



Interpretation Programs



Late October 2026

Visitor Centre *Interpretive Exhibits*

Open Saturdays and Sundays 10 a.m. – 4 p.m.

Come face to face with the park's wildlife through fascinating animal mounts and interpretive exhibits. Say hello to a Park Interpreter and uncover the stories, landscapes, and surprises that make this park so special. *Be sure to stop in at the Friends of Spruce Woods gift shop!*

Nature Journaling *Family Program*

Saturday, October 10 1 p.m. – 2 p.m.

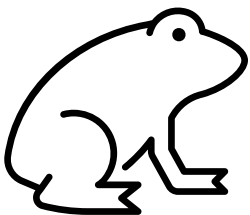
Location: Marshs Lake

Nature journaling is the practice of drawing or writing observations on nature and mindful self-reflection. Through guided prompts with a Park Interpreter, you will learn about the storied ecologists who were inspired by the Spruce Woods landscape. All materials including a notebook are provided. *Please bring a mug for hot chocolate.*

Amphibian Research *Campfire Talk*

Saturday, October 17 1 p.m. – 2 p.m.

Location: Visitor Centre



Join us by a warming fire for a special presentation with researcher Jackie Tran to learn about their work surveying for amphibian diseases. After their talk, we will compete in groups in a friendly game of amphibian and lizard trivia! *In case of inclement weather this program will be held inside the Visitor Centre Workshop.*

Fall Ecology Hike *Guided Experience*

Saturday, October 24 1:30 p.m. – 3:30 p.m.

Location: Meet at the Visitor Centre

Explore the changing season and different plant and animal adaptations to prepare for winter on this 2 km hike of the Isputinaw Trail. We will set off over the new floating boardwalk before climbing up the southern wall of the valley carved by the ancient Assiniboine River. Expect steep climbs and uneven terrain on this exploration. *Wear sturdy footwear and bring water.*

Programs are free for everyone to attend! An adult must accompany children under 12.
Please let us know if you require accessibility accommodations. Programs presented in English.
For more information, please call 204-827-8850 or email parkinterpretation@gov.mb.ca.

Publication available in alternate formats upon request. Aussi disponible en français.



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