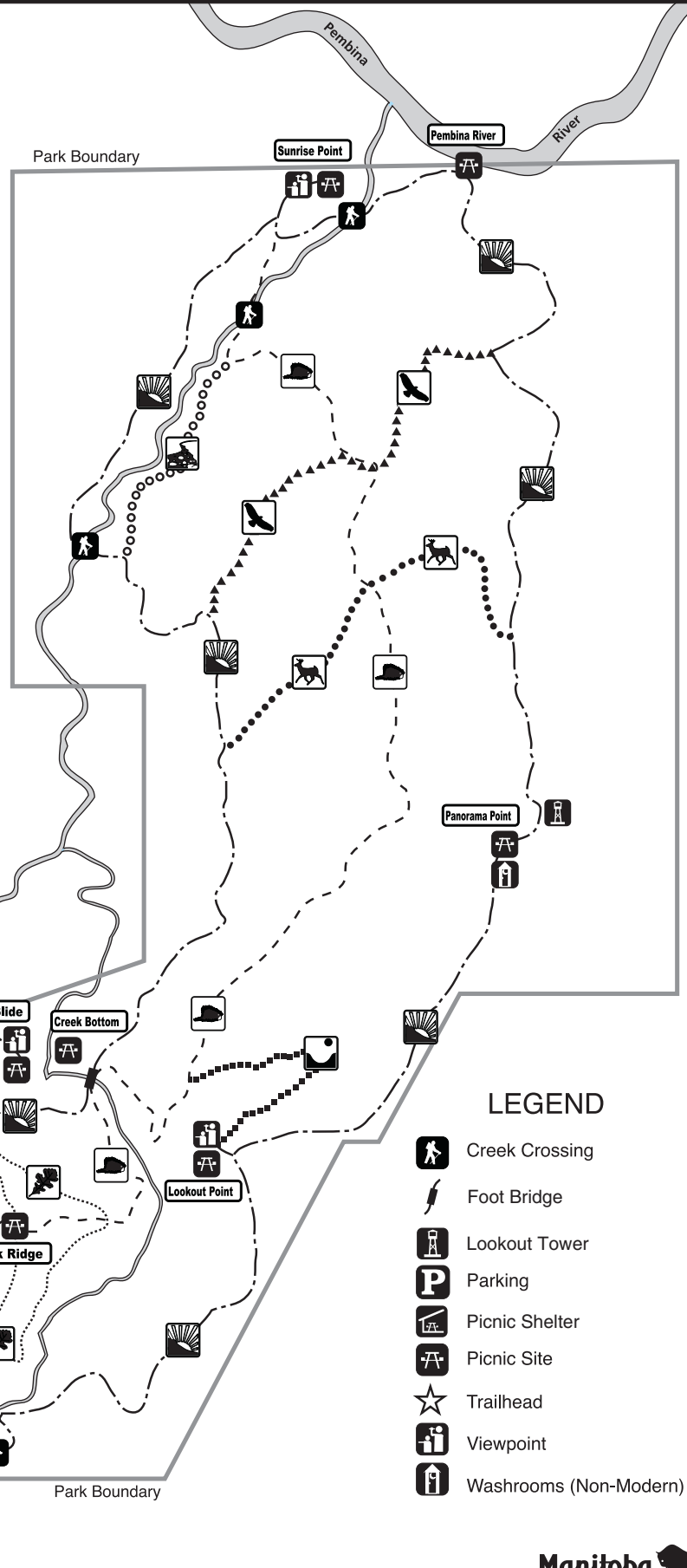
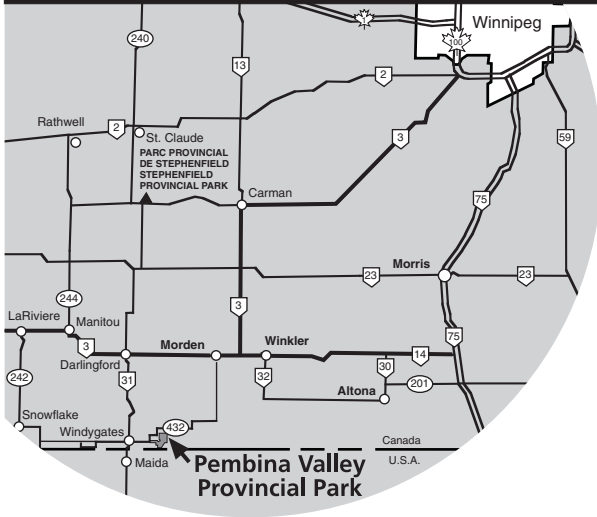


