



WELCOME TO THE SKYWALK TRAIL



AT CALABOGIE PEAKS

30 Barrett Chute Rd.
Calabogie, Ontario
www.calabogie.com

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."

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.**"



START YOUR JOURNEY

The "Skywalk upon the Mikana Miigwetch" is a gentle one-hour loop trail. It is the highest hiking adventure in the Ottawa Valley. Parking is available at the Calabogie Peaks Resort.

1. Ride the Lakeview Chairlift to the top and walk straight ahead to the stone trailhead.
2. Hike up the Ole K&K ski trail to add a more challenging 2.1km
3. Hop on from the Manitou Mountain Trail



SKYWALK UPON THE MIKANA MIIGWETCH

1.5 KILOMETRE
HIKING LOOP.
TIME APPROX:
ONE HOUR

FOLLOW
INUKSUKS +
DIAMONDS

RETURN TO
BASE OF MTN.
DOWN "OLE K+P."

SCALE:



TIM YEARRINGTON

2006

