

# Skywalk

Upon The Mikâna Miigwetch



Courtesy of



CALABOGIE PEAKE  
RESORT



## Welcome to the Skywalk Trail at Calabogie Peaks Resort

Rooted in the natural and cultural history of our beautiful area, you are about to experience the highest hiking adventure in the entire Ottawa Valley.



Starting with your ***Sky Ride to the top of Dickson Mountain***, the “Skywalk upon the Mikana Miigwetch” is a gentle one hour trail.

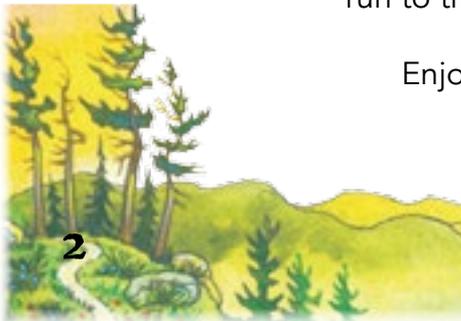
The Skywalk Trail visits wide open rock ridges with spectacular views among shaded red oak and white pine forest.

***When you get off the chairlift***, walk straight ahead.

Stone inukshuks (piled rocks) show the way.

When you are finished your journey, return to Calabogie Peaks Resort either ***by riding the chairlift back down*** or ***hiking down the Ole K&P*** ski run to the base of the mountain.

Enjoy Our Good Nature!



## The Original People

For five thousand years, long before this area was called Calabogie, the first true residents of this picturesque region were the “Anishinabe” which means **“Original People”** in both Ojibway and Algonquin, which is essentially the same language.

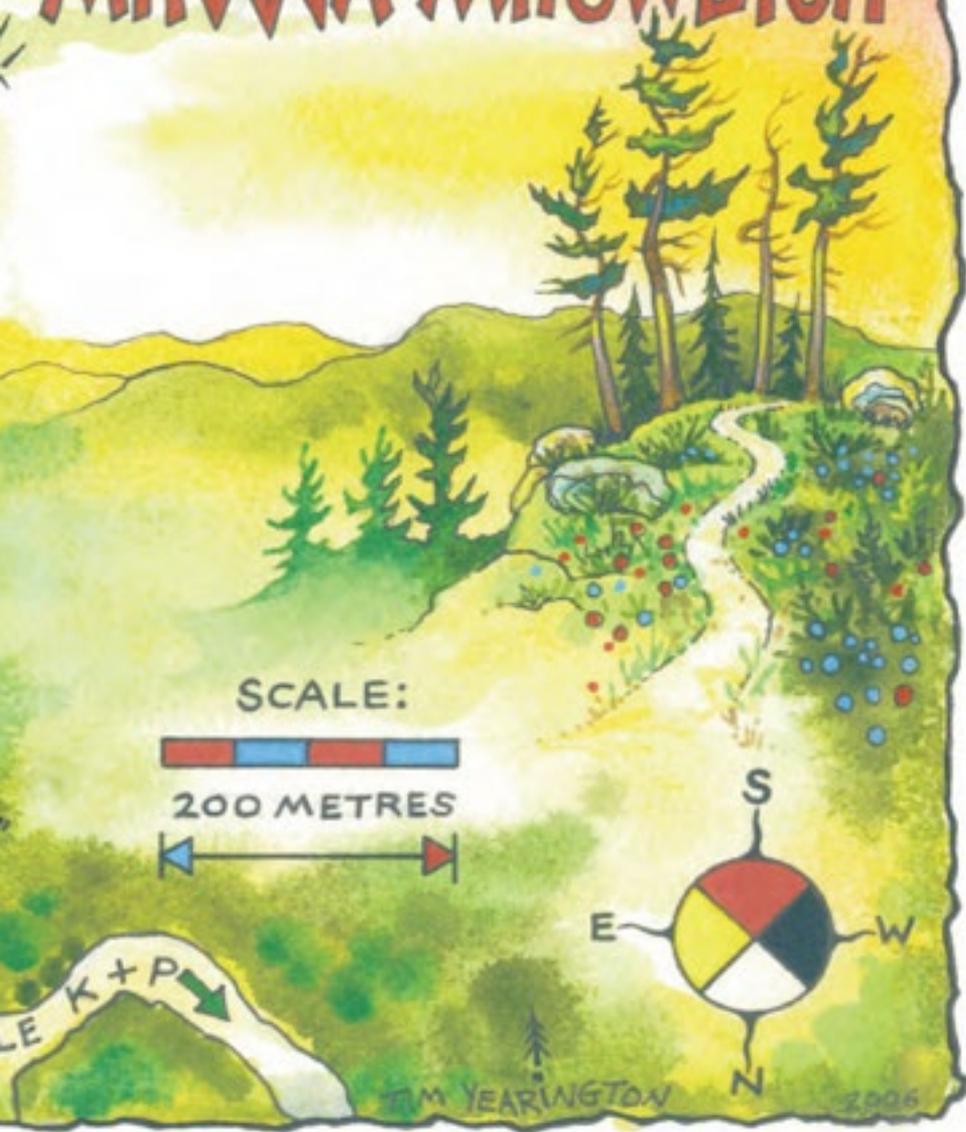
In 1613, early French explorer Samuel de Champlain ventured up the Ottawa River and met the Anishinabe of this area at the mouth of the Madawaska River, at present day Arnprior. In his expedition journal, he recorded the name he heard them call themselves as the **Matou-ouescarini**. Champlain was advised by his native interpreter this meant **“People of the Shallows.”**

