

## **Pisew Falls to Kwasitchewan Falls Hiking Trail**

### **The Upper Track Trail**

The trail leads the adventurer down the river to Kwasitchewan Falls, Manitoba's highest, and two rapids above the falls. For most of the trail the waters of the Grass River are within sight and stands of spruce, pine, tamarack and poplar provide shade and habitat for the many birds and animals that live in the area. This hike holds many rewards for those prepared to meet its challenges. It is recommended that hikers take time to plan their trip and carry only essential items on the trail. Pay attention to the following:

- Advise a responsible person where you are going, when to expect you back and who to contact in an emergency. Do not hike alone in a wilderness area and do not stray far from the marked trail.
- Carry enough food and water for overnight, even if you're not planning on staying. Don't rely on catching fish for dinner.
- Black bears are common in the area. Take precautions to lessen the chances of an encounter. Don't leave food scraps or litter behind, it could lead to problems for the next group. If you do catch fish throw the guts back into deep water, don't leave them along the trail or in the shallows.
- This is a difficult backcountry trail, recommended only for those who are prepared for a rugged hike or with an experienced hiker. Hikers should be in good physical condition.
- Rock surfaces are slippery when wet and there are a few wet, boggy stretches, especially in spring and after heavy rains. Wear proper footwear and clothing.
- Camp only at one of the designated campsites above Kwasitchewan Falls.
- Please use a portable stove or one of the fire pits provided at each campsite because open fires are prohibited.
- Please carry out any garbage you produce while on the trail for disposal back at the parking lot garbage cage.