

# trailhead

Winter 04/05



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## Eco-Tourism Award Winning High Lake Cabins

Falcon Trails Resort is the proud recipient of the 2004 Manitoba Eco-Tourism Award for our High Lake Cabins. If you haven't visited the two cabins, book a weekend, or ski or hike in the next time you are here for a peak. The two secluded cabins offer the best in environmentally friendly retreats: spectacular views and beautiful workmanship combined with ecologically sensitive amenities, all in a wilderness setting.

## Great Gift ideas

Looking for something unique for someone special, friends, colleagues – or yourself? Fill a stocking, a box, or an envelope, with a Falcon Trails/Falcon Ridge gift certificate or merchandise. See us at the Welcome Centre or call us at 204-349-8273.

## Check for the Changes

The Welcome Centre office has been enhanced with the addition of beautiful cupboards and, behind the desk, shelving. If you thought things looked a little cluttered before, we're sure you'll notice an improvement! The beach cabins (Eagle, Merganser and Loon) are being painted as we write and the floors have been refinshed.

## Rain or Shine, People Love Falcon Trails

Despite the moaning and groaning about this past summer, Falcon Trails enjoyed its best summer ever with cabins in use to the max – which just goes to prove that there is plenty to do, rain or shine, in the Precambrian Shield. A favourite activity was sitting in the sauna watching the rain – then jumping in the lake to cool off. The hot tubs in the screened in porch were wonderful places to stay warm and out of the rain while soaking in spectacular views of the lake and beautiful surroundings.



## Wilderness Weddings and Reunions

Hiking up the hill through the wildflowers to be wed or arriving in style in a 1957 bombardier to attend a formal wedding at remote High Lake cabins. We've played host to weddings in different seasons and wearing different gear! If you want to book your wilderness wedding – or a romantic retreat – we'll set the stage to make it great. It has been a great pleasure to provide a wonderful location for family reunions. We have had some families 'take over' all the Falcon Trails chalets for their family reunions.

### Our Wilderness Neighbours

Visit Falcon Trails and you are almost sure to meet some of our wilder neighbours. The tamer of these include the smaller birds, including chickadees, who will visit your deck feeder. Recently, we saw a Great Grey owl flying right near the cabins. Over the summer, a family of bald eagles (2 adults and their 2 kids) made their home on the island off the beach site cabin point. Otters also made frequent visits to the beach and a healthy looking fox has been spotted a few times. Two wolves were seen this fall on the road into Falcon Trails and, of course, deer are one of our more populous neighbours. We love to hear about your bird and wildlife sightings and encourage you to record them on the sheet in each cabin's binder.

### A Fond Farewell

For the last several years, Peter Dowd has been an integral part of the life around Falcon Trails and Falcon Ridge Ski & Recreation Area. If you've skied or hiked the trail towards the High Lake Cabin, you may have noticed his humble abode tucked into the woods. We are sad to say goodbye to Pete, whose naturalist, canoe and kayaking expertise were invaluable to many of our guests. Pete has headed up north (Inuvik) for the winter to work with a marine biologist. They are working on a project to disseminate research information for use by the general public to help demonstrate the value of such information in daily life. We hope to keep you posted on Pete's northern journey, and maybe tell you more about the research project.

## Falcon Trails Falcon Ridge Profiles

### Barb Hamilton



One of the four partners, Barb's creative energy helped launch Falcon Trails. Originally, from the Falcon area, Barb's teenage years were spent in Souris but she always wanted to return to the Whiteshell. She returned to the area in her early 20s and subsequently married Craig Christie, another Falcon Trails partner. Barb and Craig, who together run Christie Hamilton Construction, have three daughters.

Barb is an active volunteer, from fundraising for and promoting and building the Trans Canada Trail (South Whiteshell section) to volunteering in community activities, including the Falcon Snow Club, and on the provincial Biathlon Association Board. Barb was a key player in the successful revitalization of the Falcon Ski Hill which had been deteriorating in the late 1980s. Now run under the Falcon Trails/Falcon Ridge management, the ski hill continues to be improved and is well used once again. Barb was nominated for a Reh-Fit Centre Healthy Living Award in 2004 for her contributions to healthy active living in her community.

A graduate of the University of Manitoba, Barb also is a journeyman carpenter, a combination that has helped her role in the building and ongoing enhancements to Falcon Trails. She is particularly interested in the eco-tourism opportunities at High Lake and was delighted to accept the Eco-Tourism Award for High Lake on behalf of her Falcon Trails partners.



