



Paddle Manitoba

Your Recreational & Wilderness Paddling Community

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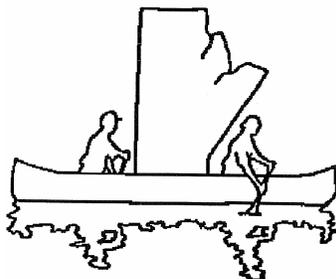
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Canoeing In South Eastern Manitoba



Information in this booklet was derived from an original hard copy of the MRCA (Manitoba Recreational Canoeing Association) *Canoeing in South-Eastern Manitoba* booklet published in 2000.

Before starting on any trip obtain appropriate topographic maps, local information, and check with alternative route sources. Consider your skills in light of the possible difficulty of the trip, remoteness, and hazards. Conditions on waterways are subject to water levels, weather, erosion and other environmental factors. Paddle Manitoba assumes no responsibility for the use of the information. Paddlers are reminded that they travel at their own risk.

Further Manitoba route information can be found on the Paddle Manitoba website:

<http://www.paddle.mb.ca/resources/routes/>.

The booklet may have some out of date or incomplete information. If you wish to provide comments, updated information or additional suggestions please contact Paddle Manitoba at info@paddle.mb.ca. There is a sample trip report template at the end of this booklet.

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The following is the original introduction written for the 2000 version by Robert Stanners

Canoeing in South-Eastern Manitoba

The Manitoba Recreational Canoeing Association publishes a series of booklets on canoe routes throughout Manitoba; most of these trips are for experienced canoeists. When I was responsible for distributing these booklets, I received a lot of inquiries from beginning canoeists looking for easily-accessible overnight or weekend trips. Steven Fletcher, then president of the MRCA, recommended we develop a booklet that would satisfy the needs of beginners and present some new and accessible options to canoeists traveling east of Winnipeg.

The routes in this booklet are presented from south to north, starting at Falcon Lake in Whiteshell Provincial Park and working up to Wallace Lake, the most northerly accessible put-in point below Atikaki Park. Coverage of river trips such as the Whitemouth or Manigotagan is limited, as these are available through other sources. This resource should be used jointly with topographic maps and other pertinent information, i.e., water levels or recent forest fire occurrence. As this booklet is in its first publication, we would ask that you forward any errors, omissions or necessary additions to us via the form at the back of the booklet. We will acknowledge new routes submitted in further publications. We also encourage you to send us duplicate photographs of your trips for possible publication in future editions of the MRCA canoe booklet. Finally, please keep our waterways and campsites clean.

I would like to acknowledge the editorial work of Steven Fletcher, Gerald Hirose, Jerry Ameis, Julie Gold, Donna Kurt, and Gerry Reckseidler, of the MRCA; Dominique Rey for her sketches and Stephane Dandeneau for the graphic design of the publication.

Thanks to Gematics Canada and Manitoba Parks for allowing us the use of their maps.

Robert Stanners

Information in this booklet is derived from research and trip logs of MRCA members. The MRCA assumes no responsibility for its use. Canoeists are reminded that they travel at their own risk. Skills instruction, safety equipment and appropriate weather conditions are always prerequisites to canoe travel. To enjoy wilderness travel canoeists tend to plan trips at 15 km a day, allowing for layover days on extended trips or when wind or weather bound. If you travel into Woodland Caribou you will be required to pay backcountry fees before your trip. In Manitoba you will need to purchase a Provincial Park Pass.

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The original map images in this booklet were updated using topographic maps from The Atlas of Canada January 2010 © Department of Natural Resources Canada. All rights reserved
(<http://atlas.nrcan.gc.ca/site/english/maps/topo/index.html>)

Area Covered



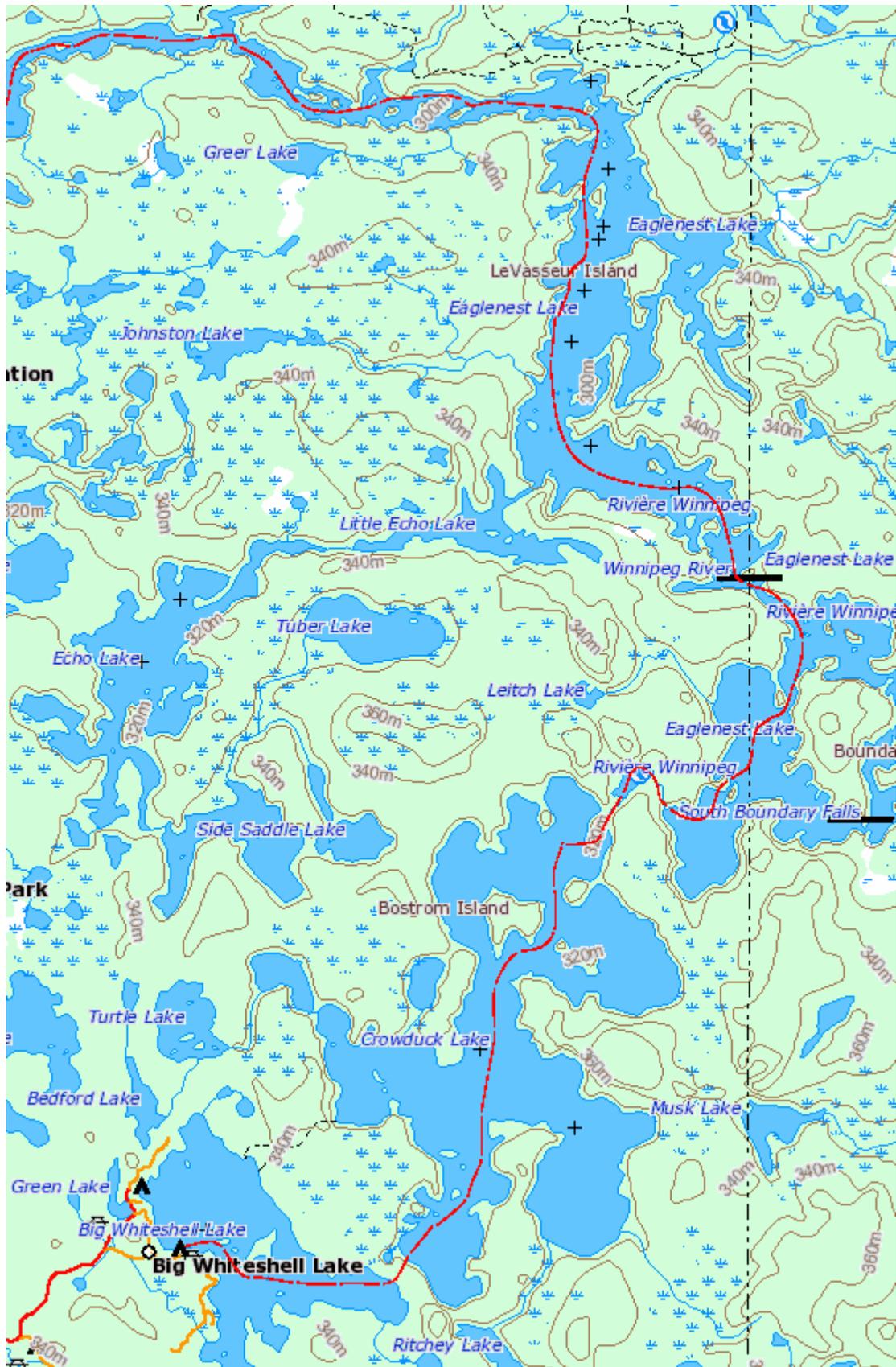
Winnipeg River Trip

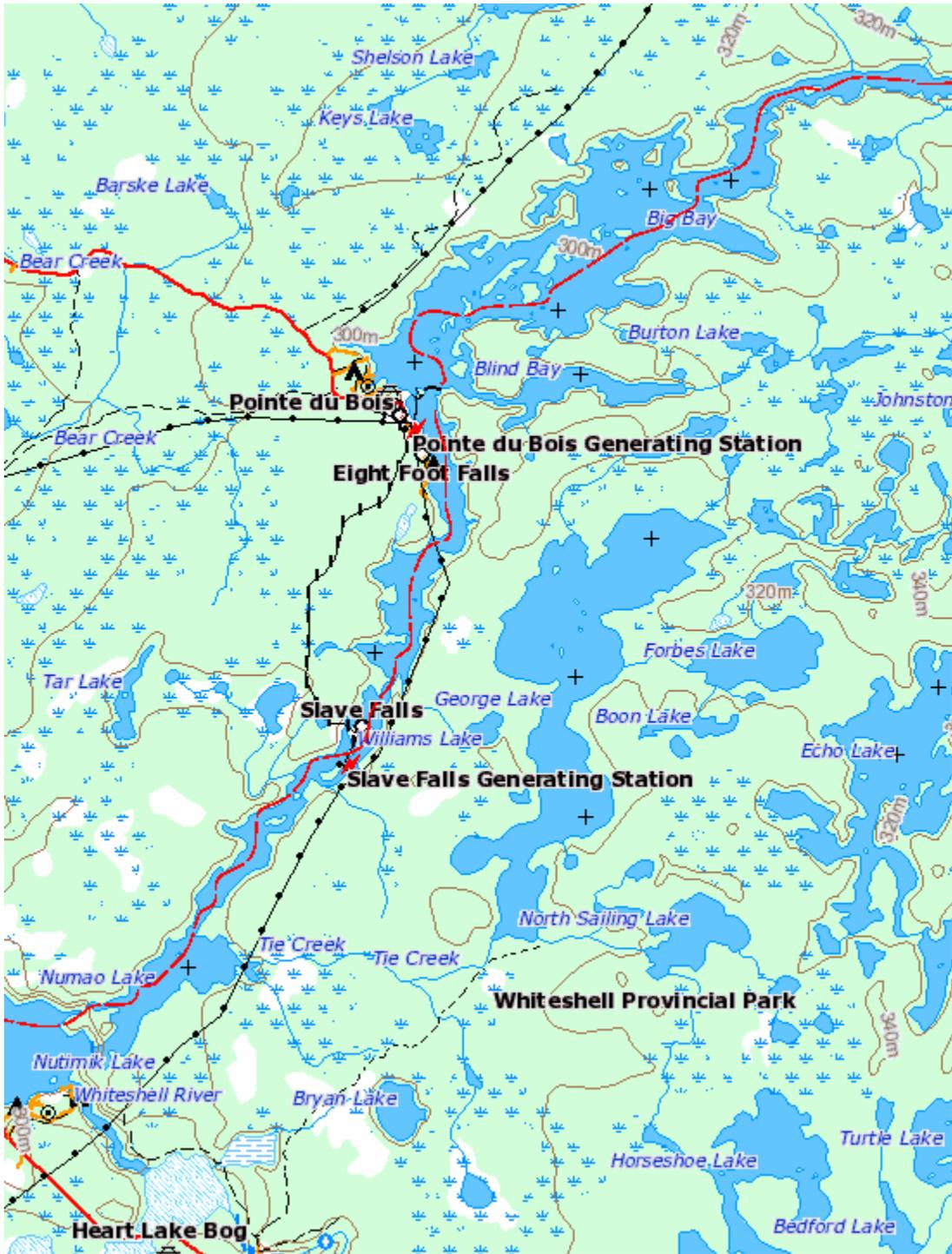
This 90 km trip requires approximately five days to complete, considering some lost time due to windy conditions. The trip could start in Kenora, at the river's mouth in Lake of the Woods, but traveling much of this historic Voyageur waterway can also be done by starting at Big Whiteshell Lake. From the far east bay, take the 750 meter portage into Crowduck Lake. Steep at the outset, slippery when wet, it is well-traveled as illustrated by the boats decorating the access at Crowduck Lake. Does this lake borrow its name from its aerial shape or from the cormorants (crow-ducks) that occupy its bays? Head north towards Crowduck Falls, to the short portage which gives you access to the Winnipeg River.

