



Photo courtesy Peter Ives

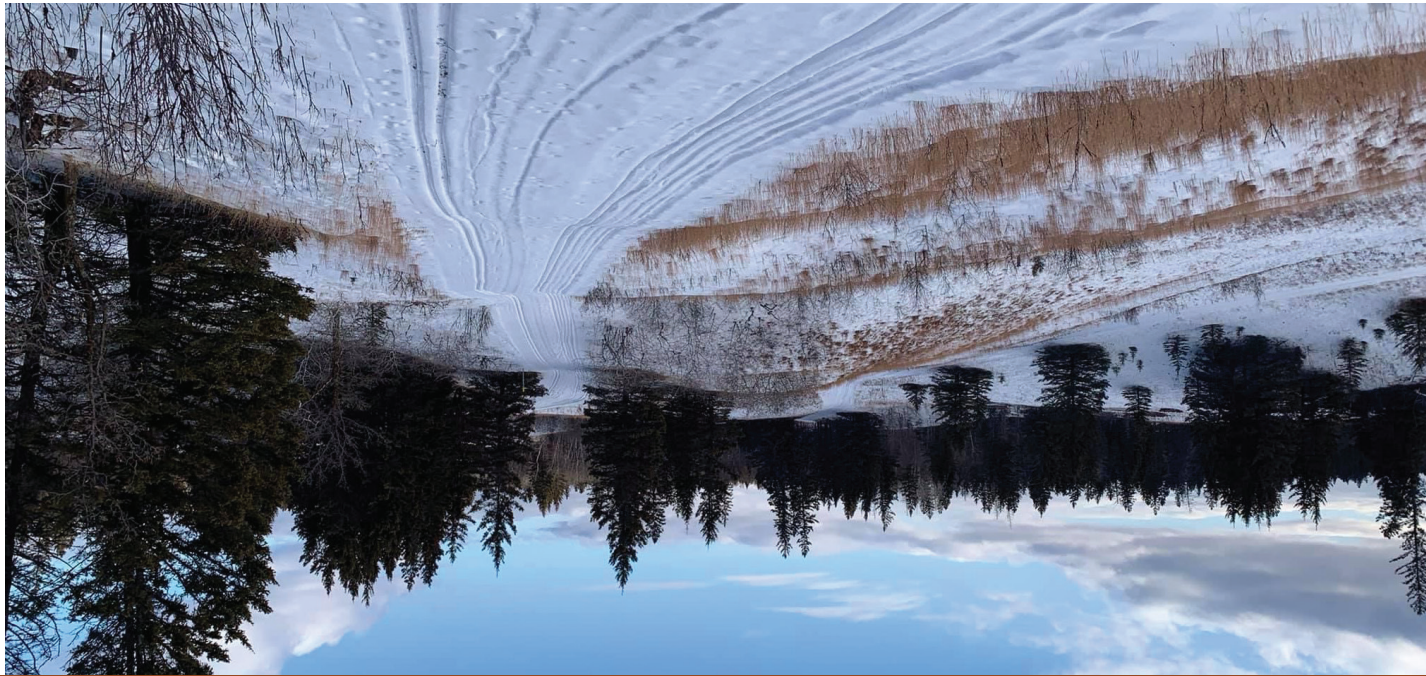
Lake Cabin is named after the Newfoundland Ravine, found in the area. The Jackfish Cabin can be reserved for overnight use during the winter season. Contact the Carberry District Office at 204-834-8800. The Cedar Loop and Spruce-Alternate Trail are narrower single-track trails, providing a different, more challenging experience.

Seton trails is named after Ernest Thompson Seton, a well renowned naturalist, artist and father of the Woodcraft League and in turn the Boy Scouts. The Seton trails consist of four routes which feature steep inclines and sand hills, named after some of Seton's artworks and stories - Snowy Owl, Chaska, Sleeping Wolf and Sandhill Stag. The steep inclines and sandy hills of these routes will challenge even the most experienced skiers, hikers and bicyclists.

Spruce Woods Provincial Park is a unique mixture of natural contrasts and wondrous adventures. Explore sand dunes shifting on the whim of the wind, listen to the quiet voices of mixed-grass prairie and linger at the striking views of remnant boreal forest.

The best way to truly experience Spruce Woods is to venture out onto one of the backcountry trails. Three trail systems allow you to explore the park in all four seasons of the year. Plan a day trip on a shorter trail, or an overnight adventure on a longer route.

Trails will take you over varying terrain following the Epinette Creek, through wooded areas and ravines, sandy hills and mixed-grass prairie. These routes are named after local conifers - spruce, juniper and tamarack. The Newfoundland Route will take you to the Jackfish



Yellow Quill trails are named after a well renowned First Nations chief, Yellow Quill was a chief of a band of Saulteaux peoples in the late 1800s. The routes are named after local Indigenous groups - Ojibwa, Cree and Assiniboine. These trails are perfect for beginner and experienced skiers and hikers. All three trail systems feature backcountry campsites, which consist of a tenting area, picnic tables, fire pits and emergency shelters.

