

CROSS COUNTRY SKIING

PROVINCIAL PARKS:

<p><i>Beaudry Provincial Heritage Park</i> 4 Trails from 2.5 – 5.0 km Wild Grape 2.5km Novice Elm 2.8km Novice Maple 5.0km Novice Basswood 3.4km Novice</p>	<p><i>Birds Hill Provincial Park</i> 7 Trails from 3.6 – 14.0 km Aspen 6.7km Novice Lime Kiln 8.0km Novice Esker 6.0km Novice Chickadee 4.0km Novice Bluestern 14.0km Intermediate Corral 4.0km Novice Bur Oak 3.6km Novice</p>
<p><i>Camp Morton Recreational Park</i> 4 Trails from 1.3 – 2.8km Moonshine Trail 1.9km Novice Ravine Trail 1.3km Novice Birch Trail 2.8km Novice Steeple View 2.1km Novice</p>	<p><i>Clearwater Lake Provincial Park</i> 13 Trails from 1.0 – 8.0km Trails are Novice to Intermediate level</p>
<p><i>Duck Mountain Provincial Park</i> 8 Trails from 2.0 - 3.8 kms Childs Lake (3 trails) 2.5km - 3.0kms Novice Glad Lake (3 trails) 3.8km Intermediate Wellman Lake (2 trails) 2.0 to 3.0km Intermediate</p>	<p><i>Grand Beach Provincial Park</i> 5 Trails from 2.6 - 13.3 kms Jack Pine 2.6km Novice Blueberry 3.2km Novice Boulder Hill 6.1km Intermediate Beaver Pond 13.3km Intermediate Squirrel Run 12km Expert</p>
<p><i>Hecla Provincial Park / Grindstone</i> 3 Trails from 5.6 - 12.4 km Golf Course 5.6km Novice Hamars Lake 9.2km Intermediate West Quarry 10km Intermediate</p>	<p><i>Paint Lake Recreational Park</i> 4 Trails from 2.0 - 5.0 kms 2.0km Intermediate 3.0km Novice 4.0km Novice 5.0km Intermediate</p>
<p><i>Spruce Woods Provincial Park</i> 11 Trails from 1.8 - 24.4km Newfoundland 24.4km Novice – Intermediate Tamarack 8.2km Novice – Intermediate Juniper 2.2km Novice Spruce 3.6km Novice Sleeping Wolf 4.8km Novice Chaska 4.0km Novice Sandhill Stag 4.5 km Novice Snowy Owl 2.9km Novice Ojibwa 1.8km Novice Cree 5.1km Novice Assiniboine 5.8km Novice</p>	<p><i>St.Malo Provincial Park</i> 3 Trails from 2.4 - 7.2km Rouge 2.4km Novice Bleu 5.8km Novice Jaune 7.2km Novice</p>

<p><i>Turtle Mountain Provincial Park</i> 4 Trails from 4.0 - 15 km Adam Lake 10km Novice – Intermediate James Lake 15km Novice – Intermediate Bower lake 9km Novice Intermediate 4km Novice – Intermediate</p>	<p><i>Whiteshell Provincial Park</i> 5 Trails from 7.0 - 10 km Otter Falls 10km Novice – Intermediate Pine Point 8.2km Novice Inverness Falls 8.0km Novice Alf Hole 7.0km Novice Jessica Lake 8.0km Novice <u>Falcon Lake</u> - 4 trails from 4.0 to 7.5km West Hawk 5.0km Intermediate McHugh Lake 6.0km Intermediate Falcon Lake 4.0km Novice High Lake 7.5km Intermediate</p>
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*For more information on provincial parks in Manitoba, call (204) 945-6784 or 1-800-214-6784 or visit www.manitobaparks.com

NATIONAL PARKS:

