost all the campsites were full. It seems to be a popular place for canoeing, casual camping, and, of course, fishing.

It is a wonderful trip, and is well worth the work!

#### Tips and hints

You want a GOOD and light canoe for this trip. You don't want to have to carry a 60-80lb canoe up a rock face. The lighter the better!!!

#### Things I would bring again:

- Dried packaged food (can get at any wilderness outfitter type store) Much more handy than messing with real food, and surprisingly great tasting!
- A reliable water filtering system. You don't want to carry jugs.
- A small handheld GPS. WAY better than trying to find your way with just maps.

- Sun and bug protection - a Manitoba outdoor must have.
- Something to protect your head against the sun and sunstroke.

Things you can leave at home:

- Lawn chairs. We thought we'd be smart and bring this comfort. Remember if you bring it you carry it with you.... not worth it. Most of the sites have a picnic table and for the few that don't, it's not worth dragging these around.
- Real food. It spoils. It's heavy. It attracts animals (even when you put it up a tree). You can get anything you want in 'just add water' packages.
- Anything else you don't NEED leave at home even if it weighs half a pound. Imagine 5 or 6 of those needless things on your back all day.

#### Final Notes

Before you head out into the wilderness be sure you are prepared. Take at least a basic canoe skills course. These skills will help you when you need them most! Make sure to tell someone where you are and when you will be returning, and have some basic survival skills.





## Gear Review

# Katadyn Hiker Pro Microfilter

by Alex Wall

I purchased this low maintenance microfilter in the spring and found it to be a great tool while on canoe trips. It has not let me down and is easy to setup. It is able to remove protozoan cysts and bacteria from drinking water and can fill a 1L water bottle in approximately 1 min. This model also comes with an attachment to connect directly to a hydration pack.

Prior to getting a filter I would drink straight from the lake or boil my water. Having this takes away the guess work. I would highly recommend this microfilter for back packing and paddling. It runs about 85 dollars and has been worth every penny.

Weight: 312 g

Filter Type: Glass-fibre filter w/carbon core

Cartridge Life: 750 L

Dimensions: 16.5 x 7.6 cm

Filter Size: 0.3 microns

Output: 1 L/min

Effective Against Bacteria: Yes

Effective Against Particulate: Yes

Effective Against Protozoa: Yes

Effective Against Viruses: No



If you have found some nifty gadgets that you don't like to be without when you go on a trip, send along a description of the item and tell us the things you like about it. Try also to give your fellow paddlers an idea of where they can purchase your gizmo and how much it will cost.

# A Paddling Summer

It didn't quite work out the way it was planned

by Yvonne Kyle

In my world, the paddling summer of 2012 began on March 30 with a leisurely afternoon trip on the Mighty LaSalle River. This was the earliest spring date that my canoe has ever been in the water. Owing to the unnaturally warm and snowless Winnipeg winter, the LaSalle on that day was markedly different from my previous early season record on April Fool's Day 2010 when the remaining ice flows covered the road as well as the river. In that year, our first paddle went downstream from LaBerrier Park and passed over the flooded greens of the new Southwood golf course. This year, we paddled upstream on a river well within its banks and collected some of the wayward balls that last fall's River Oaks golfers had had to take a penalty for not finding themselves – a strange affinity for golf courses in a family that doesn't partake of the sport.

The boats mostly stayed in the yard until the Mother's Day weekend when Colin and I had the enormous pleasure of teaching one of the first-ever official Paddle Canada courses for Scouts Canada members. This might seem like a small thing. But I have been a member of both organizations for a long time and it has been a great frustration of mine that the group setting the national standard for paddling instruction cannot provide instruction to a group so heavily involved in all manner of paddling, especially canoe tripping. Sadly though, insurance companies

have ruled with Scouts Canada insurers not allowing members to sign waivers and Paddle Canada insurers



Beginner paddlers on their first parentless adventure – and feeling pretty good about it!



not allowing folks to participate without signed waivers. But finally this spring, the insurance companies decided to make nice and it was with a mixture of pride and relief that I presented Paddle Canada certificates to the successful participants, congratulating them with a tradition left-handed Scout handshake.

