




Follow us on 

ALL ACTIVITIES Adults Only 18+

OUTDOOR ADVENTURE PROGRAM

SPRING & SUMMER & FALL 2019

WE WANT TO GET YOU OUTDOORS
TO ENJOY THE WILDERNESS!

THE OUTDOOR ADVENTURE PROGRAM IS OFFERED AS A REGISTERED PROGRAM.



CANOEING

ONE-DAY CANOE TRIPS



HIKING

ONE-DAY HIKING TRIPS

Colleen Preston 204-833-2500 ext. 2057

Bldg 90 • 680 Wihuri Rd.

www.cafconnection.ca/winnipeg

⇐⇐ **OUTDOOR ADVENTURE PROGRAM** ⇐⇐

COME JOIN THE FUN!

The Community Recreation department is part of 17 Wing Winnipeg Personnel Support Programs (PSP).

We manage the military and community recreational programs, activities and events.

Community Recreation goal is to enhance the quality of life and well-being to everyone of the 17 Wing Winnipeg community.

The Community Recreation office is located in building 90 (680 Wihuri Road) with plenty of parking.

BUILDING 90 HOURS

MONDAY TO FRIDAY 0600 - 2200 hrs • SATURDAY 0900 - 1800 hrs • SUNDAY 0900 - 2200 hrs

Community Recreation Coordinator – Colleen Preston

Children & Youth Recreation, Aquatics, Outdoor Adventures, Clubs, Events
colleen.preston@forces.gc.ca • 204-833-2500 ext. 2057

Community Recreation Coordinator – Ashley Clement

ashley.clement@forces.gc.ca • 204-833-2500 ext. 7013
Front desk, Adult/Student Recreation, Fitness, Birthday parties, Clubs, Events

Administrative Assistant – Colin Harvey

colin.harvey@forces.gc.ca • 204-833-2500 ext. 5976

Front Desk 204-833-2500 ext. 5139

Manager Fitness, Sports and Recreation – Chris Merrithew

chris.merrithew@forces.gc.ca • 204 833-2500 ext. 5509

HOW TO REGISTER

Registration can be completed on-line.

We offer online registration through book king that you can do from a computer any time of day. To use book king you must have an active "Client Account". Don't have one? Profiles may be created on-line by visiting the website at www.cafconnection.ca/winnipeg and following the directions.

REGISTRATION DATES – ONLINE

Membership registration begins **Wednesday, March 13** at 12:01am and is on-going.

Non-membership registration begins **Wednesday, March 20** at 12:01am and is on-going.

Visa, Mastercard, Amex accepted. Please note that we do not accept cheques.

If you do not have membership and register early, you will be withdrawn and requested to register on the non-membership registration date.



⇐⇐ **OUTDOOR ADVENTURE PROGRAM** ⇨⇨

CANCELLATIONS, REFUNDS AND TRANSFER POLICIES

CANCELLATIONS

- All activities are subject to cancellation if there is insufficient registration.
- Please note, due to the nature of our Military facility there may be unforeseen interruptions and/or cancellation of activities.
- Should it be necessary to cancel an activity, every attempt will be made to re-schedule. However, if we cancel an activity, you are entitled to a full refund or you may transfer to another course with space permitting.
- If we cancel a full course, you are entitled to a full refund or you may transfer to another course with space permitting.
- Register early to avoid activity cancellations.

REFUNDS

- Refunds are provided for medical reasons with a Doctor's note or for a Military posting.
- All other full refund requests must be received 10 business days prior to the start of the activity.
- Should a refund be issued there will be an administration fee of 25%.
- Should a refund be issued after the start date along with the admin fee (25%) the refund will be prorated.
- If activity advertises a required non-refundable deposit, no refund will be issued for the deposit.
- In the case of a dispute, refund decision will be made by the Community Recreation Coordinator.

TRANSFERS

- To transfer to another activity, please contact the PSP Community Recreation Coordinator.
- Transfers are subject to space availability and depend on the PSP Community Recreation Coordinator's approval.

