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| General Information |  |   |             |                       |                          |               |             | Designated Campsite Amenities |              |              |         |                      | Staging Area |             |             |                     | Planning   |       |                             |   |
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| Provincial Park     | Route Name                                   | Reservations or Backcountry Camping Permit Required | Length (KM) | Suggested Paddle Time | Return To Starting Point | # of Portages | Motor Boats | # of Sites                    | Site Markers | Picnic Table | Firebox | Privy/ Garden Throne | Bear Box     | Parking Lot | Boat Launch | Non-modern Washroom | Campground | Lodge | Distance from Winnipeg (KM) | Notes:  |
| Duck Mountain       | Beaver Lake                                  |   | 6.4         | N/A                   | ●                        | 5             |             | 1                             | ●            |              |         |                      |              | ●           | ●*          | ●                   |            |       | 465                         | *Canoe Launch Only  |
|                     | Chain Lakes                                  | See notes   | 5.8         |                       | ●                        | 4             |             | 3                             | ●            |              |         |                      |              | ●           | ●*          |                     |            |       | 447                         | *Canoe Launch Only, motor boats are prohibited, overnight campers must register at Blue Lakes Campground Office                                       |
| Grass River         | Grass River (inside the park)                |   |             |                       |                          | 5             | ●           | 38                            |              |              | ●       |                      |              | ●           | ●           | ●                   | ●          | ●     | 650                         | Grass River Canoe Route can be accessed as a travelling-through point along a Grass River trip or from the three campgrounds located within the park. |
| Manigotagan River   | Manigotagan River Downstream of Quesnel Lake |   | 45          | 5 Days                |                          | 20            | ●           | 23*                           |              |              | ●       | ●                    |              | ●           | ●           | ●                   | ●          | ●     | 250                         | *Note: This is just a section of the canoe route; most people would either start in Nopiming or the community of Manigotagan.                         |

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| Nopiming            | Bird River - Elbow Lake  |   | 55          | 3 Days                | •                        | 7             | •           | 19                            | •            | •            | •       | •                    |              | •           | •           | •                   | •          | •     | 181                         | Paddlers who choose to continue to Woodland Caribou Provincial Park in Ontario should contact Ontario Parks for permit information.  |
|                     | Rabbit River - Cole Lake |   | 30          | 2 days                | •                        | 0             | •           | 11                            | •            | •            | •       | •                    |              | •           |             | •                   |            |       | 190                         | Pull-outs may be required during low water levels.   |
|                     | Shoe Lake                | YES - see notes                                     | 0.5         | 1 hour                | •                        | 0             | •           | 6                             | •            | •            | •       | •                    |              | •           | •           | •                   |            |       | 187                         | These campsites are on the Parks Reservation Service system and a fee applies when camping during the regular camping season. All campsites are located within 30 minutes to 1 hour of the launch. |
|                     | Seagrim Lake             |   | 15          | 2 Days                | •                        | 2             |             | 11                            | •            | •            | •       | •                    |              | •           | •           | •                   |            |       | 195                         | There are no designated campsites on Seagrim, Boulton or Slywchuk Lake (Sensitive Caribou Calving Area).   |

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| Nopiming        | Beresford to Garner Lake                          |   | 38          | 2 days                | •                        | 1             | •           | 6                             | •            | •            | •       | •                    | •            | •           | •           | •                   | •          | •     | 231                         | Paddlers who choose to continue to Ontario should contact Ontario Parks for permit information.  |
|                 | Gem Lake Route                                    |   | 0.5         | 1 hour                | •                        |               | •           | 5                             | •            | •            | •       | •                    | •            | •           |             |                     |            |       | 222                         | 1.5 km portage/walk from parking lot to lake. All campsites are located within 30 minutes to 1 hour of the launch.   |
|                 | Beresford to Long Lake                            |   | 20          | 4 hours               |                          | 5             | •           | 0                             | •            | •            | •       | •                    | •            | •           | •           | •                   | •          | •     | 231                         | This route is suggested for visitors staying at Beresford Campground or the lodge at Long Lake. Route is one way and requires two vehicles, drive time between points is 30 minutes.               |
|                 | Long Lake to Caribou Landing To Manigotagan River | YES - see notes                                     | 35          | 3 Days                |                          | 4             | •           | 13                            | •            | •            | •       | •                    | •            | •           | •           | •                   | •          | •     | 236                         | 8 of the campsites are managed by Quesnel Lake Caribou Lodge and require reservations (call 1-204-340-1758). Route is one way and requires 2 vehicles, drive time between points in 1.5 - 2 hours. |

