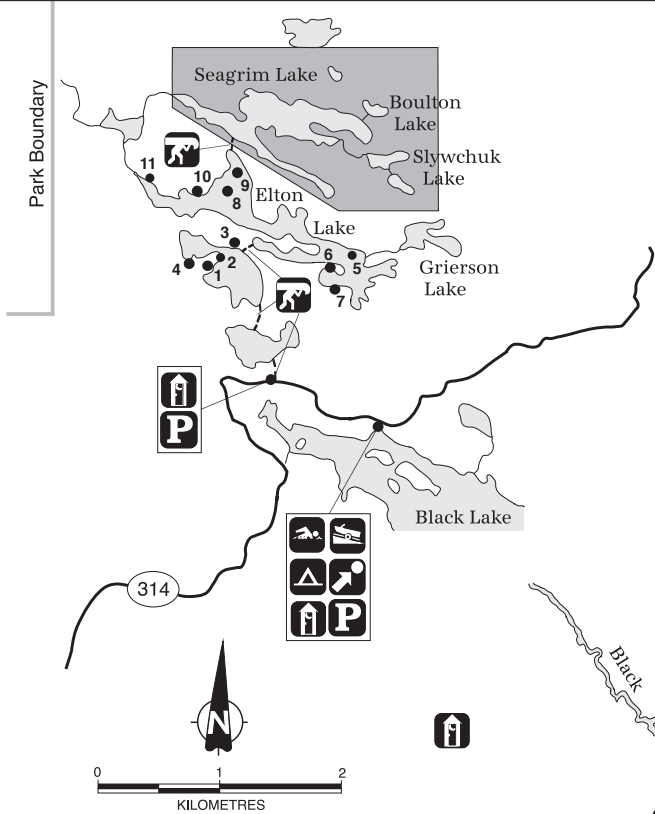


Recreation Water Routes

Nopiming Provincial Park



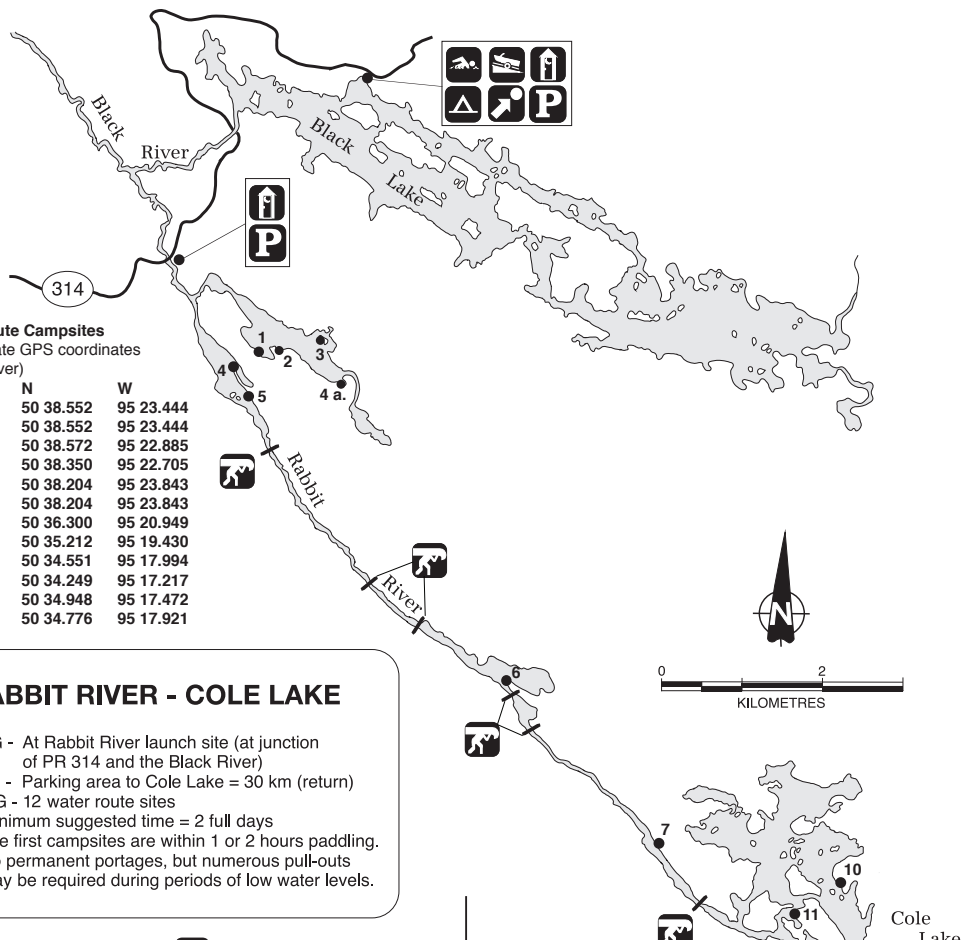
SEAGRIM LAKE

STAGING - At Seagrim launch site (just west of the Black Lake campground)
 LENGTH - Parking area to Seagrim Lake = 15 km (return)
 CAMPING - 11 water route sites
 TIPS - Minimum suggested time = 2 days (with an overnight stop) or 1 full day (for a day trip). The first campsites are within 2 - 3 hours of paddling. Portages are relatively long but easy to travel.

■ No camping in this area (Sensitive Caribou Calving Area.)

Water Route Campsites
 Approximate GPS coordinates (Seagrim Lake)

Site #	N	W	Site #	N	W
1.	50 41.727	95 24.897	6.	50 41.779	95 23.363
2.	50 41.857	95 24.774	7.	50 41.692	95 23.319
3.	50 41.963	95 24.840	8.	50 42.560	95 24.721
4.	50 41.842	95 25.110	9.	50 42.591	95 24.510
5.	50 41.861	95 22.898	10.	50 42.407	95 25.068