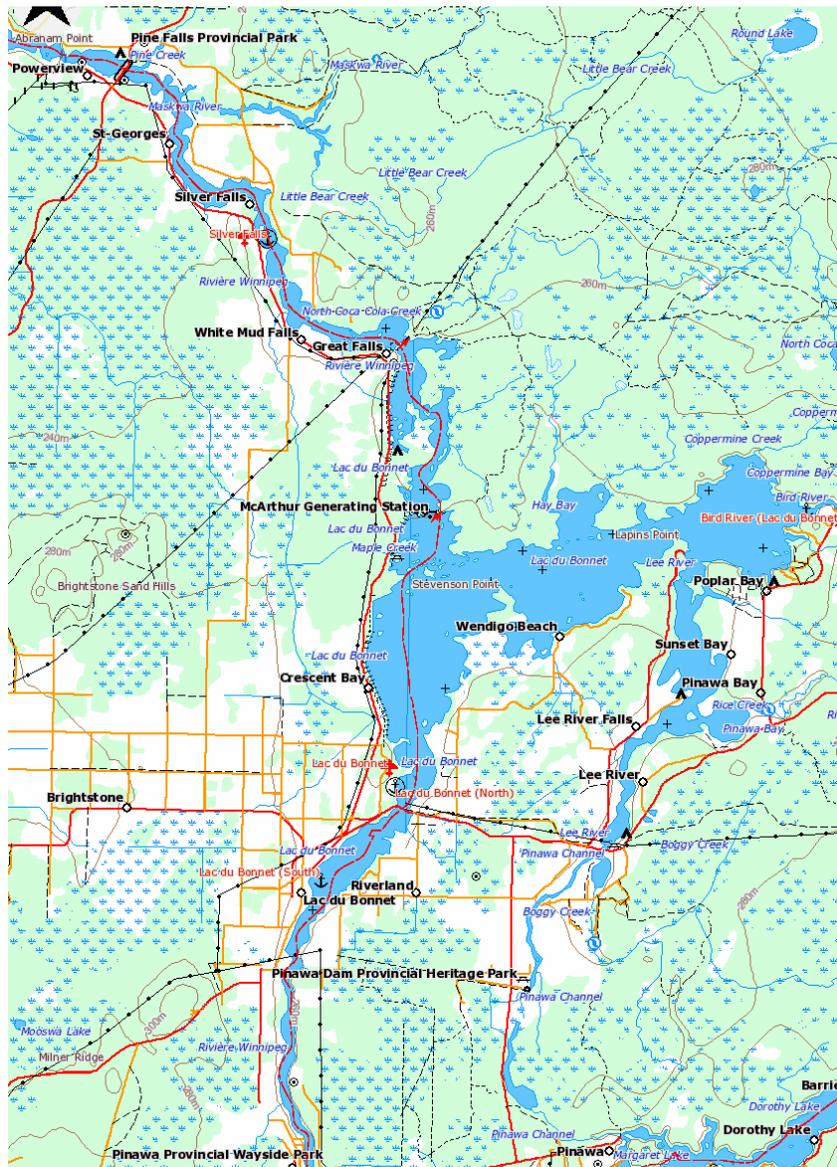
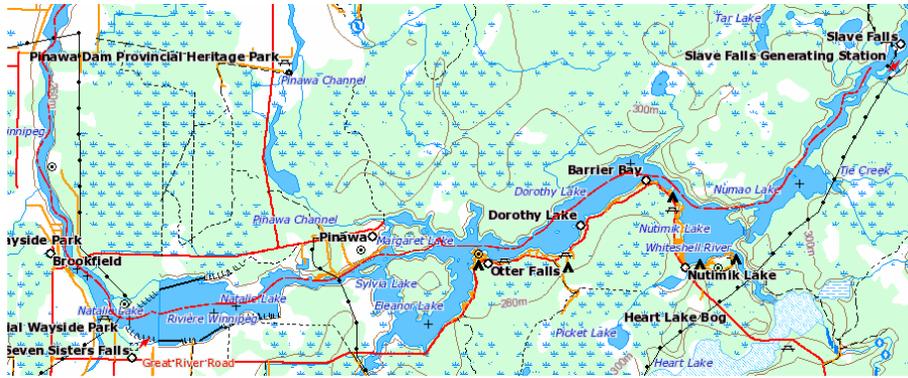
The Winnipeg River is wide and is a series of consecutive lakes or bays connected by channels, the first of which is Eaglenest Lake. From here one can choose to loop north around Boundary Island to Ontario and go upstream through Tetu Lake and travel the English River. The high canyons beyond Boundary Island serve as a reminder of the river's history, when the fur trade funnelled through its tumultuous [dalles](#) (or canyons).

One can also choose to go downstream. Except for the fast waters at Lamprey Falls near the top of the loop (Big Whiteshell Lake to Nutimik Lake), the Winnipeg River has long been calmed by the half-dozen hydro-electric dams built in the 1900's. Care should be taken when portaging around these dams. The stretch from Crowduck to Pointe du Bois is the most isolated, despite occasional lodges. Afterwards, cottages become more frequent in Whiteshell Provincial Park. Barring some rustic areas on Lac du Bonnet, the Winnipeg River is bordered by cottages all the way to Lake Winnipeg. Arrival at that lake offers an expansive view of the south basin, with a sheltered sandy promontory on Jackfish Island providing a large, clean campsite with a view. Take-out may be arranged at a number of places along the Winnipeg River.

Maps: [52 L/3](#), [52 L/4](#), [52 L/6](#), [52 L/5](#), [62 I/1](#), [62 I/8](#), [Whiteshell Provincial Park Map](#)







Bird River to Snowshoe Lake

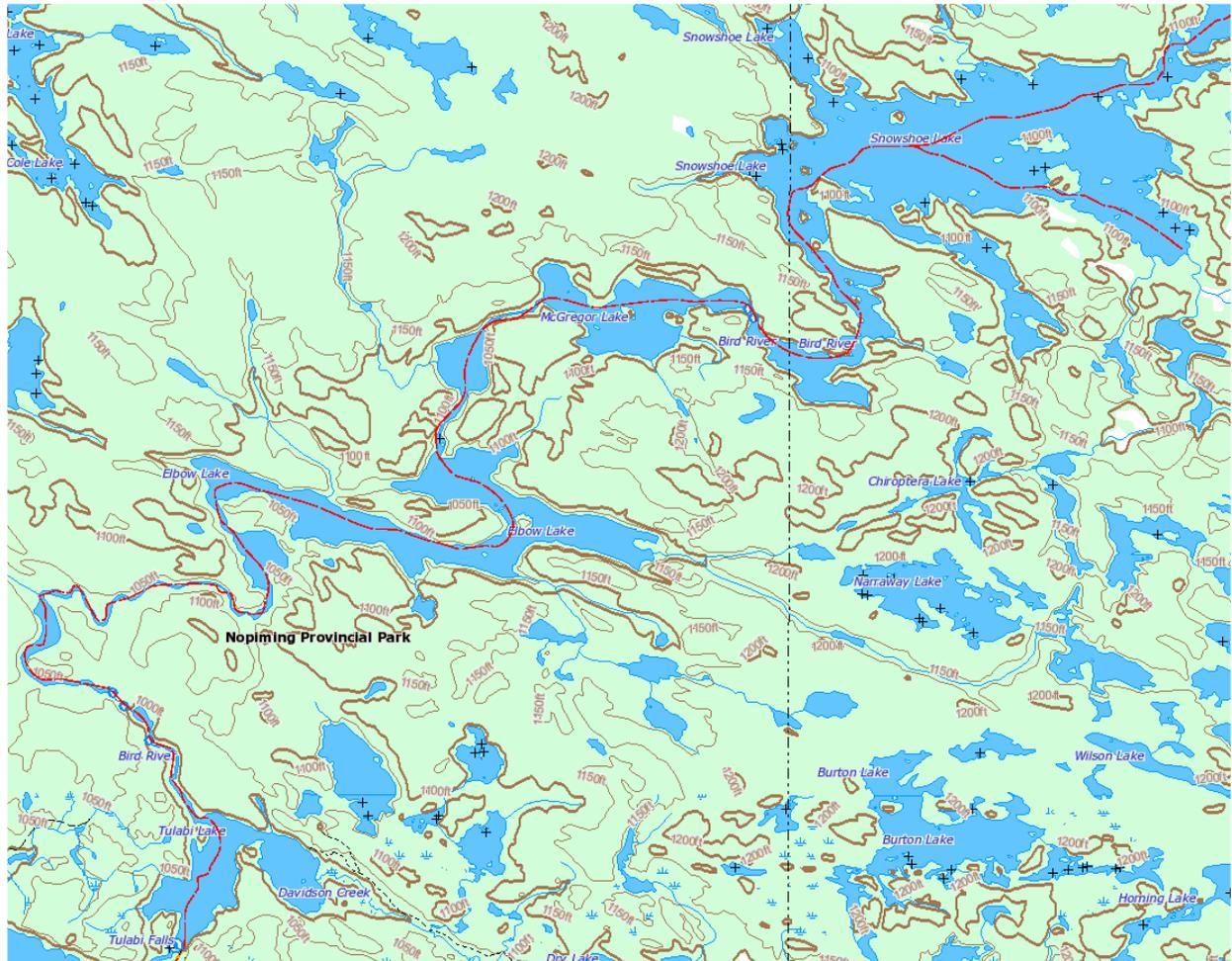
The Bird (Oiseau) River provides access to a number of destinations. Many full or partial loops are possible.

One short trip is to leave from either Bird (Oiseau) or Tulabi Lake and travel up the Bird River to Elbow Lake (campsites on Elbow are well used) and eventually to Snowshoe Lake where a number of expansive, rocky campsites can be found. The current on the Bird is fairly slow but there are 6 portages on the way to Snowshoe Lake. The lower portages on the Bird River are steep and can be very slippery when wet due to the clay soil. There is a good campsite at McGregor Falls. Be careful about walking in the shallows between the drops: at least one unwary canoeist has already slid down the falls after slipping there. If you are planning to camp between Tulabi and Snowshoe Lake, the island at the crook of Elbow Lake offers two suitable locations. There are other suitable spots on Elbow as well, although the lake tends to be crowded on weekends.

You can continue upstream on the Bird River to Woodland Caribou Park. Arrangements must be made (maps, fees, etc.) to stay in the park by contacting the Red Lake office. To reach the park, follow the narrowing Bird River beyond the northeast corner of Snowshoe Lake. The river is marshy at first, but the shorelines soon become rocky. About six short portages will take you to Chase Lake. The park begins at the north end of Eagle Lake.

From Eagle Lake, you can travel northeast on the Talon River system and eventually reach the Sturgeon River at Sydney Lake (a large lake). Or, from Eagle you can continue upstream on the Bird River and reach a variety of destinations, including Wallace Lake, and the Bloodvein and Gammon River systems.

Maps: [52 L/6](#), [52 L/11](#), [52 L/10](#), [Nopiming Provincial Park Map](#)

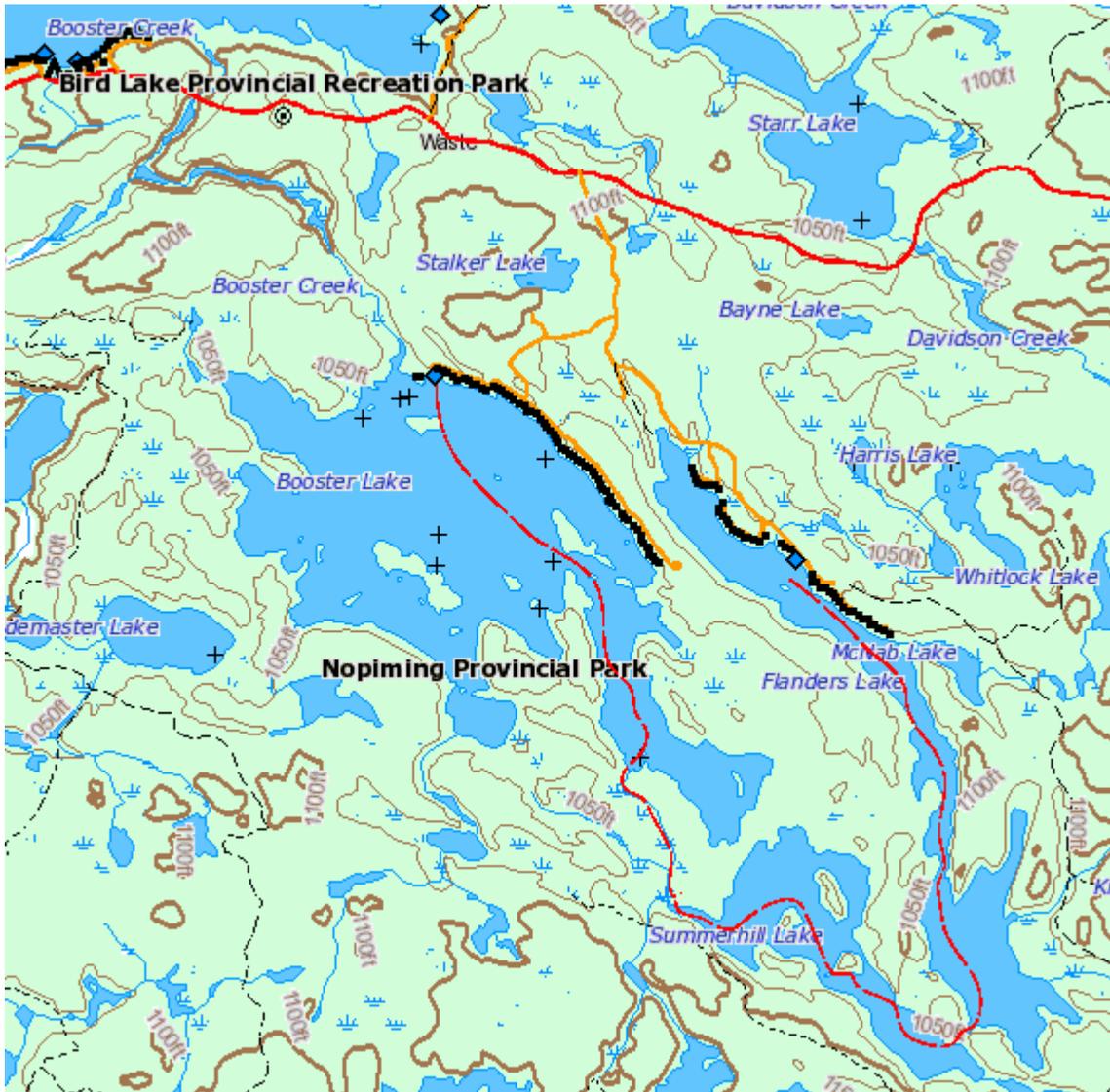


Booster Lake to Flanders Lake

This 13 to 15 km jaunt, south of Bird Lake, is an excellent overnight canoe trip suited to family travel.