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| Paint Lake          | Paint Lake        |   |             |                       | •                        | 0             | •           | 2                             |              |              |         |                      |              | •           | •           | •                   | •          | •     | 737                         | Paint Lake can be explored on its own or traversed as part of the larger Grass River (from Cranberry Portage to Split Lake)   |
| Pisew Falls         | Pisew Falls       |   | 22          | 1-3 Days              | •                        | 0             |             | 5                             |              |              |         |                      |              | •           |             | •                   |            |       | 689                         | 66 km from Thompson, 4 of the 5 sites are also accessible using the Pisew Falls to Kwasitchewan Falls Hiking Trail.   |
| Turtle Mountain     | Oskar Lake        | James Lake Cabin Only - see notes                   | 19          | 2-3 Days              | •                        | 7             | •           | 8                             | •            | •            | •       | •                    |              | •           | •           | •                   | •          | •     | 298                         | There are 7 campsites plus the James Lake Cabin. Campers must pre-register for the James Lake Cabin with the Boissevain Campground Office prior to use (call 204-534-2026). |
| Spruce Woods        | Assiniboine River |   |             |                       |                          | 0             | •           | 2                             | •            | •            | •       | •                    |              | •           | •           | •                   | •          |       | 180                         | The canoe campsites are maintained through a partnership with Friends of Spruce Woods.  |

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| Whiteshell      | Frances Lake  |   | 17          | 2 days                | ●                        | 3             |             | 2                             | ●            | ●            | ●       |                      |          | ●            |             |                     |            |          | 145                         | Located close to multiple campgrounds and resorts. Can be weedy during periods of low water.  |
|                 | War Eagle & Mud Turtle Lakes  |   | 20          | 2 days                | ●                        | 2             |             | 4                             | ●            | ●            | ●       |                      |          | ●            | ●           | ●                   |            | ●        | 135                         | Motor boat traffic present on Brereton Lake.  |
|                 | Cabin Lake  |   | 20          | 2 Days                | ●                        | 1             |             | 2                             | ●            | ●            | ●       |                      |          | ●            | ●           | ●                   | ●          | ●        | 170                         | Cabin Lake can be accessed by a 1 km portage from White Lake for canoeists. Expect motor boat traffic on White Lake.                      |
|                 | Caddy Lake to Big Whiteshell via Whiteshell River (inc. South Cross, North Cross and Sailing) |   | 45          | 2-3 Days              | ●                        | 4             |             | 20                            | ●            | ●            | ●       | ●                    |          | ●            | ●           | ●                   | ●          | ●        | 165                         | Motor boats are permitted on Big Whiteshell and Caddy Lake, not through Mantario zone. Portages at tunnels are dependent on water levels. |

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| Whiteshell      | Big Whiteshell to Nutimkik via Whiteshell River (inc. Lone Island, Jessica, Malloy)   |   | 90          | 3-4 Days              | ●                        | 5             | ●           | 7                             | ●            | ●            | ●       | ●                    | ●            | ●           | ●           | ●                   | ●          | ●     | 165                         | This can be paddled as an expansion of the Caddy Lake Route. Portions of the route, Jessica to Lone Island, can be used as a smaller weekend trip. Expect boats on all portions of this route. Also multiple opportunities to put in on various lake (i.e. Lone Island for a straight paddle). Can access campgrounds along the way (White Lake, Betula). Lots of open water paddling. |
|                 | Mantario Wilderness Zone (Inner and Outer Route - does not include South Cross/Caddy) |   | 100         | 2-5 Days              | ●                        | 21            |             | 25                            | ●            | ●            | ●       | ●                    | ●            | ●           | ●           | ●                   | ●          | ●     | 165                         | The route provides a variety of options for short to long trips. Access is from either Caddy Lake or Big Whiteshell.   |
|                 | Big Whiteshell Lake to George Lake  |   | 60          | 2-4 Days              | ●                        | 5             | ●           | 34                            | ●            | ●            | ●       | ●                    | ●            | ●           | ●           | ●                   | ●          | ●     | 165                         | Motor boats in Big Whiteshell and Crowduck. You could extend this route to include the Winnipeg River for a longer paddle.   |

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| Whiteshell          | Winnipeg River, upstream of Slave Falls |   | 100         | 2-5 Days              | ●                        | 0             | ●           | 15                            | ●            | ●            | ●       | ●                    | ●            | ●           | ●           | ●                   |            |       | 150                         | 5 of these sites are doubles so there are actually 10 locations but 15 sites. Route from Eaglenest to Crowduck goes through Ontario. Pointe du Bois Portage is lengthy. Assumes staging at Pointe Du Bois. |
|                     | Meditation and Horseshoe Lakes          |   | 10          | 1-3 Days              | ●                        | 2             |             | 7                             | ●            | ●            | ●       | ●                    |              | ●           |             | ●                   |            |       | 160                         | 1 km portage to start. First three sites are Meditation Lake walk-in campground. Located near provincial campgrounds and lodges.   |