



2009 Summer Program

Enjoy a 5 day adventure through the designated Wilderness Zone of the Whiteshell Provincial Park. Canoes, paddles, safety equipment and food are provided. You will stay in the comfort of a fully equipped modern cabin and enjoy a lakeside sauna.

RATES	5 Day
Adult (non-member)	\$370*
Reduced Rate for Nature Manitoba member, full-time students, 65+, or youths 14-17 with parent (subject to approval)	\$320*
Under 18 only for Family Weeks	\$100
* Deduct \$35 for registrations before June 1 st	

Participants must be physically fit and bring their own sleeping bag, sturdy footwear, rain gear and a backpack to hold all their gear. (A detailed list will be provided.)

For registration information please contact:

Mantario Wilderness Experience

c/o Nature Manitoba

401-63 Albert Street

Winnipeg, Manitoba R3B 1G4

Phone/fax: (204) 943-9029

Email: mns1@mts.net

Web: www.naturemanitoba.ca/mantario

June 27th to July 1st - A Weekend Wellness Retreat with Lorraine Holmes, physiotherapist.

This Wilderness Experience will be filled with exercise routines, proper nutrition education, relaxation drills, reflexology, and acupressure. You will also learn some basic massage techniques so that you won't rub people the wrong way! Continued over→

Nature Manitoba reserves the right to decline application to any individual as the MNS deems appropriate and to cancel trips due to lack of enrolment.

July 6th to 10th - Wilderness Crafts with Daniel Faucher Come work with natural materials to construct practical and decorative artifacts like baskets and whistles.

July 13th to 17th - Photography with Marcel Van Eerd. Enjoy the beautiful views of Mantario through your lens. Share beautiful memories with your photos. Marcel proposes a pre and post trip workshop.

July 20th to 24th-Explore Mantario with Lorne Klassen- Identify plants & wildlife while hiking to Olive & Moosehead Lakes on the Circle Trail loop with experienced naturalists Leigh Cullen & Lorne Klassen. Also do some blueberry picking on Mantario Trail .

July 27th to 31st- Follow the Footprints of Lynn Simcox- Enjoy a relaxing week at Mantario with Lynn exploring different paths in the area never knowing what we may encounter.

August 3rd to 7th – Visit the Hidden Forest with Charles Burchill – Naturalist and Canoeist

. Take a closer look at both the tiny and large plants in the natural setting of the Mantario cabin.

August 10th to 14th - Astronomy with Jennifer West.

Celebrate 2009, the International Year of Astronomy under the glorious Mantario skies. Learn to find your way among the constellations, enjoy the Perseid meteor shower, which peaks on August 13, and maybe even see some Aurora Borealis.

August 17th to 21st - Canoe Instruction with Donna Kurt, Paddle Canada Certified Instructor.

. Focus on paddling and portaging more efficiently and safely. Achieve Flat Water tandem certification levels while enjoying the trip to and from Mantario. More information at www.wilds.mb.ca/courses

August 24th to 28th - Family Week with Kim Monson

Kim will introduce your family to the ways of the wilderness... how to jump off the dock with the biggest splash, how to make a nifty birch bark friendship bracelet, how to find the Island treasure using a compass and G.P.S., how to toast that perfect marshmallow! Come and have some fun with your family..

August 31st to September 4th Fun and Fishing with Marc Leclair.

The perfect combination – plenty of fresh air and exercise while learning to bait a hook, cast a line and catch your own dinner. Later enjoy the wood fired, lakeside Finnish Sauna.