### From the Far North to the Depths of Africa

Kelly Murphy, who worked with us cleaning in the summer of 2003 and in the office and cleaning from October 2003 to September 2004, has moved to Africa. Kelly is on a two-year adventure in Botswana. Here's a taste of what she's written to date:

It's spring in Gabrone (pronounced Hab a ronie) and everything is dry and dusty, but the trees have buds and everything will open and be green as soon as the first rains come (usually Oct...I've selected a traditional cottage on the hills of Gabane (pronounced Hab an eh) which is 22kms from the city. The house is a stone cottage with a thatched roof set in the most beautiful garden, with a vine covered shade for my hammock and a place for my vegetable garden. I've been warned that the scorpions, in particular, and the snakes are common in the hills. I've been told to have a baseball bat handy for killing the scorpions in my house - sounds rather brutal but I guess I can't just reason with them to stay out of my place to stay alive.



# ridgelines



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## Instructors Course

Want to earn your Level I Snowboard Instructor certification? We are holding a course on December 27 to 29, 2004. Please contact us at 349-2556 for a faxed registration form, or visit the CASI website at [www.casi-acms.com](http://www.casi-acms.com) to obtain one electronically.

## More Rental Equipment

It is great that we are popular enough to require more rental equipment. This winter you will find the rental supplies have increased with more snowboards, snowboard boots, downhill skis, and downhill ski boots. Our rates are reasonable (see our website) but you might want to book ahead during the busier times (rental advance reservations available with a credit card).

## Learn to love it

We offer various ski and snowboarding lesson packages (check the website for details). Learning from a certified instructor helps make your skiing or snowboarding experience a more positive and exciting one. Our instructors are certified and friendly and delighted to help anyone from novice to more advanced levels. We also can help cross-country skiers learn waxing tips (including not to wax waxless skis!).

## Christmas break hours

We keep the runs ready for you. Our Christmas break hours this year are: December 26 to January 5, inclusive: from 10 a.m. to 4:30 p.m. daily, **except** January 1:12 noon to 4:30 p.m., with half-day rates. Check the website for updates and other details.

## Biathletes welcome!

We love biathlon and biathletes. Weather permitting, we will host the Biathlon Manitoba Cup Race #1 on December 19, the first of many biathlon events this season. If you have never tried biathlon, or are curious, check us out. Our biathlon training facility is used by the provincial team, athletes-in-training, and others with a yen for something different.

## Let it Snow

### Let it Snow Let it Snow

And once it snows enough, combined with our snowmaking, we will open the hills for action. The Ridge will open on weekends starting December 18th. Check our website for more details.

## A Summer of Biking and Biathlon

We know it's time to think about skiing, but we want to tell you about the two great mountain bike events we hosted at Falcon Ridge. One was a 24-hour race – yes, the participants cycled for 24 hours straight, using headlights to light their way in the dark. The second event was the Manitoba Provincial Mountain Bike Championships and our own Rich Pettit won in his category – other locals who competed and won in their categories were Bill Benson, and three of his children who competed – Jenna, Chris, and Scott. We also hosted two summer biathlon events, including the Manitoba Summer Biathlon Championships.

## Don't Miss the View

Experience the sudden rush that only nature can inspire. Head to the top of Falcon Ridge ski hill, turn back to face Falcon Lake, and let the spectacular view and Canadian Shield amaze you. No extra charge for stunning vistas!

**Holiday Greetings**  
to all our guests from  
the Falcon Trails and  
Falcon Ridge folks.



# Ridge Trivia

11 downhill ski runs.

**Snowboard terrain park:** this year, we are splitting the terrain park into two areas, one on either side of the Smokey lift; one side will have a Rail Park with a step up, kink, flat, curve and a fun box; the other side will have 2 table tops and a hip jump.

## 20 kilometres of cross-country

**ski trails;** cross-countryskiers also can connect to the West Hawk and South Whiteshell trail system by using the trail groomed by Manitoba Conservation across Falcon Lake from the ski hill parking lot – one of the best ways to experience winter and the Park is on your cross-country skis and we have some of the best trails around.

**New this winter**– did you learn to ski at Falcon Ridge – you are in good company and now we are making it easier for the next generation of skiers to learn by installing a handle tow beside the T-Bar for beginner skiers and boarders.

Ski Chalet amenities include a huge fireplace for a cozy place to warm up, equipment rentals, merchandise, and of course, great hot and cold goodies from our Café to fuel you up for heading back outside.

With our certified instructors, amenities, and enhancements, Falcon Ridge now is even better than ever and an excellent place to learn to ski and snow board. Check our web site for more details.



204.349.8273



204.349.8935

[www.falcontrails.mb.ca](http://www.falcontrails.mb.ca)

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