Put in and travel south on Booster Lake, following the creek into Summerhill Lake. A strategically placed island acts as a campsite as well as a well used lunch and fishing spot. A 200 m carry into Flanders takes you back to cottage country. From here, road access allows you to end your trip or portage 400 m back to Booster Lake (the portage is at the north end of Flanders).

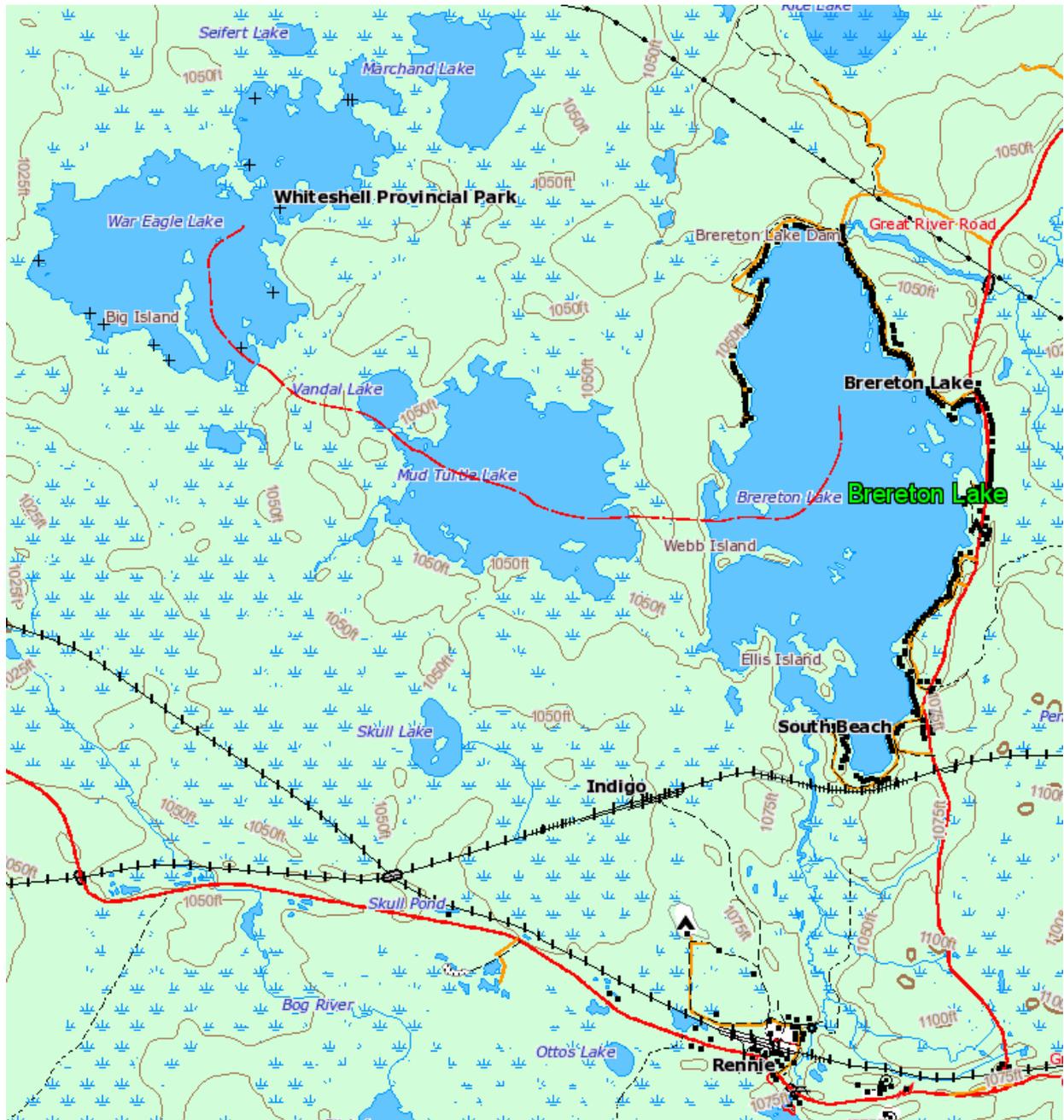
Map: [52 L/6](#)



Brereton Lake to Mud Turtle Lake

An excellent beginner's outing, this is about a 6 km round trip. Arrangements for car parking may be made at the north end of Brereton Lake near the Inverness Falls Lodge. One fairly short portage from Brereton takes you to the quiet of Mud Turtle Lake. There are few good campsites on the lake but one may be found on the first island sighted from the portage. According to the Whiteshell Provincial Park map, this trip may be pursued as far as War Eagle lake. An outcamp and lodge is maintained there by the proprietors of the Inverness Falls Resort.

Map: [52 E/13, Whiteshell Provincial Park Map](#)



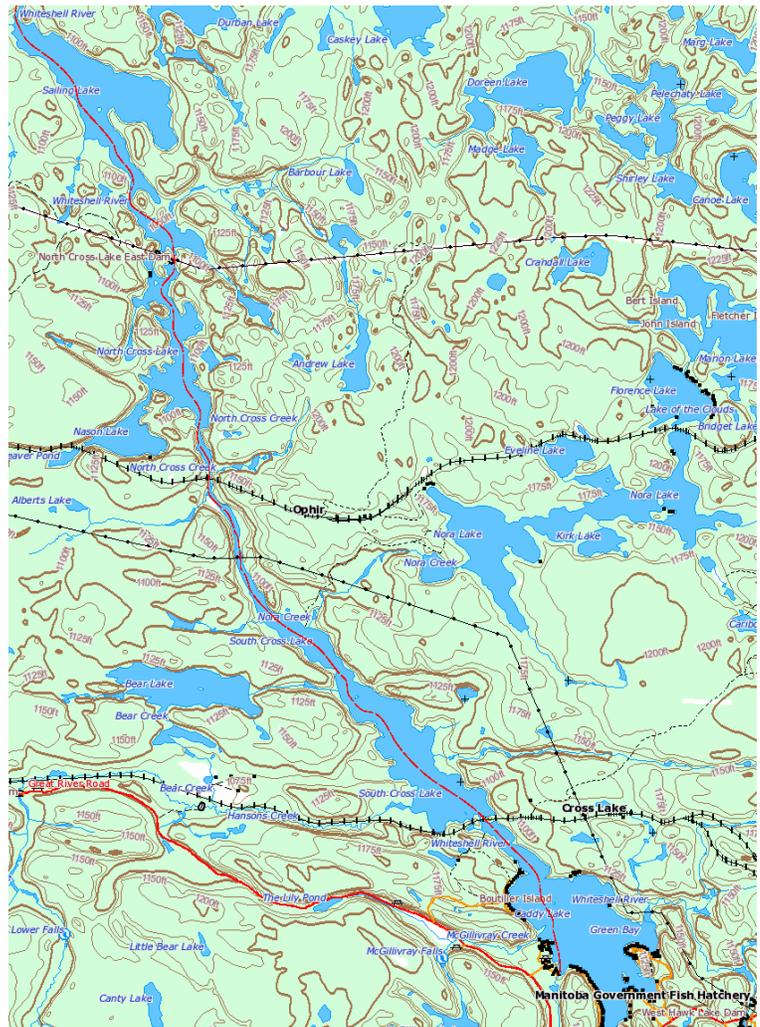
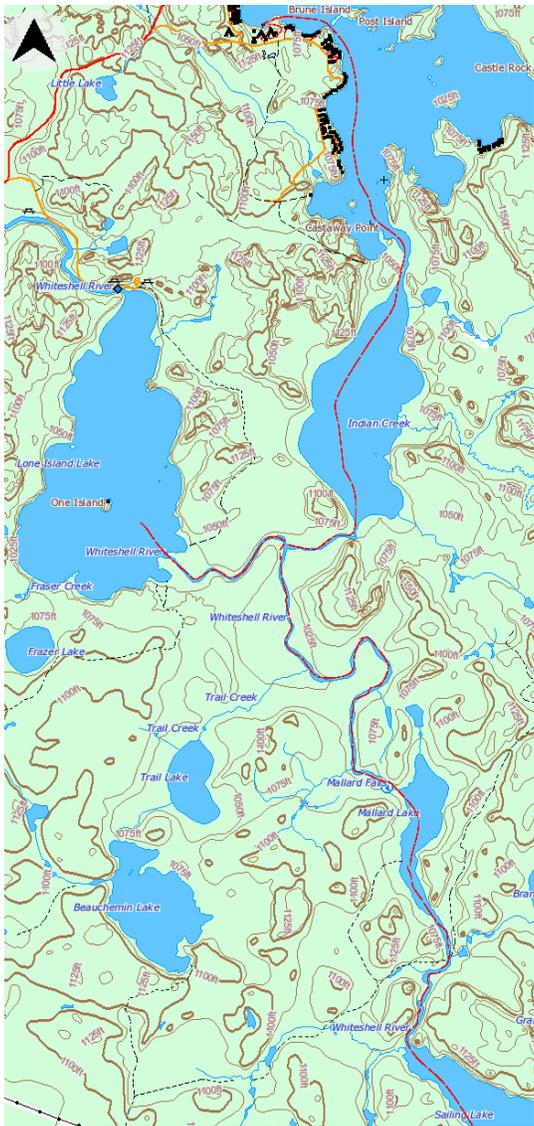
Caddy Lake to Big Whiteshell Lake

The route is good for beginning canoeists looking for a safe, somewhat isolated overnight trip. Parking and camping are available at both ends and shuttle time is about 2 hours. Leave from Caddy Lake to go downstream on the Whiteshell River. The tunnels between North and South Cross Lakes are among the highlights of the trip, especially for youngsters. They are a result of the building of two main rail lines: historically, one lake was considered bottomless, because so much fill was required to bridge that crossing. The Cross Lakes, strewn with lily pads, are narrow but challenging when facing a northwestern breeze. A short carry over the dam leads out of North Cross into the mid-section of the route, the only part not easily accessible to motor boats. From Sailing Lake, if you bear eastward, a small unnamed lake provides access to Granite Lake and then a series of 9 unmarked and challenging portages takes you to Mantario Lake.

Heading north from Sailing Lake along the Whiteshell River will bring you to shallow Mallard Lake. Depending on the water level, a short paddle or a long arduous drag through bog takes you to Mallard Falls, the most scenic spot in the area and a popular lunch spot for boaters heading up river from Lone Island Lake. Mallard Lake is more easily traversed in early summer during high water levels. Resuming your trip along the Whiteshell River, go east at the junction if you wish to go to Big Whiteshell Lake. If you decide to head west, you may pullout at Lone Island Lake or continue on to Jessica Lake.

Camping is available at Little Whiteshell Lake or on the islands upon entering Big Whiteshell Lake. There are, however, many cottages and boaters along the west shore of the lake. Bears may be a problem in this area.

Maps: [52 L/3,52 E/14](#), [Whiteshell Provincial Park Map](#)



Crowduck Lake to Side Saddle Lake

This trip starts at Big Whiteshell Lake. Refer to the Winnipeg River trip description for details on how to get from Big Whiteshell to Crowduck Lake. For canoeists that enjoy heading out to Crowduck Lake on a long weekend, this route offers a three day getaway from the fishing crowd and windy waters of Big Whiteshell Lake. Some camping is available on Side Saddle Lake and Saddle Lake; these lakes' islands also service occasional fly-in fishermen. The return portage, from Side Saddle Lake back to Crowduck, is challenging but the gradual climb eventually offers an elevated view of Crowduck Lake. Once you've come down from this portage, you may want to camp on the Crowduck Lake's rocky, sloping western shoreline.