There are additional trails available year-round in Spruce Woods. For more information, pick up an Interpretive Park Map at the Kiche Manitou Campground Office or the Spruce Woods Visitor Centre.

### Trail Tips & Regulations

- Be Wildlife Smart and be prepared to encounter wild animals such as black bears, coyotes and deer. Stay alert, make noise as you travel and secure attractants such as food, cooking equipment and trash away from sleeping areas. Carry bear deterrents and know how to use them.
- Be considerate of other campers. These shared spaces can accommodate multiple groups. Keep noise and your space to a minimum to protect the quality of everyone's backcountry experience.
- Open fires are prohibited. Use portable stoves or provided fire pits. Fire and travel restrictions may be enacted during periods of elevated wildfire danger.
- Advise someone where you are going, when you will return, emergency contacts, your vehicle type and license number.
- Respect all trail users. Follow directional signs.
- Trails are designated shared use in all seasons: hiking, mountain biking, cross-country skiing, skijoring and snowshoeing are permitted. Horse, ATV and snowmobile riding are prohibited.
- Hunting and trapping occurs in the park. Wearing high visibility clothing is recommended especially during fall and winter seasons. This is a multiple-use backcountry area where hunters, trappers and other users may be in the area.
- Learn to identify and avoid poison ivy.
- Keep dogs on leash and clean up after your pet.
- Cell service is limited. Satellite messaging devices are recommended.
- Practice Leave No Trace - take only pictures, leave only footprints.

### Winter Use:

- The winter trail system is divided into two lanes. One lane is for cross-country skiing, and the other is for hiking, snowshoeing and fat bikes. Please stay in the appropriate lane and never step on groomed ski tracks.
- Cedar Loop and Spruce-Alternate Trail are ungroomed.

### Information

Please report trail conditions and share your experiences with park staff.

**Manitoba Parks  
Carberry Parks District**  
Box 900  
Carberry, Manitoba  
R0K 0H0  
204-834-8800

**Park Visitor Centre**  
204-827-8850

**Email**  
parks@gov.mb.ca

**REPORT WILDFIRES - TURN IN POACHERS**  
1-800-782-0076

**IN CASE OF EMERGENCY, CALL 9-1-1**  
Cell service is limited in the park. Satellite messaging devices are recommended.

Provincial Park Vehicle Permits must be displayed year-round. Purchase online at [manitobaelicensing.ca](http://manitobaelicensing.ca).

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@MBGovParks

**[manitobaparks.com](http://manitobaparks.com)**

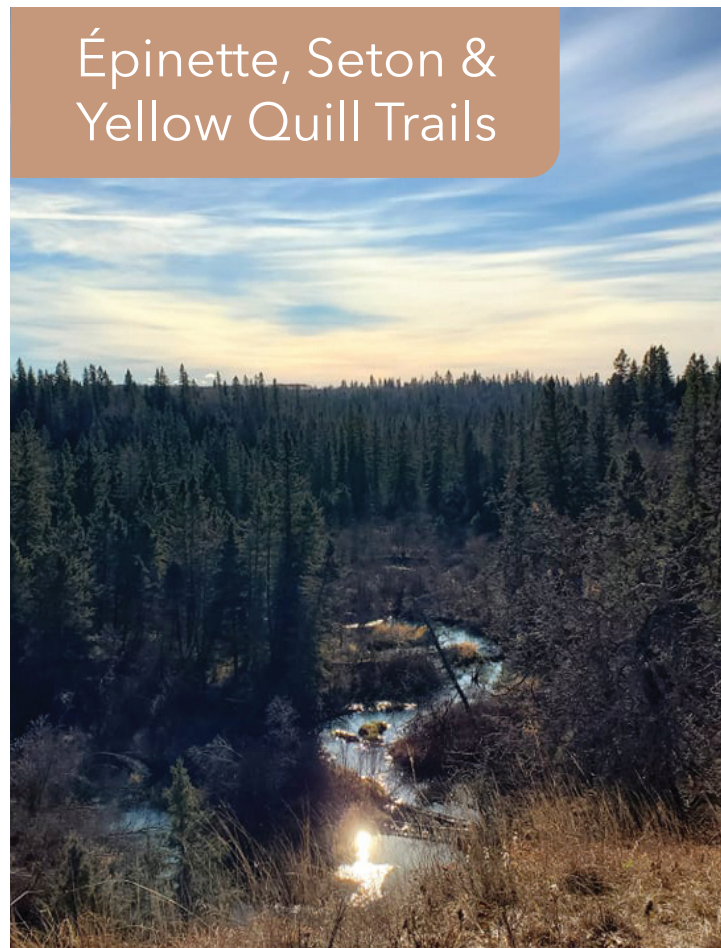
*Spruce Woods Provincial Park is located on Treaty No. 1 Territory and the Homeland of the Red River Métis.*

