

MANITOBA RECREATIONAL TRAILS ASSOCIATION, INC.

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MEDIA RELEASE

Cross-Canada Hiker Journeys Across Manitoba

Experiences from 'The Great Hike' showcase the diversity of the Trans Canada Trail

For Immediate Release

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Dana Meise, a BC man hiking across Canada on the Trans Canada Trail (TCT), is in Winnipeg celebrating a rare achievement. Meise is on the hike of a lifetime, walking solo from coast to coast to coast along the TCT, the largest and grandest recreational trail in the world. Meise begins the fourth season of his hike in Winnipeg on April 12th as a personal tribute to Terry Fox, who continues to inspire him in his journey.

Healthy Living Minister Jim Rondeau and trail enthusiasts will meet Meise at The Forks in Winnipeg and walk with him on the first leg of his trek to the Legislative Building.

"I'm proud to join Dana in this small part of his amazing trek across Canada," Rondeau said. "Like Terry fox, he is an inspiration for all of us and I'm thrilled he has chosen the trail for this adventure. In the trail, we are building a national treasure, promoting a healthy lifestyle and preserving our environment."

Meise started his trek, known as 'The Great Hike', in 2008 in Cape Spear, Newfoundland. Carrying a 70 lb heavy pack, Meise usually walks 30-40 km a day for about six months every year, sometimes going more than a week without seeing anyone. Meise is beginning this year's leg of 'The Great Hike' in Winnipeg and hopes to reach the West Coast before winter.

"Winnipeg is the birthplace of Terry Fox and I'm starting this year on April 12th as a personal tribute to his accomplishments" said Meise. "Terry inspires and motivates me to complete this journey. His story is a rich and compelling piece of our history and the pride people have in him is truly moving."

Meise's ambitious plan to hike the entire length of the Trans Canada Trail is about fulfilling a lifelong dream to see all of Canada. "The Trans Canada Trail is designed to showcase our country and really connects history and community," said Meise. "I wanted to learn more about Canada and what

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The Manitoba Recreational Trails Association, Inc., is a charitable organization whose mission is to provide the support, knowledge, technology and resources necessary to promote the construction and use of recreational trails throughout Manitoba, thereby improving the economy, the environment, and human well-being.

better way than to get off the highway and meet the people who make this their home.”

Once complete, the Trans Canada Trail will stretch over 22,500 kilometres, linking 1000 communities and all Canadians from the Atlantic to the Pacific and to the Arctic Oceans.

“Canada has always been a nation of trailblazers. From the earliest days, people have looked for ways to forge links with each other across this vast land, said TCT President and CEO, Deborah Apps. Dana is our modern trailblazer. He is living his dream, and that of TCT founders, Bill Pratt and Pierre Camu, who envisioned the Trail as a new way to connect Canadians and reduce the distances that separate us. We all look forward to celebrating the completion of the TCT with Dana, and I invite all to join us and mark July 1st, 2017, in your calendar, as we will celebrate the connection of this national legacy in celebration of Canada’s 150th anniversary.”

Manitoba’s portion of the trail will be almost 1,400 kilometres. The Manitoba Recreational Trails Association (MRTA) is leading the effort to complete the trail and has been working with regional volunteer trail groups to build and maintain portions of the trail.

The trail passes through spectacular tall grass prairie and rolling hills south and west of Winnipeg, crossing the Saskatchewan border near Duck Mountain Provincial Forest. Trail users can spot special species, explore natural regions, and engage in cultural tourism by visiting the communities and historic places along the trail.

Meise expects to complete ‘The Great Hike’ in about three years. He is keeping a journal of his trek and plans to write a book, sharing his stories from his journey on the Trans Canada Trail.

For more information:

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