



2014 Ecotours Program Guide



FortWhyte Alive
HUMAN. NATURE.

Adventure. Nature. Discovery.

Set your sights on FortWhyte Alive to enjoy nature's best, nestled within the urban boundaries of Winnipeg. Inject your tour with fresh air, outdoor activity, wildlife, historical culture, and environmental education. FortWhyte Alive offers visitors 640 acres of lakes, forest, marsh, meadow and farmland with opportunities to explore and interact with nature, dine, and shop. Our Ecotours are flexible and are designed to fit with your tour groups' busy itineraries. Programs are available for all seasons with alternative activity provided for inclement weather.

Enhance the Manitoba experience by adding nature to your travel plans!

Information & Registration

Kalyn Murdock,
Visitor Services Coordinator
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Table of Contents

Signature Experience.....	Page 2
1 Hour Programs	Page 2
1.5 Hour Programs	Page 3
2 Hour Programs	Page 4
2.5 & 4 Hour Programs	Page 5
Little Extras	Page 6
Specialized Programs.....	Page 7
Breakfast/Lunch Options	Page 8
How to Book Your Program.....	Page 9 - 10

 Suitable for both fully active and mobility limited





Signature Experience

A Prairie Legacy: The Bison and its People

Year-round

Discover how bison influenced the history of Manitoba and the lives of Aboriginals, Métis and Pioneers. Venture through the aspen forest onto the open prairie, where you will experience a close-up encounter with 30 grunting, munching bison. Test your skills as you power a mighty Voyageur canoe around the lake, or hear the crunching of the snow under historic footwear, the snowshoe. Explore a Plains Cree Tipi and marvel at the design and functionality – cool in summer and warm in winter, offering a respite from the prairie winds. Feel the smoothness of a hand crafted black spoon, fashioned from a bison horn. Step inside a one-room pioneer sod house and savour wild bush tea and bannock over a campfire.

To complement your journey, visit our award-winning Buffalo Stone Café before or after your experience — featuring regional Manitoban cuisine, including bison and fresh produce grown onsite.

Duration: 3 hrs

Min: 3 participants

Max: 20 participants

Fee: \$40



Please dress appropriately for the weather as the tour is outdoors; you are welcome to bring a bottle of water with you if you like; cameras are also allowed on the tours

1 Hour Programs

Bison Safari

May – October

See the world's ninth largest land animal, the bison, and learn how this magnificent beast has shaped Manitoba's history. Hop aboard our 20-passenger bus for a guided safari over bison prairie for up-close encounters. Be sure to bring your camera! Weather and ground conditions permitting.

Min: 10 participants

Max: 40 participants

Fee: \$15

Voyageur Canoe Experience

May – September

Take a step back in time and paddle a North West Company voyageur canoe. Located on Muir Lake, this scenic ride will inspire an appreciation for both nature and the life of a voyageur.

Min: 8 participants

Max: 25 participants

Fee: \$9

Farming in the City: Growing Local

May – September

Participate in our interactive urban farm tour to see the chickens & pigs, and sample fresh produce from FortWhyte Farms! Explore our four-season greenhouse, organic garden and apiary. Walk away with a new respect for farming, soil, and the importance of making sustainable choices.

Min: 10 participants

Max: 45 participants

Fee: \$9

Blooms gone Wild!

July – August

Go "wild" over wildflowers! From the small, honey-scented bedstraw to the large, nodding head of the sunflower, FortWhyte is home to many native species. Learn to recognize the most beautiful forest and prairie wildflowers.

Min: 10

participants

Max: 20

participants

Fee: \$8

Oh, Deer!

September – November

Expand your deer knowledge with an interactive presentation on the life cycle and habitat of the white-tailed deer.

Min: 10 participants

Max: 20 participants

Fee: \$8

Orienteering

Year-round

Test your skills against FortWhyte Alive's permanent orienteering course, designed by the Manitoba Orienteering Association. Your group will be given an introduction to map reading and an overview of the sport of orienteering.

