



Description of Mountain Bike Trail Systems in Manitoba

Introduction

Manitoba has mountain bike trail systems on a variety of terrain. Cycle at Birch or ascend Reeves Ravine/Bald Hills for a challenging climb and great aerobic workout, descend Reeves Ravine/Bald Hills for a fast exciting downhill, Brandon Hills or Tinker Creek for great flowing single track or Falcon Lake to hone technical skills on rocky terrain.

This Manitoba Cycle Association (MCA) document shows the [location](#) of most mountain bike trail systems in Southern Manitoba and describes the terrain, trails and degree of difficulty. The trail systems are grouped by region: Eastern, Central and Western Manitoba. Other sources of trail information are available at [Mountain Bike Trails Blog](#) or [Trail Forks](#).

The blue underlined text in this document is hyperlinked to other web pages. The map, showing the location of each trail system is the hyperlink "location" in the previous paragraph. Trail maps and other specific information are located in the sections describing each individual trail system.

Send any comments or contributions to this document to Blair Geisel at blair.geisel@xplornet.com.

Falcon Trails

Description: The Falcon Lake [cycling trails](#) are located 160 km east of Winnipeg at the Falcon Ridge Ski and Recreational Area on the south side of Falcon Lake. The trails are situated on the Canadian Shield and offer very technical riding over rocks (see photo), but also plenty of easy to moderately difficult single track bike trails, [cross country ski trails](#), and dirt roads. Some short steep climbs/descents.

Trail Access: The trails are located within the [Whiteshell Provincial Park](#), so a Manitoba Provincial Park pass is required to use the trails. The trails can be accessed at the base of the Falcon Ridge ski hill.



Sandilands Provincial Forest

Description: Suicide Hill in the Sandilands Provincial Forest is located 100 km southeast of Winnipeg. The Sandilands Provincial Forest consists of thousands of acres of sand hills, forest, wetlands, and mostly unpopulated crown lands. The large sand eskers and hills were left behind by the last ice age



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as the glaciers retreated and deposited large rocks, boulders, and vast amounts of sand. These sand ridges are the second highest point in Manitoba, behind Baldy Mountain. The trails range in difficulty from easy to very difficult. The trails [south](#) of the Suicide Hill parking lot are easy to moderate in difficulty. Trails [northeast](#) of the parking lot range in difficulty from moderate to very difficult. Riders will experience short, but steep elevation changes. Some steep ascents and descents are situated on extremely eroded unstable sand, so traction is poor making them very difficult to ride.

Trail Access: No fees or licenses are required to use the trails. Trails are located 13 km northeast of Marchand, MB. Drive east of Marchand on Hwy #210 for 7.7 km, turn northeast on an unnamed gravel road for 4.6 km then turn south on an unnamed gravel road for 1 km to the Suicide Hill parking lot. Trailheads are located on the north and south sides of the parking area.

Grand Beach

Description: Grand Beach is located 110 km north of Winnipeg off of Highway #59. The [cross country ski](#) and single track [bike trails](#) are located on a hill-like landform deposited by glacial activity more than 14,000 years ago. The moraine is also made up of granite boulders, brought there by the glacier. Eight thousand (8,000) years ago this area was the shore of glacial Lake Agassiz and as a result is covered in sand. Trails tend to be sand covered, and can be somewhat unstable when dry, but dry quickly after a rain. Riders will experience moderate elevation changes. Some sections of the trails are covered with rocks (The Rock Gardens) and will be difficult for novice riders, but no problem walking through these sections. There is lots of fast flowing single track, which is fun for riders of all levels.

Trail Access: The trails are located within the [Grand Beach Provincial Park](#), so a Manitoba Provincial Park pass is required. Continue past the park gate entrance for 700 m; turn right at the sign for the XC ski trails then follow the gravel road staying to the left to get to the trail head.

Birds Hill

Description: The Birds Hill Provincial Park is 20 km north of Winnipeg just off Highway #59. Birds hill offers an easy to intermediate level of cycling difficulty on the [Bur Oak](#), Chickadee and Cedar Bog [Trails](#). Moderate changes in elevation with some technical sections on the Bur Oak Trail.

Trail Access: The trails are located within the [Birds Hill Provincial Park](#), so a Manitoba Provincial Park pass is required.



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Central Manitoba

Birch

Background: Birch Ski Area is located approximately 45 km south of Portage La Prairie or 115 km south-west of Winnipeg. The trails can be located by following the “Birch Ski Area” signs west of Roseisle on Highway #245.

Continue 1.6 km (1 mile) west of Roseisle on highway #245, 3.2 km (2 miles) south then 1 km (0.5 miles) west into the Birch parking lot. The area is situated on the edge of the Manitoba Escarpment, which offers a wide range of gully and valley terrain that provides exceptional scenery



and challenging riding. Birch has over 40 km of single track [cycling](#) and double track [cross country ski](#) trails for intermediate to expert riders. Some trails have steep ascents/descents. The site is well drained and dries quickly after a rain. Trail maps are located in the upper and lower parking lots as well as along trails. Other sources of trail information are available at [Junk Yard Dogs Cycling Club](#) or [Trail Forks](#).

Trail Access: Birch is located on private property and is leased to the [Junk Yard Dogs Cycling Club](#). All riders are required to have either a Birch Trail Pass or Junk Yard Dogs Cycling Club membership.

