PARKS CANADA IN THE
CANADIAN PRAIRIES
AT A GLANCE

19 NATIONAL HISTORIC SITES

4 NATIONAL PARKS

ONE OF THE WORLD’S LARGEST POLAR BEAR DENNING SITES

1ST RECORDED FIND OF DINOSAUR REMAINS IN CANADA

60+ RED CHAIRS
#SHARETHECHAIR

BE INSPIRED!
DISCOVER. CONNECT. PROTECT.
WELCOME!

Discover a land of adventures when you explore Canada’s history and wide-open spaces across the prairies.

Come for a day trip, or take a look at our itineraries and book a vacation to remember.

Learn more about how we’re working hard to fight climate change and discover how you can become a ‘citizen scientist’ and help protect biodiversity.

Memories await.

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7-DAY ITINERARY

THE RHYTHM OF THE PRAIRIES

FROM REGINA TO FORT WALSH

ROUNDTRIP: 1310 km

LOCATIONS:
Grasslands National Park
Motherwell Homestead and Fort Walsh National Historic Sites

DAY 1
MOTHERWELL HOMESTEAD
Abernethy, 110 km from Regina
Step into the past and see what life in the prairies was like at the end of the 19th century.

Explore the homestead and farm of W.R. Motherwell, see the way crops were harvested and animals were raised back when European settlers first arrived in Saskatchewan. Go for a scenic walk through the fields to reach a beautiful wetland area. Bring along a packed lunch to turn it into a picnic!

DAY 2
GRASSLANDS, EAST BLOCK
Saddle up and spend the day with a local tour operator to explore the wide open fields of the Grasslands, or take your own horse and experience the solitude of the prairies.

At night, gaze up into the sky as you listen to the sound of prairie nights and watch as thousands of stars appear in this Dark Sky Preserve.

DAY 3
Hit the trails again, this time on your own 2 feet. Go at your own pace as you take the time to discover the little things that make the prairies so spectacular. Then, take a step back and look at the bigger picture, as you cruise along the Badlands Parkway.

Photo Caption:
Grasslands National Park
**DAY 4**

**GRASSLANDS, WEST BLOCK**

Val Marie, 150 km from Wood Mountain

Stop at the visitor centre to learn about the history and importance of the Grasslands. See unearthed arrow heads and run your hand along the hide of a bison.

Spend the afternoon exploring the Ecotour Scenic Drive. Keep an eye out for roaming bison and some of the rarest wildlife in Canada.

- oTENTik, Frenchman Valley campground

**DAY 5**

Venture out into the wild and spend the day following one of the many trails through the region. Stop to smell the wildflowers and listen for the call of prairie dogs as you walk among the windswept prairie grasses.

- oTENTik, Frenchman Valley campground

**DAY 6**

Explore the French River up close and personal, taking a guided kayak tour up the winding waterway.

- oTENTik, Frenchman Valley campground

**DAY 7**

**FORT WALSH**

Maple Creek, 230 km from Val Marie

Experience life in the frontier: watch a demonstration of North West Mounted Police and their horses before having lunch in the middle of the historic fort.

Take a tour of the site where the Cypress Hills Massacre happened, then watch in awe as historic weapons are fired. Enjoy flavours of the past at the cook tent.

Return to Regina, 430 km
3-DAY GETAWAY

HISTORIC ROOTS TO HIKING BOOTS

FROM WINNIPEG TO WASAGAMING

ROUNDTRIP: 620 km

LOCATIONS
Riding Mountain National Park
The Forks and Lower Fort Garry National Historic Sites

DAY 1
THE FORKS
Start your day in the heart of Winnipeg!
Through curious objects and colourful characters, the history of this fur trade hub and First Nations meeting place comes to life. Go on a guided tour and hear stories of those who lived and traded here.

LOWER FORT GARRY
St. Andrews, 30 km from Winnipeg
Continue your journey with a trip to the 1850s as you visit Lower Fort Garry in the midst of the fur trade. Meet trappers and traders of the Hudson’s Bay Company, listen to First Nations stories, roll up your sleeves and challenge yourself to some fort tasks!

