

Trans Canada Trail: path to outdoor recreation

By Kimberly Ballance, AMM Senior Policy Analyst



THE TRANS CANADA TRAIL (TCT) is a recreation corridor that is approximately 18,000 km, linking all Canadian provinces and territories and connecting over 800 major cities and small towns along its path. The TCT will be the longest recreational trail in the world when it is completed. Currently about 65% of the trail has been finished with substantial completion anticipated by 2010. Manitoba has about 1300 km of the TCT within its boundaries with plans for expansion to connecting and non-connecting spur trails. The TCT is a national form of recreation infrastructure that provides year-round health benefits to trail users.

The Trans Canada Trail was announced as part of Canada's 125th anniversary celebration in 1992 and by 1993, the Manitoba Recreational Trail Association (MRTA) was designated as officially responsible for the coordination of building and maintaining the trail within Manitoba. The MRTA developed criteria for the development of

the TCT, which included the use of abandoned rail lines, provincial parks, wildlife management areas and municipal land. In 2000, the Department of Culture, Heritage and Tourism began to provide financial assistance to the MRTA to support in fulfillment of its mandate.

“The TCT will be the longest recreational trail in the world when it is completed.”

The Trans Canada Trail is rapidly proceeding throughout Canada and provides recreation paths for biking and walking and in certain areas other activities such as cross-country skiing, horseback riding

Trans Canada Trails – Manitoba Trails

In Manitoba, trails are located in these areas:

- South Whiteshell
- North Whiteshell
- Pinawa
- Blue Water
- Red River North
- Winnipeg Trails
- St. Norbert Heritage Trails
- Crow Wing
- Altona Rhineland Gretna
- Stanley
- Miami Thompson
- Lorne
- Victoria Millennium
- Glenboro South Cypress
- Carberry North Cypress
- Neepawa Langford
- Rosburn Subdivision
- Crocus

For detailed information about each trail, visit the Manitoba Recreational Trails Association at <http://www.mrta.mb.ca/transcnd.html>.



“The trail section located within Manitoba has been detailed for users through the production of a series of six, water resistant maps outlining its route.”



Map courtesy the Manitoba Recreational Trails Association



Goodyear.
Supplier to the Association
of Manitoba Municipalities

- Complete line of tires and retreads
- 24-Hour Commercial Road Service
- Over 25 locations, conveniently located throughout Manitoba to serve you.

GOODYEAR
 1-800-GOODYEAR • www.goodyear.com

and snowmobiling are permitted. Strong scientific evidence now supports the many health benefits of regular physical activity. Frequent physical activity is known to be an effective preventive measure that lowers health risks, thereby reducing pressure on the health care system and alleviating costs associated with health care. Walking and biking have shown to lower blood pressure, reduce body fat, enhance mental well being, increase muscular strength and promote bone growth in children. Simple activities, such as walking, can be done by children, adults and seniors and can fit in with any lifestyle, income bracket, culture or domestic circumstance.

In Manitoba the TCT passes southeast from Saskatchewan through Roblin, Rosburn, Neepawa, then along the Pembina River to Altona, north to Winnipeg and Grand Marais, and finally, southeast to Lac du Bonnet, Pinawa and Falcon Lake. The trail section located within Mani-



toba has been detailed for users through the production of a series of six, water resistant maps outlining its route. (More information on these maps is available at <http://www.mrta.mb.ca/transcndmaps.html>.) For many other provinces, maps have been slower to appear albeit a demand for them by the public. However as more sections of the TCT reach completion trail associations have more time to concentrate on promotion.

The Trans Canada Trail assists in the preservation of green spaces and outdoor recreation. It educates, protects and promotes wildlife and wilderness areas in a way that continues to allow public access. The TCT enables people to experience historical points of interest, ecologically unique areas and scenic landscapes while providing opportunities for active living and quality time with family and friends. These green spaces contribute significantly to the community and the province. ♻️



CanWest Global Place
2200 - 201 Portage Avenue
Winnipeg, MB R3B 3L3
Telephone (204) 957-1930
Fax (204) 934-0570
Website: www.tdslaw.com

THOMPSON

DORFMAN

SWEATMAN

LLP

BARRISTERS & SOLICITORS

Meeting all of your municipal needs since 1887.

Thompson Dorfman Sweatman LLP Municipal Law Practice Group:

Robert J.M. Adkins
Sarantos Mattheos

Antoine F. Hacault

John D. Stefaniuk
Kara L. Crawford