OTHER IMPORTANT INFORMATION

- ALL Outdoor Adventure activities are ADULTS ONLY 18+.
- Registration is required.
- Participants are required to complete a PSP waiver form and a photo release form for each activity.
- All times listed are approximate, please allow max flexibility.
- Every weekend brings a new adventure so we will be flexible with Mother Nature.
We do not go out in poor weather and/or poor road conditions, in these instances we will cancel the activity.
- Persons with hip, knee, ankle or back concerns should consider if they are capable of attending due to the physical demand of the activities.
- Persons with a medical condition or disability can still attend as not all medical conditions or disabilities are obstacles. Medications however are solely your responsibility. We appreciate being apprised of this information and will do our best to accommodate your needs.

TRANSPORTATION IS PROVIDED.

MEET IN THE PARKING LOT OF BUILDING 90, 680 WIHURI RD.

We go for dinner at a local restaurant after each activity.



OUTDOOR ADVENTURE PROGRAM

JUNE 2019

EVENT	DATE	TIME	VENUE	COST
CANOE TRIP	Saturday, June 15	0900 - 1900 hrs	Maskwa River	Membership \$50 Non-membership \$55
HIKING TRIP	Saturday, June 22	0900 - 1800 hrs	Elk Island Shoreline Trail	Membership \$12 Non-membership \$17

JULY 2019

EVENT	DATE	TIME	VENUE	COST
CANOE TRIP	Saturday, July 6	0900 - 1900 hrs	Caddy Lake	Membership \$50 Non-membership \$55
HIKING TRIP	Saturday, July 13	0900 - 1800 hrs	McGillivray Falls	Membership \$12 Non-membership \$17
CANOE TRIP	Saturday, July 20	0900 - 1900 hrs	Brokenhead River	Membership \$50 Non-membership \$55

AUGUST 2019

EVENT	DATE	TIME	VENUE	COST
CANOE TRIP	Saturday, August 10	0900 - 1900 hrs	Upper Whitemouth River	Membership \$50 Non-membership \$55
HIKING TRIP	Saturday, August 17	0900 - 1800 hrs	Big Whiteshell Trail	Membership \$12 Non-membership \$17

SEPTEMBER 2019

EVENT	DATE	TIME	VENUE	COST
CANOE TRIP	Saturday, September 14	0900 - 1900 hrs	Pinawa Channel	Membership \$50 Non-membership \$55
HIKING TRIP	Saturday, September 23	0900 - 1800 hrs	Hunt Lake Trail	Membership \$12 Non-membership \$17

ALL ACTIVITIES Adults Only 18+

To register go to cafconnection.ca/winnipeg

TRANSPORTATION IS PROVIDED.

MEET IN THE PARKING LOT OF BUILDING 90, 680 WIHURI RD.

We go for dinner at a local restaurant after each activity.





CANOEING

ONE-DAY TRIPS

THE ONE DAY CANOE TRIPS INCLUDES TRANSPORTATION, PFD, CANOE, PADDLES AND A SAFETY KIT IN THE CANOE.

Join us for a guided one-day canoe trip with Adrian from Wild Harmony Canoe Adventures. Adrian Storimans has had a love for the Canadian wilderness since leaving the Netherlands as a boy. In addition to fishing, canoeing, camping and snowshoeing, he studied forestry, fisheries and wildlife. Adrian worked in resource management all the while honing his orienteering and back-country skills in the remote regions of Eastern MB. He has been sharing his passion with others as a volunteer since 2001. Adrian began his Eco touring venture Wild Harmony Canoe Adventures in 2011.

PLEASE BRING THE FOLLOWING:

- ✓ a dry bag or backpack lined with a garbage bag
- ✓ dress for the weather
- ✓ wear your clothing in layers, plus bring one set of dry clothes, quick-drying material is best.
- ✓ closed-toed footwear i.e. water shoes or other sturdy shoes you do not mind getting wet
- ✓ sunhat, sunglasses, sun screen
- ✓ light raincoat or windbreaker
- ✓ swimsuit and towel (optional)
- ✓ light gloves for cool-weather paddling
- ✓ camera, cellphones and keys should be placed in a container or sealed plastic bag
- ✓ insect repellent
- ✓ water bottles, snacks and a lunch as we make a few stops to rest and eat

ALL ACTIVITIES Adults Only 18+

CANOE TRIP ITINERARY (APPROXIMATE TIMES, PLEASE ALLOW MAX FLEX)

0900 hrs	Leave parking lot of Bldg 90
1030 hrs	Arrive – receive instructions
1100 hrs	Start our paddle
1600 hrs	Finish paddle – carry out canoe/paddle/pfd
1630 hrs	Dinner at a local restaurant
1730 hrs	Drive back
1900 hrs	Arrive at Bldg 90 parking lot

COST:

Membership **\$50**
Non-membership **\$55**

TRANSPORTATION IS PROVIDED. MEET IN THE PARKING LOT OF BLDG 90.