Go to [Junk Yard Dogs Cycling Club](#) to purchase a pass or memberships. Revenue from the Birch Pass or the Junk Yard Dogs Cycling Club membership is used to pay for the lease. Direct inquiries about Birch to Blair Geisel, 204-856-9352 or blair.geisel@xplornet.com



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Tinker Creek

Background: Tinker Creek is located on the side of the Manitoba Escarpment approximately 7 mi (11 km) south of Morden or 115 km south-west of Winnipeg. Trails cross open meadows with excellent views of the plain and the Tinker Creek Valley. Tinker Creek has over 9 km of single track [trails](#) for intermediate to expert riders. Some trails have steep ascents/descents especially in the Tinker Creek Valley.

Trail Access: No fees or licenses required to use the trails. Access the trail by heading 11.2 km (7 miles) south of the junction of Highways #14 and #32 at Winkler then 13.2 km (8 ¼ miles) west on Highway #201 or Road #6. The trails head is at the junction of roads #s 6 and 29.

Deadhorse Creek

Background: The Deadhorse Creek cycling trail is located just west of Morden at the Minnewasta Lake Recreational area, which is approximately 130 km south-west of Winnipeg. The total [trail system](#) is roughly 16 km long. The trail starts with flowing section of single track that heads west along the lake side trail, most of the way around the lake. This section is very flowing, with short but challenging climbs, some short steep descents, short wooden bridges and tight switch backs. After the lake trail, there are about 3.2 km (2 miles) of gravel roads. Then you turn right (north) off the gravel road and back into some more great single track with a fun downhill, another creek crossing and the challenging Deadhorse climb. Then you turn right and start heading back east, down another gravel road for about 1.6 km (1 mile), then back onto the flowing lake side trail to finish the lap. The trails are mostly hard packed dirt and single track. Check out this [video](#) showing the cycling terrain.

Trail Access: No fees or licenses required to use the trails. Trails are located 1.6 km (1 mile) west of Morden on Highway #3, approximately 1.6 km (1 mile) south on Colert Crescent past the campground entrance until the road curves west. Trail head signs are located on the south side of the road just after it turns west.

West and North West

Brandon Hills

Background: The [Brandon Hill cycling trails](#) are located on a glacial terminal moraine 16 km (10 miles) south east of Brandon in the Brandon Hills Provincial Wildlife Management Area. The Brandon Hills has approximately 40 km of trails ([map 1](#) and [map 2](#)) ranging in difficulty from easy to expert.



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Trail Access: No fees or licenses required to use the trails. The trail head is located 11.2 km (7 miles) south of Brandon on Highway #10, 3.2 km (2 miles) east on gravel road #50, 1.6 km (1 mile) north on gravel road #108 then east into Brandon Hills Management Area parking lot.

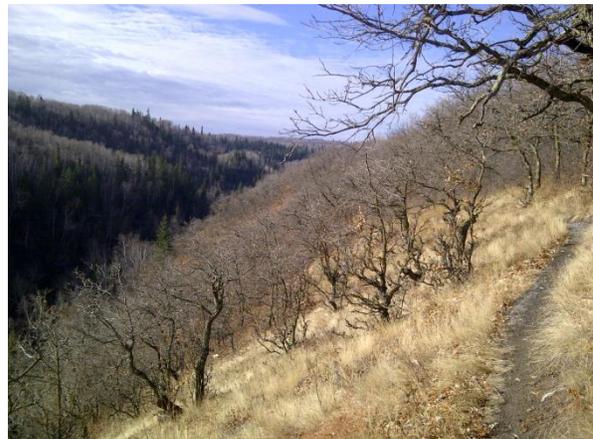
Brandon North Hill

This well designed 6.2 km [trail](#) snakes up and down the north slope of the Assiniboine River Valley offering short challenging climbs, a number of switchbacks and steep areas.

Trail Access: No fees or licenses required to use the trails. The head trail is located in the north-west corner of the 18th street shopping mall.

Reeve's Ravine/RMNP

Background: Reeve's Ravine is located in Riding Mountain National Park approximately 245 km north-west of Winnipeg or 130 km northeast of Brandon. The area is situated on the edge of the Manitoba Escarpment, which offers a wide range of gully and valley terrain that provide exceptional scenery and challenging riding. Reeve's Ravine was developed in a partnership between Parks Canada and the [Manitoba Escarpment Trail Society](#). The single track [trail](#) was constructed to [IMBA](#) specifications and



offers a new experience for intermediate to expert mountain bikers. This unique escarpment experience along the ravine's edge boasts some of the most spectacular views in the park. Reeve's connects to the Bald Hill, J.E.T., Packhorse and North Escarpment double track trails providing a 40 km trail network. There are 335 m (1,100 ft) of elevation change between the east Reeves trail head and the Bald Hill trail head on Hwy #19 offering a challenging ascent and decent. Watch a [video](#) of the descent of the Reeve's Ravine Trail.

Trail Access: The trails are located within the [Riding Mountain National Park](#), so a National Park Pass is required. After going through the historic east park gate entrance on Hwy #19, continue west approximately 400 m, turn north on the first gravel road and continue to the end of the road, which is the trail head for the Reeve's Ravine and Burls and Bittersweet trails.

Thunder Mountain



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[Driving Directions](#): From Main Street and Highway #83 in Swan River go 11 km south to Provincial Road #487. Proceed 18.5 km west to the access road to the Thunderhill Ski Area. Follow the access road to the ski lodge (approx. 1.8 km).

From Benito, head north 3.0 km on Highway #83 to the junction with Provincial Road #487. Continue north on Provincial Road #487 for 10 km. Turn left where for Provincial Road #487 heads due east. Continue west for approximately 6.0 and follow signs to the Thunderhill Ski area.



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Central and Strathcona Trails

Pinawa

RMNP bike trails Central, Strathcona and Ochre River Trails

Winnipeg

Whittier Park

Seine River

Red River

St. Norbert Contact Kevin Braun (204) 255-3245

Garbage Hill