Map: [52 L/3, Whiteshell Provincial Park Map](#)

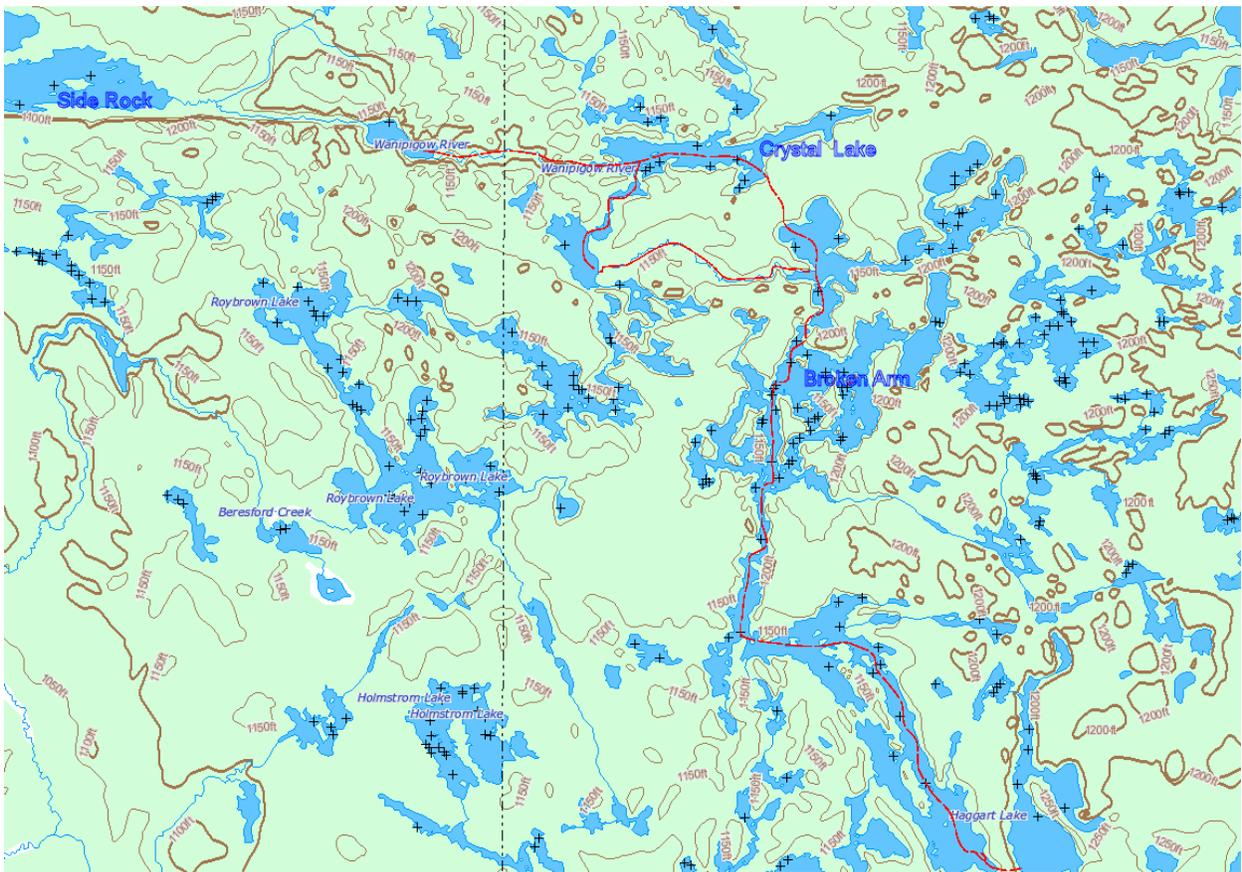


Crystal Lake to Broken Arm Lake

Various routes have been attempted from Crystal Lake south. One way is to use the Wanipigow River. It is navigable when water levels are reasonable but you should be prepared to do some pulling over beaver dams and along a few shallow stretches of the river. There is also the 900 metre portage south from the bay in the middle of Crystal Lake. A few short portages later and you are in Broken Arm Lake. Then you can reach Haggart Lake via a 500 metre portage that begins in a small bay (it points southeast) at the southern end of Broken Arm Lake.

To get to Crystal Lake: start at Wallace Lake (near Bisset), paddle east along the Wanipigow River through Siderock Lake and continue east up stream.

Map: [52 L/14](#), [52 M/3](#)



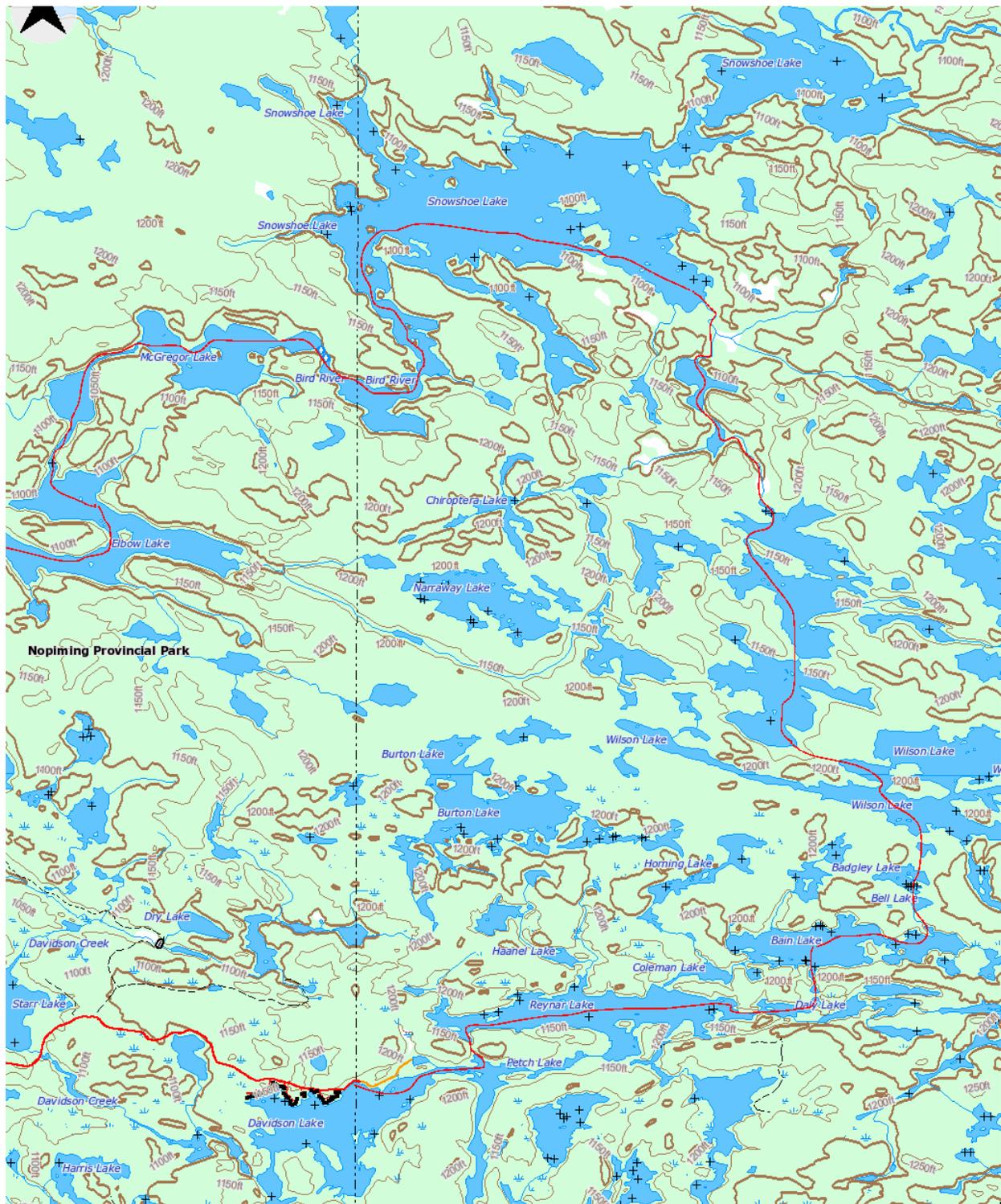
Davidson to Snowshoe to Tulabi Loop

Snowshoe Lake can be reached by the back door by starting at Davidson Lake (where the road from Oiseau meets the Ontario border). It is an interesting trip consisting of many short portages and small lakes and creeks. The 60 km route will take 3 days to cover. You will need to make arrangements for a car shuttle from Tulabi Lake 10 km back to the start point.

Put in at Davidson Lake by the gate barrier. There are several routes from Davidson Lake to Bain Lake. The easiest way is to take the portage leading directly from Davidson to the west end of Reynar Lake. Alternatively, it is possible to travel east to Perch Lake where a short portage down the road takes you to Reynar Lake. From the east end of Reynar Lake, 3 short portages are needed to reach Bain Lake. The 4 portages to Wilson Lake are found at the east end of Bain Lake. Take care to follow rock cairns when portaging over open rocky surfaces. You can camp by Wilson Lake but it is fire-burned.

From Wilson Lake, you could also access Trapline Lake and a series of other canoe routes east. A 300 meter portage found on the west side of Wilson, in a bay close to the big island, takes you to a small lake to the west. Here you will find a good camping spot on the island that is near the portage to the next lake to the north. That lake has a large island in it that hides the creek that you need to find. Go to the north-west corner of the lake. The creek starts in a bay there. Once you are on the creek things get interesting. There are several portages on it but you might also have to pull the canoe through spots in the creek when water levels are low. Follow the creek system into a larger creek that drains into Snowshoe Lake. Once in Snowshoe, there are many places to find camping spots. From Snowshoe, travel downstream on the Bird (Oiseau) River to Tulabi Lake.

Maps: [52 L/6](#), [52 L/11](#)

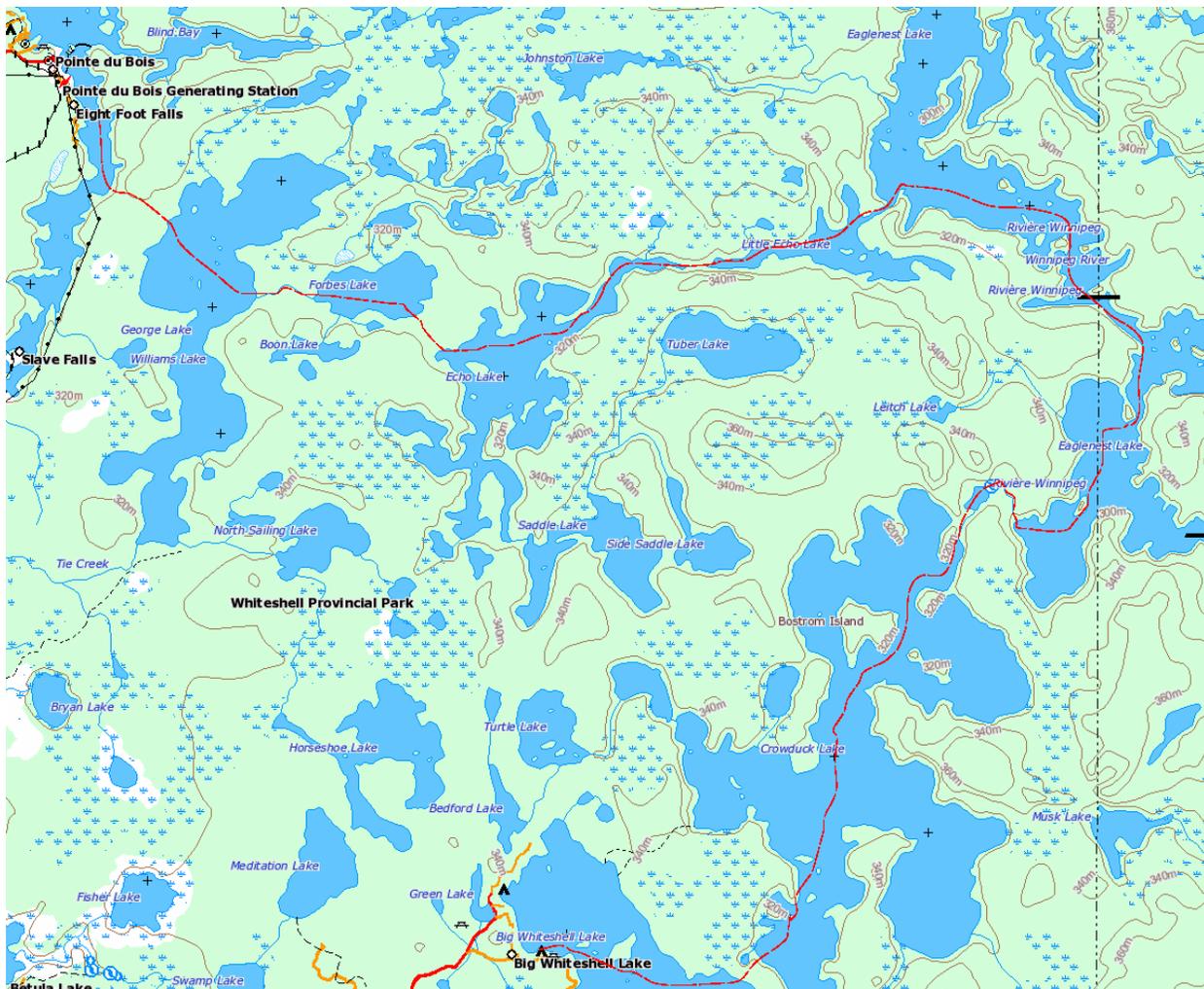


Eaglenest Lake to Pointe du Bois

This 3-4 day trip starts at Big Whiteshell Lake. Refer to the Winnipeg River trip description for details on how to get from Big Whiteshell to Eaglenest Lake on the Winnipeg River. Instead of going downstream on the Winnipeg River all the way to Pointe Du Bois, there is another way to get to there. Head west from the elbow of Eaglenest Lake, following Little Echo Creek into Little Echo Lake and Parks Lake. A short carry takes you into Echo Lake. Three challenging portages follow. The first, 1.5 km from Echo to Forbes Lake, is found before reaching the back of Echo's westerly bay. The second, 2 km from Forbes to George Lake, ends in a swampy stretch. This portage is more difficult to locate when traveling in the opposite direction that is when following this route west to east. George Lake is dotted with cottages and the third portage to the Winnipeg River is located between cottages. The all-terrain vehicle traffic in this area renders the 1.5 km trail muddy and pot-holed under wet conditions.

Echo Lake provides the most scenic and isolated camping opportunities of this cross-country route.

