



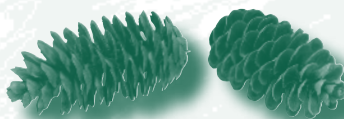
trail, head

fall/winter
07/08



falcon trails resort goes greener

We are on the path to being as 'green' as possible. This is our promise to our guests, our community, and our environment. We started down the green trail with our High Lake eco cabins where we use solar power, composting toilets and have limited vehicle access (Falcon Trails will transport your supplies in). The cleaning supplies at High Lake have been 'nature friendly' from the start and we are pleased to announce that all Falcon Trails cabins now are cleaned with environmentally friendly products.



native species garden

We have extended our green reach to the great outdoors where we are taking our cue from nature. This summer we began planting a native Manitoba garden with plants indigenous to the Boreal and Prairie regions. Jen Rosewarne, past resident and long time employee, took a gardening workshop with John Morgan, owner of Prairie Habitats Inc. (www.prairiehabitats.com/) and has been inspired ever since. Jen explains the benefits of a native garden:

"The Falcon Trails Resort native Manitoba garden is an innovative adventure demonstrating beautiful species and a natural, low maintenance garden. Guests will enjoy the visual appeal, we will appreciate the reduced watering requirements and weeding, and our environment will benefit from reintroducing local biodiversity."

"The flowers that have evolved in Manitoba – some established 10,000 years ago – are well adapted to the local climate, are suited to the soil conditions, and work in amazing harmony with unique allies. Butterflies, birds, and a great variety of insects live on the nectar, pollen, and seeds of the native plants. In turn, these creatures pollinate the flowers, an essential requirement to the plants' survival."

"Thanks to their evolution in this environment, native plants require less water than introduced species. Native plants work together to gather enough fertilizer from the soil and air without needing supplements, and are more resistant to drought, pests, and disease than non-native plants."

"Native plants help prevent erosion with their extensive root systems."

"With our native garden, we will be working to reduce the amount of areas we mow. We are situated in a magnificent eco-system where native grasses and plants provide aesthetic pleasure to humans and essential habitat to birds, insects, and other creatures. Our goal is to re-establish more of the natural habitat to support the wild world around us and build up the natural riparian areas that protect the lake."

If you want to learn more about riparian edges and protecting our lakes, check out these sites:

- Fisheries and Oceans Canada has a series of Manitoba-specific fact sheets (see http://www.dfo-mpo.gc.ca/regions/central/pub/fact-fait-mb/index_e.htm) that provide the rationale and tips for protecting shorelines.
- The province of Manitoba has published a booklet called Manitoba's Water Protection Handbook available online at: http://www.gov.mb.ca/waterstewardship/reports/water_protection_handbook.pdf





interior facelifts

April was a hub of activity at Falcon Trails as sanders and paintbrushes were applied liberally to the five dock-side cabins near the Welcome Centre. You will find freshly painted walls and gleaming pine floors in addition to other great amenities. When November blows in, we are heading inside to give the same treatment to the beach cabins.

We have also brought in new linen and replaced the BBQ's. There are more improvements to come – stay tuned!



boreal lodge falcon trails' newest accommodation

Formerly the manager's quarters, this spacious, uniquely designed cabin is available for larger groups – up to six adults or a family of eight. Boreal Lodge has a private dock, two decks, a six-person hot tub, and an outdoor fire pit.

Situated above the lake on a jack pine ridge, the views are spectacular. There also is an indoor (one-person) Jacuzzi, a dishwasher, and a washer/dryer.



For information about renting Boreal Lodge, please call Falcon Trails resort at 204 349 8273 or email us at relax@falcontrails.mb.ca





staff meeting without distractions

Falcon Trails Resort is the perfect setting for a business meeting, strategic session or team building retreat. Our conference facility seats 25 and has a stone fireplace and two decks. Our in-house caterer, Barb, will tempt you with her delectable cooking. One of the favourite catered dinners is the Manitoba Meal, which features pickerel and wild rice. If bbq is more your style, we have ribs, chicken and even a bbq-your-own-steak option.

To book your group call 204 349 8273 or send us an email at relax@falcontrails.mb.ca

wonderful wildlife

Our hiking and mountain biking trails through the Boreal Forest provide a great avenue into the world of wood warblers, deer and fox, to name a few of the many types of animals who live around Falcon Trails.

We support handouts to the birds during the winter, while the bears are sleeping, but not to any of the other wildlife in our midst. **Please do not feed any wild animal.** They could be dangerous to you and they could become dependent on humans – never a wise choice!

