

Overview

Six day white water canoe trip down Quebec's Lièvre River. Friday June 28th to Wednesday July 3th. Drive up on the Friday. We will have a short paddle to our first campsite on Friday night. Thereafter we will work our way down the river with plenty of time to play in the rapids either in canoes or in a kayak play boat. Take out on the Wednesday. Return to Merrickville Wednesday evening. The river is located in the territory of the ZEC Normandie.

Participants

Name	Type	Canoe	Position	PFD
Yates, Allan	Adult	1	Bow	Salus M/L w/QRB
Hamill, Stew	Adult	1	Stern	Salus M/L
Catton, Sam	Youth			Salus S/M
Gale, Calvin	Youth			Salus M/L
Savage, Lochlan	Youth			Salus M/L
Yates, Heather	Youth			Salus S/M
Yates, Laura	Youth			Salus S/M

QRB = Quick Release Belt

Participant Qualifications

Name	Whitewater Courses	ORCA	Swimmer	First Aid	Boat Rescue	River Rescue
Yates, Allan	Canoe I/II/III, Kayak I	MW 1	Yes	Yes	Yes	Yes
Hamill, Stew	Experienced		Yes	Yes	No	No
Catton, Sam	Canoe I/II/III, Kayak I/II	MW 1	Yes	No	No	No
Gale, Calvin	Canoe I/II/III, Kayak I/II	MW 1	Yes	Yes	No	No
Savage, Lochlan	Canoe I/II/III, Kayak II		Yes	No	No	No
Yates, Heather	Canoe I/II/III, Kayak I	MW 1	Yes	No	No	No
Yates, Laura	Canoe I/II/III, Kayak I	MW 1	Bronze Cross	Yes	No	No

Schedule**Friday June 28th**

Depart Merrickville from Allan's house at 8:00am.

416 North, 417 East, exit 121B, Booth North, Alexander-Taché West, Montacalm North, 50 East, 309 North to Mont Saint-Michel.

Drive to ZEC Normandie, 5-6 hours; arrive ~2:00pm

Purchase fishing license.

Depart ZEC ~3:00pm. Drive to put-in, 1 1/2 hours; arrive put-in ~4:30pm

Arrive at south end of Lac à la Culotte. Start paddling ~5:30pm. Paddle 6km across flat water. Arrive campsite ~7:30pm.

Camp at km 328.

Saturday June 29th

Paddle distance 7km.

Camp at km 321.

Sunday June 30th

Paddle distance 16km.

Camp at km 305; alternatively camp at km 301.

Monday July 1st

Paddle distance 26km.

Camp at km 279.

Tuesday July 2nd

Paddle distance 11km.

Camp at km 268.

Wednesday July 3th

Paddle distance 8km.

Depart campsite ~8:00am.

Takes 5 hours for the last 8km.

Arrive at the take-out ~1:00pm. Depart take-out ~2:00pm. Drive to Merrickville, 5-6 hours.

Arrive Merrickville approximately 7:00pm-8:00pm.

Distribute equipment for cleaning and drying.

Call parents upon arrival in Merrickville or drop kids off at their homes.

Directions to ZEC Normandie

From Mont Saint-Michel, travel 4 km on the 309 heading north.

Take Chemain Parent (gravel) on the right. Mileage starts at zero and is usually indicated every 4 km.

Take-out: At km 41.5, the take-out is on the right. A road descends to the river bank (about 500m). The first 100m is a descent that some cars are likely to have problems re-ascending. A safer option is to leave the vehicles at the top of the hill.

Continue on Chemain Parent.

Pass in front of the home of the ZEC Mithcnamécus without stopping.

Take the bridge immediately to the right and stop at the home of the ZEC Normandie; km 52.

Directions to Put-In

Continue on Chemain Parent.

At a place there is a "T" intersection where it is clear that you take the left (to stay on Chemain Parent).