January 2022

# Spruce Woods



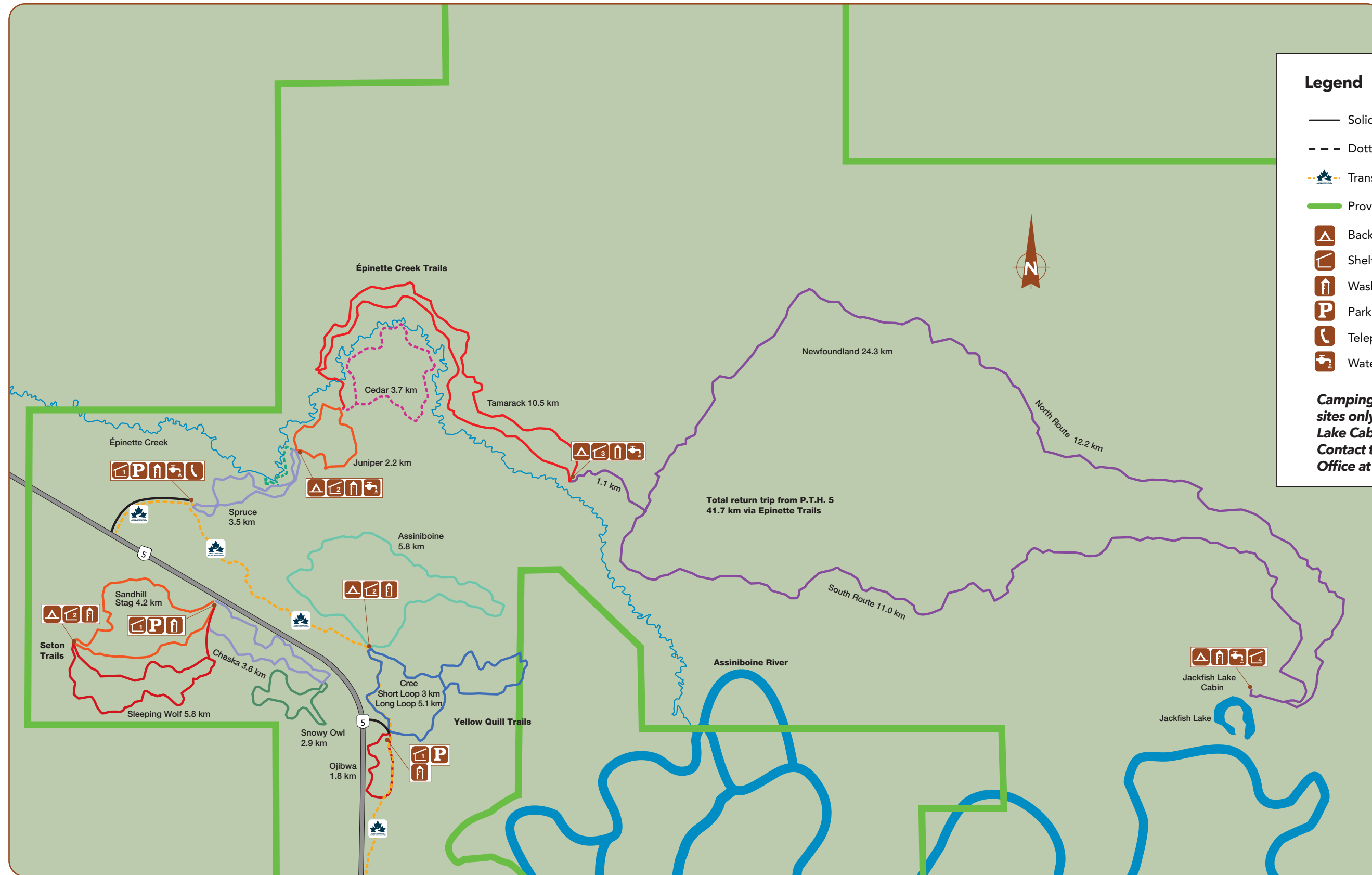
## Épinette, Seton & Yellow Quill Trails



# Épinette, Seton & Yellow Quill Trails



Spruce Woods  
Provincial Park



## Legend

- Solid line - Double-track (Wide) Trails
- - - Dotted Line - Single-track Trails
- Trans Canada Trail
- Provincial Park boundary
- ▲ Backcountry Camping
- ▢ Shelter
- ♻️ Washroom - Non Modern
- P Parking
- ☎ Telephone
- 🚰 Water Supply (non-potable)

**Camping permitted at designated sites only. Overnight use of Jackfish Lake Cabin by reservation only. Contact the Carberry Park District Office at 204-834-8800.**

Total return trip from P.T.H. 5  
41.7 km via Épinette Trails