

Eco tourism in the Valley

- Fishing • Hiking • Wildlife Photography
- Butterfly Watching • Bird Watching • Geocaching
 - Snowshoeing • Tobogganing • Cross Country Skiing
 - Downhill Skiing • Snowmobile Trails
 - Canoe/ Kayaking • Horseback Trails • Wagon Rides
 - Cycling • Historic Landmarks

Eco Tourism explores our beautiful landscape by offering numerous outdoor activities. The Swan Valley has Eco Tourism operators sprinkled throughout the Valley whose goal it is to help individuals experience magical moments and create wonderful memories that will inspire you to want to experience more of what nature has to offer.

We respect the environment by keeping the land free of litter, use established trails while offering a learning experience and promote local communities and culture.

Eco Tourism visits many different types of environments. There are wetlands, bogs, quick sand, beaver ponds, waterways, hills, forests, logged areas, salt licks, sand dunes, gravel pits and the Manitoba Escarpment.

Swan Valley is bursting with trails providing access to the back country where nature offers a unique learning experience.

Some tours will include travelling to **historical sites** and **scenic outlooks**, finding the best **fishing holes** and **animal watching**, all the while hunting for geocaches

along the way. While enjoying these activities, take time to explore the plant life, beautiful flowers, delicious berries, types of grasses, trees, shrubs and fungi.

At night as you relax around a warm campfire you may experience the Northern Lights "Aurora Borealis". The Northern Lights are much brighter and more common in winter, showing their beautiful display of colourful dancing lights.

Check out www.alltrails.com for maps



Wildlife Viewing

Respect the habitat. Your visit to an area should be low-impact (leave no trace of yourself). Carry out any refuse with you, and refrain from damaging any habitat.

Feeding wild animals is illegal. Be aware that your sound and/or scent may frighten an animal and make viewing difficult. Move silently and try to travel downwind from where you expect to find an animal.

The opposite of the above tip is true when travelling in an area inhabited by dangerous animals. When travelling through bear country (or anywhere else where you might encounter a potentially dangerous animal, such as a moose), carry a noisemaker, such as a bell, or speak or whistle as you travel. A surprised animal feels threatened, and may react to your sudden appearance in a hostile manner.

Your two best tools are timing and patience. Find out what season and what time of day are best for viewing the desired animal. Then settle yourself in, out of sight, and watch, wait, and enjoy.

55

MAMMAL SPECIES



30

POISONOUS PLANTS



90

THE AMOUNT OF BUTTERFLY SPECIES IN THE SWAN VALLEY AREA



60

THE NUMBER OF DIFFERENT TYPES OF FISH SPECIES WITH PINE RIVER BEING THE TROUT CAPITAL OF MANITOBA!



8

THE DIFFERENT KINDS OF REPTILES AND AMPHIBIANS INCLUDING FROGS, PAINTED TURTLES AND GARTER SNAKES

Duck Mountain Provincial Park

The Duck Mountains are a segment of the Manitoba Escarpment dating back over one hundred million years and are classified as a Natural Park.

Clear, spring-fed lakes have made "The Ducks" a popular tourist destination for years.

Childs, Wellman, Glad, Singush and the Blue Lakes are among the most popular.

The shapes of landforms, and bodies of water are the work of the last Ice Age and glacial

Lake Agassiz's melt waters from 12,000 years ago.

This boreal forest consists of an extensive plant life ground cover and a mixture of trees. Signs identify the many species of native trees and the site is home to a great variety of birds, waterfowl, and animals. The highest point in Manitoba is Baldy Mountain located in the Duck Mountains, reaching 2,727 ft..

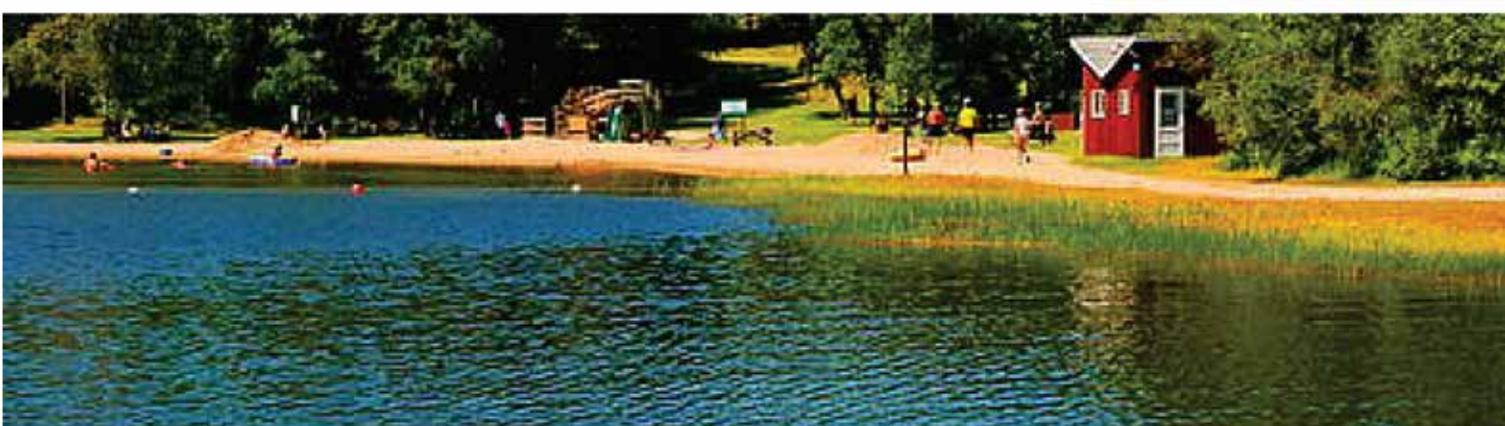
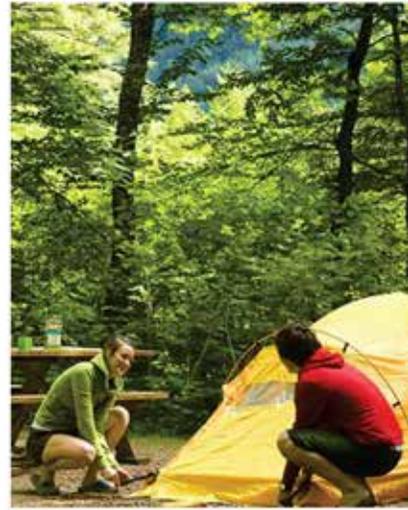
Visit the two scenic outlooks **Baldy Mountain** which has an observation tower and

