



# MENIHEK NORDIC SKI TRAILS 2021

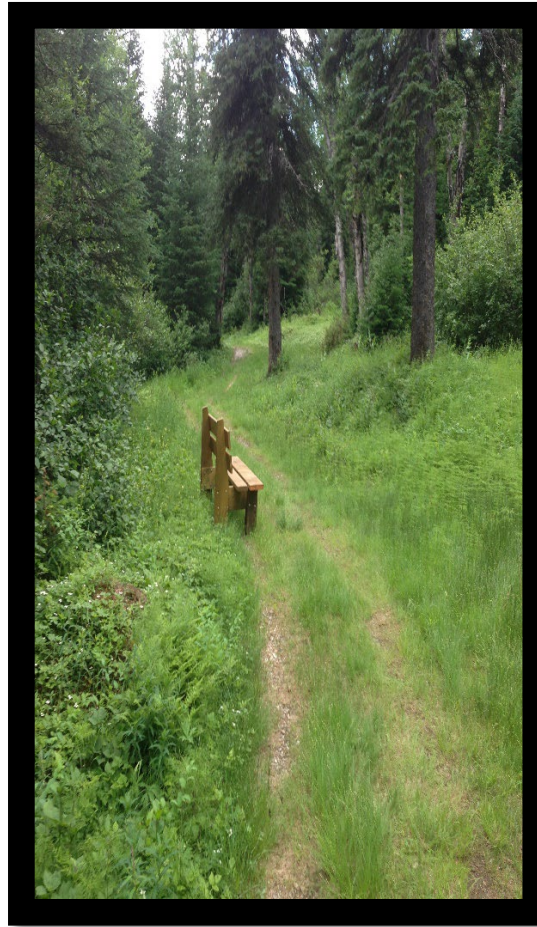
TRAILS	DISTANCE
● NOVICE ■ INTERMEDIATE ◆ ADVANCED	
● BEA'S PLEASURE	2.0 km
● JODY'S TRAIL	5.0 km
● DUMBBELL TOUR	5.8 km
● RIDEOUT'S RUN	6.5 km
■ VELLO'S TRAIL (401)	5.7 km
■ BIRCHES	4.4 km
◆ ALF'S SUMMIT	3.2 km
◆ KOCH'S TRAIL - 5.0 KM	5.2 km
◆ KOCH'S TRAIL - 7.5 KM	7.3 km
◆ KOCH'S TRAIL - 10 KM	9.5 km

MAP LEGEND	
	WARM UP CABIN
	CURRENT LOCATION
	WATERFALL
	WISHING WELL
	BRIDGE
	EXISTING TRAILS
	SNOW SHOE TRAILS
	ACCESS TRAILS



## Things To Remember While Hiking

- **Menihek Nordic Ski Club is a Non-Profit Organization run by volunteers. Donations accepted for trail maintenance.**
- **Our trails are available to use for hiking & mountain biking between June to mid-October when the snow arrives.**
- **Use the trails at your own risk.**
- **Familiarize yourself with the trail system map before venturing out on the trails.**
- **Let someone know where you are going & what time you expect to return.**
- **Dress for the weather & trail conditions.**
- **Dogs must be on leash at all times. All dog waste must be picked up & disposed of at the chalet.**
- **When walking dogs, please be mindful of the wildlife & other hikers.**
- **Outdoor garbage containers are not provided to avoid attracting bears.**
- **Please leave the trail as you found it by not littering.**



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<https://sites.google.com/view/menihek-nordic-ski-club/home>



