



trailhead

winter issue 03/04

Imagine a massage in your own cabin

After a hard day's ski or hiking, head back to your cabin for a massage by a certified massage therapist. Then slip into your private outdoor hot tub and soak in the breathtaking scenery. Please contact us two weeks in advance to book your in-cabin massage. Check the website www.falcontrails.mb.ca for more on our Spa and Relax packages.



Take the office out of town

Try a work retreat or conference at Falcon Trails. The Welcome Centre provides a spacious, comfortable place for retreats, seminars, break-out sessions, or just a friendly getaway. We've enjoyed having a variety of businesses take advantage of our Manitobahospitality. Robert Spriggs, of Vector Construction, wrote to us after holding some management meetings at Falcon Trails. "We certainly enjoyed ourselves and the feedback to me was that Falcon Trails Resort is a first rate resort and a location we should consider returning to." Come and see for yourself why so many business groups want to return.

High Lake eco-cabins ready for you

Our two new, luxurious cabins at High Lake are ready for you. Your adventure begins with a 2.5 km hike or ski to your wilderness getaway. While enjoying your hike your gear will be transported for you. Experience nature from the comforts of one of our beautiful cabins, both outfitted with eco-sensitive amenities, including solar power and composting toilets. The cabins will be available for renting until New Year's and then again in the late winter through until next winter. Check our website for photos and details about this unique opportunity.



1

Minor surgery

We didn't need a plastic surgeon, but we did make the Welcome Centre even more inviting by giving it a bit of a facelift with new, stained siding. Inside, we're still ready to greet you, help you find your way to your cabin, direct you to activities, or just answer your questions. We've also added floor lamps in the cabins and in the Welcome Centre to brighten things up even more.



2

1. Highline
2. Juniper

Sauna with a view

The log cabin that was constructed last fall in the Falcon Ridge parking lot now is located just off the path by the main dock (as you head towards the cabins on the beach). Not only is this log cabin sauna pretty to look at, it gives you a wonderful view of the lake. And if you take a look on the north side of it, you'll see why we call it Bear Paw Sauna. Falcon Trails guests are welcome to use the sauna as part of their stay with us.



Falcon Trails Falcon Ridge Profiles Lois Pettit

She's the cheery voice you often hear on the phone, and the equally friendly face who greets you in the Welcome Centre and in the Ski Chalet. Lois, who is married to Falcon Trails partner Rich Pettit, has lived in the Falcon area since 1996. Living away from the city was easy for Lois, particularly since she grew up on a farm in the Interlake area. The potential of seeing a bear was the only downside for Lois, but she has overcome her fear to the point that she now runs along the trails and road on a regular basis.



Lois is an avid cross-country skier (the activity that introduced her to her husband) and has run three half-marathons. In a previous career, Lois worked for Sport Manitoba (for nine years).

Since moving to Falcon, Lois has become a well-known and appreciated volunteer in many community activities. She helps at the school, volunteers with the local (South Whiteshell) Trans Canada Trail, and assists with many other local events. Lois is the on-site manager at Falcon Trails, caters all the meeting groups, and runs the Chalet in the winter season.

Falcon Trails partners' tidbits

Residents of the Whiteshell Provincial Park, the four Falcon Trails partners, Craig Christie, Barb Hamilton, Lois Pettit, and Rich Pettit, bring their wide-ranging expertise to a number of activities. At least one, and sometimes all four, volunteer with Biathlon Manitoba and the Manitoba Cross Country Ski Association. They also are actively involved (as volunteers) in the development of the South Whiteshell Trans Canada Trail. "This is our home and these activities are important not only to our business but to our own families and recreational pursuits," comments partner Barb Hamilton. "It's hard to imagine living here and not being involved in these organizations which enhance the quality of life in our community and province."

We're for the birds

It's been another wonderful few months of wildlife sightings at Falcon Trails. A porcupine was a regular visitor and we saw a moose between the shore and the open ice in the spring. The birds are always wonderful. Did you know there are 186 bird species in Canada's boreal forest? We haven't counted all the ones here, but there are plenty and, now that the bears are hibernating, we are providing our guests with bird seed for the feeders on their decks. Keep track of what you see and let us know. We have started an informal record of bird sightings. Each cabin has a Manitoba Bird Book.



ridgelines

The open sign is lit up

Weekends from 10:00 a.m. to 4:30 p.m. and over the Christmas break, December 26 to January 4 (except New Year's Day) New Year's Day: 12:00 noon to 4:30 p.m. (Check our website at www.falcontrails.mb.ca to confirm opening dates and times.) We're also hosting a series of exciting biathlon and cross-country ski events.

