

VERTICAL FILE / *Frances Lake* - Manitoba

FRANCES LAKE

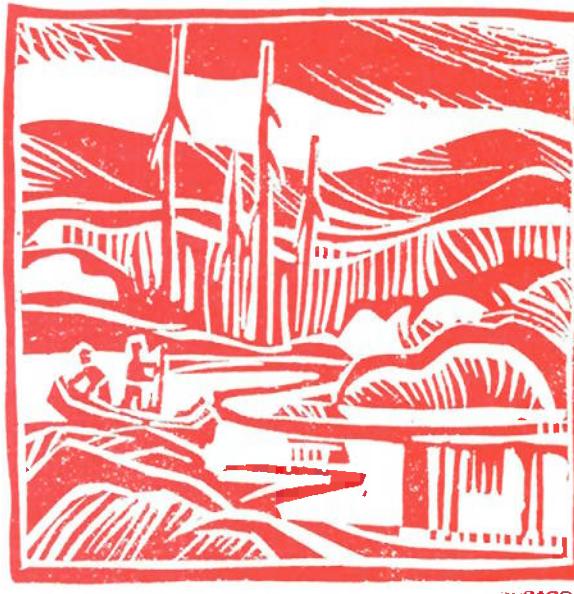
CANOE ROUTE



WHITE HORN
PROVINCIAL PARK

FRANCES LAKE CANOE ROUTE

The trip from the starting point at Highway No.44 to the camp on Frances Lake consists of eleven miles of pleasant paddling and takes about six hours. The serpentine little stream does the most to vary the voyage through this lonely beaver marsh, broken at intervals by the opening and closing of the distant rocky shoreline. The route contains three sets of rapids, plus the Frances Lake Falls and at a dozen places the waters are retained by beaver dams. Both occupied and abandoned beaver lodges edge the stream and occasionally one sees these energetic animals at work. The third and last portage is the most difficult but Frances Lake is worth the effort. A fine fish supper can be retrieved off the rocky edges of the small islands and on the east shore of the lake a primitive campground is provided for the "wilderness voyageur".



GLRAPD

With twelve beaver dam hauls and three portages a canoer is advised "to travel light". Lightweight zip tents, bags and cooking equipment will be well appreciated. A variety of freeze dried and dehydrated foods are available ranging from powdered soups to a complete supper (though these sometimes are a bit expensive).



ONE HOUR
HIKE TO
BEAR LAKE

C.P.R. ————— MAIN LINE
HANSON CREEK P.T.H. No. 44
RENNIE ————— WEST HAWK L.

EPINETTE
PORTAGE
140 PACES

TEA PAIL PORTAGE
170 PACES

WHISKEY-JACK
PORTAGE
110 PACES

FRANCES L.
FALLS
PORTAGE
350 PACES

NORTH

SHELL L.

CAMPING

BEAVER L.

Powdered milk, eggs, potatoes; cereals and "instant" breakfast drinks are handy, and dried fruits are well worth their weight. Avoid fresh meat or anything needing refrigeration and remember — chocolate melts. The use of plastic and paper containers is suggested as glass containers are *heavy* and present a potential hazard. If you carry in tinned goods it is your responsibility to pack them out again (they're much easier to carry, flattened and empty). The old practice of burying garbage is no longer acceptable in heavily used parks, and throwing trash into lakes eventually destroys the qualities that made it attractive to recreationists in the first place.

Food that might attract bears should be stored away from tents and equipment as these animals can be destructive at times. A general good policy is to avoid close proximity with any wild animals. Most species will attempt to defend themselves when they feel threatened. Binoculars are an excellent means of watching birds and wildlife at a distance.

Small cooking fires are permissible unless fire restrictions are in effect. It is your responsibility to make certain your fire is completely out before you leave it. Cutting trees is not acceptable. Use only deadfall if there is no fire wood available. Small cook stoves are very useful on this type of trip. River water or lake water may be made safe for drinking by boiling or by adding ten drops of Javex per pail of water and letting stand for 15 minutes. These simple suggestions should help one avoid the major mistakes. Don't forget the mosquito repellent, and have an enjoyable trip. Bon Voyage!!

Additional canoe trip pamphlets and information are available at the various park offices or may be obtained by writing the Parks Branch, 409 Norquay Building, Winnipeg 1, Manitoba.



**MANITOBA DEPARTMENT OF TOURISM,
RECREATION AND CULTURAL AFFAIRS**

Hon. Laurent L. Desjardins, *Minister*

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