Min: 10 participants

Max: 50 participants

Fee: \$12

Snowshoe Adventure

December – March

Birds flitting from branch to branch, coyote tracks crossing before you, a deer peeking at you from behind a tree – just a sample of the natural beauty you'll encounter on a winter's day at FortWhyte! Join a knowledgeable guide for one great snowshoe adventure. No snowshoeing experience necessary.

Min: 10 participants

Max: 25 participants

Fee: \$12

Nordic Walking

Year-round

Learn the proper Nordic walking technique to help you go the distance, while remaining gentle on your knees and joints.

Min: 10 participants

Max: 50 participants

Fee: \$12

Local Foraging: an Edible Wilds Journey

Year-round

Wild edible plants are all around – in our city parks, as the “weeds” in gardens and backyards – you just need to know where to look. Find, identify, harvest and prepare these hidden edible plants on a foraging journey. You will be shown how to safely spot wild edibles such as licorice root, rose hips, cattails and many more natural delights. Discover the tastes and aromas of these wild, seasonal ingredients.

Duration: 1.5 hrs

Min: 8 participants

Max: 20 participants

Fee: \$11



2 Hour Programs

GPS Geocaching

Year-round

Challenge your group to a high-tech, geocaching treasure hunt. You and your team will be equipped with GPS units that are programmed with target coordinates, called caches. Along the way, you will encounter challenges and activities that must be completed before proceeding to the next cache.

Min: 10 participants

Max: 24 participants

Fee: \$15

Manitoba from the Beginning

Year-round

Enjoy an interactive introduction to Inuit, Métis and First Nations cultures. Through traditional teachings and games, you will gain an enriched appreciation and understanding of their intricate connection to the natural world.

Min: 10 participants

Max: 45 participants

Fee: \$15

Canadian Prairie Past

Year-round

Take a step back to a time when bison roamed the prairie, and people's connection to the natural world was a matter of survival. Visit our Pioneer Sod House built from the earth, then stop by the Bison Viewing Mound and discover the importance of this prairie giant to the Plains Cree. Explore the culture of the Métis, the influence they had on the fur trade, and their connection to the buffalo hunt.

Min: 10 participants

Max: 35 participants

Fee: \$18

2.5 Hour Program

Canoe / Kayak Sampler

May – September

The sampler is designed for the novice or for those wanting to learn the fundamentals of paddling. This popular program will help your team become familiar with basic equipment, strokes, and safety procedures for both canoeing and kayaking.

Min: 6 participants

Max: 25 participants

Fee: \$39

4 Hour Program

Winter Wonderland Adventure

December – March

Winter is NOT the time to hibernate – especially at FortWhyte! Enjoy a winter day outdoors by participating in activities such as snowshoeing, tobogganing, Inuit and voyageur games. Experience all that winter has to offer!

Min: 10 participants

Max: 45 participants

Fee: \$25

Rentals

Snowshoes

December – March (snow permitting)

Fee: \$3/person

Canoe or Rowboat

May – September

Fee: \$7/half-hour, \$10/hour

Fishing Poles

Year-round

Fee: \$5

Tackle Box

Year-round

Fee: \$5

Specialized Programs

Spring Birding & Breakfast With a Guide

Mid-April – June

Mid-August – Mid-September

A FortWhyte must! Join experienced birding leaders for a sunrise hike as each morning brings new seasonal migrants. Following your hike, enjoy a delicious continental-style breakfast prepared by the Buffalo Stone Café.

Min: 10 participants

Max: 45 participants

Fee: \$15 - \$18*

* Dependant on date and time. Please contact Kalyn Murdock (kmurdock@fortwhyte.org) for more information.

Sunset Goose Flights

September – October

Enjoy migration in style with Dinner and a Show. Savour a delicious three-course meal featuring Manitoba-inspired cuisine and fresh vegetables from our own FortWhyte Farms, prepared by the award-winning Buffalo Stone Café. Witness the ancient goose migration ritual while enjoying your dinner from the comfort of our private Lakeside boardroom. In a breathtaking display, thousands of geese return from the fields to roost on our lakes just after the sun dips below the horizon.