Some spring excursions had to be modified or cancelled for various reasons so the next successful outing was a weekend trip with my Scout troop to Caddy Lake. A trip through the Caddy Lake tunnels gets pooh-poohed by some as too easy but I think it is a positively delightful trip, especially for young paddlers. The tunnels are cool. The Whiteshell scenery is a Manitoba treasure. And there is almost always some wildlife to see. My only disappointment with the area is that a few more cabins have sprung up in recent years and some of my favorite lunch stops are no longer open space. Most of the Scouts on our spring trip had done the route before but only as bow paddlers with a parent in control in the back. This time, we encouraged them to partner with another youth and figure out how to make the boat do what it was supposed to do. One of my greatest pleasures is watching young people as their confidence and competence in a canoe increases. There were struggles for this group but lots of successes too and we all came home happy.

In early July I was part of a group 60 Scouting youth and adults heading off to ELA for a week of

paddling in the fifth annual adventure we call Quest. At Quest we divide the large group into 4 smaller ones and head off on trips of varying length and difficulty, reconvening at the end to share the stories of each adventure and have some large group fun. As I have usually done, I paddled this year on the longest trip with the most experienced canoeists, young people who can cook, clean, paddle, navigate, and handle a portage skillfully and efficiently. Typically on this trip, the youth work on the theory that the goal is to get there and get back as quickly as possible, believing speed and distance are the main criteria for determining a trip's worth. To my immense surprise and pleasure, the group I paddled with this year was "all about the journey." They focused not on where they were going but on the simple pleasures of the trip - a refreshing swim at the end of every portage, several hours spent gunwale running and playing with their boats, rigging a sail to cross a windy lake, cliff diving - and in the end, they understood that taking time to stop and smell the roses is really what gives not only paddling, but also life, its meaning.



We did a six-canoe "circle dance" and then decided to name the unnamed lake after ourselves.

Later in July saw another Scout trip, this time on the Manigotagan River. We had tried to do this trip on the May long weekend but were stopped by a back country travel ban brought on by the dry spring (only to have the alternate long weekend plan of





High stress paddling when "it's all about the journey"

planting the garden thwarted by heavy rain!) but a month of rain made for a pretty sporty river when we headed out in the summer. The Manigotagan is another Manitoba treasure. As a beginner moving water trip, it could not have been planned better. Rapids get increasingly challenging as the trip progresses and the skill and confidence of the paddlers increases, and there are several larger rapids next to excellent campsites that allow for play and practice. We were fortunate to see a plethora of wildlife – moose, bears, otter, beaver, eagles, and dozens of cedar waxwings munching on the bugs. The 'all about the journey' attitude of the earlier trip was evident again and this adventure was an absolute blast. The one black mark was when Colin, as duffer in a boat that swamped due to pilot error while on a simple reconnaissance mission, lost his much-loved and well travelled hat, a hat that has gone with him on nearly every canoe trip for the last 30 or so years.

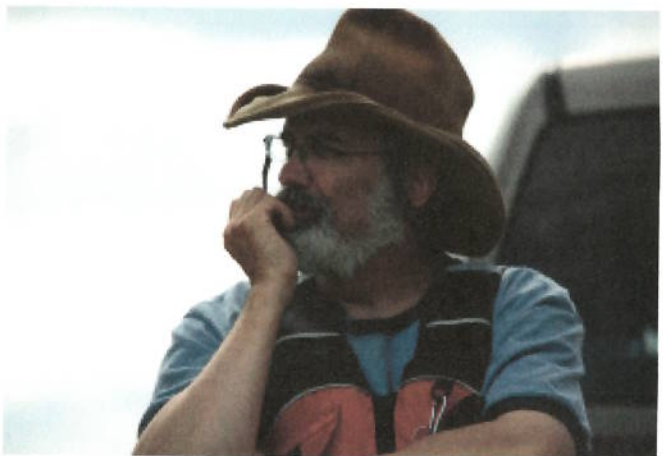
Covering for Charles for a Wednesday evening paddle, always a great joy as new and less new paddlers spend a pleasant couple of hours together, rounded out the July paddling before I put my teenager on a plane to Kenya for a month of volunteer work and exploring, and headed out with Colin for the first kidless vacation we've had in many years. There was to be lots of paddling on this holiday as I embarked on my new bucket list project of visiting all of Canada's national parks, 44 and