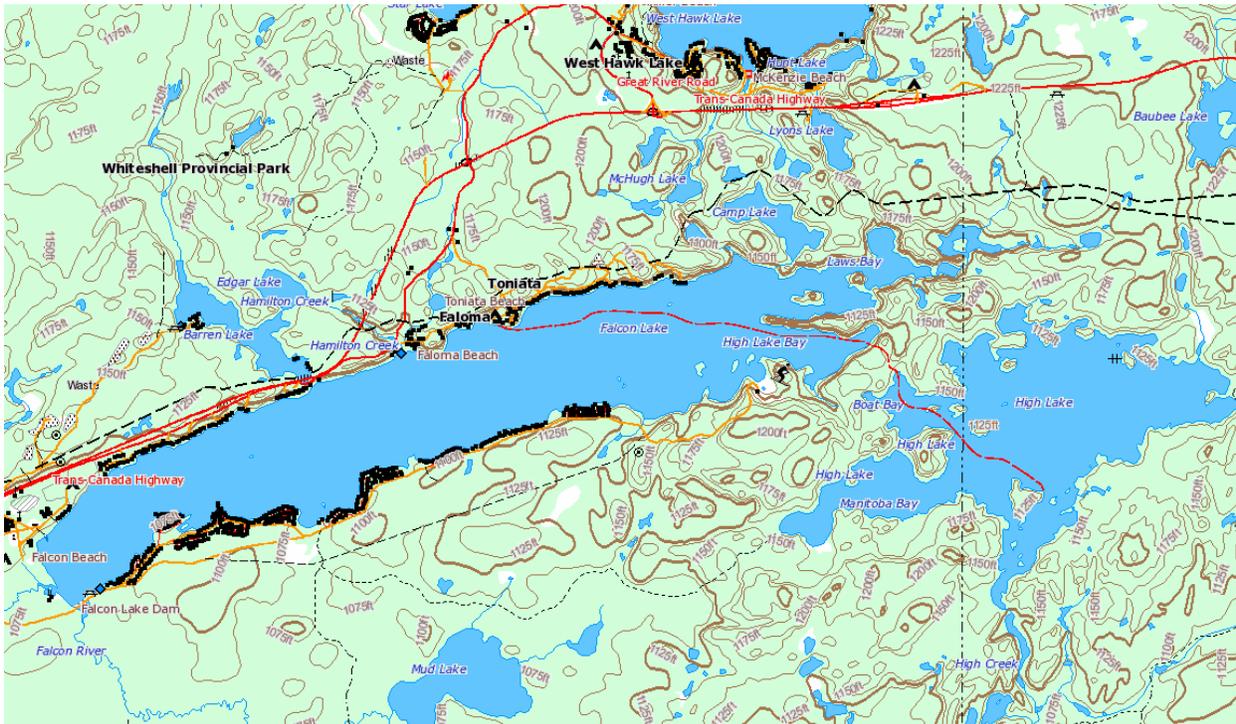
Map: [52 L/ 6](#), [52 L/3](#), [52 L/4](#), [52 L/5](#), [Whiteshell Provincial Park Map](#)



Falcon Lake to High Lake

The portage from Falcon Lake to High Lake is primarily used by cottage owners wanting to fish in less depleted waters. The well-travelled 500 m trail provides a scenic jaunt through the Canadian Shield. Upon arrival, Boat Bay confirms its namesake. It is possible to find a relatively quiet campsite behind some of the islands at the south-west end of the lake.

Map: [52 E/11](#), [Whiteshell Provincial Park Map](#)

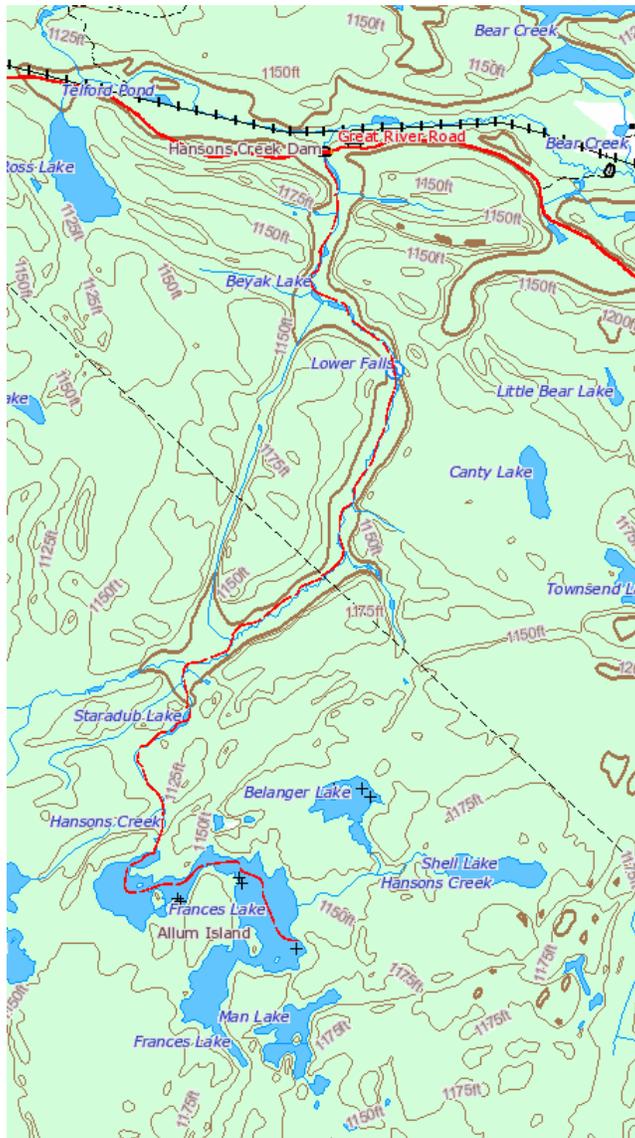


Frances Lake

Within the Whiteshell Provincial Park boundaries, this marshy trip on Hansons Creek is best attempted in the spring when water levels are high. Hansen Creek is narrow and can be windy. Drinking water from the creek is not advisable. There are approximately four portages and a number of beaver dams to hurdle along the way. There is little camping along the route; however, the east side of Frances Lake has a good site.

Park and put in at Hansons Creek and Highway #44, near the access to the Bear Lake hiking trail. The round trip is approximately 32km.

Map: [52 E/14, 52 E/11, Whiteshell Provincial Park Map](#)



Jessica Lake to Lone Island Lake Loop

The relatively small lakes and sheltered shorelines make this a safe route for beginners. Although cottages abound on Jessica Lake, the portages in and out of Malloy Lake offer a wilderness camping experience there.

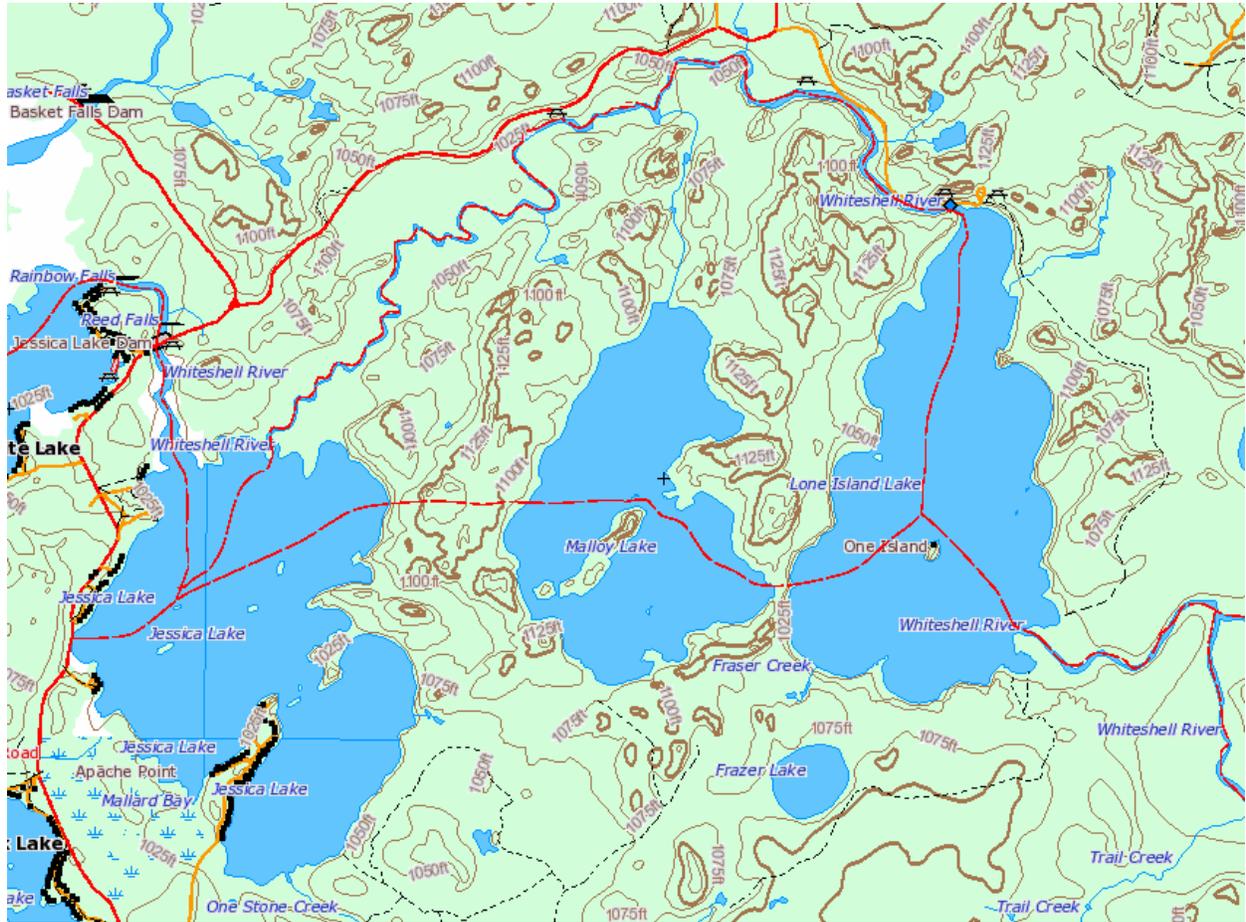
This loop can be started from either Jessica Lake (with parking at a roadside boat launch) or Lone Island Lake. Parts of this loop may also fit into a trip involving the Whiteshell River or Big Whiteshell Lake.

The portage from Jessica Lake to Malloy Lake is the longer of the two at 1.25 km but it is easier to locate than the 200 m portage heading from Lone Island Lake to Malloy Lake, the latter being concealed by growth in late season.

Canoeists tend to camp on Malloy's main island: numerous bear accounts have been exchanged by those who have slept there. There is a scenic, elevated spot at the north end of the lake's eastern bay, for those willing to make the trek.

The length of the loop may be shortened by taking out at Jessica or Lone Island Lake, bypassing the meandering Whiteshell River, a marshy stream which offers few stops. There is a picnic site along P.R. #309, about halfway between the two lakes.

Maps: [52 L/3](#), [52 L/4](#), [Whiteshell Provincial Park Map](#)



