



Crow Wing Trail News

VOLUME 1, ISSUE 1

JANUARY 2012



Trans Canada Trail
Sentier Transcanadien

UPCOMING EVENTS

Actif Epica
Feb 18 2012

INSIDE THIS ISSUE:

Trail Building Workshop	2
Additions to Hespeler Park	2
Greater Visibility in St. Malo Park	2
Staffing thanks to Partnerships	2
Making the Best Use of the Trail Audit	2
Active Transportation for Everyone Inside Story	3
Cycle Touring Package along the Crow Wing	3

A new winter festival taking place on February 18th, 2012 is gearing up to “celebrate human resilience” in south eastern Manitoba.

Actif Epica is a self-organizing community festival, centred along the checkpoints of a corresponding 130 km bike challenge spanning from St. Malo to St. Boniface.

Organizers are seeking participants for the bike ride, volunteers to help along the route, and grass-roots Co-Actif events to join in and be promoted as part of the winter festivities. Businesses, community organizations and fun-loving individuals will organize outdoor activities at festival sites along the Crow Wing Trail and will be promoted as part of the larger Actif Epica Winter Festival. With partners

Actif Epica

including Festival des Amis hosting the starting line for the bike challenge and Festival du Voyageur hosting its finish line, Actif Epica will bring together Manitobans of all backgrounds, ages and activity levels to gather, participate and enjoy the outdoors in the winter.

More than 30 bike enthusiasts have already expressed interest in channeling their “inner voyageur” and tackle the 130 km bike route, with finish times anticipated at 10 to 20 hours. Some are seasoned racers pitting their skills against the winter and some are winter bike commuters planning to ride more casually in small groups.

Festival sites in St. Pierre-Jolys, Otterburne, Niverville and St. Adolphe will provide warm checkpoints for the bike riders

and form hubs for “Co-Actif” events.

A range of partners already involved include the Crow Wing Trail Association, St. Malo Chamber of Commerce, Festival des Amis, and Providence College. Winnipeg-based partners include the Winnipeg Committee for Safety, Peg City Car Co-op, Olympia Cycle and Ski and Festival du Voyageur. Winnipeg’s

Green Action Centre will host “Bougeons en hiver: The Jack Frost Challenge,” encouraging teams of 1-5 friends family, co-workers or classmates sign up to skate, bike, ski, snowshoe or walk a combined total of 130 km in the week leading up to Actif Epica.

Further information is available at www.actifepi.ca.

St. Adolphe Mudfest

As part of the Mudfest Festival, held in St. Adolphe Park, the Cyclo-Cross race season started on Sunday September 12th 2011.

Cyclo-cross is a form of bicycle racing. Races typically take place in the autumn and winter and consist of many laps of a short (2.5–3.5 km) course that may feature pavement, wooded trails, grass, steep hills and obstacles requiring the rider to quickly

dismount, carry the bike whilst navigating the obstruction and remount. In keeping with the theme of the festival riders had to bike through a large mud pit!

Parts of the course were held on the section of the Crow Wing Trail that meanders through the park and it was a great event to see with over 113 competitors spread throughout the eight races. With 13 local children partici-

pating in the St. Adolphe Community race perhaps this sport will take route in St. Adolphe! The race was organized by Olympia Cycle Club and many thanks to Ian Hall and Leslie Gaudry for taking the initiative to get this event off the ground.

To see the action on the course check out this link !
<http://www.youtube.com/watch?v=KTIM-5DjVtE>

Trail Building Workshop – A Biannual Event

What do you do when you have learned so much from the IMBA (International Mountain Biking Association) Trail Care Crew Trail Building Workshop and you want to keep the momentum going? You take it on yourself!

And with a partner like Providence College, it makes it a lot easier! “

The College wants to develop their section of the Crow Wing Trail as a single track multi-use trail around their campus, for bikers,

runners and skiers” explained President Gus Konkell. “The first 50-meters of the trail were built as part of the workshop in June and we liked what we saw.”

So Providence College and the Crow Wing Trail Association (CWTA) shared the costs of building a tool kit.

The College’s Maintenance staff did the hands-on training, and the CWTA prepared an in-class instruction presentation from IMBA resources.

