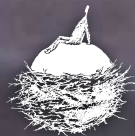


FORTWHYTE ALIVE – SPRING 2019

PROGRAM GUIDE

EXPLORE.
LEARN.
connect.

- + FAMILY FOREST IMMERSION
- + BIRDING AND BREAKFAST
- + EARTH DAY



FortWhyte Alive
HUMAN. NATURE.



Explore, learn, and connect this spring. We hope you experience our passion for the outdoors and become inspired to create the change we all want to see — a healthy planet and a vibrant, sustainable community.

PROGRAMS & EVENTS

◆ Registration required

HOW TO REGISTER

Save your spot for FortWhyte Alive programs and events at fortwhyte.org/events or call (204) 989-8355 x 311

OUR HOURS

Monday–Friday: 9 am–5 pm
Weekends & Holidays: 10 am–5 pm

Trail gates are locked half an hour before closing

SEASONAL RENTALS

- Nordic Walking Poles: \$3 *
- Binoculars: \$3 *
- Family Adventure Bags: \$5 *
- Little Wagons: \$5/hr, \$10/day
- Fishing Equipment: \$10/day, \$5/day for each additional rod
- Cruiser Bike: \$10/1hr, \$15/2hrs (group bike price available)
- Watercraft: \$25/1hr, \$15/30min

* Free rentals for Members
Members receive a variety of discounts on all other rentals.

STAY IN TOUCH!

Never miss another great event! Sign up for our newsletter at fortwhyte.org or connect with us on social media.

@FORTWHYTEALIVE

STARTING IN **March**

SNOWSHOE CLUB

Explore the trails and lakes of FortWhyte by snowshoe, guided by a volunteer interpreter, and search for animal tracks and wildlife along the way. Drop by to try it out, or make it part of your weekend routine. Snowshoe rentals available.

Saturdays in March*
10:30 am–12 pm

Included with general admission, Free for FWA members
*Weather permitting, program may be cancelled due to lack of snow or slick conditions

SCIENCE CLUB ◆

Lead by FortWhyte scientist, Daniel Belanger, FortWhyte Science club explores biology, chemistry, physics, the environment, and so much more. Suggested for children aged 9 and up.

Sunday, March 3, 17 & 31,
Sunday, April 14,
Sunday, May 12 & 26 • 2–4 pm

Included with general admission, Free for FWA members

FRENCH SNOWSHOE HIKE EN FRANÇAIS!

Allons en raquettes! Join one of our bilingual interpreters for a leisurely snowshoe hike to experience FortWhyte from a new perspective. This is a great opportunity for Francophones and Francophiles alike to enjoy the outdoors en français.

Saturday, March 9 • 1–2:30 pm
Included with general admission, Free for FWA members

LAKE SHAKER (SOLD OUT)

FortWhyte Alive's most popular event is back! An unforgettable evening in the wild, the Lake Shaker comes complete with all of your favorite winter experiences. You can count on warm bonfires, cold beverages, live music, outdoor adventure — and a few surprises.

Saturday, March 9 • 7 pm

This event is now sold out. Thank you for your support!

SOURDOUGH WORKSHOP ◆

Join us for a fun and hands on workshop in the FortWhyte Farms kitchen. Discover the wonders of wild yeast, and learn to bake naturally-leavened sourdough bread. Participants will take home sourdough starter and a loaf ready to bake at home.

Sunday, March 10 • 1–3 pm
\$29 • \$24 for FWA Members

STORYTELLING BY THE FIRE

Gather around and listen to some of our favourite tales around an outdoor fire. After, roast a marshmallow and share some stories of your own. Suggested for families with children under the age of 12.

Sunday, March 10, April 14 & May 12 • 1–2:30 pm

Included with general admission, Free for FWA members

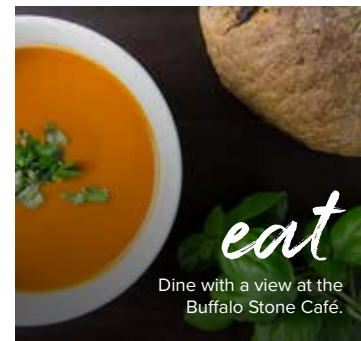
Marshmallows available while supplies last

WAGxFWA: WALL HANGING WORKSHOP ◆

Explore your creative side while enjoying the sights and sounds of life in our cozy cabin in the woods. Join FortWhyte Alive and the Winnipeg Art Gallery in creating your own Inuit-inspired wall hanging, with guidance from WAG instructors. All supplies are provided.

