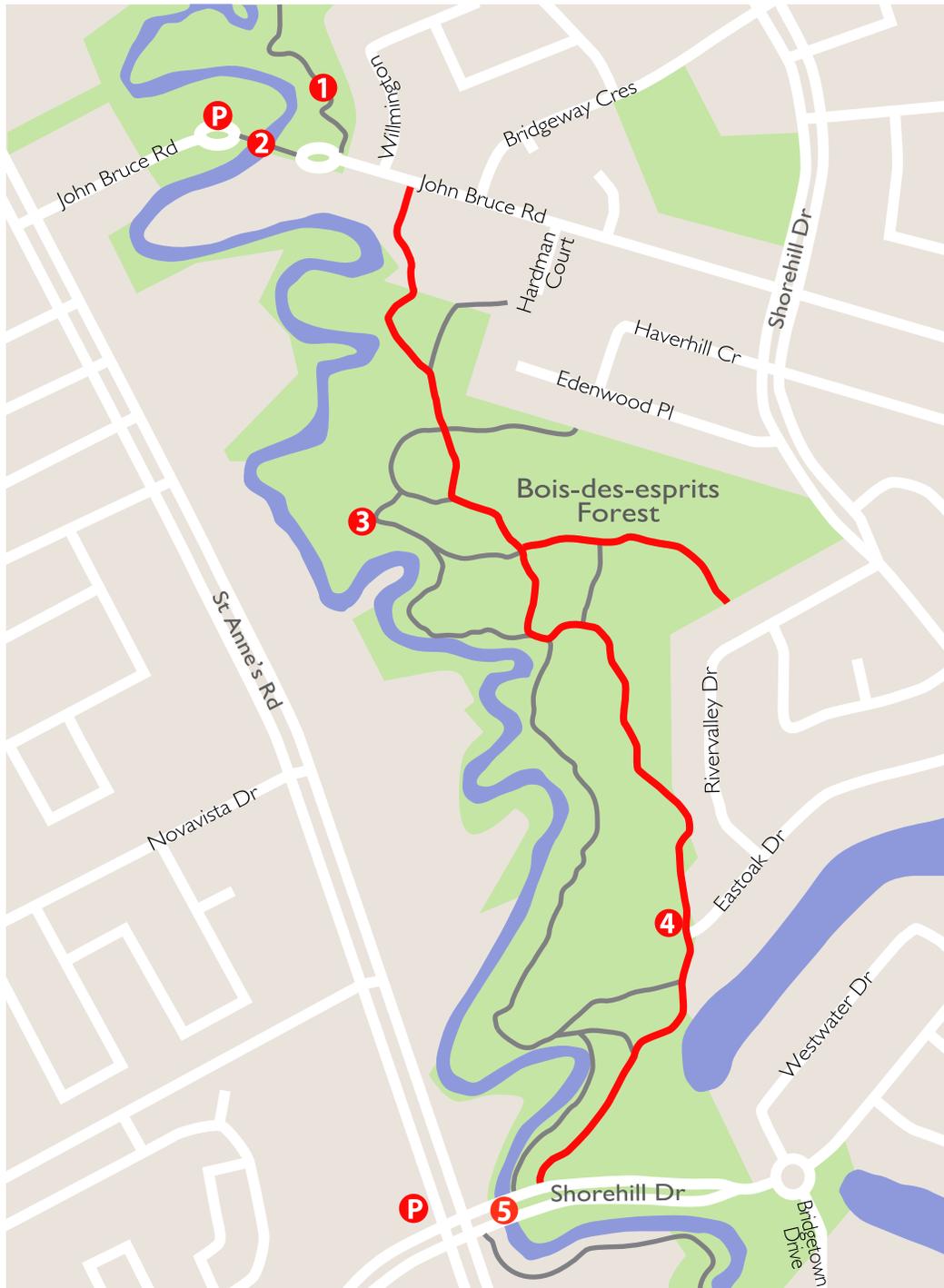


# Bois-des-esprits Trail - 2 km



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## Legend

- trail route
- other trails
- park / open space
- P parking

## Points of Interest

- 1 Louis Riel Sr. Trail
- 2 John Bruce Bridge
- 3 'Woody' a giant carved elm tree
- 4 Great grey owl forest carving
- 5 Royalwood Bridge



## Bois-des-esprits Trail - 2 km

This 117 acre urban forest contains five different ecosystems - riverbottom, wetland, oak forest, aspen forest, and grassland and is considered a vital part of the 27 km Seine River Greenway, the 'heart and lungs' of the parkway system. It is the largest remaining riverbank forest in the city and is situated on the frontline of urban sprawl. What makes it so treasured is that it is still 'virtually undisturbed'.



One special feature of the woods is a series of oxbows or abandoned riverbeds. These can be identified as U-shaped low lying areas along the trail. Oxbows were formed when a sharp bend or loop in the river eroded over time until the narrow neck of land between the two banks finally cut through creating a new straighter river channel. These abandoned river beds become highly productive riverbottom and wetland habitat supporting a rich variety of vegetation and wildlife. They are a favourite resting spot for the 20-30 whitetail deer that call the Bois home.



### Fast Facts

- gravel surface
- 2.0 km route length
- Parking
  - Parking circle on west side of John Bruce Bridge
  - Extra Foods parking lot at St Anne's Rd and Southglen Blvd
- washrooms / refreshments
  - Extra Foods on St Anne's Rd at Southglen Blvd



### Points of Interest

- 1 **Louis Riel Sr Route** - An asphalt trail which is part of the Seine River Greenway system.
- 2 **John Bruce Bridge** - Once a bridge for vehicular traffic, this is now a scenic foot bridge and an inviting starting point for this walk. Nearby riverbottom forest contains some of the largest trees in Winnipeg
- 3 **Woody** - This three-metre tall wood spirit guards the Bois-des-esprits forest. It was carved from a giant dead elm tree by Walter Mirosh and Robert LeClair of Les Gens de Bois and at a special aboriginal ceremony was given the name "Mhtik".
- 4 **Great Grey Owl carving** - One of the many carved owls and wood spirits that you'll find along the trail. Self-taught Metis carver Murray Watson has transformed dead branches and stumps in the forest into works of art for visitors to enjoy. Join the treasure hunt in searching out these mysterious carvings hidden away in the Bois.
- 5 **Royalwood Bridge** - With the encouragement of Save Our Seine the developers of Royalwood chose to build an attractive open span bridge rather than a box culvert, allowing safe paddling and winter walking beneath it no matter the season.



The Winnipeg Foundation, a contributor to the quality of life in our community since 1921.



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Additional information on Winnipeg trails and the Trans Canada Trail: [www.WinnipegTrails.com](http://www.WinnipegTrails.com) or 'Winnipeg Walks' by The Prairie Pathfinders, a Canadian best selling guide highlighting 38 walks in Winnipeg and surrounding parks - [www.PrairiePathfinders.mb.ca](http://www.PrairiePathfinders.mb.ca)