Watch the excitement on these dates:

Dec 21/03 [Sunday]
Biathlon Manitoba
Cup Race

Jan 11/04 [Sunday]
Biathlon Manitoba
Cup Race

Jan 25 [Sunday]
Biathlon Manitoba
Cup Race

Jan 31 & Feb 1
Cadet Biathlon Provincial
Championships

Feb 14 & 15
• Beaver Days Activities
• Cross Country Ski
Provincial Championships/
Falcon Open

Feb 28 & 29
Biathlon Provincial
Championships

Sunday, March 7
Slush Cup - Annual
cross-country ski event



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Great deals for Season Pass Holders

Purchase a season pass to the Ridge for the 2003-04 season and you will be entered to win amazing prizes including tubing passes, Falcon Ridge merchandise, and a GRAND PRIZE of a holiday package for 4 people for 4 nights at Kimberley Alpine Resort (compliments of the Resorts of the Canadian Rockies). Season pass holders will also be given discounts at all Resorts of the Canadian Rockies ski hills when they present their Falcon Ridge season passes.

Falcon Ridge trivia

We are proud to announce that Rich Pettit, Falcon Trails partner, recently was awarded Manitoba Coach of the Year-Vince Leah Memorial Award (at the recreational/grassroots level). Falcon Ridge, with the Falcon Sports Club, will co-host the provincial cross-country ski and biathlon championships this winter. Our great cross-country trails and the biathlon shooting range remain popular and appreciated by participants in these exciting sports. We have updated our cross-country ski rental equipment. Falcon Trails guests receive free use of cross-country skis or half-price lift tickets when they bring their own downhill equipment, or a free lift ticket if they rent downhill equipment at the Ridge.

Tubing mania

Our tube lift has turned into one of the hottest items at the Ridge. When the tube lift began operating last winter, our guests couldn't get enough of it! You will want to book early to make sure you get your turn to tear down the hill in a tube and then enjoy an easy ride back up, courtesy of the lift.



Downhill delights

Ski or board your way down one of our 11 runs. Falcon Ridge has a long tradition of introducing beginners to skiing and providing pleasure to more experienced skiers and boarders. When the Falcon Trails partners formed, they were committed to maintaining the ski hill which was threatened with closure. Now we are celebrating as we enter our eighth year of operating Falcon Ridge Ski & Recreation Area.

Cross-country adventures

There are few places as beautiful to cross-country ski as the boreal forest in Canada's Precambrian Shield. Our cross-country trails wind through this wonderful natural setting and connect skiers with one of the largest networks of groomed trails in Manitoba. Stay close to the Ridge, or ski across the lake (once it's frozen!) and check out the Trans Canada Trail (South Whiteshell section). The trails are groomed about equally (50/50) for classic and skate-skiing. Download a trail map from our website www.falcontrails.mb.ca or pick one up at the Chalet at the Ridge.

Cold & hungry?

Warm up by the fireplace in the Chalet and order something hot and hearty from the café. We have renovated our kitchen area to bring you even better food service. Watch for our specials that will fuel you up to get you ready to head back to the hills. If you notice the Chalet feels warmer, it is thanks to the newly insulated attic. The Falcon Trails partners are committed to working towards more energy efficient facilities, and this is just one of the steps we have taken to that end.



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**this
issue:**

eco-cabins
at High Lake

relax with a
sauna or massage

season
pass deals

cross-country
adventures

Gifts galore

Can't think of the right gift? Or you know exactly what to buy and it's to be found at Falcon Trails or Falcon Ridge? We sell gift certificates, in any amount, for use at either Falcon Trails or Falcon Ridge. See us in the Welcome Centre or Ski Chalet.

A growing website

We've expanded our website by three times its original size. Keep a close watch for specials, events, Falcon Ridge information, rates, and more. Visit us virtually at www.falcontrails.mb.ca whenever you can't visit in person.

Privacy Protection

Falcon Trails Resort respects your personal privacy, and have developed a privacy policy in compliance with the federal Personal Information and Protection of Electronic Documents Act (PIPEDA). PIPEDA requires that we maintain a privacy policy that outlines how we use your personal information. If you would like to receive a copy of our policy, would like more information, or wish to be removed from our database please contact our Privacy Officer in writing. You can contact our Privacy Officer directly via email relax@falcontrails.mb.ca.

Information provided by our guests (name, address, email, etc.) is used by Falcon Trails Resort to provide the best customer service possible and to communicate with our guests, through postcards and our newsletter, about new and exciting developments at the resort. If you would prefer not to receive our publications, please contact us (204) 349-8273 or via email at relax@falcontrails.mb.ca. In our effort to foster environmentally friendly practices we have developed an e-newsletter. If you would prefer to receive our newsletter via email, please contact us at relax@falcontrails.mb.ca or at our web site www.falcontrails.mb.ca or by fax at (204) 349.3287, or by regular mail at P.O. Box 130 Falcon Lake MB R0E 0N0.