Although building a single track

mountain bike trail on a slope is different than building a trail on flat ground, the basic elements for the development of a sustainable trail are the same.

“With one practice run under our belt, we now want to offer this workshop in June and October so that interested parties can plan to attend” announced Linda Morin.

One workshop participant summed it up “I am going to be looking at my backyard much differently now.



From Left to Right: Andy Martin, Maintenance, Providence College; Linda Morin, Vice President, Crow Wing Trail; Gus Konkell, President, Providence College; Murielle Bugera, President, Crow Wing Trail

News from along the Crow Wing Trail

Additions to Hespeler Park !

While enjoying the Crow Wing Trail in Niverville, check out the new outdoor fitness equipment they just installed in Hespeler Park.

In addition, the section of Crow Wing Trail next to the ball diamonds and soccer fields has now been asphalted, which makes it great for cycling, rollerblading or easily pushing a stroller

Greater Visibility in St. Malo Provincial Park !

This fall, St. Malo Provincial Park staff is busy making some interesting changes that will see a greater focus on trails.

The Crow Wing Trail will be prominently featured, as it meanders towards the amphitheatre at the first beach and through the Tall Grass Prairie area of the park.

Thank you Manitoba Conservation!

Staffing Thanks to Partnerships !

A welcome relief to our volunteers was the hiring of a staff person through an Employment Manitoba program.

Tammy is shared with RM of De Salaberry Economic Development Office, St. Malo Museum and Friends of St. Malo Park.

Along with the new promotional materials Tammy attended community events in Niverville and St. Adolphe to promote the trail

Making the Best Use of the Trail Audit



All the great information collected through the trail audit is being compiled to help make it easier to maintain and refurbish the trail.

This data is now being integrated into our maintenance plan and with over 400 data points spread over the 191 km of the trail, this has been quite the challenge!

The end result will be a spreadsheet which will enable our organization to quickly identify common tasks such as where we have to mow as well as to summarize our refurbishment projects.

A power point is being developed highlighting maintenance issues to present to our municipal partners

As there is a limited amount of funding to undertake the work identified in the audit, the Crow Wing Trail Association will be seeking local partnerships to assist in maintaining the trail. If you are interested in helping out please contact us!

Active Transportation for Everyone!

Having the infrastructure in place to support active transportation involves multi-stakeholder planning, perseverance, and patience.

The Economic Development Office of the RM of De Salaberry, in partnership with the Local Urban District of St. Malo, the St. Malo Chamber of Commerce, and regional groups such as the Physical Activity Coalition of Manitoba, and Active Living Coalition of Older Adults are working together to develop an Active Transportation Plan for the St. Malo Town site.

This plan will make recommenda-

tions to encourage and support active transportation that is Age Friendly, Kid Friendly, and Bike Friendly.

The development of an active transportation plan starts with mapping the existing active transportation infrastructure network and looking at the problem areas and intersections.

This process was completed and presented at a community consultation meeting on August 16th 2011. Key representatives from the local community – including a repre-

sentative from the Crow Wing Trail Association - were present. This meeting also provided an opportunity to survey individuals and their common transportation habits.

The partners are now putting together the necessary paperwork to apply for funding to bring these concepts into reality by way of an engineered plan and Class B Design drawings. By way of integrating short term improvements, with a long term plan, the St. Malo Townsite and the Crow Wing Trail can be an example for its residents, seasonal residents, and visitors.

Cycle Touring Package along the Crow Wing

The Economic Development Council for Bilingual Municipalities (CDEM) is currently researching experiential tourism with trails. The Crow Wing Trail Association is proud to be a partner to assist with this research.

On August 24th and 25th, 2011, a 21-year old cyclist biked the Crow Wing Trail from St. Adolphe to St. Malo. These are his comments.

The day began in St. Adolphe. The weather was perfect. It took 5 hours to get to St-Pierre-Jolys. I was stopped for 2 hours, including a 30-minute lunch in Otterburne.

After my first day, I felt good. The distance was quite agreeable. In general, the directional signs were clear and I did not need my map. I only met two or three cars, which allowed me to listen, smell and admire this wonderful landscape in southeast Manitoba. I truly liked my day,

especially the trail sections on the dirt and grass roads.