Min: 12 participants

Max: 20 participants

Fee: \$50

Groups of 20 or more must be booked by August 25th.



Little Extras

Enhance any of our programs with a little extra fun:

Wild Herbal Tea

Year-round

Cozy up to the fire while enjoying a warm cup of tea, brewed with native plants.

Min: 10 participants

Max: 45 participants

Fee: \$2.00

Bannock Bake

Year-round

Try this traditional flat bread, cooked over an open flame.

Min: 10 participants

Max: 45 participants

Fee: \$2.00

Snow Taffy

December – March (snow permitting)

Sample some tire d'érable, or maple taffy, a delicious French Canadian treat. Made with real maple syrup and served on fresh snow, this snack is sure to satisfy your sweet tooth!

Min: 10 participants

Max: 45 participants

Fee: \$3.50

S'mores

Year-round

A Canadian campfire classic. Savour a roasted marshmallow sandwiched between two graham crackers and chocolate.

Yum!

Min: 10 participants

Max: 45 participants

Fee: \$2.50

Marshmallows

Year-round

The go-to standard campfire fare for generations of Canadians.

Min: 10 participants

Max: 45 participants

Fee: \$2





Breakfast Options

Continental Breakfast \$8.50/person

Muffins, Bagels, Croissants & Danishes with Jams, Butter, Cream Cheese, Fruit and Yogurt

Early Bird Special \$8.99/person

Eggs, Bacon, Sausage & Home Fries with Multigrain Toast

Assorted Muffin Platter \$2.50/person**Beverages**

Organic Medium Roast Coffee \$13.50 (serves 10 people)

Assorted Custom Teas \$1.50/cup

Assorted Fruit Juices \$2.25/bottle

Lunch Options

Executive Luncheon \$14.99/person

Assorted Wraps, Salad & Soup of the Day, Dessert & Beverages

Bison Luncheon \$14.99/person

Bison Lasagna with Salad, Garlic Bread, Dessert & Beverages
(Please note: group size must be 10 or more for this option)

Mediterranean Luncheon \$16.99/person

Grilled Chicken Breast with Roasted Potatoes, Focaccia Bread and a hot Vegetable Medley, Dessert & Beverages

Walleye Luncheon \$25.99/person

Fresh Manitoba Walleye, Wild Rice Pilaf, Seasonal Vegetables, Fresh Bread, Winnipeg Cheesecake & Beverages

Seniors' Luncheon \$8/person

Half a Sandwich, Soup, Dessert & Coffee or Tea

Additional Options

Bagged Lunch (to go) \$9.50/person

Wrap, Raw Veggies, Cookie, Fruit and Beverage

Snack (can be bagged to go)

Fruit, Cookie & Juice \$4.25/person

Fruit, Muffin & Juice \$5.25/person

* All prices are subject to change and 5% GST, 7% PST and 15% gratuity

How to Book Your Program

Visit www.fortwhyte.org and review the program listing. When you have made your decision, book by calling our Visitor Services Coordinator. Tours will be reserved on a first-come, first-served basis. Some black-out dates apply so please take note of dates available along with the program descriptions. Your group's contact name, phone number, address, number of participants and the name of the requested program must be provided before a space can be held.

Kalyn Murdock, Visitor Services Coordinator

Phone: (204) 989-8373

Email: kmurdock@fortwhyte.org

Please Note: In order for us to best serve your group, please make us aware of any special details such as time constraints or group members with additional support needs prior to arriving for your program.

Cancellation Policy

We DO NOT cancel programs. We offer alternate indoor activities to minimize outdoor time in the event of extreme weather conditions. Groups cancelling a minimum of 14 days in advance of their program will not be charged. Cancellations that occur within 14 days of the arrival date will be charged 50% of the total fee.

Added Bonuses:

Free bus parking

Bus driver can participate at no charge, or enjoy complimentary coffee in the Buffalo Stone Café

No fee for the Tour Guide





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