Sunday, March 10 • 1–3 pm

\$20 • \$16 for FWA & WAG Members
WAG members must call to register at the reduced rate



Dine with a view at the Buffalo Stone Café.

SHOPPING EVENT AT THE NATURE SHOP MEMBERS ONLY!

An after-hours shopping event exclusive to FWA Members. For one night only, enjoy 25% off at the Nature Shop. Indulge in a glass of wine or tea as you browse our collection of local, sustainable and nature-inspired wares. Send your kids and a guardian outdoors for tobogganing, marshmallows and a craft.

Thursday, March 14 • 5:30–8:30 pm

Free for FWA members. This is a members-only event

Discount applies to regularly priced merchandise

MUSHROOMS AND MANITOBA MAPLE SYRUP WORKSHOP ♦

Join expert Ken Fosty to learn how to ‘plant’ mushroom spawn and grow your own shiitake mushrooms on oak logs. This hands-on demonstration will show how to inoculate logs with mushroom spawn. You’ll also learn how to make syrup from local Manitoba maple and birch trees. Learn about tree identification & selection, tapping trees, boiling off sap, bottling, and storing syrup.

Saturday, March 16 • 1–2:15 pm

Included with general admission, Free for FWA members

FAMILY PASTA MAKING WORKSHOP ♦

Bring the slow food movement home. Spend an afternoon in the kitchen at FortWhyte Farms learning how to make fresh pasta from scratch. Learn, cook, taste — and take some samples home with you.

Sunday, March 17 & 24 • 1–3 pm

\$29 / 1 child & 1 adult • \$24 / 1 child & 1 adult for FWA Members
Suggested for ages 6-10

FULL MOON YOGA AND SNOWSHOE ♦

Join us for a mindful experience designed to help you practice self-care and build a deeper connection with nature. Start the session with a snowshoe hike to our cozy cabin in the woods, followed by yoga practice in community. Ash Bourgeois of Wild Path leads this unique experience combining nature, yoga and meditation.

Wednesday, March 20 • 7:30 pm

\$25 • \$20 for FWA Members
Suitable to all levels

OPEN FIRE BREWING ♦

Craft two unique beers featuring locally grown ingredients, with our resident beermaster, Barret Miller in our cozy cabin in the woods. No experience necessary — we’ll practice basic all-grain and malt extract brewing techniques transferable to your modern kitchen at home.

Sunday, March 24 • 1–4 pm

\$40 • \$35 for FWA Members

WORLD WATER DAY CELEBRATION

Join the movement to save and protect water. Get the information you need to learn the value of water, every day. Join us to take part in fun, family-friendly activities to help you conserve and protect water. Learn about water in the environment at an interactive watershed demonstration and by making your own toilet leak detector tablets!

Sunday, March 24 • 1–3 pm

Included with general admission, Free for FWA members

SPRING BREAK BONANZA

Drop in over Spring Break to get active outdoors with the whole family.

March 25 • All Day

Footprint Identification Exploration

March 26 • 1–3 pm

Toasty Trek

March 27 • All Day

Orienteering Adventure

March 28 • 1–3 pm

Spring Bingo

March 29 • All Day

Spring Scavenger Hunt

Included with general admission, Free for FWA members

STARTING IN April

MOCCASIN MAKING WORKSHOP ♦

Amber Cook of Amber’s Leather Creations will guide you through the step-by-step process of creating your own beautiful pair of moccasins. You will design and learn to make your own unique pair, including full instruction of sewing and beading techniques. All supplies will be provided.

Thursdays, April 4–25 • 6:30 pm

\$160 • \$150 for FWA Members
Includes four sessions, materials, and a finished pair of moccasins



FAMILY FOREST IMMERSION ♦

Engage your family in an immersive, inquiry-based outdoor experience and explore forest, prairie, and wetlands with a FortWhyte Naturalist guiding you along the way. This six-week session will leave you feeling confident and inspired to continue to make connections with nature in wild places near your home and beyond.