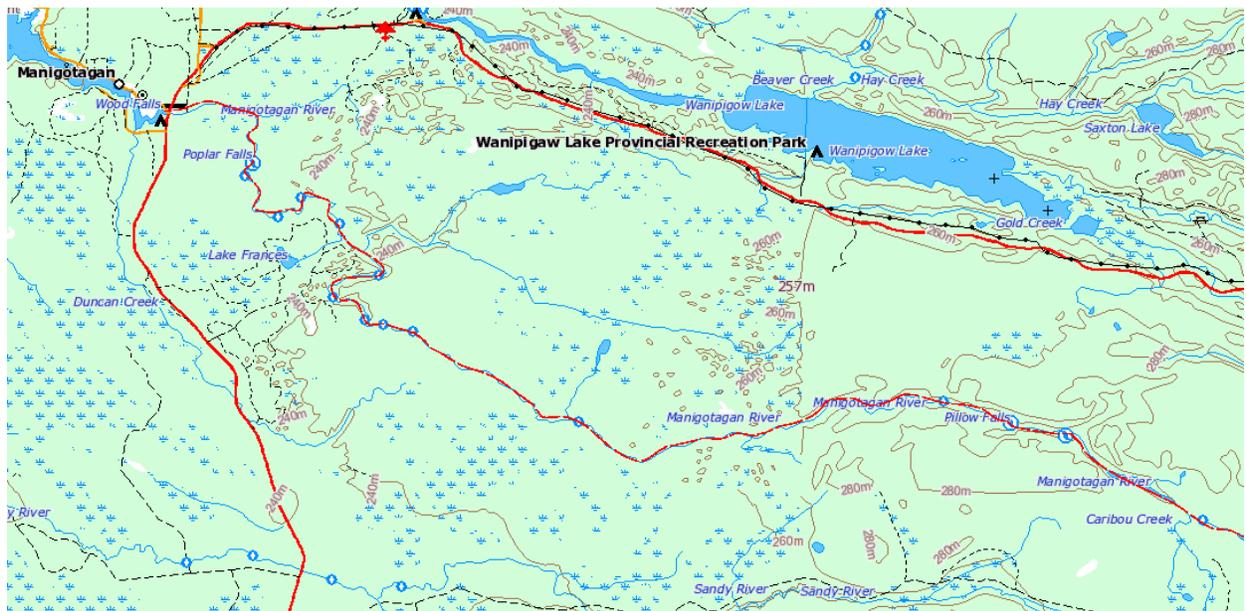
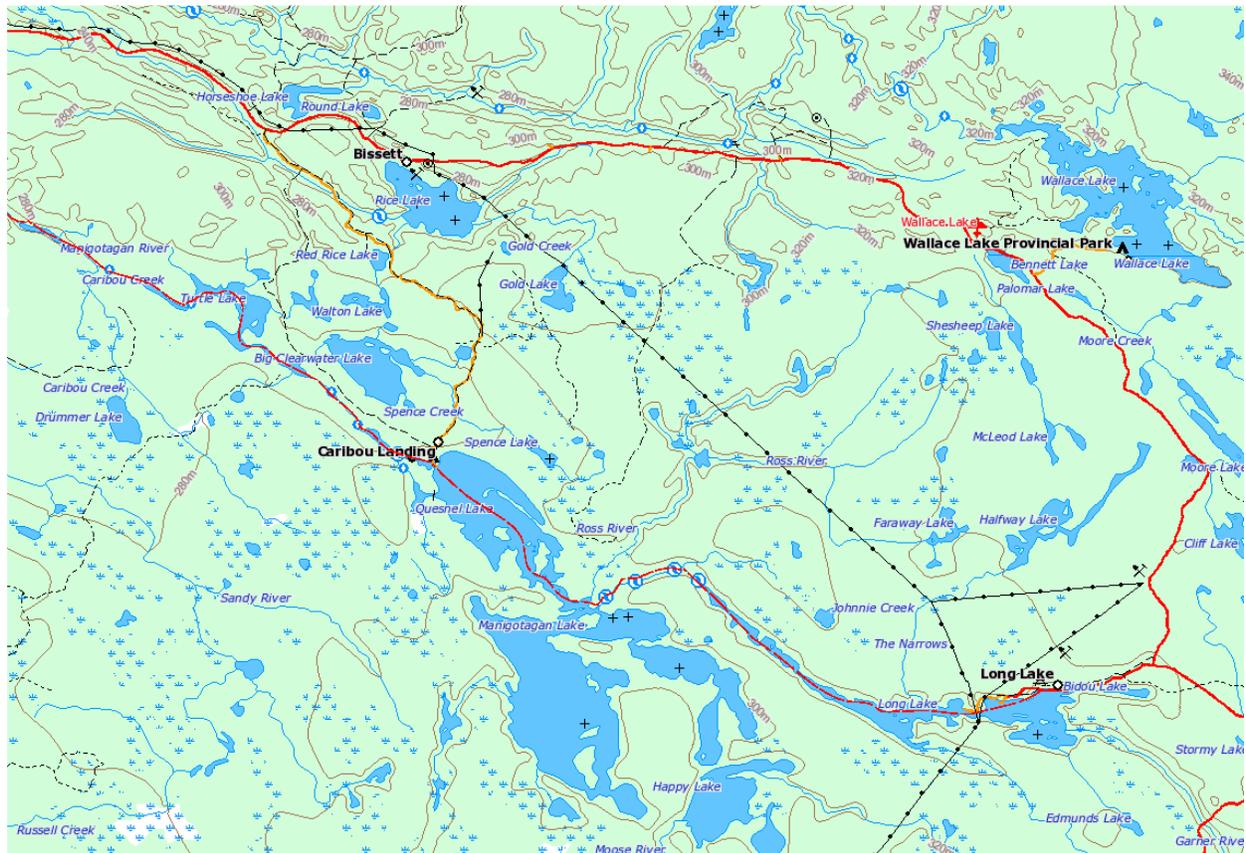
Manigotagan River

The Manigotagan River is wider and larger than the Black River and is traveled more often due to its suitability for novice moving water paddlers. The majority of the 34 rapids and waterfalls are Class I, 2, and 3 rapids. The 30 portages are usually easy to locate and the 80 kilometers can be paddled in 5 to 6 days. The upper section of the Manigotagan River from Long Lake to Quesnel Lake encompasses mostly lake paddling with about four portages around waterfalls. It is possible to drive south from the Provincial Road #304 on the very rough 16 km Quesnel Lake campground road (west of Bissett), to a campground and boat launch at Quesnel Lake. This saves 2 days of paddling time and maximizes the time on the river negotiating the remaining 30 rapids and waterfalls. The car shuttle between the Quesnel Lake put-in and the take-out at the P.R.#304 bridge just upstream of Manigotagan Indian Reserve takes about 3 hours. A vehicle shuttle may be arranged with Manigotagan I.R. residents or with the Caribou Lodge at Quesnel Lake. Two trapper's cabins can be found on the lower part of the River as well as the "Alligator", the location of which are shown on the Manitoba Natural Resources Manigotagan River-Oiseau River Canoe Route Map. Appropriate whitewater skills and equipment are necessary for this remote wilderness river. Numerous campsites can be found along the river.

To travel the Manigotagan in its entirety, put in at Gem Lake (adding 50 km) or at Long Lake Campground (adding 30 km). Travel east beyond Gem Lake is not recommended as the Slate River (as the Manigotagan River is called east of Gem Lake) into Woodland Caribou Park (Ontario) is strewn with deadfall.

See also: Manitoba Eco-Network interactive Manigotagan River Map (<http://www.mbeconetwork.org/canoemap/index.htm>)

Maps: [52 L/14](#), [52 L/13](#), [52 M/4](#), [62 P/1](#), [Nopiming Provincial Park Map](#)



Mantario Wilderness Zone

The return distance from Big Whiteshell Lake to Mantario Lake is approximately 40 km. However, with 5 or 6 carries each way, about 20% of the trip consists of portages, providing some challenging climbs and marshy drags along the way; a perfect outing for those who travel light.

The area around Mantario Lake is appreciated by wilderness travellers because it is easily accessed yet offers a relatively quiet setting, since the Mantario area is a designated wilderness with limited motorboat use allowed.

It can be reached on foot via the Mantario trail from Caddy Lake or over water from three directions: north from Big Whiteshell Lake, west from Sailing Lake, or south from Florence Lake, by train and canoe.

For the canoeist, all routes require a number of portages. Spring run-off or high water levels contribute immensely to the difficulty of those portages in low lying areas.

The route most traveled is the one starting from the north at the Big Whiteshell campground. Nature Manitoba trips also start from here: the society holds a number of 5-day courses throughout the summer at their cabin on Mantario Lake. Those interested in their program may contact (204) 943-9029, or visit the web site: <http://www.manitobanature.ca/mantario/index.html>

The Big Whiteshell crossing is the longest of the trip and should be treated with respect. On a windy day it may be better to make camp on one of its islands and wait for tomorrow's calm.

Once in the eastern bay, you are faced with two options: 1) the straight route to Ritchey Lake, a 2 km portage, occasionally quite damp or 2) a 0.75 km uphill carry to Crowduck Lake followed by another 0.5km carry into Ritchey Lake from Crowduck Lake. Many choose the Crowduck route because the intermittent paddle serves as a break in the carrying, while the direct route to Ritchey Lake is very muddy in the spring or under wet conditions. However, on a north-west windy day, the fetch at the bottom of Crowduck Lake will provide a lot of wave action, whereas the shelter in the eastern bay of Big Whiteshell might be preferable.

Ritchey Lake or Finger Lake as it was formerly known, is about 3km long by 0.5 km wide followed by short portages into lakes One and Two. The short carries (250 m and 500 m) between these small lakes prepare the canoeist for the "Up-and-Over portage" into Lake Three.

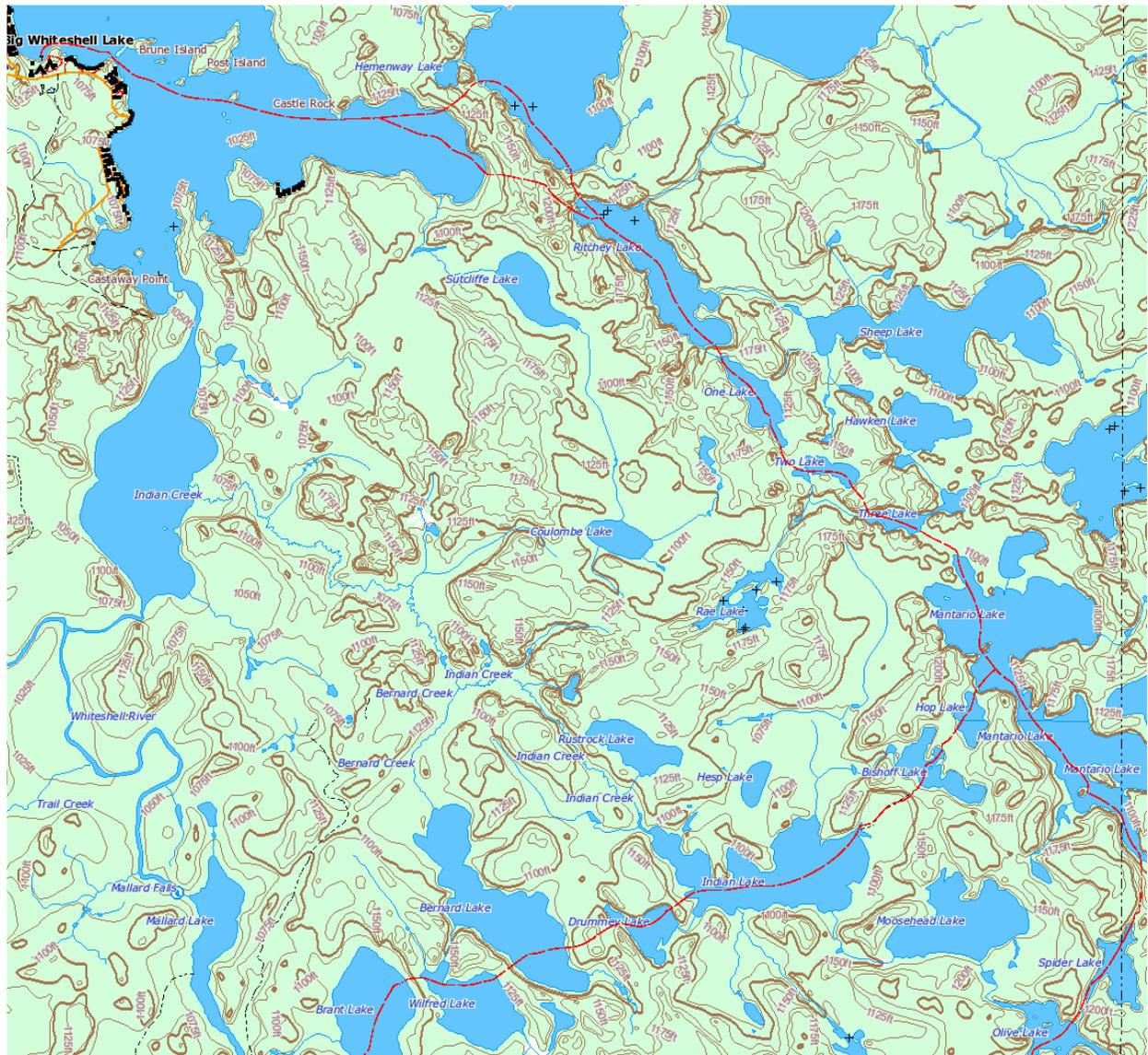
The Up-and-Over portage starts out with a gradual climb which eventually takes the canoeist along a winding path strategically marked by inuksuks, narrow pyramid-shaped rock cairns. The view of Lake Three from the top of the portage is the most enthralling of the trip, and marks the treacherous descent. Take care, as the trail may be slippery especially when wet. The marker suggests this portage is 750 m, but all things considered, it is worth a kilometre of effort.

The last carry from Lake Three to Mantario Lake is a fairly straight 1 km jaunt through the woods, with some swampy sections near Mantario Lake. In 2008/9 much of the portage could be paddled because of flooding from a beaver dam near Mantario Lake. The landing is sandy, however, and allows for good canoe access. The bays of north Mantario Lake provide isolated places for camping and exploration. There is a designated Mantario Trail campsite in the north-western bay near the portage to Lake Three.

From Mantario Lake, you may head west cross-country to Sailing Lake. Some of the portages on this route are hard to locate in the summer, as it gets little canoe traffic. The trails are easier to find in the spring, before shoreline growth conceals markers.

The southern part of the trail may be travelled to Florence Lake, if plans have been made for take-out at that point. This trip would take you through Spider, Olive, Madge and Peggy Lake. Florence Lake is surrounded by cottages whose access has recently been limited by curtailed train service to the lake.