<p><u>Riding Mountain National Park</u> 27 trails South Lake 3.4km Novice Wasagaming Camp 3.0km Novice Compound East 6.4km Novice Lake Katherine 3.2km Novice North Shore 9.5km Intermediate Arrowhead 3.4km Advanced Burntwood 4.2km Intermediate Grey Owl 17.4km Intermediate Kinosao Lake 4.0km Novice Cowan Lake 7.8km Intermediate Whirlpool Lake .7km Novice Moose Lake 9.6km Intermediate Sugarloaf 8.0km Intermediate</p>	<p>Ranch Creek 10.0km Intermediate Strathclair 10.0km Novice Beach Ridges 3.5km Novice Edwards Creek 5.6km Intermediate Broadleaf 4.1km Intermediate Crawford Creek 12.0km Advanced Hilton 16.0km Intermediate Moon Lake 9.2km Advanced Bead Lakes 4.0km Intermediate Ochre River 24.9km Advanced Oak Ridge 6.4km Novice Agassiz 6.5km Advanced North Escarpment 8.7km Intermediate South Escarpment 31.8km Advanced</p>
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*For more information on Riding Mountain National Park, call 1-888-773-8888 or visit www.pc.gc.ca/ridingmountain

WINNIPEG:

<p><u>Assiniboine Park - Corydon & Shaftesbury</u> Total Length: 5.2km Warming shelter, heated washrooms, changing facilities, ski rental, barbecue pits, concession, skating pond, toboggan slides.</p>	<p><u>Crescent Drive Golf Course</u> 781 Crescent Drive Total Length: 1.4km Warming Shelter</p>
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<p><u>Crescent Drive Park - 781 Crescent Drive</u> Total Length: 2.8km Warming shelter, heated washrooms, barbecue pits, concession, toboggan slides.</p>	<p><u>Harbour View Recreation Complex</u> 1867 Springfield Road Total Length: 2.2km Warming shelter, heated washrooms, changing facilities, ski rental, barbecue pits, concession, skating pond, toboggan slides.</p>
<p><u>Kildonan Park Golf Course - access through Kildonan Park</u> Total Length: 4.2km No amenities</p>	<p><u>Kildonan Park - 2021 Main Street</u> Total length: 3.2km Warming shelter, heated washroom, changing facilities, barbecue pits, concession, skating pond, toboggan slides.</p>
<p><u>King's Park - King's Drive & Kilkenny Drive</u> Total Length: 6.5km Heated washrooms</p>	<p><u>LaBarriere Park</u> Waverly Street south of perimeter Total Length: 7km & 10km Outdoor washrooms, barbecue pits.</p>
<p><u>Little Mountain Park</u> Inkster Blvd NW of Metro Route 90 Total Length: 10km Warming shelter, heated washrooms, changing facilities, barbecue pits.</p>	<p><u>St. Vital Park</u> SW of River Road overlooking Red River Total Length: 5.8km Warming shelter, heated washrooms, barbecue pits, skating pond, toboggan slides.</p>
<p><u>Windsor Park Golf Course</u> 10 Des Meurons Street Total Length: 7.5km Warming shelter, heated washrooms, changing facilities, ski rental, concession - lighted trail.</p>	

RURAL MANITOBA:

<p>Ski Birch – Roseisle For more information call 828-3586. *20 km of groomed classic & skating trails for all skiers.</p>	<p>Brandon Riverbank Inc. For more information call 729-2183. www.riverbank.mb.ca Golf Course 3500m Novice - Lighted Trail W. of Golf Course 4500m Novice</p>
<p>Pinawa Cross-Country Ski Trails For more information call 753-2073 or 753-2579 or visit www.pinawa.com/skitrail.html 37.0km of groomed trails. Novice - Expert</p>	<p>Portage Sandhills 3 trails from 2.7 to 3.2km</p>
<p>Roblin For more information call 564-2315 or contact www.ccski.mb.ca 25.0 km of groomed classic and skating trails. All levels. \$5.00 trail fee recommended Ski rentals available</p>	<p>Rosburn For more information call 859-2663 or visit www.ccski.mb.ca 12.0km of groomed classic trails \$3.00 per skier</p>

<p>Sandilands Provincial Forest For more information call (204) 326-4267 or (204) 346-6217 or visit www.ccski.mb.ca 48.0 km of groomed classic trails Suggested donation \$3.00 per skier.</p>	<p>Whitemouth River 3 trails from 2.5 – 7.0 km Pine 2.5km Novice Bog 5.5km Novice – Intermediate River 7.0km Novice – Intermediate</p>
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For further information on Cross- Country skiing in Manitoba contact;

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