counting as of this summer. It used to be that the only thing on my bucket list was to paddle the Nahanni so when I did that (see the Fall 2010 Ripple for a description of the trip), I needed a new goal and the National Park Project was born. Stop one was Pukaskwa National Park, about 3 hours east of Thunder Bay on Lake Superior. I shared a toast (Pukaskwa water) with Tamara in the park office and was thrilled to have her as the first to sign the log book that I hope will come with me to all the parks. She absolutely understood my Quest and was the perfect person to start it off with.

Colin and I then headed out for a day trip on the big lake. I'm pretty comfortable in my canoe but I'm not a fool and we went onto Lake Superior knowing this was a lake we had to respect. But boy was I glad



A toast to Pukaskwa



Alas, that beloved hat is now at the bottom of the Manigotagan

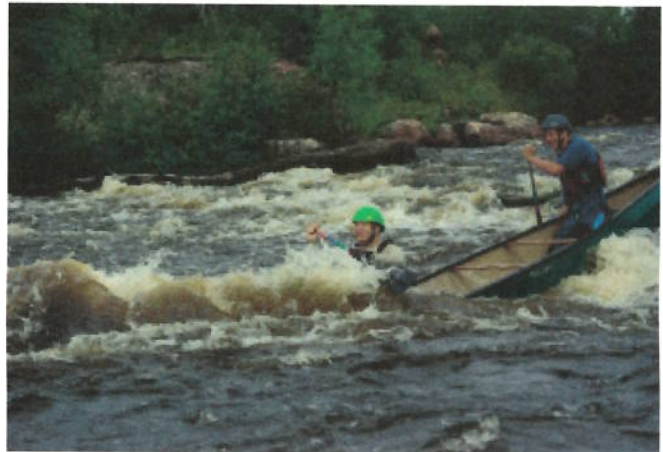
we went. The rugged Superior shoreline was stunning with waves crashing and a very ocean-like feel created by the undulating swells even on a calm day. We passed through canoe-wide openings that opened into beautiful protected coves that seemed almost to be a completely different eco-system to the lake just meters away. I was not expecting the water to be so clear. And the open sandy beach where we had our lunch was better than many of the ones people pay big dollars to enjoy. The breeze came up a bit after lunch. Even a small breeze across a lake where you can't see the opposite shore makes for some challenging paddling and we were glad to be back in the security of yet another cove next to our campsite.

Leaving Pukaskwa, the next scheduled paddling was to be Georgian Bay Islands National Park for a few days exploring the many islands in one of our smallest national parks. But alas, this was not to be. A tender arm Colin had had before we left home had become increasingly painful and we decided to stop in Wawa to have it checked out. An unexpected stay and several doses of i.v. antibiotics made us decide to turn around and head for home. This meant cancelling not only my park visits but also a solo moving water course at Madawaska Kanu Center in the Ottawa Valley. We called the canoe center to tell them we would not be able to come but Claudia, who owns the facility, convinced us that with some modifications to our accommodations and some flexibility in the paddling plan, maybe we could still make it work. So we turned around again. We arrived at MKC 2 days early and spent the time exploring in Algonquin Park. This is a canoeist's haven and while we did not do anything that would put undo pressure on that sore arm, we did put the boat in the water for a little tootle, just enough to get a feel for whether or not a canoe course was even possible. And we made a rather dangerous stop at the Algonquin Outfitters store, leaving with some new cool gear and a somewhat less flush bank account.

As it turned out, a bum arm was the least of our worries. I really like taking canoe courses. I've had



Most trips down the rapids ended successfully ...



... but not all of them.



