Whiteshell

Amisk Self-guiding Trail

Welcome to Amisk Trail. The trail loops 4.3 kilometres through boreal forest, along the Rennie River and up and down some of the oldest exposed rock in the world. Plan for a half-day outing. Bring some water and a snack. There are several nice stopping places beside the river for a picnic or to try some fishing.

Along the trail you will find six stops with interpretive signs. Take a few minutes to read them and find out how spending time in nature benefits us on many levels.

Amisk Trail is dedicated to Walter Danyluk, who grew up in Rennie and went on to become a forester and the first Director of Manitoba's Parks Branch. During his tenure our first 10 provincial parks were created.

From those first parks the Manitoba park system has grown to more than 80 provincial parks. They protect more than four million hectares of land representing Manitoba's natural diversity, cultural history and favourite recreation spots. Some five million people visit Manitoba parks every year – one of the highest visitation rates in the country – and benefit from spending time in nature.

In every walk with nature one receives far more than he seeks.

- John Muir

On the trail…

Hints for Hiking

Bring water and a snack, wear good walking shoes or runners, tell someone what time you will return, and take along the trail map.

You are in Bear Country

Be Bear Smart! Watch for signs of bears, pack out any garbage and give wildlife its own space.

Emergency numbers

RCMP 204-348-7177, Ambulance 204-348-7700 (no 911 service) – cell service may be limited

Looking for more about those quotes along the trail?

Check these authors – John Muir, Rachel Carson, Aldo Leopold, Henry David Thoreau and Tom Brown Jr.

Looking for old black and white films about early logging?

Do a YouTube search for Timber Logging Days, Early Frankfort Logging and Modern Marvels - Logging Tech.

Whiteshell Provincial Park has more than 15 trails – pick up a park map to find out more or visit manitobaparks.com.
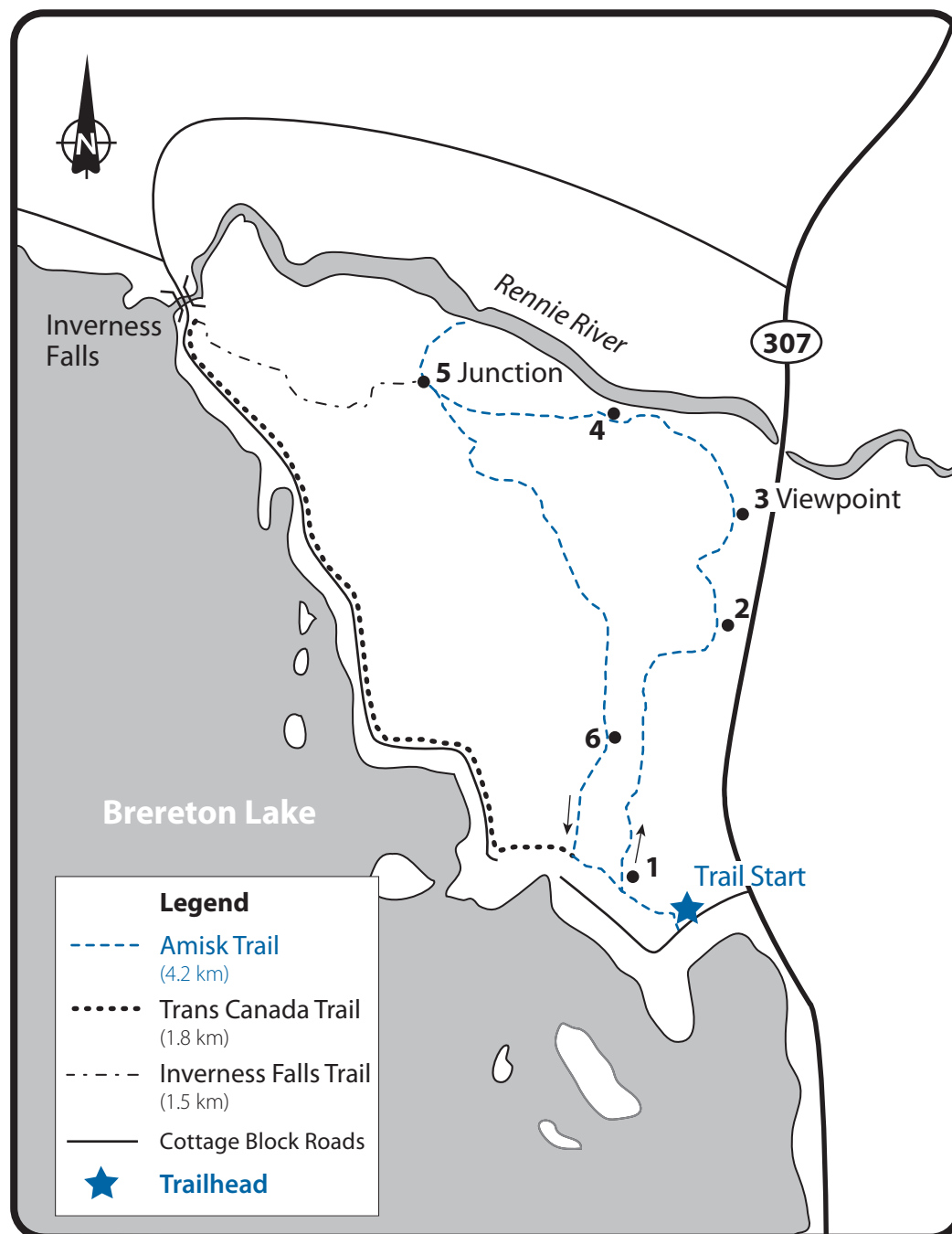
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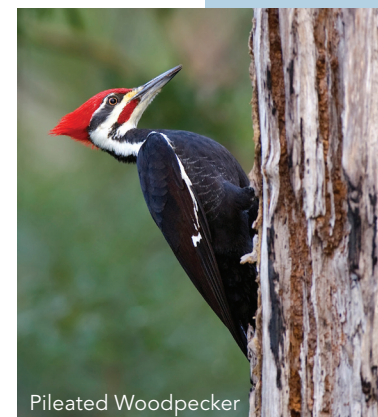
Protecting &Managing *our Future*

Manitoba

Amisk Self-guiding Trail

Whiteshell
Provincial Park

Map

Inverness Falls

Rennie River

307

5 Junction

4

3 Viewpoint

2

6

1 Trail Start

Brereton Lake

Legend

- - - - - Amisk Trail
(4.2 km)

········ Trans Canada Trail
(1.8 km)

-··-··- Inverness Falls Trail
(1.5 km)

——— Cottage Block Roads

⭐ **Trailhead**

Checklist

☐ **Look for signs of busy beavers – stumps, dams, lodges**

☐ **Find woodpecker holes – square ones are made by Pileated Woodpeckers**

☐ **Search for two large trees entwined – a balsam fir and aspen (hint – before the spur)**

☐ **Count trees twisted and snapped off – from windstorms in 2007 and 2010**

☐ **Discover erratics – large boulders left by a glacier**

☐ **Taste blueberries and raspberries – yum!**

☐ **Hunt for animal tracks**

☐ **Touch moss and lichen – does it feel soft or brittle?**

☐ **Smell the needles of fir and pine**

☐ **Listen for chickadees singing their name – chickadee-dee-dee**

Pileated Woodpecker