Pembina Valley Trails

Pembina Valley Provincial Park



TRAILS

-----		Pembina Rim	Yellow	6.5 km
.....		Oak Woods	Pink	1.3 km
- - - - -		Porcupine Ridges	Green	2.6 km
.....		Valley Vistas	Purple	500 m
.....		Whitetail Hollows	White	700 m
.....		Hawks Hills	Red	700 m
.....		Boulder Creek	Blue	400 m

Allow 20 minutes walking time per kilometre

← 4.8 km to P.T.H. 31

Park Boundary



NOTE:

- For more information call 1-800-214-6497. In Winnipeg call 204-945-6784 or visit us at: www.manitobaparks.com
- IN CASE OF EMERGENCY CALL 911








LEGEND

- Creek Crossing
- Foot Bridge
- Lookout Tower
- Parking
- Picnic Shelter
- Picnic Site
- Trailhead
- Viewpoint
- Washrooms (Non-Modern)

Distances, Difficulty and Descriptions

Levels of Difficulty:

1 – Easy Trail	Essentially Flat, Level Trails
2 – Moderate Trail	Gently Rolling Terrain with no serious ascents or descents; Minimal Side Slopes
3 – Moderately Difficult Trail	Some Steep Ascents or Descents with Short Side-Hill Sections
4 – Difficult Trail	Many Steep Ascents and/or Descents with Narrow and Side-Hill Sections
5 – Extremely Difficult Trail	Long, Steep Uphill and Downhill Sections with challenging Narrow and Side-Hill Stretches; Trail may be difficult to distinguish in places

Name	Section	Distance	Difficulty	Description
Pembina Rim 	Entire Trail	6.5km (Loop)	3	A long loop trail around the perimeter of the park that takes in everything that Pembina Valley Provincial Park has to offer.
	Trailhead to Lookout Point	1.6km	3	Descent to a creek crossing and then a good climb back up to the top of the valley along an old road.
	Lookout Point to Panorama Point	700m	1	Level section along the old road at the top of the valley.
	Panorama Point to Pembina River	1.4km	3	Gradual slope to the bottom of the Pembina River Valley with some steeper sections.
	Pembina River to Sunrise Point	400m	4	Level through shrubs to creek crossing, then a difficult sloping/side-hill section to the picnic site.
	Sunrise Point to Creek Crossing	700m	3	Up and Down section along the top of a ridge with a steep slope at the south end.
	Creek Crossing to Creek Bottom	1.1km	2	Rolling terrain through the forested valley to the picnic site.
	Creek Bottom to Shale Slide/Trail Head	600m	3	An extended uphill return to the trailhead.
Oak Woods 	Entire Trail	1.3km (Loop)	2	A short loop trail providing a good sampling of the Pembina Valley Landscape; there are a few side-hill sections and a moderate climb to return to the trailhead.
	Trail Head to Creek Bottom	700m	3	Steep descent down a ridge to the edge of the creek.
Porcupine Ridges 	Entire Trail	2.6km (5.2km Return)	3	A central "out-and-back" trail through the middle of the park that winds through the dense forest of the Pembina River Valley.
	Creek Bottom to Creek Crossing	1.7km	3	Short, steep climb to begin and then gradually back downhill to the creek bottom.
	Creek Crossing to Pembina Rim Trail	200m	5	Steep climb along precarious side-slopes on a trail that can be difficult to find when unmowed – For Serious Hikers Only!!!
Valley Vistas 	Entire Trail	500m (Connector)	3	A steadily sloping connecting trail that doubles back on itself with some spectacular views down the valley.
Whitetail Hollows 	Entire Trail	700m (Connector)	2	A gently rolling connecting trail with a gradual slope that winds around a deep, shrub-filled depression.
Hawks Hills 	Entire Trail	700m (Connector)	2	Terrain is similar to the Whitetail Hollows trail and cut through the dense forest; keep an eye out for Red-Tailed Hawks circling overhead.
Boulder Creek 	Entire Trail	400m (Connector)	3	Following the creek bed, there are a few side-hill sections but no serious climbing on this trail that takes in the dramatic banks of the shale-based valley.

Precautions:

Please be aware that weather conditions will cause a variance in the trail ratings. An extremely hot or cold day can increase the level of difficulty of a trail by as many as one or two full points, so each person should adjust his or her pace accordingly. Rain or snow can cause deterioration in the surface of a trail. It is advisable to carry water with you on all hikes. It is possible to become dehydrated in cold weather as well as hot weather.