Sharing our campsite and clothesline with another group

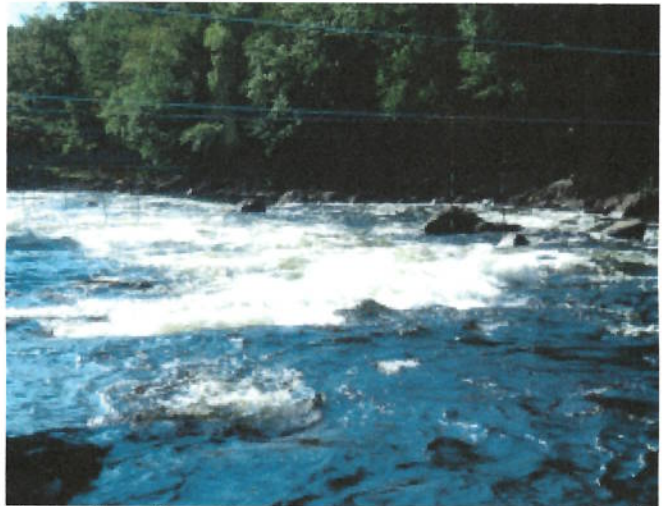


some awesome instructors and with each course I take I feel a little more like I really am in charge of where the boat and I go. But not this one! My solo paddling has all been done in tandem boats and though I am far from being an expert, I can certainly hold my own in them. For this course, I used an 11 foot solo canoe. That's five feet less canoe than I am used to. The boat and I did not get along. Nothing I already knew how to do worked to tame this craft and I was starting from scratch. I did win a few of the battles but the boat won a greater share and I spent a lot of time swimming rapids that I would much rather have been paddling down. The course grand finale is a day long sojourn down the Ottawa River (necessitated in part by the fact that there is no water in the Madawaska River on Fridays – or any other day after 3:00 in the afternoon. Dam controls make for weird water!). Rather than spending the day in the water, I paddled tandem with our instructor and stayed in the boat. It was a mixed blessing. I appreciated being able to do the trip and play in some very fun water, but I did feel a bit of a failure not being able to do it solo as I had planned. Despite his arm, Colin was much more successful on the course than I was. He did do the Ottawa solo and came through every rapid with a dry boat. So then I was jealous too, especially since he and I were 2 of only 3 solo students on the course, the third one being a very talented paddler working on recertifying her instructor qualifications.

We came home and parked the boats again. They've been out for a few afternoon paddles and we are hoping to get at least one fall weekend trip in. And if it's a mild fall with a late freeze-up, Colin and I may be able to celebrate our twenty-fifth anniversary in November with what has become a favorite day trip down the Assiniboine – topped off with a nice lunch at the Forks. Then we'll dig out the tarp, cover the boats, and start planning for next summer.



The Madawaska River on a Saturday evening



The Madawaska on Tuesday afternoon. Many of Canada's Olympic kayakers have cut their teeth at MKC.



My boat without me in it. It seemed happier that way.





## It's All in The Name

Taking a look behind the names of Manitoba's lakes and rivers

# Paddle Places

by Dusty Molinsky

Paddling figures prominently in the stories behind the names of many Manitoba places! Ours is a province of water and there has been no better way to travel these waterways than in a paddle -powered boat. The long association between padding and the lakes and rivers of Manitoba has led to many lakes, rivers, rapids, bays, islands, and even towns with name stories that directly or indirectly link to this activity.

### Asamapikkanaponunk Rapids

These rapids on the Berens River carry an Ojibway name that translates to going for the high rock. when on the river in a canoe paddlers must push off a high rock in the rapids.

### Billys Hole Island

Billy Wood punctured ("holed") his canoe on the rocks near this island in Gods Lake.

### Birch Canoe Lake

This lake near Nejanilini Lake was named for an old Chipewyan birch bark canoe that was found here by Richard Sutton of the Manitoba Museum. It was significant because it was at the northern limit of known use of canoes by this group.

### Bowsman

This small village near the town of Swan River was named by Tyrell after the bowsman of his canoe, because he was the first to step ashore here.

### Cache Bay

Trapper Ragnar Jonsson would cache a canoe here for crossing from this bay at the north end Nejanilini Lake to the south end of the lake. There is a short background on Ragnar Jonsson in Hap Wilson's book *Wilderness Rivers of Manitoba*.

