

PREPARATIONS FOR TRAVEL

TO RIDING MOUNTAIN NATIONAL PARK



Spring and Fall Preparations

Spring is the season of change. The weather ranges from a sunny and warm +10 to 18 C, to cloudy and cool from 0 to +10 C. We can have snow as late as mid April. Fall offers us some great weather and beautiful colors! The temperature will vary between -5 to +20 degrees Celsius. We can have snow as early as the end of October.

Bring the following items with you:

- ◆ T-shirts
- ◆ Long sleeve shirts
- ◆ Sweater/Fleece
- ◆ Long Pants
- ◆ Shorts/short pants (we do get the occasional hot day)
- ◆ Long underwear
- ◆ Rain-gear (jacket, pants, boots and/or gaiters)
- ◆ Light gloves
- ◆ Sun hat & warm hat
- ◆ Warm socks
- ◆ Hiking shoes/boots
- ◆ Small day pack
- ◆ Binoculars
- ◆ Camera
- ◆ Water bottle



Winter Preparations

Winter is a magical time of year in Riding Mountain with many continuous days of sunny skies and starry nights. Though it can get very cold, if dressed properly outdoor activity can be exceptionally good. The temperature varies between -10 and -30 degrees Celsius.

Winter checklist:

- ◆ Long sleeve shirts (turtlenecks)
- ◆ Sweater/Fleece
- ◆ Warm pants
- ◆ Long underwear
- ◆ Parka
- ◆ Ski pants/snow pants
- ◆ Mitts or warm gloves
- ◆ Toque (warm hat)
- ◆ Scarf
- ◆ Warm socks (bring extra!)
- ◆ Self heating hand/foot warmers (i.e. 'Hot Pad')
- ◆ Heavy-duty winter boots with removable liners
- ◆ Extra boot liners
- ◆ Small day pack
- ◆ Binoculars
- ◆ Camera
- ◆ Water bottle
- ◆ Thermos for hot beverages



Summer Preparations

Summer brings us warm sunny days, anywhere from 18 to 32 degrees Celsius, and comfortably cool nights, around 15 degrees Celsius. Lots of rain in the spring and throughout the summer means that we will have mosquitoes and other insects. Dress accordingly. We have many other suggestions for dealing with insects.

Summer checklist

- ◆ Tank tops
- ◆ T-shirts
- ◆ Shorts/short pants
- ◆ Long pants
- ◆ Light weight long sleeve shirts
- ◆ Sweater/Fleece
- ◆ Light jacket/Rain jacket (i.e. wind breaker)
- ◆ Sun hat
- ◆ Sandals
- ◆ Hiking shoes/boots
- ◆ Small day pack
- ◆ Binoculars
- ◆ Camera
- ◆ Water bottle
- ◆ Sunscreen
- ◆ Insect repellent

CELES DAVAR, PRESIDENT OF EARTH RHYTHMS welcomes you to Earth Rhythms Country. We live here year-round and love it.



These are The Highlands of Manitoba! We want to make sure that you are safe, warm, and comfortable. If you follow the above guidelines, it should help you to plan for your visit to the area. If you have any further questions, please call us at 1.888.301.0030. We look forward to your visit.