Maps: [52 L/3](#), [52 E/14](#), [Whiteshell Provincial Park Map](#)

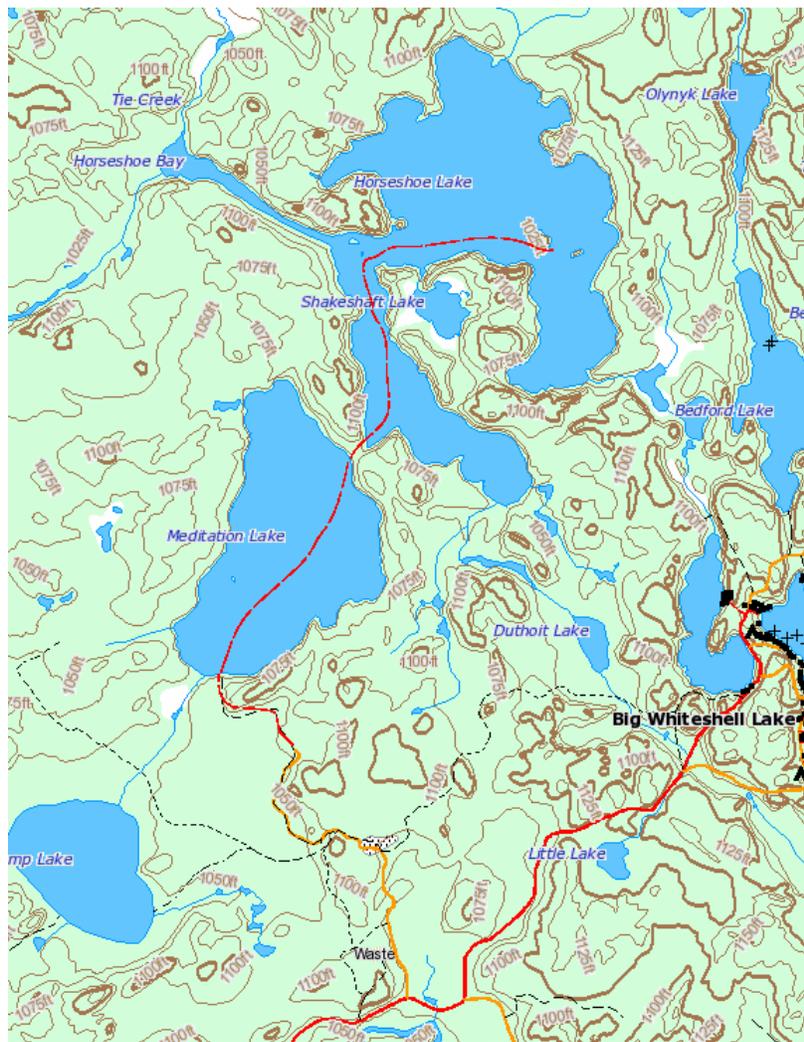


Meditation Lake to Horseshoe Lake

Meditation Lake to Horseshoe Lake is a simple canoe jaunt yet appreciated by those who are familiar with it. On the road to Big Whiteshell Lake turn left on to the garbage dump road just past the Lone Island Lake turnoff on P.R.#309. Travel north then north-west (left of the quarry) another 3.5 km beyond the dump access and you will reach the parking lot for the Meditation Lake walk-in campsite. A 1.5 km carry takes you to a somewhat reedy launch at Meditation Lake. A table and outhouse are available if you choose to camp here. Otherwise, a 2 km crossing takes you to a 200 m portage through the evergreens onto a rocky vista of Horseshoe Lake. Its bays offer a variety of campsites.

It is possible to portage 1.5 km from Horseshoe Lake (behind the island) to Bedford Lake and exit south via a 500 m portage to Big Whiteshell Lake.

Map: [52 L/3, Whiteshell Provincial Park Map](#)



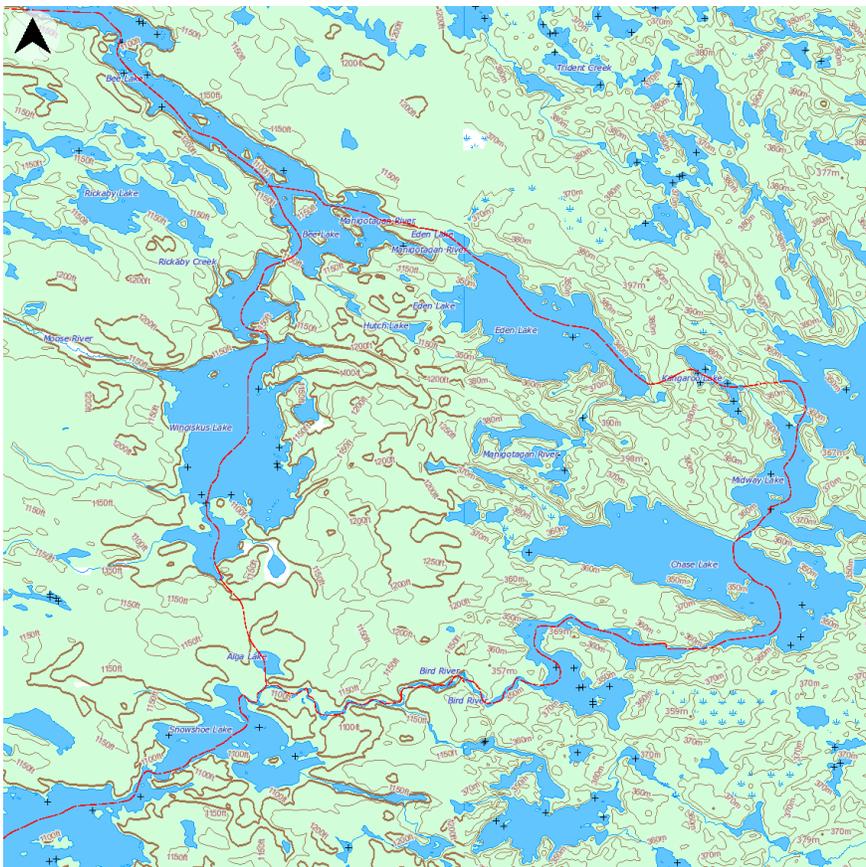
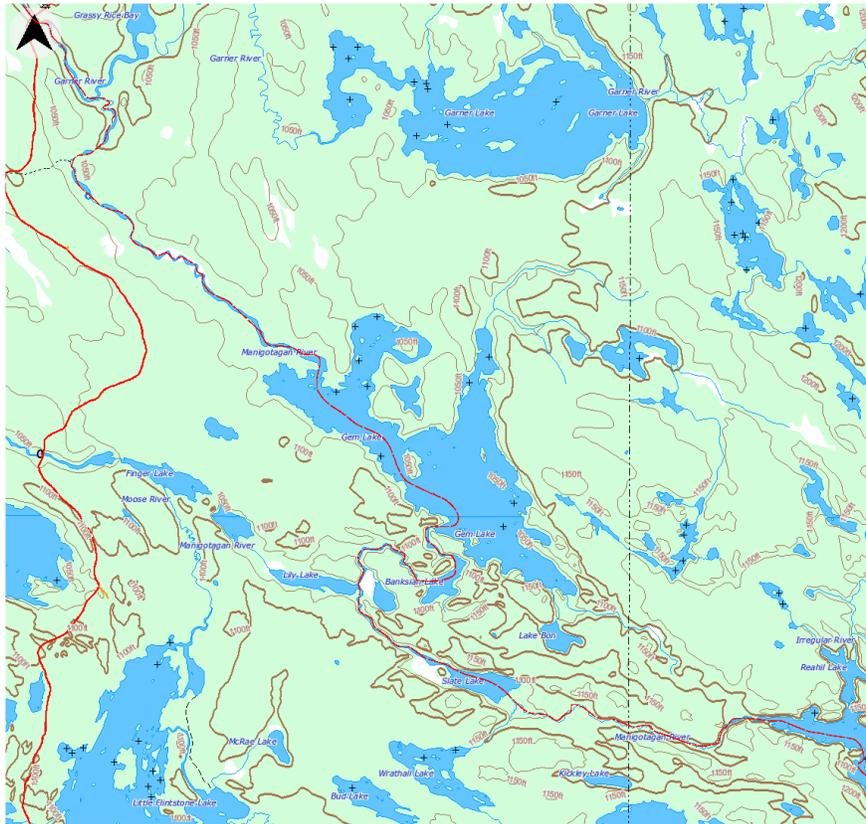
Snowshoe Lake to the Manigotagan River

Travel to Snowshoe Lake from either (Bird River) Tulabi or Davidson Lake trips above.

The portage from the Bird River to Wingiskus Lake is a few kilometres upstream from Snowshoe Lake. It can be difficult to find. The trail begins at a tiny creek that comes into the Bird River from the west. There still maybe a big old tree marking the start of the portage. The first part of the portage takes you to Algae Lake (a small pond). The portage continues at the northwest end of Algae Lake. Once in Wingiskus Lake, Bee and Eden Lakes can be explored. Or the tortuous and lumber-strewn Slate River (or Manigotogan River East) can be used to reach Gem Lake. From there, one can continue on a Manigotogan River trip all the way to Lake Winnipeg, if desired.

It is possible to reach the Bird River from Eden Lake. There is an 800 metre portage (found near the southeast corner of Eden) that takes you to Kangaroo Lake. Another 800 metre portage (found in a small west pointing bay 2/3 of the way southerly on Kangaroo) takes you to a small bay in Eagle Lake. From there you can go downstream on the Bird River back to Snowshoe Lake.

Map: [52 L/11](#), [52 L/10](#), [52 L/14](#)



Wallace Lake Loops

Wallace Lake serves as a major car-accessible departure point on the east side of Lake Winnipeg for wilderness canoe travel in mid-eastern Manitoba. North of this point, canoeists are either flown in or they paddle in from south eastern access points. There are three basic ways to travel from Wallace Lake (the campground is the starting point) to reach points further north, east, and/or south of it.

North-west:

Travel downstream on the Wanipigow River until you reach the Broadleaf River (takes a half a day or so). Then turn north and follow the Broadleaf upstream through Leaf Lake until you reach the top of the Broadleaf system. At that point, portage about 1.5 km to Aikens Lake which is on the Gammon River system. From there, you can travel east on the Gammon to reach Woodland Caribou park or go north or northwest to reach the Bloodvein. Instead of starting at Wallace Lake, you can put in at Birch Falls just off P.R. #304. Starting there saves about 12 kms but it does involve some interesting portages. The Wanipigow River goes through a canyon in part of that country.

North-east:

Portage from Wallace Lake to Siderock Lake (about 1.5 km) to save time or travel upstream on the Wanipigow to Siderock Lake, then use the 5 km long Obukowin portage (a series of 3 portages sometimes called the "Three Mothers") to reach Obukowin Lake. Once there, it is a short trip north to Carroll Lake which is on the Gammon River system. Then you can head further north to reach the Bloodvein River, or east to Woodland Caribou Park, or west to Aikens Lake.

East:

Travel upstream on the Wanipigow River to its headwaters. There are many short portages not marked on route maps along this stretch. Once there, use a 500m portage to reach Haggart Lake. Then you can head north to reach the Gammon River system or east and south to reach Bird (Oiseau) River system.

Maps: [52 M/3](#), [52 M/4](#), [52 L/13](#), [52 L/14](#), [52 L/15](#), [52 M/2](#), [Atikaki Provincial Wilderness Park Map](#).



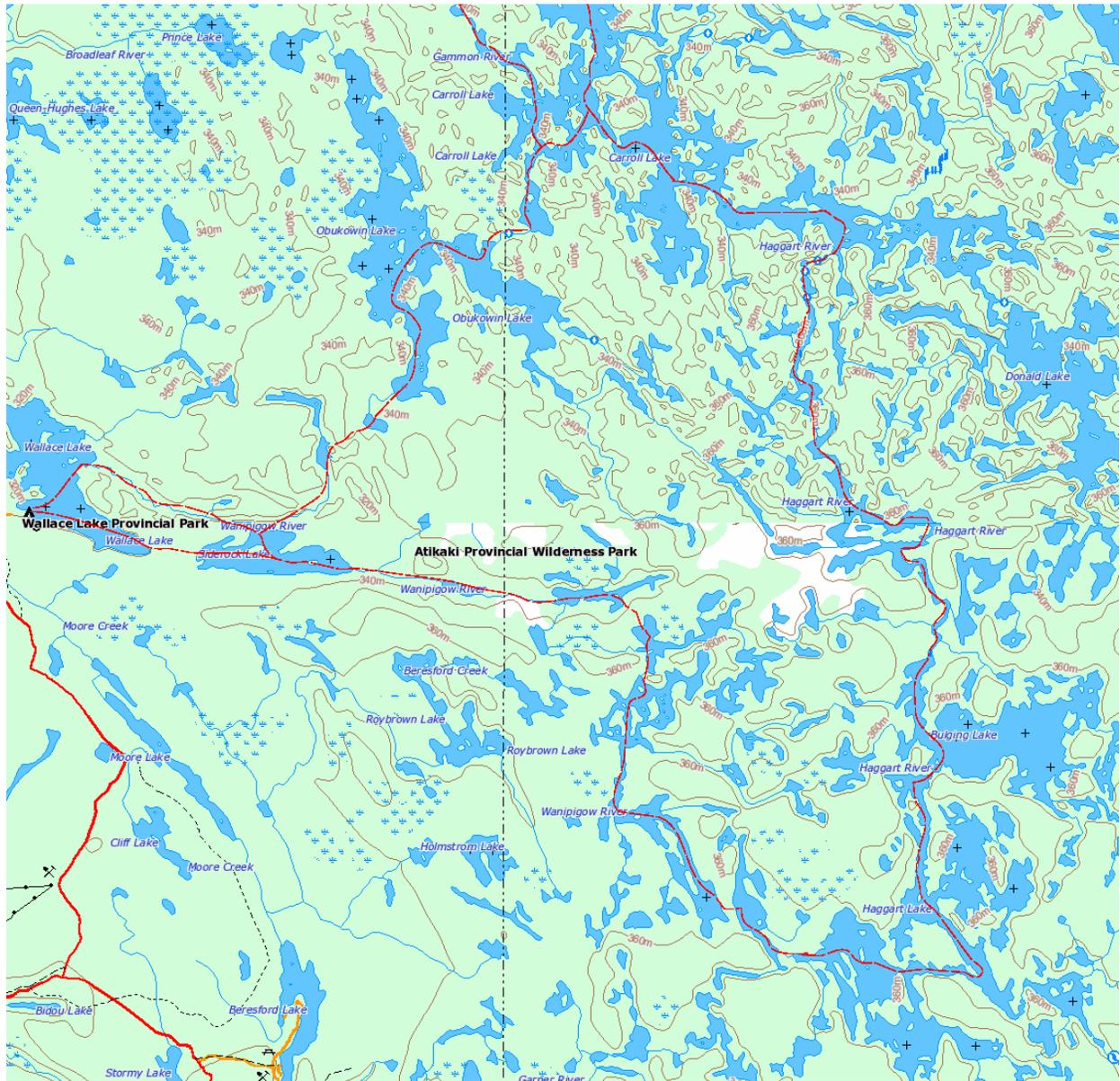
Wallace Lake to Haggart Lake to Carroll Lake Loop

Begin this 110 km trip by heading east from Wallace Lake into Siderock Lake either by way of the meandering Wanipigow River or the quicker and well-travelled 1.5 km portage. From Siderock Lake, a number of short carries and some wading (depending upon water levels) take you to Crystal Lake. You are now in [Woodland Caribou Provincial Park](#). Maintenance of portages is improving within this Ontario wilderness park. You can obtain a detailed canoe route map from the Ontario ministry office in Red Lake, as well as register your trip and pay fees for time spent in the park.