DAY 2
RIDING MOUNTAIN
Wasagaming, 280 km from Winnipeg
Cool off at the main beach, Clear Lake, nestled against the town of Wasagaming. Pick up a refreshing treat like gelato or an ice cream sandwich in town. Afterwards, wander down the South Lake trail to find a set of Red chairs to kick back in for the evening.

DAY 3
Lace up your hiking boots and head deep into the beating heart of endless forests, grasslands and lakes. Enjoy the natural beauty of the prairies along more than 400 km of trails; venture out to Grey Owl’s historic cabin, cruise down the rolling Bald Hill trail or test yourself on the rugged Reeve’s Ravine trail. Maybe even try something different and hit the trails on a fat bike!

Return to Winnipeg, 280 km
CONSERVING
FOR THE FUTURE

THE CHALLENGE
How can we re-populate the plains with bison?

Prior to European settlement, the prairies were home to millions of free-roaming bison, but by the 1880s this magnificent beast had been hunted to near global extinction.

A STEP IN THE RIGHT DIRECTION
Back in December 2005, Parks Canada introduced a herd of 71 Plains Bison from Elk Island National Park to Grasslands National Park.

THE RESULT?
Today, there are some 450 bison thriving and playing an essential role in reshaping the ecology of the prairies.

GET INVOLVED
NOW IT’S YOUR TURN

FOSSIL FEVER EVENT
Got the fever? Fossil Fever? An exclusive opportunity to dig for a day with Royal Saskatchewan Museum Palaeontologists. Learn their techniques, help uncover and cast fossils, and discover the history of the 65.5 million-year-old dinosaur fossils found beneath the earth.

Grasslands National Park p. 11

GRAB YOUR BINOCULARS
Lend a biologist a helping hand! Watch out for loons and their young on lakes in the park and keep note of your observations. Your efforts will help strengthen the Canadian loon population as well as monitor the health of the ecosystem.

Prince Albert National Park p. 11

RECORD YOUR NATURE OBSERVATIONS
Use the iNaturalist mobile app to record your plant or animal observations—anytime, anywhere. Every observation contributes to our knowledge of biodiversity.
STAYING THE NIGHT?
WE’VE GOT YOU COVERED

TENT AND RV CAMPING
Stay close to nature at one of our wonderful campsites—at your preferred comfort level.
Available in Riding Mountain, Grasslands and Prince Albert National Parks; and York Factory National Historic Site.

FROM $21.05 PER NIGHT

BACKCOUNTRY CAMPING
The ultimate overnight adventure: just you, your tent and the great outdoors—far from the beaten path.
Available in Riding Mountain, Grasslands and Prince Albert National Parks.

FROM $10 PER PERSON PER NIGHT

DON’T MISS OUT
PARKSCANADA.GC.CA/ACCOMMODATIONS
RESERVE TODAY!
oTENTik
The perfect mix of tent and A-frame cabin comes together in our oTENTik with its raised floors and cozy beds; great for campers who want a little extra comfort in the wild.
Available in Riding Mountain, Grasslands and Prince Albert National Parks.

YURT
Live life without corners in a circular yurt! This traditional dwelling of Central Asian nomads is just right for a night of camping with a dash of homelike comfort.
Available in Riding Mountain National Park.

MICROCUBE
Get super-cosy in a MicrOcube, the designer way to score a window over the wilderness, while sleeping with a roof over your head and a floor beneath your feet.
Available in Riding Mountain National Park.

HISTORIC STAY: EQUESTRIAN CAMPING
Immerse yourself in one of Canada’s national treasures with a very special overnight stay in truly historic surroundings.
Available in Grasslands National Park.

TIPI
Traditional nomadic home of the Plains peoples, sleep soundly under the canvas, your dreams following the path of your tipi poles which connect the earth to the sky.
Available in Grasslands National Park.
OAK RIDGE TRAIL
One of my favorite spots in Riding Mountain National Park is the Oak Ridge Trail. It's a unique landscape around Scott Creek with oak trees and ferns. It's so refreshing to dip your feet in the creek after the hike! This is different than any other trail in the park and it feels like you’re in a “fantasy world” with the ferns and over-hanging trees!