			11.	50 42.474	95 25.732

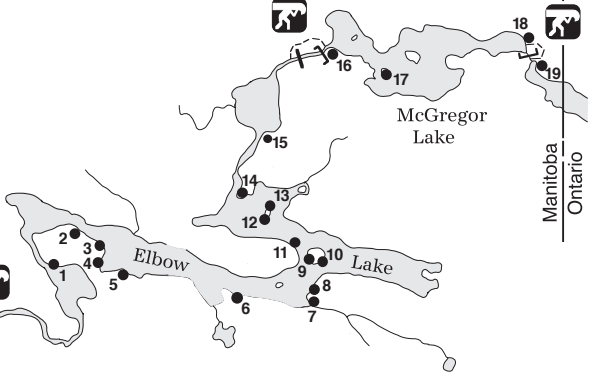
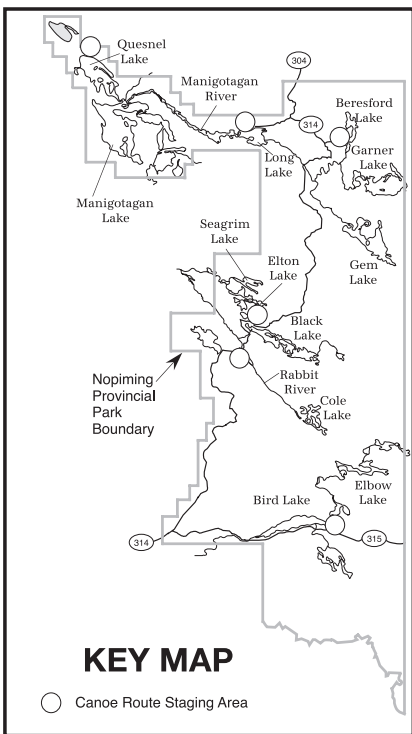


Water Route Campsites
 Approximate GPS coordinates (Rabbit River)

Site #	N	W
1.	50 38.552	95 23.444
2.	50 38.552	95 23.444
3.	50 38.572	95 22.885
4 a.	50 38.350	95 22.705
4.	50 38.204	95 23.843
5.	50 38.204	95 23.843
6.	50 36.300	95 20.949
7.	50 35.212	95 19.430
8.	50 34.551	95 17.994
9.	50 34.249	95 17.217
10.	50 34.948	95 17.472
11.	50 34.776	95 17.921

RABBIT RIVER - COLE LAKE

STAGING - At Rabbit River launch site (at junction of PR 314 and the Black River)
 LENGTH - Parking area to Cole Lake = 30 km (return)
 CAMPING - 12 water route sites
 TIPS - Minimum suggested time = 2 full days
 The first campsites are within 1 or 2 hours paddling. No permanent portages, but numerous pull-outs may be required during periods of low water levels.



