

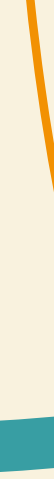


Mamu Nikantetau 2026 Expedition

September 21 to 30, 2026

350 km of walking and canoeing from
Kitigan Zibi to Montréal, passing through
Ottawa, Kahnawà:ke and Kanehsatà:ke

KITIGAN ZIBI



OTTAWA



KANEHSATÀ:KE



KAHNAWÀ:KE



MONTRÉAL



Why register?

- Take part in a unique group experience
- Push yourself beyond your limits
- Contribute to the collective healing process by sharing with Indigenous and non-Indigenous participants
- Show solidarity with survivors of residential schools
- Take concrete action toward reconciliation

Event Description

The Mamu Nikantetau Expedition, meaning “Let’s move forward together” in Innu-aimun, is an intercultural gathering and reconciliation event organized annually by Puamun Meshkenu since 2023. It brings together around twenty Indigenous and non-Indigenous participants to journey together, physically and spiritually, along a 350 km route combining walking and rabaska canoeing.

The 2026 edition will take place from September 21 to 30 and will follow a symbolic route linking Anishinabeg territory (Anishinabe aki) to Kanien’kehá:ka territory (Tiohtià:ke). The journey will begin in the Anishinabeg community of Kitigan Zibi, pass through Gatineau and Ottawa, and continue toward the Kanien’kehá:ka communities of Kahnawà:ke and Kanehsatà:ke before reaching Montréal. Activities will be organized to create opportunities for dialogue and sharing, fostering strong connections between participants and the communities visited. Collectively, the event aims to promote reconciliation by sharing messages of hope, healing and respect between Indigenous and non-Indigenous peoples. The intercultural encounters created through the expeditions seek to build meaningful relationships between individuals and communities.

With its inclusive and educational nature, the event actively contributes to creating spaces for connection that encourage greater mutual understanding, help reduce prejudice and advance the reconciliation process.

Participation Criteria and Details

1. Registration is open to everyone, but priority will be given to youth aged 18 to 35.
2. Open to Indigenous people from all Nations, with a few spots reserved for non-Indigenous allies.
3. Be in good physical condition in order to walk and paddle several kilometres per day.
4. Be available from September 21 to 30.
5. Be available to attend one of the mandatory online preparatory sessions for selected participants, scheduled on July 20, 2026, from 12:00 p.m. to 1:00 p.m. or on July 21, 2026, from 6:00 p.m. to 7:00 p.m..
6. Be able to travel to Montréal on September 21 and return from Montréal on September 30.
7. Travel expenses at arrival and departure are the participant's responsibility.
8. Food and accommodation are covered by Puamun Meshkenu.
9. The event is drug- and alcohol-free.
10. Spots are limited.
11. A refundable \$100 deposit will be required to confirm registration once the selection process is complete.

What the Event Brought to Participants from the 2025 Edition

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

Overall Experience Rating from Participants of the 2025 Edition

4.83/5



For any information requests :
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Mamu Nikantetau Expedition - 2025 Edition
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