Roxanne
Resource Management Officer

THE BLACKSMITH
Walking through Lower Fort Garry National Historic Site, the clanging of metal always draws my attention towards the blacksmith's. It's fascinating to hear about the role of blacksmiths on the frontier and the challenges they faced. I could spend hours watching the hammer shape scrap metal into sturdy nails.

Tony
Marketing Assistant
BANKS OF THE RIVER
There’s nothing nicer than looking down into the South Saskatchewan River valley with the clouds rolling by up above. While many visitors explore Batoche National Historic Site for its rich history and culture, I love going on a quiet walk along the banks of the river to visit the Caron home.

Adam
Special Events Coordinator

HEART OF THE CITY
The Forks is truly the beating heart of Winnipeg—and one of my favourite places in the city. Any day of the year you can find old friends catching up over coffee, first dates walking hand-in-hand down the river walk, and big families coming together for a delicious meal.

Emily
Promotion Officer

NIGHT SKY AT KINGSMERE LAKE
I looked up and a million stars shattered the moonless night. The snow on Kingsmere Lake shone under their glitter. There is no such thing as real darkness – only a different way of seeing. Prince Albert National Park in the dark is waiting to share its precious gems.

Colleen
Interpretation Coordinator

BORDERLANDS VIEWPOINT
One of my hidden gems at Grasslands National Park, the Borderlands viewpoint, is a beautiful and unique spot that can even be seen from the Red chairs at Molstead. The hike there is a backcountry trail that’s impassable when wet, so make sure to plan ahead and come prepared for the remoteness of the area. But that’s what makes it special!

Shauna
Interpretation Coordinator
Grasslands
A home of wild prairie landscapes, species, skies and adventures.
DON'T MISS
- Meet some of Canada’s rarest fossilized dinosaurs and present-day wildlife.
- Enjoy camping in frontcountry comforts or backcountry getaways. Adventure awaits!
Val Marie | 1-877-345-2257
parkscanada.gc.ca/grasslands
@ParksCanada_SK | #GrasslandsNP

Prince Albert
A transition zone between fescue grasslands, aspen parkland and northern boreal forest.
DON'T MISS
- Experience the Bagwa Paddling Route: a classic Canadian adventure.
- Spend the day at one of the seven sandy beaches with marked swim areas on Waskesiu Lake.
Waskesiu | 306-663-4522
parkscanada.gc.ca/princealbert
@ParksCanada_SK | #PrinceAlbertNP

Fort Walsh
A living fort from the 1870s where Canadian law was brought west.
DON'T MISS
- Order! Take part in a historic courtroom trial.
- Hike or ride a bike to explore the trails and the backcountry.
Maple Creek | 306-662-3590
parkscanada.gc.ca/walsh
@ParksCanada_SK | #FtWalshNHS

Fort Battleford
A historic fort, featuring five original buildings, which played a central role in the events of 1885.
DON'T MISS
- Experience National Indigenous People’s Day at the Fort June 21st.
Battleford – 145 km from Saskatoon
306-937-2621 | parkscanada.gc.ca/battleford
@ParksCanada_SK | #FtBattlefordNHS

Batoche
The site of the armed conflict between the Canadian and Métis provisional governments in 1885.
DON'T MISS
- Journey Through Time on an interactive tour.
- Hike, picnic and explore amazing river views and trails.
Wakaw – 90 km from Saskatoon
306-423-6227 | parkscanada.gc.ca/batoche
@ParksCanada_SK | #BatocheNHS

Motherwell Homestead
W.R. Motherwell’s original homestead and an authentic snapshot of prairie farm life.
DON'T MISS
- Meet our animals! The heartbeat of the farm starts in the barn.
- Gather and season your senses with our homestead flavours.
Abernethy – 100 km from Regina
306-333-2116 | parkscanada.gc.ca/motherwell
@ParksCanada_SK | #MotherwellNHS

Grab your souvenirs at one of our gift shops or online at parkscanadashop.ca
The Parks Canada mobile app: your guide to a perfect trip!