Saturdays, April 6 to May 11 •

10:30 am–12:30 pm

\$45/child, \$35/parent or guardian

Children must be accompanied by an adult during the program

For children 0 to 10 years old

KOKEDAMA WORKSHOP ♦

Learn the Japanese art of kokedama from the experts at Verde Plant Design. You will create your own hanging moss balls using tropicals, moss and a specialty soil mix. All materials are included.

Sunday, April 7 • 1–3 pm

\$70 • \$65 for FWA Members
Suggested for ages 16+, incl. adults

CHEESE MAKING WORKSHOP ♦

Our facilitator will guide you through the process of making mozzarella and ricotta cheese, sharing recipes and tips to leave you feeling confident to craft your own cheese at home. Learn in community, sample cheese, and even take some home with you.

Saturday, April 13 • 1–3 pm

\$40 • \$35 for FWA Members
Suggested for ages 12+, incl. adults

BIRDING + BREAKFAST ♦

Experience the spring migration at FortWhyte. Our experienced birding guides lead a sunrise hike for beginners and experts alike. Afterwards, compare checklists over a delicious breakfast in the Buffalo Stone Café.

Wednesdays, April 17–May 22 & Fridays, May 3–24 • 7 am

\$17 • \$13 for FWA Members
Drop-in: \$8 at the door, breakfast not included for drop-ins
More details at fortwhyte.org/events

LUMBER JACK + JILL BOOTCAMP ♦

Six-week functional movement bootcamp led by Trainer Jeff Kearns. This bootcamp will get creative with trees, logs, axes, saws, and canoes for a wilderness-inspired workout comprised of mobility, strength and cardio training.

Wednesdays, April 17 to May 22 6:30–8 pm

\$180 • \$170 for FWA Members
Suggested for ages 18+

SPRING CLEANING SWAP ♦

Clear your home of those items that no longer “spark joy” responsibly and sustainably. This spring cleaning stuff swap is a great way to connect in community, pass along gently used items, and minimize your environmental impact. Bring along gently used items that your family no longer uses, and swap them out for some great new-to-you goods. All leftover items will be donated to the Nearly New Shop.

Saturday, April 20 • 1–3 pm

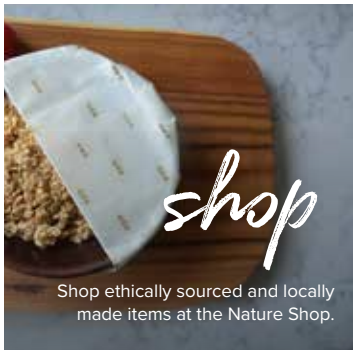
Included with general admission, Free for FWA members
More details at fortwhyte.org/events

EASTER BRUNCH ♦

The Buffalo Stone Café invites you to enjoy delicious brunch featuring local Manitoba ingredients, fresh baked goodies and salads – and surrounded by the natural beauty of FortWhyte.

Sunday, April 21 • 9:30 am–2:30 pm

\$35/person • \$16/children under 12
Please call (204) 989-8355 x 215 to make your reservation



EASTER EGG SCAVENGER HUNT

Join us for a children's scavenger hunt in the woods to search for the Easter Bunny's Helpers stationed in the woods. Be sure to bring your own basket to collect sweet treats along the trail. For children aged 12 and under.

Sunday, April 21 • 1–3 pm

Included with general admission, Free for FWA members
While supplies last

EARTH DAY

Let's celebrate the earth together! Join us for live entertainment, environmental workshops and exciting outdoor activities. Help us celebrate the planet with lessons in sustainability, special programming at FortWhyte Farms and a chance to explore the site at no cost — admission is free all day.

Sunday, April 28 • 10 am–4 pm

Free admission all day

WILD CHILD ♦

Designed for you and yours to connect with nature, this five-week session is infused with nature, fun, and outdoor-inspired adventure. Each session is designed to pair engaging lessons for adults with hands-on activities for the children.

**Tuesdays, April 30 to May 28
10–11:30 am**

\$100 for 5 sessions
\$80 for 5 sessions for FWA Members

STARTING IN May

SHORELINE REMEDIATION WORKSHOP ♦

Join FortWhyte and Seine-Rat River Conservation District to take part in a remediation project on the shoreline of FortWhyte. This skills-based workshop will involve you in installing innovative natural erosion control materials and planting living willow stems. Join us after the planting at 1 pm to participate in a willow crown or wreath making craft with our crafting leaders.