### Canoe Lake

This lake in the Whiteshell was named for its distinctive shape.

### Cedar Lake

This lake is on the Saskatchewan River at Grand Rapids. David Thompson noted, "...this lake takes its name from the cedar wood growing on its banks...". Its historical name is Pachegoia. Dobbs noted that "Pachegoia is a lake where all the Indians assemble in the latter end of March every year to cut birch trees and make their canoes of the bark...in order to pass down to the river to York Fort on Nelson River."

### Chemam Lake

This lake near Elbow Lake carries a Cree name meaning canoe.

#### Chiman River

This river that flows into Hudson Bay is a different spelling of the Cree name for canoe.

#### Dancing Point

This spot on the west shore of Lake Winnipeg near Reindeer Island was noted on many early maps as Pointe au canot cassé or Broken Canoe Point.

#### Davenport Rapids

Dr. Jacobsen named these rapids on the Seal River. He had canoed to them in the 1960s. After rigorous and difficult travel on the river he stopped at these rapids where Tom Spence had a cabin nearby. In the cabin was a huge davenport. Dr. Jacobsen was so surprised by this that he named the rapids for it.

#### Dinner Creek

This creek was the lunch stop on the canoe route from Red River Settlement to hunting and fishing areas up Lake Winnipeg, into which it flows.

#### Engineer Rapids

This well-known set of rapids on the Manigotagan River is named for a group of mining engineers who capsized their canoe here.

#### Kamaskawak

An area near Berens River has a name meaning very strong current where you cannot even line a canoe.

#### Kawepinikateekopasow Rapids

The name of these rapids in the Hayes River translates to throw away ropes at the mouth of the rapids, as in preparing for lining a canoe through the rapids.

#### Kaytakchewanish Rapids

This Ojibway name means old canoe. The rapids are located on the Assapan River.

#### Lamprey Rapids

These rapids were known as Lamprey Falls before the hydro dam at Pointe du Bois changed the river.

Previous to the name lamprey, they were known as Les chutes de Jacob or Jacobs Falls. Artist Paul Kane noted that the name stemmed from “a man named Jacques who dared to run his canoe over a fall of fifteen or twenty feet of water. He attempted it, but was dashed to pieces.”

#### Mokomanikuskwuneew Rapids

These rapids on the Keewatin River have a Cree name that translates to small like a knife from the cold. This described the legs of a woman who was pulling her canoe up the rapids in the cold water.

#### Munikomoo Island

Situated in Granville Lake, this name translates to he gathers canoe bark in Cree.

#### Running Landing Place Rapids

This spot on the Churchill River has a smooth limestone bottom with shoals and fast current for a half kilometre where canoes are lined or hand-navigated through the water.

#### Slave Falls

These falls of the Winnipeg River have long been drowned by a hydro dam, but they were at one time quite spectacular, noted on an Aaron Arrowsmith map from 1796 as being “twenty feet high, one hundred yards wide and breaking in a tremendous manner over craggy rocks.” The name is derived from a legend that tells of a slave that could not stand to be under her master any longer. With the tribe watching, she stepped into a canoe, covered her face with her robe and went over the precipice to find peace in the swirling waters below.

#### Soab Creek

A survey crew named this creek that flows into the Grass River after their canoe overturned, causing them to lose some of their supplies. It is an abbreviation of Son of a B\*\*\*\*.

#### Wahtopanah Lake

This reservoir on the Little Saskatchewan River is a

# Whitemouth River National Canoe Day

by Jenny Dupas

In June 24 over one hundred people came out to celebrate National Canoe Day at Whitemouth Falls Provincial Park. In the RM of Whitemouth we are fortunate to have the Whitemouth River flowing through our communities and, for some, in our backyards.

Thanks to our sponsors and a grant from Healthy Together Now, we celebrated our first annual Whitemouth River National Canoe Day. It was a huge success because of the support and dedication of all our volunteers.

Paddle Manitoba provided a crew of volunteers who provided safety boats for the event. We were all excited at the prospect of two of their members going over the Whitemouth Falls. Fortunately, water levels prevented this daring feat.