7 Wapusk
A subarctic wilderness protecting one of the largest polar bear maternity denning areas in the world.

DON’T MISS
- Book a guided trip for the chance to view polar bears from tundra vehicles and from a seasonal lodge at Cape Churchill.
- Fly in by helicopter for an aerial tour and an adventure of a lifetime!

Churchill | 204-675-8863
parkscanada.gc.ca/wapusk

8 Riding Mountain
A region of boreal forest, aspen parkland and fescue prairie.

DON’T MISS
- Explore Riding Mountain’s biggest lake by kayak with the help of a Parks Canada guide.
- See the skeletons hidden in the park’s closet with Wasagaming on Edge: Drinks, debauchery, and the dirty thirties.

Wasagaming – 270 km from Winnipeg
204-848-7275 | parkscanada.gc.ca/riding
@RidingNP | #RidingNP

9 Riding Mountain Park East Gate Registration Complex
The only rustic design style gate left standing in a National Park.

DON’T MISS
- Enjoy a picnic while admiring the hand-hewn logs and carefully gathered stones.

Riding Mountain – 245 km from Winnipeg
204-848-7275 | parkscanada.gc.ca/riding

10 Riel House
The family home of Louis Riel, commemorating Métis culture.

DON’T MISS
- Get the inside track on this amazing site with Parks Canada’s Xplorers booklet, full of exciting activities!
- Enjoy lively Métis fiddle music and special guests during the Thursday night soirees.

Winnipeg | 204-983-6757
parkscanada.gc.ca/riel | @ParksCanadaMB
#RielHouse

11 The Forks
The birthplace of Western Canada and a legendary hub of trade and culture.

DON’T MISS
- Discover The Forks’ hidden history! Take a 6 000-year journey back in time on a 60-minute guided tour.
- Explore the colourful Prairie Garden, a tribute to Winnipeg’s roots.

Winnipeg | 204-983-6757
parkscanada.gc.ca/forks | @ParksCanadaMB
#TheForks

12 St. Andrew’s Rectory
A mission serving as an excellent example of mid-19th century Red River Hudson’s Bay Company architecture.

DON’T MISS
- Take a self-guided GPS tour and learn more about life for those who lived along the Red River in the 19th century.

St. Andrews – 25 km from Winnipeg
204-785-6050
parkscanada.gc.ca/standrewsrectory
@ParksCanadaMB | #StAndrewsRectory

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Your **Discovery Pass** provides admission for a full year to Parks Canada places from coast to coast to coast.

Start planning your adventure!

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**York Factory**

The Hudson's Bay Company's major trading and administration centre for over 3 centuries.

**DON'T MISS**
- Time-travel through fur-trade history on a self-guided tour.
- Explore the Great Depot building's rooms filled with cannon balls, fine china, and thousands of other artifacts.

Churchill | 204-675-8863
parkscanada.gc.ca/yorkfactory
@ParksCanadaMB | #YorkFactory

**13 Lower Fort Garry**

Where Treaty No. 1 was made with the Saulteaux and Swampy Cree First Nations people and the Crown.

**DON'T MISS**
- Experience the Fort this summer with hands-on heritage workshops and new evening events.

St. Andrews – 25 km from Winnipeg
204-785-6050 | parkscanada.gc.ca/fortgarry
@ParksCanadaMB | #LowerFortGarry

**14 Prince of Wales Fort**

A key site in the 18th-century French-English rivalry for control of the territory around Hudson Bay.

**DON'T MISS**
- Hike along the bedrock, beach front and old ox cart trail from Sloop Cove to Prince of Wales Fort
- Take a guided tour of Cape Merry Battery and experience panoramic views of the wildflowers, wildlife, and the Hudson Bay.

Churchill | 204-675-8863
parkscanada.gc.ca/princewalesfort
@ParksCanadaMB | #PrinceofWalesFort

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