

Look for the tents along the Greenway!

**BISHOP GRANDIN GREENWAY TRAILS DAY EVENT LOCATIONS**

*You never know when you might spot the Urban Street Musicians strollin' along the Greenway!*



**Special Thank you to:**

Boston Pizza, Starbucks Chapter's and St.Vital Mall, St.Annes Sobey's Youville, Winnipeg In Motion, Home Depot, Arbo Gardens CBC Live Right Now and Lionel, the Boston Pizza Mascot

**ABOUT BISHOP GRANDIN GREENWAY**

*Bishop Grandin Greenway is more than a system of pathways—it is a network of nature areas that includes three retention ponds (Apakway, Eagles and Nature's Haven) and public pathways that link and support human and wildlife communities. In 2000 a small group of community citizens interested in enhancing and conserving the area along Bishop Grandin Boulevard between the Red and Seine River, formed the volunteer charitable organization Bishop Grandin Greenway Inc (BGG).*

If you would like to learn more about BGG or become involved please check our web site at

[www.bishopgrandingreenway.com](http://www.bishopgrandingreenway.com)


or contact us c/o Youville 6-845 Dakota Street  
Winnipeg, R2M 5M3



**BISHOP GRANDIN GREENWAY**

**Between 2 Rivers Trails Day  
Saturday June 4, 2011**

**10:00 am–1:00 pm**  
All activities occurring on  
Bishop Grandin Greenway between  
the Red River and the Seine River.  
*Look for the tents!*



*Its spring and time to shake off winter, embrace the sun and get outdoors! Hop on your bike, lace up your walking shoes and travel down Bishop Grandin Greenway to discover new activities. Bring a friend or make it a family affair - it's healthy, it's active, and it's free — a perfect way to spend your morning!*

#### **WINNIPEG in motion TENT**

Eagles' Pond, NW side of Bishop Grandin Blvd near St. Mary's Road

*Parking: Glenmeadow just off of St Michael's Road*

#### **Lets G.O. Cycling**

A family friendly bike tour on one of 3 bike loops: Park Loop (5 km); Louis Riel Senior Trail loop (5 km) or Bois Esprit Loop (10 km). Maps available for self-guided trip.

#### **Scheduled Event**

*Guided Bike Tours will leave the tent at 10:15.*

#### **'Wildlife Ambassadors' Wildlife Haven Rehabilitation Centre**

Meet one of their Wildlife Ambassadors (e.g. owls, hawks), and learn what to do when you find wildlife.

#### **St. Vital History**

Learn about Métis history, see artifacts and try children's crafts led by bilingual costumed interpreter from nearby Riel House (National Historic Site of Canada).

#### **Plum Blossom Martial Arts Academy**

invites you to watch them train on the hill or join them for morning Tàì Chi (see below).

[www.plumblossom.ca](http://www.plumblossom.ca)

#### **Scheduled Event**

**Tàì Chi 10:00–11:00 am.**

*Step outdoors with Sifu Peggy in a refreshing, gentle morning stretch. Learn basic Tàì Chi movements that will energize you for the rest of the day. No experience necessary—open to everyone! See you on the "Hill"!*

#### **WHITE TENT**

Community Gardens, NE side of Bishop Grandin Blvd & Dakota Street, walk approximately .2 km east on Bishop Grandin Greenway

*Parking: Dakota High School*

#### **Bonding with Butterflies**

Learn how to make your garden especially butterfly friendly and get tips on how to protect over wintering species.

#### **Edible Gardens**

Tips and tricks to improve your yield in small space gardens.

[www.urbaneatin.com](http://www.urbaneatin.com)

#### **Scheduled events**

#### **Intensive Container Gardening 11:15–12:00**

*Maximize the growing space in your yard, balcony even your windowsill through container gardening. Free pots & plants; supplies limited so to avoid disappointment please register at [BGGreenway@hotmail.com](mailto:BGGreenway@hotmail.com).*

#### **SafeSpace Program**

Learn to safely dispose of Household Hazardous Waste

#### **Wildflower Walkabout 10:15–11:00**

*Step off the beaten path to see nature's wildflowers. Learn how to identify flowering plants and how they were used for medicine and food by the Cree and Ojibwa people. Visit the Monarch Way Station established by the students of Victor Major School.*

#### **BOSTON PIZZA TENT**

Nature's Haven Pond, NW Bishop Grandin Blvd & St. Anne's Road

*Parking: SW corner of Home Depot parking lot*

#### **Bird House Building and Other Crafts**

Suitable for children 4–12. (Some of the crafts do involve tools so younger children may need parental assistance). FREE kits and instruction courtesy of Home Depot.

#### **Frontier College Interactive Reading Tent**

Kids of all ages can try fun, active group reading games designed to get kids involved and laughing. Try some puzzles or follow the clues for word searches.

[www.frontiercollege.ca](http://www.frontiercollege.ca)

#### **Urban Poling**

Urban poling—lower body walking with upper body arm action—is an ideal exercise for people of all ages and fitness levels. Urban Poling Trainers will be on hand to share their knowledge so you can try this exciting new activity. (poles will be available)

[www.urbanpoling.com](http://www.urbanpoling.com)

#### **Scheduled Event**

#### **Critter Dippin' in Flutterby Bay 11:00–11:45**

Discover what kinds of interesting "critters" are living in the ponds along the greenway. What other animals are attracted to the ponds? Together we will investigate these "home" systems where life is so plentiful.

