

## CROSS COUNTRY SKIING

### PROVINCIAL PARKS:

<p><b><i>Beaudry Provincial Heritage Park</i></b>  <b>4 Trails from 2.5 – 5.0 km</b>  Wild Grape 2.5km Novice  Elm 2.8km Novice  Maple 5.0km Novice  Basswood 3.4km Novice</p>	<p><b><i>Birds Hill Provincial Park</i></b>  <b>7 Trails from 3.6 – 14.0 km</b>  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><b><i>Camp Morton Recreational Park</i></b>  <b>4 Trails from 1.3 – 2.8km</b>  Moonshine Trail 1.9km Novice  Ravine Trail 1.3km Novice  Birch Trail 2.8km Novice  Steeple View 2.1km Novice</p>	<p><b><i>Clearwater Lake Provincial Park</i></b>  <b>13 Trails from 1.0 – 8.0km</b>   Trails are Novice to Intermediate level</p>
<p><b><i>Duck Mountain Provincial Park</i></b>  <b>8 Trails from 2.0 - 3.8 kms</b>  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><b><i>Grand Beach Provincial Park</i></b>  <b>5 Trails from 2.6 - 13.3 kms</b>  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><b><i>Hecla Provincial Park / Grindstone</i></b>  <b>3 Trails from 5.6 - 12.4 km</b>  Golf Course 5.6km Novice  Hamars Lake 9.2km Intermediate  West Quarry 10km Intermediate</p>	<p><b><i>Paint Lake Recreational Park</i></b>  <b>4 Trails from 2.0 - 5.0 kms</b>  2.0km Intermediate  3.0km Novice  4.0km Novice  5.0km Intermediate</p>
<p><b><i>Spruce Woods Provincial Park</i></b>  <b>11 Trails from 1.8 - 24.4km</b>  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><b><i>St.Malo Provincial Park</i></b>  <b>3 Trails from 2.4 - 7.2km</b>  Rouge 2.4km Novice  Bleu 5.8km Novice  Jaune 7.2km Novice</p>

<p><b><i>Turtle Mountain Provincial Park</i></b>  <b>4 Trails from 4.0 - 15 km</b>  Adam Lake 10km Novice – Intermediate  James Lake 15km Novice – Intermediate  Bower lake 9km Novice  Intermediate 4km Novice – Intermediate</p>	<p><b><i>Whiteshell Provincial Park</i></b>  <b>5 Trails from 7.0 - 10 km</b>  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  <b><u>Falcon Lake</u> - 4 trails from 4.0 to 7.5km</b>  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](http://www.manitobaparks.com)

**NATIONAL PARKS:**

<p><b><u>Riding Mountain National Park</u></b>  <b>27 trails</b>  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](http://www.pc.gc.ca/ridingmountain)

**WINNIPEG:**

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

**RURAL MANITOBA:**

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

<p><b>Sandilands Provincial Forest</b>  For more information call (204) 326-4267 or (204) 346-6217 or visit <a href="http://www.ccski.mb.ca">www.ccski.mb.ca</a>  48.0 km of groomed classic trails  Suggested donation \$3.00 per skier.</p>	<p><b>Whitemouth River</b>  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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