At km 85, take the road to the right which leaves the Chemain Parent. Mileage starts back at zero.

Continue on this road. If in doubt follow the signs for Lake Adonis (or the outfitter of the 100 lakes).

At km 13, take the road on the right that leads to Lac de la Table (1km).

It is possible to depart from Lac Orthès, by taking the road on the right at about km 17, just before the dump. At the end of the road begins a trail of approximately 300m which leads to Lac Orthès.

Route from the ZEC office to Lac à la Culotte will be determined with the ZEC staff on site.

According to the ZEC the road is suitable for cars; four wheel drive is not required. However, from past experience a truck is preferred.

River Statistics

Total river length	74km	
Total mandatory portage length	800m	(longest possible portage is 650m)
Total rapid length	20km	(27% of river length)
Number of mandatory portages	2	
Number of optional portages	7	(will depend on water level)

The class of the rapids depends on the water level, and some class IV may only be class III for us.

A water level of 100 is ideal for this river. Above a level of 150, the rapids become too dangerous. Below 60, the rapids become quite rocky.

On the maps, in an 'SIV', the 'S' is French for Ledge. I.e. a class IV ledge.

Rapid Class	Number	Total Length	Notes
I	32	3,529m	
II	38	6,824m	
III	14	7,353m	
IV	11	1,941m	Some maybe class III depending on river level
V	1		

SPOT Satellite Messenger Usage and Response Protocol

Approximately once a day we will use it to send a "Check In" message. The result will be an email similar to the one below being sent to yourselves and all the parents. It includes a link to our location on Google maps. Not receiving a report from us is NOT an indication of a problem. There could be many reasons why no message is being sent or received.

We can also utilise the device to signal that we need help or we have an emergency. The protocol is as follows:

Need Help

We will utilise this function if we cannot move from our present location and require extraction. This could be an equipment, medical, or other problem. An email is sent to Bob and Cheryl only. They would contact the OPP Communication Centre at (888) 310-1122 and pass on our location with a request for assistance. It is expected that they will contact their counterparts in Quebec or Trenton Search & Rescue as they see fit. A response time of 24-48 hours would be desired.

Emergency (911)

We will utilise this function if we have a life or death situation or a serious medical problem. The SPOT response centre will contact emergency services directly. They will contact Bob (613-269-2521) and/or Cheryl (613-269-3074) if they have any questions.

References

ZEC Normandie <http://zecnormandie.zecquebec.com/>
 Cartes Plein Air <http://www.cartespleinair.org/Canot/04/LievreZecNormandie.pdf>
 Water Gauge <http://www.cehq.gouv.qc.ca/suivihydro/graphique.asp?NoStation=040624>
 Trip Report <http://www.mycr.com/SectionForums/viewtopic.php?f=116&t=30085>
 Trip Report <http://www.mycr.com/SectionForums/viewtopic.php?f=115&t=16789>

PFD Sizing

Salus Kayak Guide	Chest Size	Quantity	
		Available	Required
Small / Medium (S/M)	32" - 40"	8	3
Medium / Large (M/L)	36" - 44"	6	4
Large / Xtra Large	40" - 48"	None	N/A
Xtra / 2Xtra Large	44" - 52"	None	N/A

Issued Personal Equipment

A PFD and helmet will be issued to every person at the beginning of the trip. These will be marked with the person's name. They are responsible for them throughout the entire trip. Each person will select a paddle of their preferred size. At least one spare of each size paddle will be brought.

Vehicles

Vehicle	# of Seats (incl. driver)	Make	Model	Colour	License Plate
Allan	8				
Stew	5	GMC	Envoy	Beige	AMCW 992
Canoe Trailer		EZ Loader		Grey	D76 30J

Equipment and Food Packing

All equipment, such as tents and pot sets, will have to be opened up to check their contents are complete. Each person will pick a paddle of their preferred size; at least one spare of each size will be brought as well (total of four spares). Food items, where possible (e.g. UHT milk), will be frozen to provide refrigeration of the meat through the first three days of the trip. An insulated freezer barrel will be used. All meat will be frozen to ensure maximum longevity. Matches will be stored in two watertight plastic containers.

