

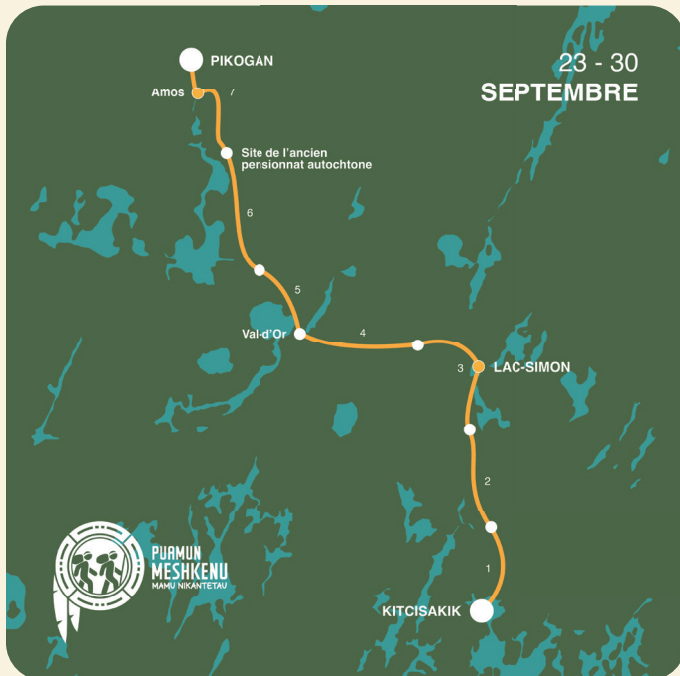
Mamu Nikantetau 2024

September 23 to 30, 2024

Nearly 200 km on the Anishnabe Aki,
from Kitcisakik to Pikogan



Overall journey



Why should you register?

- Experience a unique group adventure
- Push your personal limits
- Aid in your healing process by sharing with other Indigenous and non-Indigenous people
- Act of solidarity with residential school survivors
- Actively participate in the reconciliation process

Event description

The Mamu Nikantetau Walk, meaning «Let's move forward together» in Innu-aimun, is an event aimed at promoting reconciliation and coexistence. It also provides an opportunity for participants to personally journey on their own path of reconciliation and to create meaningful connections with others. Scheduled from September 23 to 30, 2024, in Anishnabe territory, it will encompass the Indigenous communities of Kitcisakik, Lac-Simon, and Pikogan, as well as the cities of Val-d'Or and Amos.

Approximately 20 walkers will cover the entire route between Kitcisakik and Pikogan, totaling nearly 200 km. Local walking segments open to the public and school visits will be organized at certain key points. The event will culminate on September 30 with a commemoration at the site of the former residential school in Saint-Marc-de-Figuery.

Other activities will be organized in the evenings to create opportunities for meeting and sharing experiences in order to build strong connections between participants and the communities encountered.

Collectively, the event aims to promote reconciliation by sharing messages of hope, healing, and respect between Indigenous and non-Indigenous peoples. The intercultural encounters fostered by the walk aim to establish meaningful connections between individuals and communities.

Calendar

Date	Kilometres
Monday, September 23	17
Tuesday, September 24	23
Wednesday, September 25	26
Thursday, September 26	22
Friday, September 27	23
Saturday, September 28	28
Sunday, September 29	24
Monday, September 30	5

With its inclusive and educational nature, the event actively contributes to the creation of meeting spaces that promote better mutual understanding, mitigate prejudices, and advance the reconciliation process.

Participation Criteria and Details

1. Registration open to all, but priority is given to individuals aged 18 to 35.
2. Open to Indigenous peoples from all nations, and a few spots are reserved for non-Indigenous allies.
3. Must be in good physical condition to walk several kilometers per day.
4. Must be available from September 22 to September 30.
5. Must be able to travel to Kitcisakik on September 22 and return from Pikogan on September 30.
6. The event is drug and alcohol-free.
7. Limited spots available.
8. A refundable deposit of \$100 will be required to confirm registration once selection is made.

What the event brought to the walkers of the 2023 edition

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

Overall appreciation of the experience from the walkers of the 2023 edition

4,6/5



For any inquiries, please contact:
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Uashat mak Mani-Utenam, Mamu Nikantetau - 2023 Edition
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