Saturday, May 4 • 10 am–3 pm

Free, with waived admission

INTRODUCTION TO BIRD PHOTOGRAPHY ♦

Learn the basics of bird photography with professional photographer Walter Potrebka, of Walter Potrebka Photography.

Sunday, May 5 • 1–4:30 pm

\$25 • \$20 for FWA Members

CABIN YOGA ♦

Ash Bourgeois of Wild Path leads this unique experience combining nature, yoga and meditation. Designed for all levels to build a deeper connection with nature, create a space to relax, to calm the mind and practice self-care.

Sunday, May 5 • 10:30 am–12 pm

\$25 • \$20 for FWA Members

FIT 4 TWO: STROLLER FITNESS ♦

Stroller fitness is a mobile way for you to get a full body workout and still be able to attend to your baby's needs. Each outdoor class includes intervals of power walking, functional strength training and cardio drills followed by postnatal-specific core work and flexibility.

Thursdays, May 9–30 • 10 am

\$55 for 4 classes
\$50 for 4 classes for FWA Members
Drop-in: \$15 • \$14 for FWA Members

MOTHER'S DAY SALE AT THE NATURE SHOP

Visit the Nature Shop and stock up on gardening books, planters, and garden ornaments during our Mother's Day Sale. As always, the Nature Shop takes care to source local, Canadian, handmade, and sustainable products so you can feel good about your purchases.

**Friday, Saturday & Sunday,
May 10–12 • All Day**

20% off for FWA Members, 10% for non-members

OPEN FISHING SEASON

Start the season off right by fishing for northern pike, walleye, yellow perch and carp on our five lakes.

**Everyday, from May 11 until
September 2 • 10 am–4 pm**

More details at fortwhyte.org/events

MOTHER'S DAY BRUNCH ♦

FortWhyte Alive provides the perfect backdrop to celebrate and say thank you to Mom. Treat her to a scrumptious brunch prepared by the Buffalo Stone Café, followed by a gentle stroll on our trails. Keep a lookout for goslings, ducklings and bison calves.

Sunday, May 12 • 9:30 am–2:30 pm

\$42/person • \$18/children under 12
Please call (204) 989-8355 x 215 to make your reservation

OPEN WATERCRAFT SEASON

Join us as we say 'hello' to paddle season. Our rowboats and canoes officially go in the water in time for May Long Weekend. As always, you can rent a canoe or rowboat for a half or full hour and explore the lakes of FortWhyte Alive. Weather and wind permitting.

**Everyday, from May 18 until
September 2 • 10 am–3:30 pm**

\$25/1hr, \$15/30min • \$15/1hr,
\$10/30 min for FWA members

Due to tighter monitoring of our lake water quality, we no longer allow personal watercrafts on site

WEEKLY ACTIVITIES

ALIVE IN THE WOODS

A line-up of inspired exploration to allow you connect, learn, and explore our intrinsic connection with the natural world. Take part in various nature inspired activities, crafts, games, and exploration. Suggested for ages 5+.

Every Saturday • 1–3 pm

Included with general admission, Free for FWA members

SOD HOUSE PIONEERS

Pioneers will show you what the daily life of the pioneers was all about, and answer any questions you have. This is a fun and interactive opportunity to learn a bit more about Manitoba's cultural history.

Every Sunday • 12–4 pm

Included with general admission, Free for FWA members

CAMPFIRE SERIES: EXPLORING ABANDONED MANITOBA ♦

Gather in community around a roaring fire. Gordon Goldsborough, author of Abandoned Manitoba, joins us to share stories about Manitoba landmarks and history. Spend time around the campfire enjoying s'mores and good company.

Wednesday, May 22 • 7–9 pm

\$15 • \$10 for FWA Members
Suggested for ages 16+, incl. adults

BISON SAFARI ♦

See North America's largest land mammal from just meters away, interacting in their natural habitat. These striking prairie beasts are stoic, hairy, and huge. Go on an adventure into our prairie past this summer, and leave knowing more about how bison have shaped Canada's history.

Thursdays, May & June • 1:30 pm

\$16 • \$12 for FWA Members
\$8 for children under 12