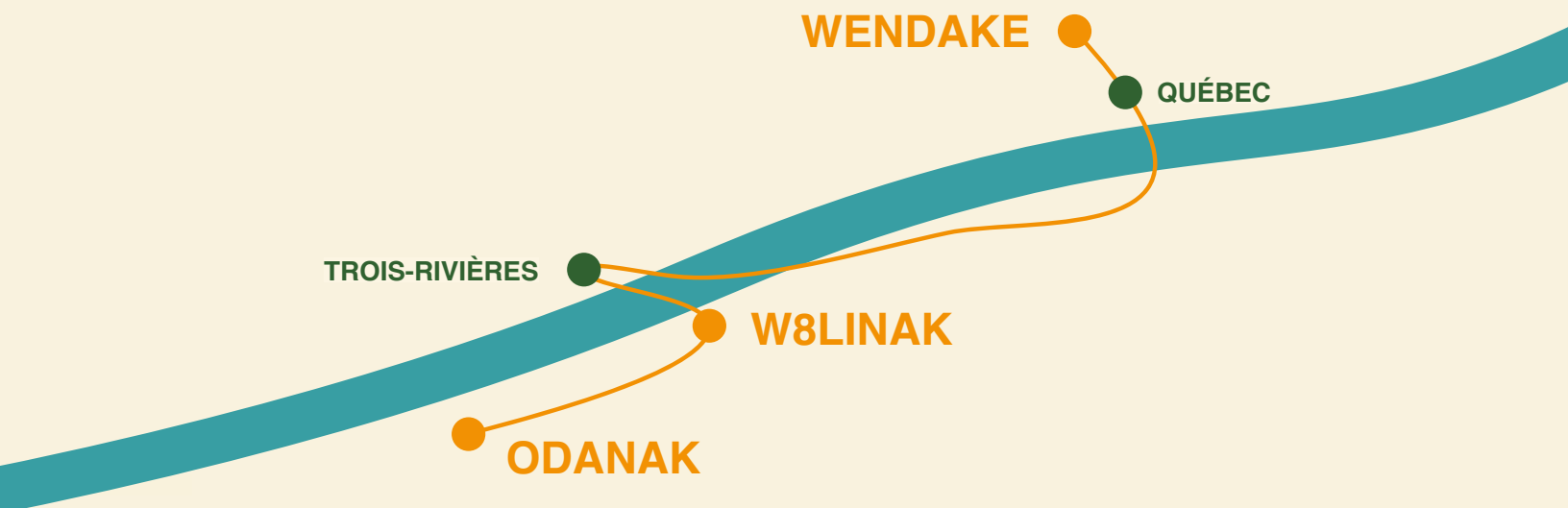


# Mamu Nikantetau Expedition 2025

September 23 –30, 2025

Nearly 200 km from Ndakina to Nionwentsïo  
From Odanak to Wendake



## Why Register?

- Experience a unique group adventure
- Push your personal limits
- Take part in the collective healing process by sharing with other Indigenous and non-Indigenous people
- A gesture of solidarity with residential school survivors
- Contribute actively to the reconciliation process

## Event Description

The Mamu Nikantetau Expedition, which means “Let’s Move Forward Together” in Innu-aimun, is an annual reconciliation and intercultural gathering organized by Puamun Meshkenu since 2023. The expedition invites around twenty Indigenous and non-Indigenous participants to journey together—both physically and spiritually—on a 200 km route that combines walking and traditional rabaska canoeing.

The 2025 edition will take place from September 23 to 30, following a route that crosses the Ndakina, the traditional territory of the W8banaki, to the

Nionwentsïo, the Wendat territory. The route will follow the Saint Lawrence River, passing through the Indigenous communities of Odanak, W8linak, and Wendake, as well as the cities of Trois-Rivières and Québec City.

Evening activities will be organized to foster opportunities for meaningful connections and sharing between participants and the communities they visit. Collectively, the event aims to promote reconciliation by sharing messages of hope, healing, and respect between Indigenous and non-Indigenous peoples. These intercultural encounters help build meaningful relationships between individuals and communities.

Inclusive and educational in nature, the expedition contributes to the creation of safe, respectful spaces that foster mutual understanding, reduce prejudice, and advance reconciliation.

This year’s edition will also be the subject of a research study led by the Quebec Youth Research Chair (CRJ), aimed at documenting the impact of such an expedition on the participants and their communities—further reinforcing the transformative potential of this human and social initiative.

## Participant Criteria & Details

1. Open to all, but priority will be given to youth aged 18 to 35.
2. Open to Indigenous participants from all Nations, with a few spots reserved for non-Indigenous allies
3. Must be in good physical shape to walk several kilometres per day and paddle in a rabaska canoe.
4. Must be available from September 23 to 30.
5. Must be able to travel to Wendake on September 22 and return home from Wendake on September 30.
6. Transportation to and from Wendake is at the participant's expense.
7. Meals and accommodation will be provided by Puamun Meshkenu.
8. The event is drug- and alcohol-free.
9. Limited spots available.
10. A refundable \$100 deposit will be required to confirm participation once selected.

## What Participants Gained in 2024

- Improved self-esteem
- Better understanding of Indigenous realities
- New friendships
- Sense of belonging
- Pride and accomplishment
- Improved physical health
- Improved mental health
- Increased determination

## Overall Experience Rating by 2024 Participants

4.83/5



For more information :  
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Lac Simon, Mamu Nikantetau - 2024 Edition  
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