MASKWA RIVER SATURDAY, JUNE 15

The Maskwa River is just North of Pine Falls. It drains a large tract of wilderness bogs and swamps from the Nopiming region and is distinctly brown in colour. Our trip starts at the Maskwa Project which is a wilderness retreat for city youth and the general public. We paddle up the Little Bear River in search of elusive trumpeter swans, before portaging around a picturesque rapids. There will be a short hike to a spectacular waterfall, apparently unnamed and is one of the three highest in Southern Manitoba. Watch for kingfishers, river otters and bald eagles on this route.

THIS IS A MODERATE PADDLE.



CADDY LAKE SATURDAY, JULY 6

One of Manitoba's best-known canoe routes. The first tunnel can be reached by canoe in most weather conditions. There is a high rocky hill which can be climbed to see a panoramic view of Caddy Lake, the beach, the boat launch and the resort. Wildlife to watch for on this route includes deer, loons, bald eagles and the occasional black bear. Water conditions flat water paddling with swift current in rock tunnels, choppy waves at times, no portages. Scenic attractions high rock cliffs and tunnels.

THIS IS A MODERATE PADDLE.



BROKENHEAD RIVER SATURDAY, JULY 20

Learn basic whitewater skills as you explore this picturesque river. This little known gem winds through farms, forests, cottages and campgrounds including Great Woods Park and Campground. You will have a blast on the 15 or so easy rapids. There are also several long sections of fast water and plenty of slower sections where you can watch for ducks, geese, and deer. Take a rest and swim at the Great Woods suspension bridge and later check out the bald eagle nest. You will go home a more confident paddler, but you won't feel like you have been to boot camp.

THIS IS A EASY PADDLE.



UPPER WHITEMOUTH RIVER SATURDAY, AUGUST 10

If you have ever spent a Sunday afternoon hiking to Pine Point Rapids you already know that it is one of the scenic jewels of Whiteshell Provincial Park. Now you can see Pine Point as you have never seen it before, from the river. This trip could be summarized as a "wilderness trip in a day". Although no more than ten minutes from the road, the serene boreal forest landscape and rugged portages make you feel as though you are in a far more remote place. It is no wonder the First Nations people considered this place sacred. This predominantly placid stream is dotted with rapids, waterfalls and portages.

You can have a picnic at Pine Point and then hike to scenic Acorn Falls or the powerful Viburnum Falls, or simply paddle there to save time for a visit to a sacred Aboriginal petroform site. Watch for beavers, otters, mergansers and the gorgeous blue-flag iris which grows here in profusion.

THIS IS A MODERATE PADDLE.



PINAWA CHANNEL SATURDAY, SEPTEMBER 14

A little over an hour from the Winnipeg, this is possibly the most scenic canoe day-trip in the province. As you gaze up at the cliffs lining the shore, it is easy to forget that these boulders were piled there by teams of horses when the channel was excavated more than a century ago. Check out a turtle nesting area and stop for lunch at the suspension bridge. Next are the small rapids and we will walk the short portage trail. Watch for ducks, geese, eagles, and even rare trumpeter swans on the small marshy lake that follows. Slide your canoe around the next rapids.

The final stop will be the Old Pinawa Dam Provincial Historic Park. We will walk along the ruins and play in the many picturesque waterfalls in the area, then climb to a panoramic viewpoint at the top of the dam. Water conditions – slow-moving water with swift sections, no upstream paddling, two portages.

THIS IS A EASY PADDLE.





HIKING

ONE-DAY TRIPS

THE ONE-DAY HIKING TRIPS INCLUDES TRANSPORTATION, POLES AND A GUIDE.