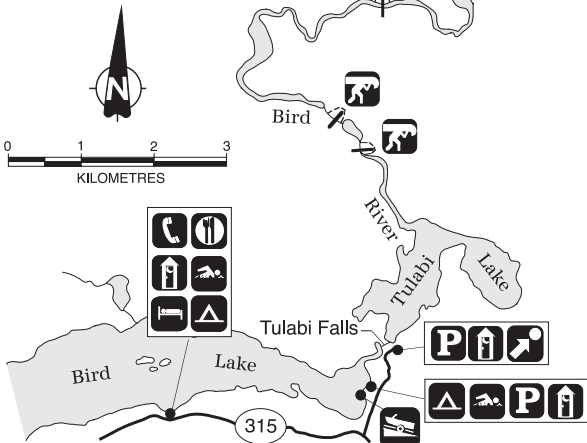
Water Route Campsites
 Approximate GPS coordinates (Bird River)

Site #	N	W
1.	50 31.757	95 15.248
2.	50 32.063	95 14.897
3.	50 31.906	95 14.591
4.	50 31.850	95 14.616
5.	50 31.764	95 14.528
6.	50 31.606	95 13.086
7.	50 31.580	95 12.202
8.	50 31.580	95 12.202
9.	50 31.838	95 12.132
10.	50 31.838	95 12.132
11.	50 31.983	95 12.415
12.	50 32.164	95 12.669
13.	50 32.184	95 12.680
14.	50 32.339	95 12.951
15.	50 32.796	95 12.697
16.	50 33.408	95 11.968
17.	50 33.247	95 11.357
18.	50 33.387	95 09.659
19.	50 33.311	95 09.568

PLEASE NOTE:
 GPS coordinates, paddling times and portage descriptions are approximated for the novice canoeist.

BIRD RIVER - ELBOW LAKE

STAGING - At Tulabi Falls launch site.
 LENGTH - Parking area to McGregor Lake = 55 km (return)
 CAMPING - 19 water route sites
 TIPS - Minimum suggested time = 2 full days
 Plan on 3 days for the entire route. First campsites are within 4-5 hours paddling. Portages (7) are short and range from relatively easy to moderately difficult.



BACKCOUNTRY USERS PLEASE NOTE:

PREPARE IN ADVANCE - This map is for orientation only. Please use it along with a topographic map and be aware that additional pull-outs may be required due to fluctuating water levels.

PACK IT IN-PACK IT OUT - Please bring your litter back and deposit it in the garbage containers located at vehicle access points.

OPEN FIRES ARE PROHIBITED - Please use your portable stoves or the firepits provided at each campsite.

CAMP ONLY AT DESIGNATED SITES - Overnight camping is not permitted in parking lots. Water route camping is only permitted at the designated sites which have been provided with firepits for your safety and convenience.

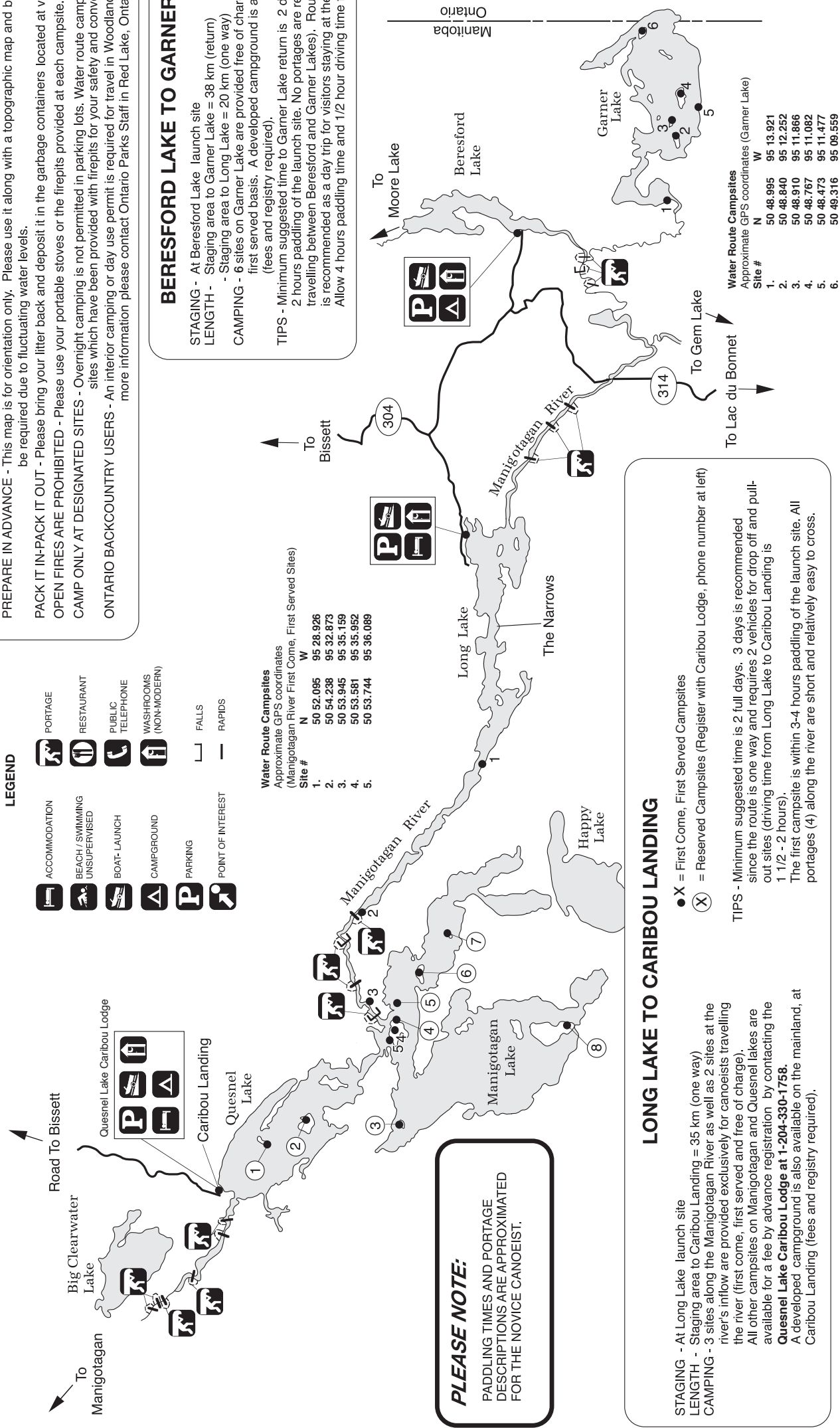
ONTARIO BACKCOUNTRY USERS - An interior camping or day use permit is required for travel in Woodland Caribou Provincial Park in Ontario. For more information please contact Ontario Parks Staff in Red Lake, Ontario @ (807) 727-2253

