

Water Walks are based in Anishinaabe Ceremonial Water Teachings. We walk to honour all Nibi (water) and to speak to the water spirits so that there will be healthy rivers, lakes, and oceans for our ancestors and for the generations to come. Miigwetch for joining us to honour Nibi and all life!

## Rice Lake Water Walk 2019



"Revolution of Love" by  
Christi Belcourt

A Water Walk is first and foremost about Water. From the time the copper pail is lifted to the time it is set down, the Walkers are in Ceremony.

During a Water Walk, women make offerings for the water, and sing water songs so it can be pure and clean and continuously flow. Women wear long skirts and men wear long pants to show our respect for Mother Earth. Women on their moon-time do not carry water in the copper pail during this time, as they are already in ceremony. Men carry the Eagle Feather Staff to spiritually guide the Water Walkers.

### Helpful tips/ What to bring:

- A refillable water bottle, (we do not want any litter and will not buy bottled water)
- Really good walking shoes
- Dress for the weather: sunscreen, rain gear, hat, sunglasses
- Your own first aid
- Your own litterless lunch
- Wear a long skirt or long pants
- Anything else you may need for a full day walking outside

### A Water Walk is Not:

- A protest, activist action or social event
- Sitting idle or an easy journey
- For boasting, carelessly talking or gossiping
- A competition or contest of who can walk the furthest

### Please do NOT bring:

- Dogs or other pets, however if you require a service dog you are welcome to bring them along
- Drugs or alcohol
- Bikes or skateboards
- Strollers