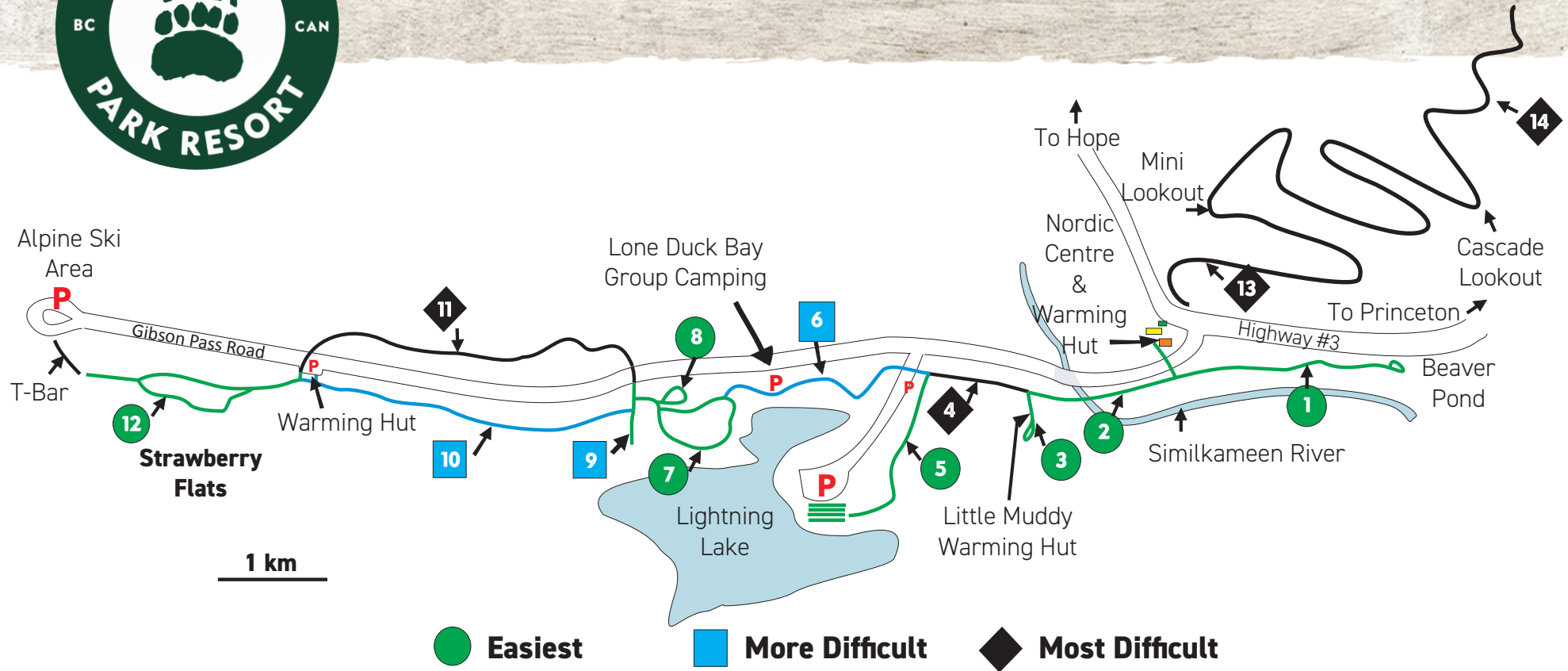




# MANNING NORDIC TRAILS



- 1 Beaver Pond Trail - 2km\*\*\*
- 2 Little Muddy Trail - 2.5km
- 3 Volunteer Camp Loop - 0.8km
- 4 Graduation Hill on Little Muddy
- 5 Lightning Lake Connector - 1km
- 6 Lone Duck Trail - 1km
- 7 Campground Loop - 1.7km

- 8 Mini Campground Loop - 1km
- 9 Nordic Adventure Park (snow permitting)
- 10 South Gibson Trail - 3.2km
- 11 North Gibson Trail - 3.1km
- 12 Strawberry Flats Loop - 2km
- 13 Cascade Lookout Trail - 8km
- 14 Blackwall Peak Trail - 8km (map not to scale for this trail)

Please note: Shuttle Bus only available when Alpine Ski Area is open. Please check with Nordic Centre for schedule and T-Bar availability.