We also love to hear about any bird or wildlife sightings in the area. Let one of the staff in the Welcome Centre know what you have seen, or leave us a note in your cabin. Keep your eyes and ears open to the sight or sounds of wolves around High Lake especially. There were plenty of wolf sightings last winter.



what else is new?

There is a new deck at the Welcome Centre. Not only does this give more room to guests, business or meeting groups, it allows for more room to appreciate the view. On the deck are several wooden chaise loungers handcrafted by Craig Christie that make it the perfect place for a cup of coffee or glass of wine.

a fond farewell

We bid a fond farewell to our former Falcon Trails partners, Rich and Lois Pettit, who left for new adventures in Alberta late last year. Rich and Lois were one of the three couples who launched Falcon Trails Resort and Falcon Ridge Ski and Recreation Area in 1996. Over the years, many of you will have received a warm welcome from Lois in the Welcome Centre or at the Ski Chalet. You will have chatted with Rich as he serviced the hot tubs or groomed the trails at the Ridge.

Rich and Lois helped make Falcon Ridge a viable business operation, ensuring many future seasons of skiing, boarding, and tubing at the Ridge. Their ideas, hard work, and talents will be greatly missed, not only at Falcon Trails and Falcon Ridge but by the community where their volunteer activities enriched the lives of many. We wish them happiness and good luck.



meet the falcon trails resort team



From left to right along the front: **Craig Christie** – Craig and Barb are the creators and builders of Falcon Trails. They are the perfect fit for the resort and ski hill. Craig spent all of his childhood summers in the Whiteshell and learned to ski at Falcon Ridge. **Barb Hamilton** – Barb grew up at Falcon Lake and also learned to ski at the ski hill. She is naturally happy to be spending more and more time at Falcon Trails and Falcon Ridge. **Brooke Christie**–Craig and Barb’s youngest of three daughters working at the resort outside, at the front desk, at the ski hill or wherever we need help. **Caliegh Christie** – Daughter number two, gives ski lessons and works outside at the resort. Her specialty is painting. Wait till you see the Chalet this year! **Gaby Weiss** – Gaby came to work at Falcon Trails earlier this year. She helps keep the cabins sparkling clean for your visits. **Seline Weiss** – Seline supervises Gaby and brings smiles to everyone – guests and employees alike. **Juventina Schumann** – Our superhero Juv has been with us since the beginning and she continues to teach new staff her high standard of cleaning. Her bubbly personality is hidden in this photo (why didn’t you smile?), but when you meet her, you will know the truth. **Back row from left to right:** **Andrea Mensforth** – Andrea is one of the volunteer ski patrols at the ‘Ridge’ and helps by pitching in anywhere at the Resort or ski hill. **Gerry Desjardins** – Gerry is another one of the volunteer ski patrols. He is a tireless handyman who will be helping us at the resort and ski hill all winter long. **Emily Christie** – Emily is the eldest daughter and you will find her warm welcome at the front desk or on the slopes giving snowboard lessons or working in the rental shop in the Chalet. **Jesse Matas** – Jesse works in the rental shop at the ski hill with Emily and on special occasions will entertain us with his wonderful voice and guitar playing. **Lauren McWilliams** – We are pleased to introduce our new manager, Lauren, who keeps busy helping Barb and Craig with the resort and the ski hill.

Missing from photo: **Jen Rosewarne** – Jen has been resident at Falcon Trails for three years but recently left us to return to university. She is most remembered for checking hot tubs and her Manitoba Natural Habitat gardens (with her little girl, Millie) but also has been very busy in many other aspects of the resort including keeping us sane. **Gord Picken** – Gord is a temporary resident at Falcon Trails who has been the canteen chef at the ski hill and all-around handyman. **Mim Neufeld** – Mim is the cheery voice at the front desk on many weekends working as a lift operator at the hill. **Barb Zimmerman** – (picture below) Barb is our newest employee. Until now, she has been the caterer for business groups. Her meals are mouthwatering and have been the highlights of many meetings. Now, we are fortunate to have her full time catering and working at the front desk.

Interested in becoming a part of this team in a magnificent setting? Send your resumé to relax@falcontrails.mb.ca. We are now accepting resúmes for the Falcon Ridge Ski 2007-08 season as well.





baby soft bamboo t-shirts

You are going to love our new Falcon Trails t-shirts. They are made of bamboo - an incredibly soft material that is cooler and drier than cotton as well as being environmentally friendly. Visit the Welcome Centre to see - and feel - this new merchandise.



it's a deal!