Ten teams participated in the long race from the River Hills Bridge to a dock that was installed just before the falls by Manitoba Parks. Congratulations to "The Killers" for winning the coveted golden paddle and bragging rights. Several

other pairs and family races took place on the Winnipeg River just below the falls.

Thank you to our racers: Team River Rat, Team Beaver Dam Repair, Team Smith, Team Heather and Peter Legend, Team Tim Horton Children's Foundation, Team Sexy, Team Clan OX, Team Jeffery, Team Shewchuk, Team Wanasing, Team





Saxler, and Team Seven Sister's Falls. There were prizes and fun for the whole family, crafts for the children, local musicians, and a local BBO. Manitoba Parks offered interpretation of the river and the Manitoba Archaeological Society came out to share the archaeological significance of the park along with a flint knapping demonstration.

National Canoe Day (NCD) was created five years ago by The Canadian Canoe Museum in Peterborough, Ontario to commemorate the naming of the canoe as one of the Seven Wonders of Canada by over a million voters in a CBC Radio feature. The Canadian Canoe Museum is a national heritage centre that explores the canoe's

enduring significance in Canada. National Canoe Day has expanded to include all paddle sports. It has grown into a nationwide event and is celebrated in other countries as well on or around June 26.

The second annual Whitemouth River National Canoe Day celebration will take place near the end of June 2013. Stay tuned for the announcement closer to the date at the RM's new web page at [www.RMofWhitemouth.ca](http://www.RMofWhitemouth.ca). What better way to kick off the summer than joining us for this family fun experience? The RM looks forward to being your canoeing adventure host in 2013 for National Canoe Day and throughout the whole summer. Be safe



# Manitoba's first SUP Instructor Course

by David Wells

Since the first stand up paddle surfers emerged in Walkiki in the early 1950s, Stand up Paddlboards (SUP) have experienced an explosive growth. With an abundance of lakes and rivers, and three ocean coasts, Canada and Manitoba are prime growth locations.

The sport is inexpensive, has a fast learning curve, and promotes great physical balance and core muscle development, all in an outdoor watery environment.

In early 2011 Paddle Canada rolled out Flatwater, River, and Ocean SUP certification programs and I was fortunate to qualify as one of Canada's first Flatwater SUP Instructor Trainers. Thanks to the initiative of Janice Pennington and Kim Palmquist of Paddle Manitoba, I had the opportunity to travel to the "Peg" in August to deliver Manitoba's first SUP Instructor's course.

Our group included Chris Hellesoe, Janice Pennington, Brad Friesen, Kim Palmquist, Wayne

Kelly and Samantha Page. Some were more experienced and some were new to the sport. Chris for example, is a partner in The Hardcore Surf & Paddleboard Company and already delivers SUP instruction in Manitoba. He also builds his company's own boards.



During our first day, we focused on developing demonstration quality SUP skills. Day two was about using the IDEAS (Introduce, Demonstrate, Explain and Summary) teaching technique to practice teaching. We also practiced presenting short theory sessions on topics including coast guard regulations, SUP heritage, board design and materials, and outfitting. For me the best fun was around full on commitment pivot turns ... we all swam! We also managed a few SUP sword fights, jousting, and tandem SUP paddling.

While the first two course days were quite breezy, the last day was sunny, warm and wind free, perfect for practice teaching and student evaluations. Pretty well anyone can paddle a SUP. But successful instructors have to master key points around effective and efficient forward and turning strokes.



I was pleased with the course results and felt that this course was a great start for growth of a solid Instructor Training program in Manitoba. Thanks very much to Janice, Kim, and Paddle Manitoba for organizing this SUP Instructor trainer course. It was a blast!





# Paddle Manitoba Corporate Members



If you are in need of paddling supplies or are looking for an outfitter or camp to enhance your paddling experiences, please visit the Paddle Manitoba corporate members identified below. Paddle Manitoba Members are entitled to a 10% discount on the purchase of goods and services from our corporate members (You must show your Paddle Manitoba Membership card. Some restrictions apply.)



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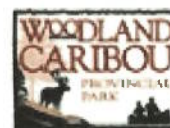
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