Maggie Marin is a successful Métis woman, who has been active in many aspects of the outdoors. She grew up in Northern Manitoba where she gained the skill and love for canoeing, camping, snowshoeing and cross country skiing. Maggie mountain bikes, enjoys road biking and hiking. In the last few years she has been a co-supporter of an outdoor adventure group. Being outdoors is Maggie's passion, her love to engage with people and hear their life stories puts a smile on her face. Maggie is looking forward to an amazing adventure and to be a part of the many stories to share.

Distances include between 6 and 18 kilometres. The terrain may include gradual slopes, some steep hills and solid trails, along with some short rough sections of trail. Elevation changes of less than 50 metres will occur occasionally, with up to 200 metres of total elevation change. Hikers may encounter bridges, stepping stones, boardwalks and steps. Sturdy hiking boots are a good choice.

PLEASE BRING THE FOLLOWING:

- ✓ a backpack
- ✓ dress for the weather
- ✓ closed-toed footwear, runners or hiking boots are best
- ✓ sunhat, sunglasses, sun screen
- ✓ camera, cellphones and keys should be placed in a container or sealed plastic bag
- ✓ insect repellent
- ✓ water bottles, snacks and a lunch as we make a few stops to rest and eat

ALL ACTIVITIES Adults Only 18+

HIKING TRIP ITINERARY (APPROXIMATE TIMES, PLEASE ALLOW MAX FLEX)

0900 hrs	Leave parking lot of Bldg 90
1030 hrs	Arrive – receive instructions
1045 hrs	Start our hike
1500 hrs	Finish hike
1530 hrs	Dinner at a local restaurant
1630 hrs	Drive back
1800 hrs	Arrive at Bldg 90 parking lot

COST:

Membership **\$12**

Non-membership **\$17**

TRANSPORTATION IS PROVIDED. MEET IN THE PARKING LOT OF BLDG 90.





ELK ISLAND SHORELINE TRAIL SATURDAY, JUNE 22

We'll begin our season with an easy hike. This paved trail follows the original road around Astotin Lake. Beaver Bay, a small picnicking area located upon a peninsula that juts out into Astotin Lake, is located part way along the trail and offers excellent views of the lake and waterfowl. The small bays along the shore provide ideal opportunities to observe Canada geese, American white pelicans, red-necked grebes and other fascinating waterfowl.

THIS IS AN EASY TRAIL.



MCGILLIVRAY FALLS SATURDAY, JULY 13

This self-guiding trail is 4 kms and is good for all skill levels. It is in the Whiteshell Provincial Park and is a short and easy trail. It follows the edge of a bog filled drainage basin typical of the Precambrian Shield and leads you to a small shelter on the peaceful McGillivray Lake. There are several fairly steep inclines along the way and rocks surfaces can be slippery when wet.

THIS IS A MODERATE TRAIL.



BIG WHITESHELL TRAIL SATURDAY, AUGUST 17

This is a 9.5 kms lightly trafficked out and back trail located near Pinawa that features a lake. It is fairly easy going not to hilly or technical, and is an in and out the same way type of trail. The trail goes over granite rock ridges and gravel. The trail gradually goes up hill for about 500 meters over the granite rock ridges and through some wet spots. About halfway to Big Whiteshell Lake there is a steep hill. After the steep hill there are spruce trees that are around 8 feet tall and gravel trails. There is a beaver pond at the creek just past the steep hill. After the creek crossing the trail follows a snowmobile trail on gravel and then turns off to the lake.

THIS IS A MODERATE TRAIL.



HUNT LAKE TRAIL SATURDAY, SEPTEMBER 21

The Hunt Lake trail is a great day-trip that offers exceptional hiking right beside West Hawk Lake. Our 6 kms return distance offers an out and back hike which passes through cedar groves before ascending up a high ridge which drops into sharp cliff faces into West Hawk Lake. There are steep paths, lakeside views, and cool rock formations along with interesting nooks and crannies. We will pass a tiny waterfall and chill by the water for lunch.

THIS IS A DIFFICULT TRAIL. IT IS ALL UPHILL OR DOWNHILL.

