



# Discover the Trans Canada Trail in Manitoba



[www.mrta.mb.ca](http://www.mrta.mb.ca)



## LEGEND:

Regional Interpretive Guide	Trail Associations along Manitoba's Trans Canada Trail (From West to East)
<b>Map #1</b> Western Uplands & Mixed Grass Prairie	Crocus Rossburn Subdivision

<b>Map #2</b> Assiniboine Delta & Pembina Hills	Neepawa-Langford Carberry-North Cypress Glenboro-South Cypress Victoria Millennium Lorne Miami-Thompson Stanley
<b>Map #3</b> Tall Grass Prairie	Altona-Gretna-Rhineland Crow Wing

<b>Map #4</b> Winnipeg: Prairie & Riverbottom Forest	Winnipeg
<b>Map #5</b> Aspen-Oak Parkland & Manitoba Lowlands	Red River North
<b>Map #6</b> Boreal Shield	Blue Water Pinawa North Whiteshell South Whiteshell



## The Trans Canada Trail

When completed, the Trans Canada Trail (TCT) will stretch 18,000 kilometres across Canada, linking hundreds of communities and connecting all provinces, territories and three oceans. This national recreational trail promotes one or more of six preferred activities - walking, cycling, horseback riding, cross-country skiing, snowmobiling and canoeing – to enjoy Canada’s great outdoors. National in scope, the TCT is locally built, managed and maintained by volunteers.

## About the MRTA

The Manitoba Recreational Trails Association (MRTA) was formed in 1992 to support the development of trails across Manitoba, including the Trans Canada Trail. Manitoba’s portion of the TCT will be over 1,300 kilometres.

As of 2006, almost 70% of Manitoba’s TCT has been developed, involving 17 local associations and hundreds of volunteers. Trail development is supported by the Province of Manitoba, the Trans Canada Trail Foundation and individual donations.

The MRTA’s mandate is to assist local associations to maximize their trail’s potential. The MRTA provides support, knowledge, information, technology and resources, in order to facilitate construction and promote the use of recreational trails throughout Manitoba, thereby improving the economy, the environment and human well being.

For more information, or to find maps and other valuable resources, visit [www.mrta.mb.ca](http://www.mrta.mb.ca)

## Contact Information:

### The Manitoba Recreational Trails Association, Inc.

1007 Century St.  
Winnipeg, MB R3H 0W4  
Phone: 786-2688/fax: 945-1365  
Email: [mrta@mrta.mb.ca](mailto:mrta@mrta.mb.ca)

Contact the MRTA to find out how you can support your favourite section of trail.

## Top 10 Ways to Get Involved!

1. Buy our regional trail guides and be amazed at what Manitoba trails have to offer.
2. Check out the maps on our website and find the trail in your area!
3. Take a hike or ride a bike!
4. Take a picture. Send it to us!
5. Submit your trail story for our newsletter.
6. Tell a friend about the trail.
7. Become a member of your local trail association.
8. Make a donation.
9. Honour someone you know. Put their name on the trail.
10. You can make a difference. Volunteer to build or maintain the trail in your area.

## Trans Canada Trail - Regional Interpretive Guides for Manitoba.

Gold medal winners! Detailed interpretive, water resistant guides of the Trans Canada Trail’s route throughout Manitoba are available at local businesses, sporting outlets and book stores or online. Check [www.mrta.mb.ca](http://www.mrta.mb.ca) for locations.



The National Association for Interpretation in the U.S. said: “This is not your typical ‘bookish’ information/trail guide... Each trail guide offers a wealth of short and concise stories and a variety of subject matter... The regions are brought to life through exploration and discovery... This series has a really creative, rich, fun, inviting and inspiring mix of graphics and interpretation!”

To determine which trail association is operating in your area visit [www.mrta.mb.ca](http://www.mrta.mb.ca) or call the office at 204-786-2688 for assistance.



Manitoba  
Recreational  
Trails  
Association Inc.



*“One of the best guides to the Trans Canada Trail yet to be produced...”*

- Michael Haynes,  
Trails Canada.

**Experience the Trans Canada Trail. Hike, ride, enjoy....**