Equipment Storage

Each canoe will carry the personal rucksacks of the two paddlers, along with two barrels and a spare paddle. Any fishing rods will be lashed alongside the spare paddle for protection. The two barrels containing the first aid kits, repair kits, and pin kits will be marked with a green cross sticker and stored in separate canoes. For quick access in an emergency, a pruning saw will be in the red dry sacks on each of Allan/Stew's and xxx's canoes. Common camping equipment will be stored in three 60 litre barrels. Food will be stored across five 60 litre barrels. Light weight equipment (such as backpacking stoves) will be used where possible. Spare paddles will be bunged to the thwarts.

Lining

It is intended that the canoes be lined down some of the rapids that are too dangerous to run. 25' of floating rope is used bow and stern, carabineered to the grab loops. This rope also functions as a painter when needed. When not in use, the rope is stowed in the dry sacks in the canoes. Leaving it loose in the canoe would be a safety hazard.

Quick Release Belt Configuration

Safety Precautions

- Be aware for poison ivy at the campsites.
- A properly fitting personal floatation device will be worn when on the water.
- A helmet will be worn when near rapids.
- Personal floatation devices and helmets will be securely fastened when worn.
- When scouting rapids, each person will wear their PFD and helmet, and may bring their paddle for support. The throw bags from each canoe will be brought in the event a rescue is required.
- No participants have mortal allergies.
- All rapids will be scouted before running.
- Strongest paddlers will run rapid first and act as a safety boat for the remaining canoes.
- Option to portage any rapid for any person not comfortable running a given rapid.
- Safety equipment (pin kits, first aid kits, and repair kits) carried on two separate canoes.
- A safety boat will always be used when swimming rapids or running rapids.
- All drinking water will be purified using chlorine bleach, at the ratio of eight drops per gallon (two drops per litre) and let sit for 30 minutes.
- All swimming (without PFDs) to be supervised by an adult.
- No food in personal rucksacks.
- Each canoe to be equipped with for/aft floatation bags, bow/stern grab loops, a bailer, an extra paddle, and a 70' throw rope.
- Food barrels to be stored well away from camp.
- Emergency exits from the trip have been highlighted on the map where the road crosses the river.
- Swift Water Rescue training taken by Allan.
- All participating kids have a minimum of two weekends of whitewater training, including the Canoe II course, offered through Paddler Co-op.
- All participating kids have attended a River Safety course.
- Rucksacks and equipment will be tightly secured to the canoes so equipment is not lost or snagged if a canoe flips.
- A SPOT Satellite Personal Messenger will be taken. Daily check-in messages will be sent, with all participant parents along with Bob Sargent and Cheryl Yates being recipients. Help and emergency messages can also be sent with Bob and Cheryl being the contacts.

Maps

We have a road and river maps from the ZEC Normandie, and a river map from Cartes Plein Air showing all the rapids. Copies of the relevant maps are at the end of this document. The included river maps contain the same information as the ZEC Normandie river map. This map is now out of print. The maps have been customized with our planned campsites and emergency exit points. Four plastic laminated copies of these maps will be brought on the trip. These maps will be carried in waterproof map cases.