# HIKE



**Menihek Nordic  
Interpretive  
Trails**

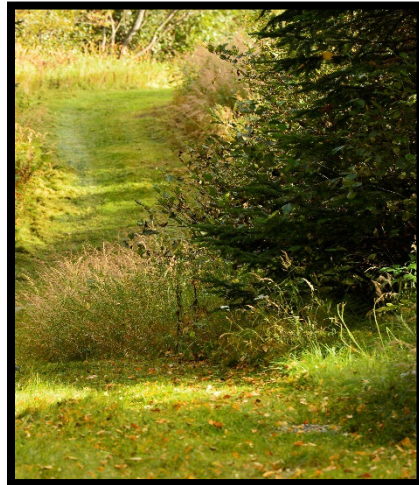
# Explore Off The Beaten Path

# MNSC Hiking Trail Map

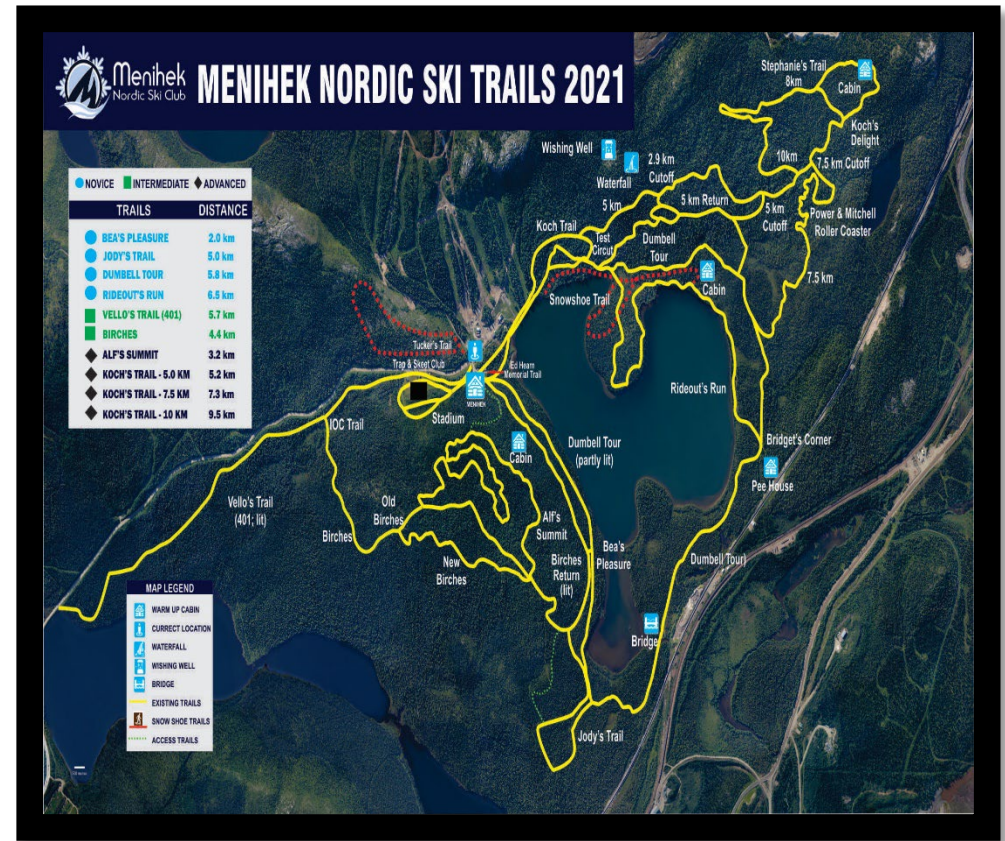


## Waterfall Hike – Koch Trail (3 & 5 km distances)

- Enjoy Menihek Interpretive Trail boards describing local plants and wildlife.



## Dumbell Lake Hike – Dumbell Tour Trail Returning By Rideout's Run (6.5 km distance)



Take a photo of this map located at the start of the trail heads. Check our Facebook Page for scheduled free Summer & Fall Guided-Hiking Tours.

**ATTENTION – The Trap & Skeet Club has resumed activities as of April 16<sup>th</sup>, 2022 until the end of October. Vello's Trail (also known as the 401) and Birches Trail are not open to the public to avoid any potential safety concerns.**