

# over the river and through the woods

The Blue Water Trail is your gateway to some great hiking

The 52-mile Blue Water trail stretches from Grand Beach Provincial Park to Old Pinawa Dam site.

It cuts across Belair Provincial Forest, via Powerview, Great Falls, and Lac du Bonnet. The trail follows much of the historic Winnipeg River, on trails that are both rugged and gentle. This beautiful route will take you in and out of the forest with breathtaking views of the river, the falls and the rolling farmlands and the unique outcroppings of granite. This region is rich in the history of exploration, fur trade and pioneer hydroelectric development.

The Blue Water trail offers unlimited opportunities for nature lovers, artists, historians, photographers, cyclists and explorers. Our trails are as varied as the multicultural makeup of our region.

The Boreal Shield stretches from Newfoundland & Labrador to Saskatchewan. It is a land of rock, forests, lakes and rivers. The Precambrian Shield rocks are some of the oldest in the world. Coniferous trees dominate the Boreal. These wild lands promise many opportunities to see wildlife.

The section of the trail through Belair Forest is a particularly wild and beautiful part of the Trans Canada Trail, abundant with native plants and wildlife. Moose and Great Grey Owls are not uncommon sights.

## Blue Water Trail North

Arriving at Great Falls you will cross the Manitoba hydro dam – their oldest generating station on the Winnipeg River. Here a self-guided nature trail takes you across the bridge that spans the falls on North Coca Cola Creek. In the spring you will witness a large and furious runoff.

From here on the terrain varies. Level stretches separated by rocky ridges provide an entertaining challenge as you wend your way to the head of the Broadlands community. If you enjoy

rural country roads, this area of farms, woodlands, and wildlife is for you.

Take in the sights and sounds. Hike Along the Winnipeg River at White Mud Falls. At low water levels explore the bedrock shoreline and riverbed. Proceed to Baie Dupont and view the beautiful community of St. Georges across the river with its historic church, rebuilt in 1929, and its adjacent museum. Further along, you cross a wooden bridge over the Maskwa River. Keep a watch out for animals and birds, especially owls, as this is a known owl flyway. Next you will cross Pine Creek and follow its shores on to the campground and then over to the Pine Falls power dam located above the Manitou Rapids.

Restaurants and hotel accommodations are located on PR 304.

## Blue Water Trail South

You begin your adventure at Pinawa Dam. You have your choice of cross-country cycle trails for riding enthusiasts or easy walking surfaces for the hiker looking for a variety of terrains. At the bank of the Winnipeg River a cairn marks the historic eastern boundary of Manitoba.

From there you proceed across the river. You will find yourself on miles of relatively flat land as you walk the dyke to Great Falls or you can explore the beauty of Blueberry Rock.

You can stop and admire the flora and fauna or continue along the trail to Great Falls where you'll pass the McArthur Dam Generating Station. This generating station has the distinction of being the largest hydroelectric producer in the world operating with the lowest head of seven meters.

Restaurants and hotel accommodations are located in and around Lac du Bonnet.

Check out [www.winnipegriver.org/tctrail/index.html](http://www.winnipegriver.org/tctrail/index.html) for info