You can enjoy the same great facilities for a special rate from October 22nd to December 13th and from April 1st to May 15th for mid-week (Sunday to Thursday night) - only \$119 (plus taxes). Same great environment - with that delicious fall or spring scent, the changing of the leaves, the briskness in the air all thrown in at no extra cost! PLUS, to encourage you to enjoy our beautiful resort for a bit longer, you are eligible to purchase a night for ONLY \$49 (plus taxes) to add to your minimum 2 night stay (availability permitting).



experience more at falcon trails resort



In addition to exploring our biking, hiking, cross-country ski trails, groups can tour the lake with their own guide. Falcon Trails Resort now offers canoeing lessons and tours. Call ahead to book your group or watch our website for dates next summer. We can also organize guided fishing expeditions.

If you just want to experience more relaxation, our local masseuse and yoga instructor can help with aromatherapy and thai massages. Call ahead for your appointment.

Photo Credit: Art Turner.



ridge lines



you won't recognize us

The Ski Chalet is receiving a bit of a face lift. It is amazing what a fresh coat of paint can do! Come out and see the new, fresh colour of the Chalet this winter!

The Swamp Donkey Adventure Race



What is a Swamp Donkey Adventure Race? It is a race for teams of three who will trek, mountain bike and paddle a 40 to 50 km course over 5 to 8 hours. The teams will have to work together, carry their own food and

water and use maps and compasses to find the way. The amazing Swamp Donkey Adventure Race held on Saturday, October 13, 2007. Here are the results:

Tights and Sirens - 1st - **EMS/Military**

Fresh Air - Veterans -1st - **Mens**

Donkey Punchers - 2nd - **Mens**

CRASS - 3rd - **Mens**

SOS - 1st - **Womens**

Endo - 2nd - **Womens**

Fresh Air - Young Guns - 1st - **Co-ed**

Cake or Death - 2nd - **Co-Ed**

Fudu Lite - 3rd - **Co-ed**

To get more info to www.swampdonkeyar.com

calling all boarders and freeskiers

If you have not experienced the Bear Pit, you are missing out. Many say that the Bear Pit is the best terrain park in Manitoba. Designed and sculpted by local experts, the park boasts several rails, boxes and later in the season, a quarter-pipe. It is even serviced by its own rope tow called Smokey.



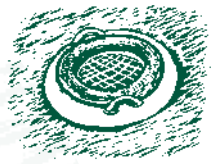
new to skiing or boarding?

Our new lift is for you!

This year, we are adding a lift that is ideal for beginners. It is called a "handle tow." It is just as it sounds, there is a handle to hold onto as you are towed up the hill. We have kept this tow short and it only goes part way up the hill. This is the perfect lift for the "newbies."

Falcon Ridge also rents equipment and provides lessons for both skiing and snowboarding. Our certified instructors will make you feel comfortable, making your time outdoors more enjoyable.





hot dates all winter long

Keep enjoying the end of summer and early fall but mark these dates on your calendar to make sure the upcoming winter is hot on activity if cold in climate:

The Biathlon Manitoba Cup races and Provincial Championships
October 28th Summer Biathlon Championships
December 16th Manitoba Cup Race #1
January 20th Manitoba Cup Race #2
February 16th - Manitoba Cup Race #3
March 1st - 2nd Biathlon Manitoba Provincial Championships

Biathlon has a special place in our hearts as we root for our own **2010 Olympic hopeful Megan Imrie** who began her biathlon training at the Falcon Ridge biathlon trails and range. (Photo Megan Imrie).



more hot dates

- **Swamp Donkey Adventure Race**, October 13, 2007
- **Falcon Lake Beavers Days**, second weekend in February
- Second annual Hot Dog Day, February 23
- **King of the Hill** snowboard competition – who will be the 2008 champ?



- **Concert series featuring Jesse Matas** and friends entertaining guests in the Ski Chalet with blue grass and folk music – a delightful interlude from the slopes
- **Boogie on the slopes** – a 1980s tribute on the last Saturday in February – wicked! Get stoked for another bodacious, gnarly party.
- **Puddle Run** to wrap up the season – the annual wind-up skiing and snowboarding into a lake at the bottom of the hill.

Watch our website for upcoming events and activities at Falcon Ridge Ski & Recreation area:
www.falcontrails.mb.ca/falconridge/index.html



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our commitment to sustainability:

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