The interpretive panels were very interesting and educational. I would definitely bike this section again with friends. This is a beginner level, easy for all ages.

The second day started in St-Pierre-Jolys. I spent more time in the trails in the bush, which I liked as it gave me a chance to visit places which are not accessible by vehicle.

It should be noted that these trails would have been difficult to bike if it would have rained, but seeing it is so dry this year, it is ideal.

One observation I made is that between St-Pierre-Jolys and St. Malo, there are many fences on the right and on the left. This is a disadvantage since one cannot stop and explore the bush as easily.

This is an intermediate level, since there are more trails with ruts.

Biking the Crow Wing Trail was a good educational and enriching experience. I would recommend this section of the TCT to anyone. It is a good way of learning about history and nature while enjoying one's self and exercising. The trail was in good shape since it was dry and there is no mud. It is generally easy to bike. One can bring a lunch or eat at one of the local restaurants. The bike tour can be done as a family, with friends or solo.

After having biked this trail, I have more respect and admiration for the farmers, the communities of south-east Manitoba and our beautiful province.





Crow Wing Trail Association

Box 268
St-Pierre-Jolys, MB
R0A 1V0

Email: cwta@voyageur.coop

Website:

[www.mrta.mb.ca/Trails/
CrowWing/home.htm](http://www.mrta.mb.ca/Trails/CrowWing/home.htm)

The Crow Wing Trail is the section of the Trans Canada Trail that connects Winnipeg to Emerson. The trail is based upon a historic fur trade route connecting the Red River Settlement of Fort Garry with St. Paul Minnesota.

Although the trail is located along the original route in some instances, for the most part it has been routed to connect our communities and significant sites. The Crow Wing Trail promotes hiking, biking, cycling, horseback riding and cross-country skiing.

The Crow Wing Trail was officially registered with the Trans Canada Trail in 1999 and officially opened in 2006. At 191 km, the Crow Wing is the longest section of the Trans Canada Trail in Manitoba!

The Crow Wing Trail Association (CWTA) is a regional trail association comprised of volunteers from six municipalities and one First Nation: Ritchot, Niverville, De Salaberry, St. Pierre-Jolys, Franklin, Emerson and the Roseau River First Nation – who work together to welcome the Trans Canada trail through our communities in order to promote tourism, economic development, historical awareness as well as provide for a great recreational opportunity!

Support the Crow Wing Trail

Become a Member!

The Crow Wing Trail is membership supported and volunteer driven. We invite you to become a member to support the trail and our local charitable organization. Your support will assist us to build, promote, and maintain our section of the Trans Canada Trail for generations to enjoy. Your membership is crucial to our sustainability as we strive to move forward with the continued development of the Crow Wing Trail.

Types and Cost of Annual Memberships

- Individual or family membership \$20
- Community/organization membership \$100
- Municipal/Local Government \$300

CWTA Membership Benefits

- E-Newsletters that include current CWTA projects and activities
- A publicly accessible trail promoting active transportation.
- A say and vote at our AGM on how the Trail is managed

Membership Form: [http://www.mrta.mb.ca/Trails/CrowWing/
documents/BecomeaMemberoftheCrowWingTrail20112.pdf](http://www.mrta.mb.ca/Trails/CrowWing/documents/BecomeaMemberoftheCrowWingTrail20112.pdf)

Get Involved!

Inquire about our many volunteer opportunities.

Make a Donation!

Although officially opened in 2006 there is still a lot of work to do. The CWTA is a registered charitable organization.

Purchase a symbolic metre of trail to assist us to build, maintain and promote our section of the Trans Canada Trail for generations to enjoy. Your donation is crucial to our sustainability as we strive to move forward with the continued development of the Crow Wing Trail. All funds raised will remain locally within the jurisdiction of the Crow Wing Trail.

Donor Recognition

When you make a donation you receive a Trail certificate, an inscription in one of our trail heads of your choice, a tax receipt as well as our e-newsletter.

Just fill in the Donor form and mail along with payment. [http://www.mrta.mb.ca/Trails/CrowWing/documents/
cwtadonationform2011.pdf](http://www.mrta.mb.ca/Trails/CrowWing/documents/cwtadonationform2011.pdf)