As recent as only 100 years ago, the descendants of the Matou-ouescarini lived throughout this entire region hunting, fishing, gathering and harvesting wild rice from the “shallows” of Calabogie Lake. Their traditional home territory included not only the lake itself but up and down the entire Madawaska River watershed from the Kitchissippi (Ottawa River) to its headwaters in Algonquin Park and throughout the surrounding wilderness visible here upon your skywalk.





# SKYWALK UPON THE MIKANA MIIGWETCH



SCALE:



200 METRES



TIM YEARRINGTON

2006

## Miigwetch!

The most important concept in Anishinabe/First Nations/Native American philosophy is the tradition of intentionally expressing gratitude and thanks for all that one has, receives and experiences upon the path of life. **Every day is seen as a gift.** Even the now common holiday of Thanksgiving that we celebrate each fall with a turkey meal is a tradition adopted from the Native people of North America. A genuine expression of thanksgiving can be embodied in one traditional Anishinabe word: "Miigwetch."

## The "Mikana Miigwetch"

The Skywalk Trail is intentionally called the Mikana Miigwetch to honour the Madawaska Anishinabe in their native tongue. Mikana means "path" while Miigwetch means "thanks" so together "Mikana Miigwetch" literally means "**Path of Thanks.**"

As you explore you will discover some interesting things about the traditional wisdom of the Anishinabe. **Keep your eyes open for animals** upon the path and for hawks, ravens, turkey vultures and bald eagles flying in the sky!



## What To Wear and Bring

**Wear sturdy shoes or hiking boots and dress for the day's anticipated weather.** Even though you may be warm, it is advised that you wear long pants, a long sleeved shirt and a hat to help prevent you from getting mosquito and deer-fly bites. Light coloured clothing works best. It is always good to **carry insect repellent** with you to use as needed.

**Carry a raincoat** in your backpack if you feel it may rain.

**Bring a sweater** with you if you feel it may get cooler or if you are setting out for a hike later in the day. It is also important that you bring an **ample supply of drinking water** with you to prevent dehydration especially on sunny or humid days. **Trail snacks or a trail lunch** is a great idea to keep your energy levels up.

**On wet or damp days, please be careful walking on bald rock surfaces.** The lichens that naturally grow on rocks make them very slippery when wet.

**If you are heading out on a hike after your evening meal,** it is a good idea to bring a working flashlight with fresh batteries in the event you need it on your way back.

Items to bring along in your backpack:

- |   |                         |
|---|-------------------------|
| Drinking water<br>(2 bottles per person)  | Raincoat                |
| Trail lunch or snacks<br>(cereal bars, fruit, juice,<br>cookies, candy bars...) | Sweater or light jacket |
| Insect repellent  | Extra socks             |
| Hat   | Camera                  |
| Sunglasses  | Binoculars              |
| Sunscreen   | This guide              |
|   | Toilet paper or tissue  |
|   | Prescriptions           |