picnic site or **Copernicus Hill** to look out over the observation deck and monument.

Campground Facilities exist at all of the park's major lakes.

Duck Mountain Forest Site, located near the junction of PR 366 and PR 367, also makes a good station from which to explore the surrounding area.

In the winter, take advantage of their groomed cross country ski trails and warm-up shacks.



Wellman Lake Lodge Fishing & Vacation Lodge

Wellman Lake Lodge is a hunting, fishing, & vacation lodge located in the rugged, forested elevations of the northern portion of Duck Mountain Provincial Park.

Wellman Lake RV Park offers eight RV sites with four pull-throughs. Each site comes complete with hydro, water, sewer hook-ups, decks and fire pits. We also offer a variety of cabin rentals and great activities in both summer and winter seasons.



Looking for a relaxing afternoon? Unwind with a boat ride or fishing trip on our serene lake and catch an array of trout, bass, char and pike. If you are longing for the thrill of an adventure, look no further! Discover the abundance of wildlife in the forest and when the winter sets in you will see cross-country skiing, snowmobiling and ice fishing around every turn.

Find us on Facebook @ [wellmanlakelodge](#) 



HIKING TRAILS

PICNIC AREA

EXHIBITS

CROSS COUNTRY SKIING

Frank Marvin Visitor Centre
Open July and August



DUCK MOUNTAIN FOREST CENTRE

Experience nature's beauty, exercise or learn about the boreal ecosystem at the Duck Mountain Forest Centre. During the winter months enjoy snowshoeing or 6km of groomed cross-country ski trails with a warm up shelter along the way. In the summer months hike or cycle various different trails totalling 8km with a look out tower and many opportunities for wildlife viewing. On site is the Frank Marvin Visitor Centre, multipurpose 40x80' steel building, picnic area, all season washrooms, and a new Trapper's Museum to be built in 2019. The visitor centre is open during July and August, is wheelchair accessible and donations are accepted as admission. It contains many historical artifacts, an 8x8' 3D topographical model of the Swan Lake Watershed, many life sized mounts of the local wildlife and a beautiful display of all the fish species of Manitoba. The Duck Mountain Forest Centre is located 16km south of Minitonas on Provincial highway 366.

For more information on Provincial Parks contact:

Manitoba Parks

Information 1-800-214-6497 or 204-945-6784

**Campsite Reservations 1-888-482-2267 or in Winnipeg
204-948-3333**

www.manitobaparks.com



Porcupine Provincial Forest

Where the Parkland gives way to the north, Porcupine Provincial Forest is a rugged wilderness waiting to be explored. Few roads penetrate the forest, set among the Porcupine Hills along the Manitoba escarpment, which rises to 823 m (2,700 feet) above sea level at **Hart Mountain**, a summit to rival Baldy Mountain of The Ducks. Campgrounds exist at **Whitefish Lake** (on PR 279, northwest of Bowsman), **North Steeprock Lake** and **Bell Lake** (both northwest of Birch River on PR 365).



GEOCACHING

Geocaching is for all ages and offers a unique experience with nature, fresh air, beautiful scenery, exploring our wonderful landscape and learning about different cultures. Geocaching is a great way to plan a vacation, explore while travelling to another area for appointments, weekend family adventure or group activity.

Geocaching is much like a treasure hunt or hide and seek game. To geocache you will need a Global Positioning System (GPS) or a smartphone (there's an app for that) and some trade items. The GPS receives signals from the 24 satellites positioned around the globe giving pinpoint accuracy.

Geocachers collect information from the web site on each cache you want to locate; name, general location on map, description of container & contents, level of difficulty and most important the coordinates. You will find caches hidden under rocks or logs, tied to a larger object, hung up in a tree or disguised to blend into its surroundings. Cache containers vary in size, most are Tupperware type containers, ABS pipe or ammo cans. Once you locate the final destination, you may find trade items or solve a puzzle. When you find a geocache it is customary to take an item and leave one in return, write your name and items exchanged in the log-book and tell of your experience in locating the treasure. www.geocaching.com



Bird Watching

With its plentiful forests, fields and wetlands, the Parkland has long been a haven for a multitude of bird species.

The Swan Valley is at the crossroads for northern and southern species of birds, as well as eastern and western birds. A great variety of habitat and species makes the Valley a prime location for birding. Areas of most activity for birding are trails in the mountains, as well as local bird feeders, wetlands and a 100-box nesting trail. Expect to view: peeps, waders, dabblers, divers, golden-winged warblers, and perhaps even an albino red-tailed hawk.