LEGEND

	ACCOMMODATION		PORTAGE
	BEACH / SWIMMING UNSUPERVISED		RESTAURANT
	BOAT LAUNCH		PUBLIC TELEPHONE
	CAMPGROUND		WASHROOMS (NON-MODERN)
	PARKING		FALLS
	POINT OF INTEREST		RAPIDS

Water Route Campsites
Approximate GPS coordinates
(Manigotagan River First Come, First Served Sites)

Site #	N	W
1.	50 52.095	95 28.926
2.	50 54.238	95 32.873
3.	50 53.945	95 35.159
4.	50 53.581	95 35.952
5.	50 53.744	95 36.089



BERESFORD LAKE TO GARNER OR LONG LAKE

STAGING - At Beresford Lake launch site

LENGTH - Staging area to Garner Lake = 38 km (return)
- Staging area to Long Lake = 20 km (one way)

CAMPING - 6 sites on Garner Lake are provided free of charge to all users on a first come, first served basis. A developed campground is available at Beresford Lake (fees and registry required).

TIPS - Minimum suggested time to Garner Lake return is 2 days. The first campsite is within 2 hours paddling of the launch site. No portages are required. (Please watch for motorboats travelling between Beresford and Garner Lakes). Route from Beresford Lake to Long Lake is recommended as a day trip for visitors staying at the Beresford Lake campground. Allow 4 hours paddling time and 1/2 hour driving time from Beresford Lake to Long Lake.

PLEASE NOTE:
PADDLING TIMES AND PORTAGE DESCRIPTIONS ARE APPROXIMATED FOR THE NOVICE CANOEIST.

LONG LAKE TO CARIBOU LANDING

● X = First Come, First Served Campsites
⊗ = Reserved Campsites (Register with Caribou Lodge, phone number at left)

TIPS - Minimum suggested time is 2 full days. 3 days is recommended since the route is one way and requires 2 vehicles for drop off and pull-out sites (driving time from Long Lake to Caribou Landing is 1 1/2 - 2 hours). The first campsite is within 3-4 hours paddling of the launch site. All portages (4) along the river are short and relatively easy to cross.

NOTE:

- For more information call 1-800-214-6497 (204-945-6784 in Winnipeg) or visit our website: www.manitobaparks.com

IN CASE OF EMERGENCY CALL

- RCMP 204-345-8685
- AMBULANCE 1-877-977-0007

Water Route Campsites
Approximate GPS coordinates (Garner Lake)

Site #	N	W
1.	50 48.995	95 13.921
2.	50 48.840	95 12.252
3.	50 48.910	95 11.866
4.	50 48.767	95 11.082
5.	50 48.473	95 11.477
6.	50 49.316	95 09.559

