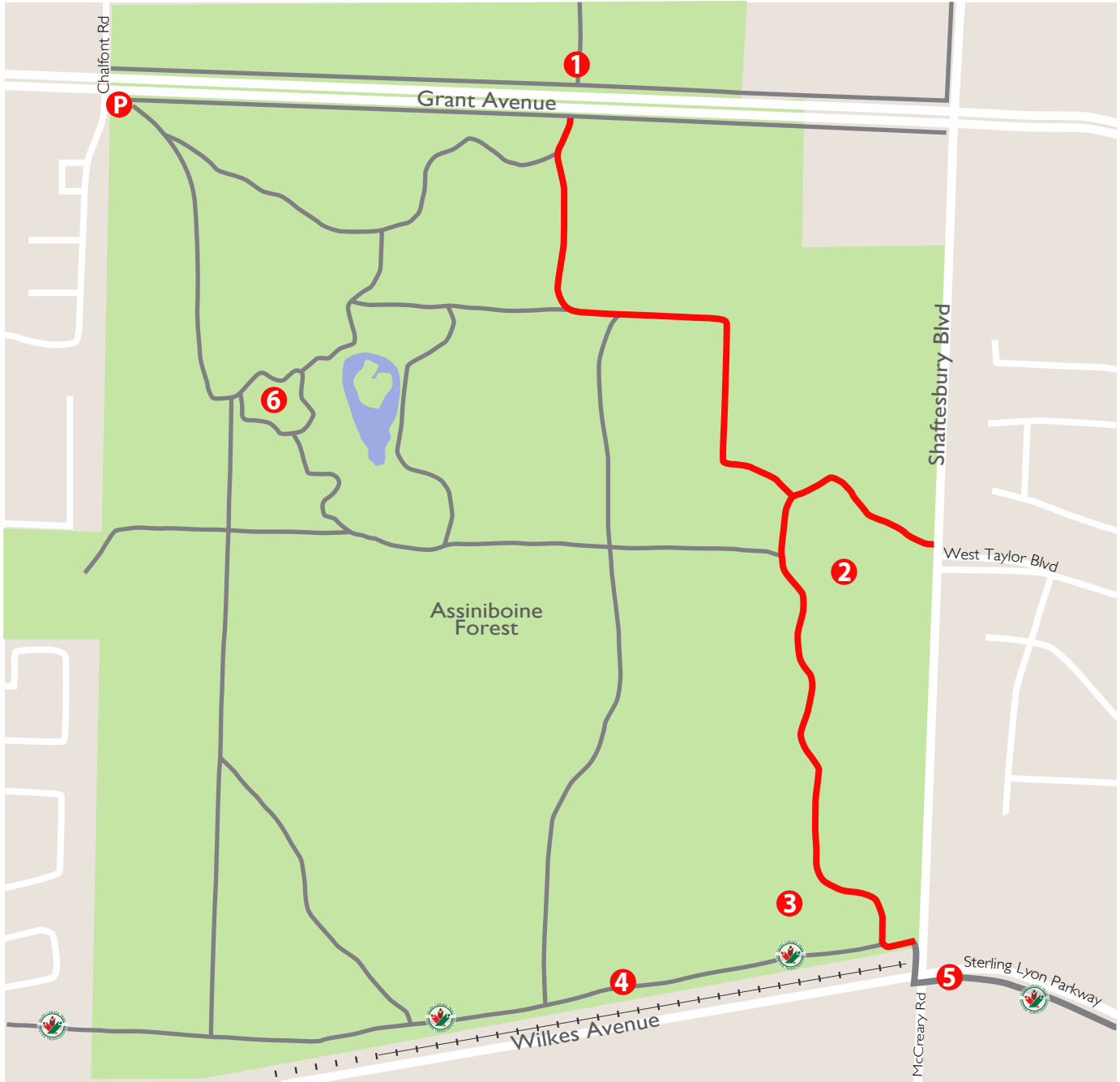







Preston Trail - 2.0 km








A PRAIRIE PATHFINDER MAP DESIGN
www.prairiepathfinders.mb.ca

Legend

-  trail route
-  other trails
-  Trans Canada Trail
-  park / open space
-  parking

Points of Interest

-  1 Trail to Assiniboine Park
-  2 Wetland
-  3 Tall Grass Prairie Restoration site
-  4 Harte Trail
-  5 Thundering Bison Trail
-  6 Sagimay Trail





Preston Trail - 2.0 km

The Preston Trail is located within Assiniboine Forest, Canada's largest 280 hectare urban nature park. This new granular trail is very popular with walkers, cyclists and joggers. Many bark chip trails extend from the Preston Trail enabling further exploration of the forest. Along the north portion, the Preston Trail winds through aspen and oak habitat, where smaller numbers of Balsam Poplar are also present. Midway along the trail, an observation mound provides great views of a recently constructed wetland, while the mound itself contains examples of native tall grass prairie plant species. At the south end of the trail, visitors will encounter an 3 hectare section of restored tall grass prairie. Named after the Preston family that once resided where Assiniboine Forest is now, the trail has been designed to minimize ecological impacts, while providing an interesting and scenic route through this natural heritage area.

Fast Facts

- **crushed limestone surface**
- **2.0 km route length**
- **Parking**
 - Assiniboine Forest main entrance parking lot on Grant Avenue at Chalfont Rd.

Points of Interest

- 1 **Trail to Assiniboine Park** - This asphalt pathway continues on to Assiniboine Park, Assiniboine Zoo and other area features.
- 2 **Wetland** - The new wetland was constructed in 2005 as part of a drainage and wetland enhancement project to alleviate drainage challenges in Assiniboine Forest
- 3 **Tall Grass Prairie Restoration site** - Formerly a landfill, this 3 hectare site was restored to tall grass prairie in 2004. The mound on the site provides a scenic view of the area.
- 4 **Harte Trail** - Built on a unused rail bed, the 6.5 km Harte Trail is part of the Trans Canada Trail system.
- 5 **Thundering Bison Trail** - provides a key link to FortWhyte Alive nature centre.
- 6 **Sagimay Trail** - This trail leads into Assiniboine Forest from the main entrance parking lot.



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



Red River Cooperative Ltd. is a proud supporter of Winnipeg trails. A Manitoba organization owned and controlled by its members, Red River Co-op is committed to working for the sustainable development of the communities it serves. www.rrcoop.com



Additional information on Winnipeg trails and the Trans Canada Trail: 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

