

Geocaching!



A real-world outdoor treasure hunting game played throughout the world by adventure seekers equipped with a portable GPS receiver. Players try to locate hidden containers (caches) using GPS devices.



Try it for FREE!

To loan out a kit for your next family gathering, birthday party, staff BBQ or just for fun, contact:

Health Promotion Admin
(204) 578-2193
HealthPromotion2@pmh-mb.ca

*Please follow social distancing practices

*All units will be disinfected between each user

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What is Geocaching?



Geocaching is a real world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Geocaching is quickly becoming a popular outdoor adventure game among all ages and ability levels. It combines location-based gaming, social networking, treasure hunting, GPS navigation, and outdoor recreation. Geocaching is an activity that lets you explore the great outdoors--parks, nature trails, or simply the city routes around your home or school to find the secret cache with a hand held GPS unit.



What are the benefits?

The benefits of geocaching go far beyond finding the “secret caches”, although that’s fun too! Geocaching encourages getting outside and “in motion” — many of the geocaches are accessible by walking, biking, or for the more adventurous types by canoe or kayak.

There are many ways to get in on the fun! Geocaching can help to:

- get us outdoors to experience nature, refresh the mind and increase energy levels
- encourage exploration in parks, nature trails, cities and towns
- increase physical activity levels by walking, rolling, biking, hiking, etc.
- promote social interaction while being physically active
- encourage all abilities to participate
- can link activity and nature with education
- promote respect for nature and the environment



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