\*\*\*Beaver Pond Trail is a Multi Purpose Trail - Dog and Snowshoe Friendly!



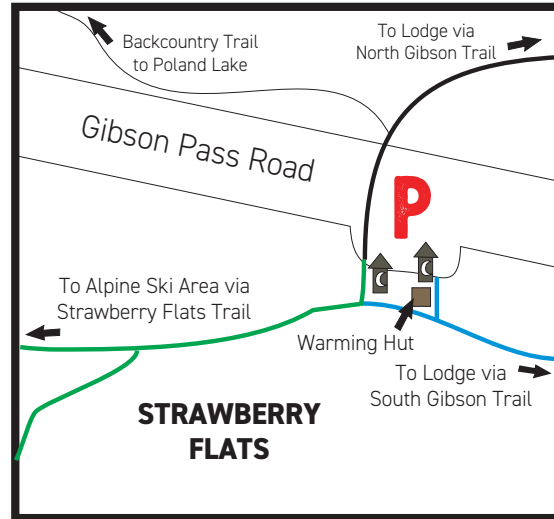
## Cross Country Responsibility Code

BE AWARE  SKI WITH CARE

THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1 Always check posted trail conditions
- 2 Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.
- 3 Always ski to right when passing on-coming skiers and when skiing on double track.
- 4 Yield the track to faster skiers and skiers calling 'track'.
- 5 Ski in control. On two-way trails descending skiers have the right-of-way.
- 6 Do not stop where you obstruct the trail or are not visible to others. Move off the track quickly if you fall or during rest stops.
- 7 Do not litter. Take out what you pack in. Respect all property.
- 8 Report all incidents.

**Know the Code - Be Safety Concious**  
It is Your Responsibility



**THERE ARE DESIGNATED SNOWSHOE TRAILS IN MANNING PROVINCIAL PARK. CHECK WITH THE NORDIC CENTRE STAFF FOR MORE DETAILS.**

## Frequently Asked Questions

### Where are the washrooms located?

Outhouses can be found at the Strawberry Flats Parking Lot, at Lightning Lake Day Use Area, and at the top of the Blackwall Peak Trail. Full facilities are available at the Daylodge, at the Alpine Ski Area and at the Nordic Centre.

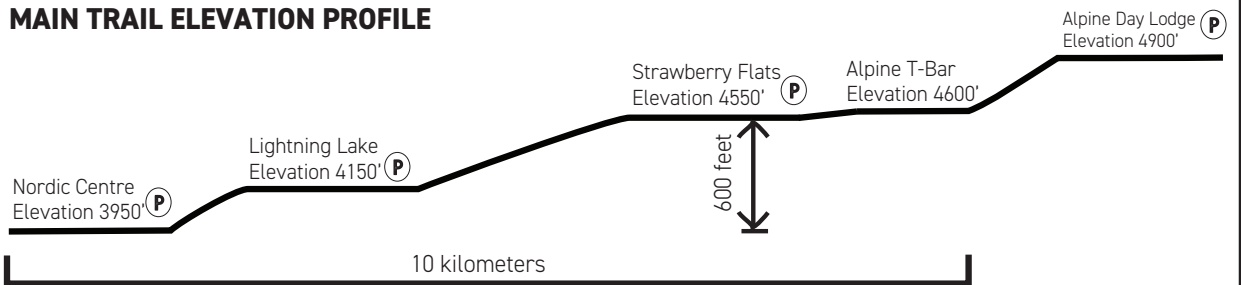
### Where are the Warming Huts located?

Warming Huts are found at the Strawberry Flats Parking Lot and at the Nordic Centre. A small shelter can be found at the Volunteer Campground Loop.

### Where can we park to access the trails?

Parking is available by the Nordic Centre, at the Alpine Ski Area, at the Strawberry Flats Parking Lot, at the Lone Duck Bay Group Camping Parking Lot, at the Lightning Lake Day Use Area and at the base of the Blackwall Peak Road.

### MAIN TRAIL ELEVATION PROFILE



### CASCADE/BLACKWALL TRAIL ELEVATION PROFILE