From Crystal Lake, head south to Broken Arm Lake either by using a 900 metre portage or by continuing upstream on the Wanipigow. Once in Broken Arm, a 500 portage takes you to Haggart Lake where campsites are infrequent. Travel downstream on the very pretty Haggart River to reach Carroll Lake. Most of the portages on the Haggart River occur in canyon stretches where portage access is rocky and often difficult. However the scenery along the river is worth the extra work. Once in Carroll Lake, the presence of lodges becomes obvious. However, excellent campsites can be found prior to the creek to Obukowin Lake. At this point, you can opt to head down the Gammon River to Aikens Lake and return to Wallace Lake via the Broadleaf system. Or you can return to Wallace via Obukowin Lake (this saves 2 days).

Obukowin Lake is shallow and weedy; severe waves can whip up quickly under windy conditions. Three fairly long (1, 2 and 3 km) portages will return you to Siderock Lake. There is poor camping along the portages which have many sections that are often wet and boggy. Once in Siderock Lake, choose between the 1.5 km portage or the Wanipigow River to return to Wallace Lake.

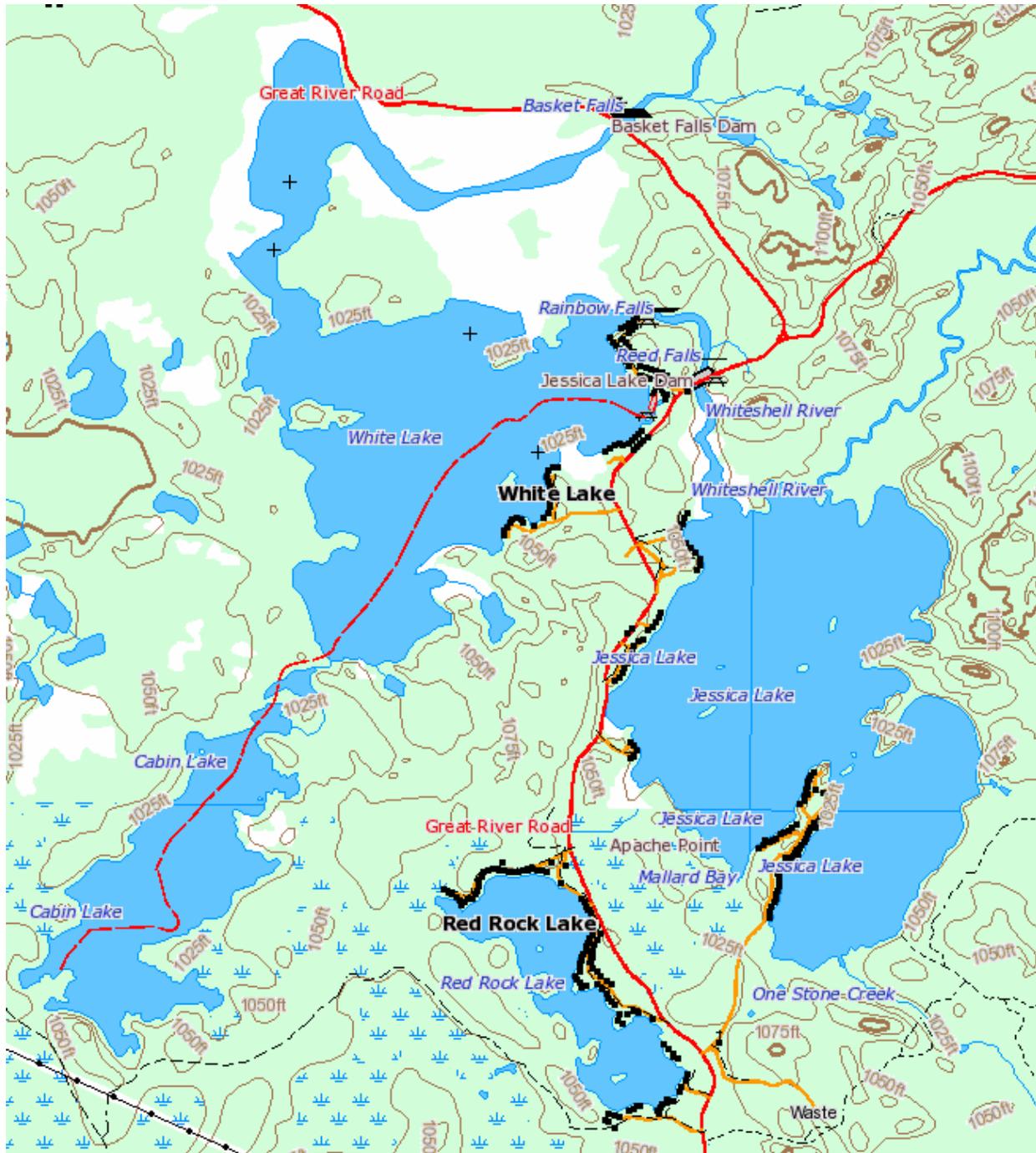
Maps: [52 M/2](#), [52 M/3](#), [52 L/14](#), [52 L/15](#)



White Lake to Cabin Lake

Park and put in at the White Lake campground. A short shoreline paddle takes you south to the 200m portage to Cabin Lake. The first jutting point on Cabin Lake affords an open but gradual shoreline and campsite. This is an excellent overnight trip on which to take small children, considering its short distance back to the vehicle and the shoreline travel.

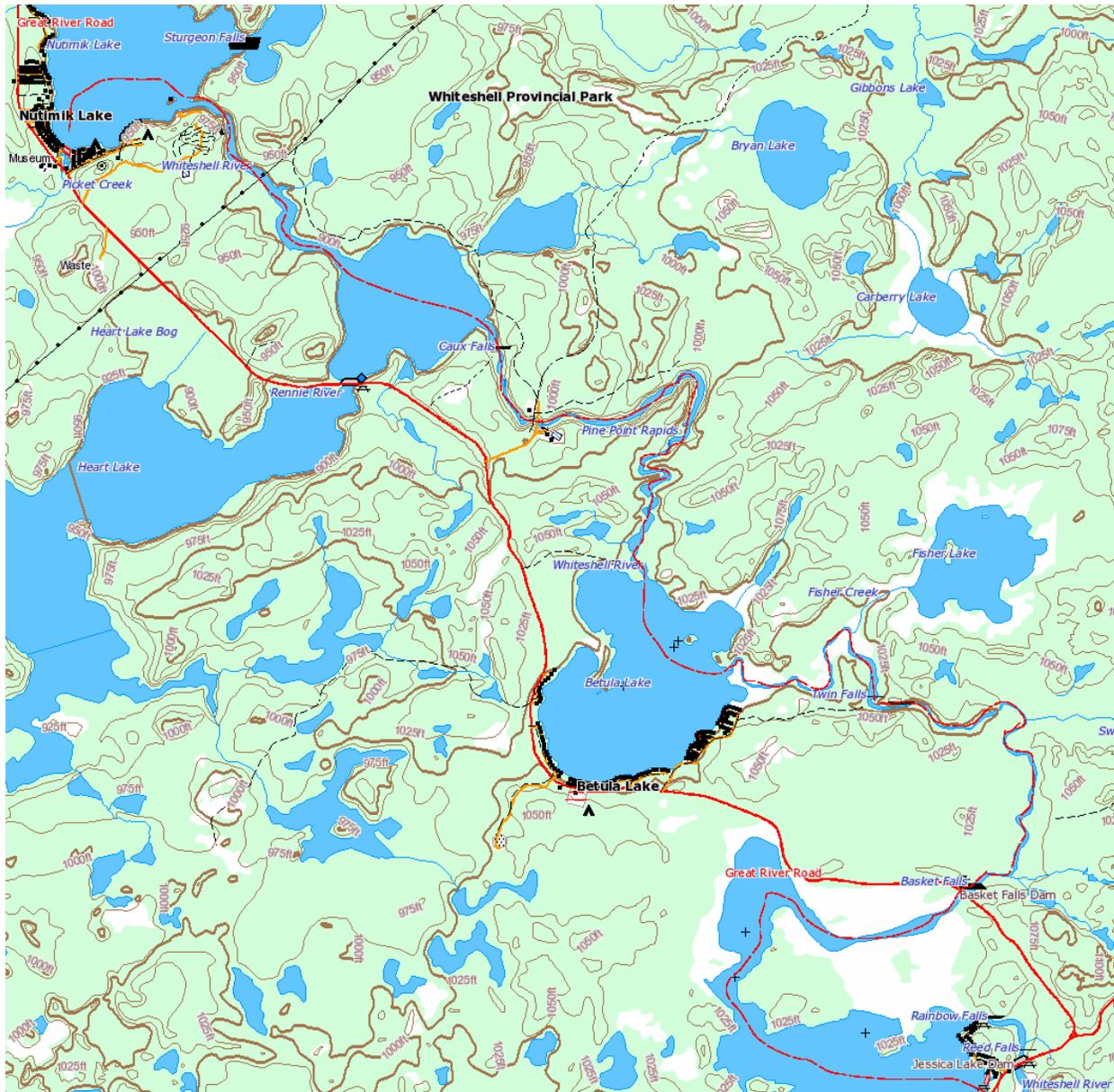
Map: [52 L/4, 52 E/13, Whiteshell Provincial Park Map](#)



White Lake to Nutimik Lake

Begin this 35 km trip at White Lake and arrange for pick-up at Nutimik Lake which is on the Winnipeg River system. Much of the Whiteshell River along this stretch is marshy and offers few campsites. There are a number of small rapids and falls downstream from Betula Lake. Caux Falls is a well-known campsite along the route.

Map: [52 L/ 4, Whiteshell Provincial Park Map](#)





Paddle Manitoba Canoe & Kayak Trip Log (Template)

Return to: Paddle Manitoba, P.O. Box 2663, Winnipeg, MB, Canada, R3C 4B3 or info@paddle.mb.ca
Online Report: <http://www.paddle.mb.ca/resources/routes/report.php>

Submitted by (include name & date) :

Geographical Location:

Name of Trip:

Major Lakes/Rivers:

Source of Information (include Topographic Map Reference):

Duration of Trip:

Total Distance:

River Rating:

Portages:

Start (Put In):

Finish (Take Out):

Alternate Access:

Remoteness:

Comments:

Rating River Difficulty

River difficulty is rated using the six-part International River Classification System. Individual rapids are rated by class, ranging from Class I to Class VI. Where two ratings are indicated for a specific rapid, the first rating applies to high water conditions and the second to medium-low water.

Class I - Easy

Suitable for novices in all boats.

Waves small and regular. Passages clear with occasional channel bars and artificial difficulties such as bridge piers.

Class II - Novice

Suitable for intermediate open canoe, novice closed canoe or whitewater boat with intermediate accompaniment.

Rapids of medium difficulty, with clear and wide passages. Low ledges, sweepers, snags, log jams and large protruding boulders may be present. Open canoes may ship water.

Class III - Intermediate

Suitable for advanced paddlers in open canoes and intermediate paddlers in whitewater and closed boats.

Waves numerous, high and irregular rocks, eddies and rapids with clear and narrow passages requiring precise manoeuvring. Inspection usually needed. Upper limit for open canoes, although extended reaches at this level are not recommended.

Class IV - Advanced

Suitable for advanced paddlers in closed canoes and whitewater boats. Not suitable for open canoes.

Long rapids with powerful and irregular waves. Narrow passages through rocks and boiling eddies, requiring precise manoeuvring. Course difficult to scout from the water. Inspection mandatory.

Class V - Expert

Suitable for expert whitewater paddlers only.

Extremely difficult, long and very violent rapids following each other almost without interruption. Channel bed is extremely obstructed. Big drops, steep gradient and violent current. Inspection essential but may be difficult due to nature of the terrain.

Class VI - Extreme and Exploratory

Suitable for teams of expert whitewater paddlers, at favourable water levels and with adequate provision for rescue.

Difficulties of Class VI carried to extremes of navigability. Nearly impossible and very dangerous.