Equipment Colour for Search and Rescue

Item	Quantity	Colour	Notes
Canoes	4	Red	
Kayak play boat	2	Green	
Tent	1	Gold	Allan
Tent	1	Red	Stew
Tent	1	Bog (olive green)	Girls
Tent	1	Bog (olive green)	Boys

Financial Budget

Item	Budget	Actual	Notes
Mileage Truck & Trailer - Allan, 2 x 450km @ \$0.30/km	\$240	\$0	
Food - (\$10/pp/day), 6 days, 7 people	\$480		
ZEC shuttle, \$105/vehicle	\$200	\$105	
ZEC camping fee, \$6/day/tent, 3 tents	\$140	\$90	
ZEC vehicle access fee, \$10/vehicle/day	\$17	\$60	
Truck rental		\$873	
Truck gas		\$118	
White gas for stoves	\$0	\$0	
Meal upon return	\$50	\$0	
Fireworks		\$169	
Creek boat rental (Dagger Mamba 8.1)		\$169	
Map printing and laminating		\$70	
Total	\$1,380		
Total per kid (5)	\$228		
Total fee per kid	\$225	\$300	

ZEC Normandie

France Perron

612 de la Madone

Mont-Laurier, Quebec

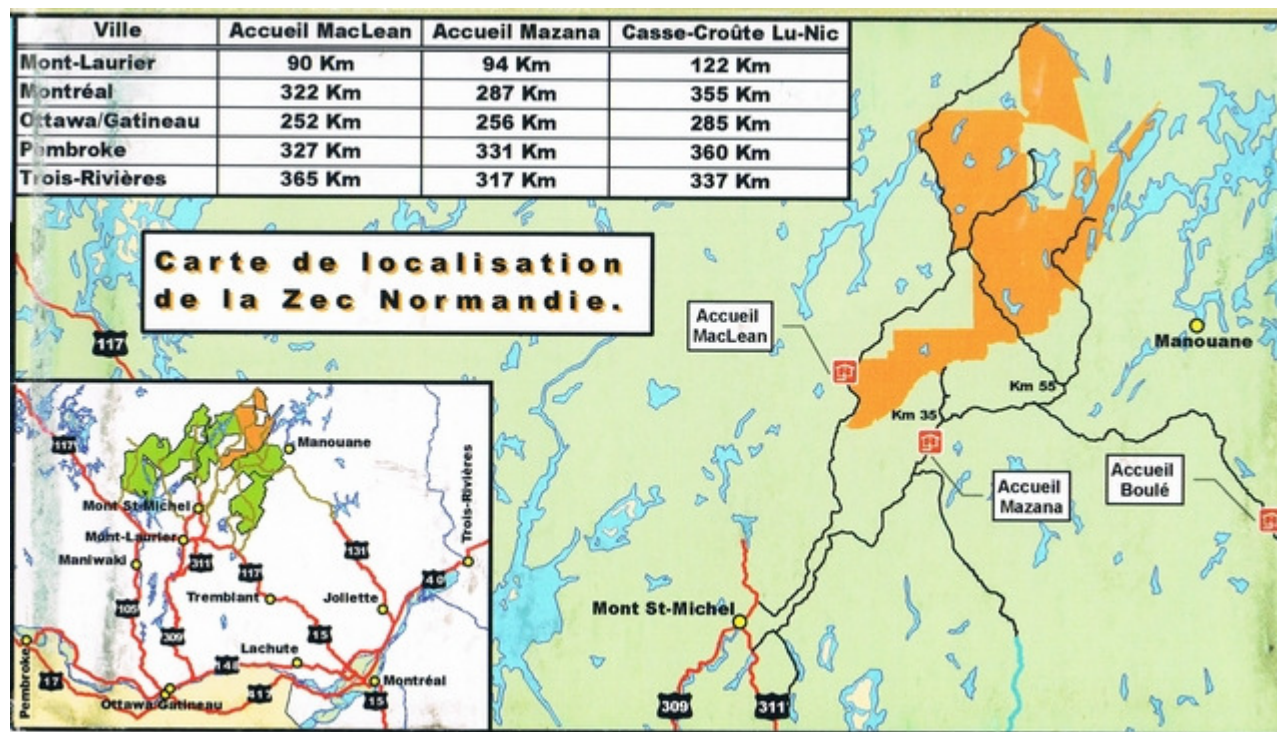
J9L 1S9

(819) 623-9709

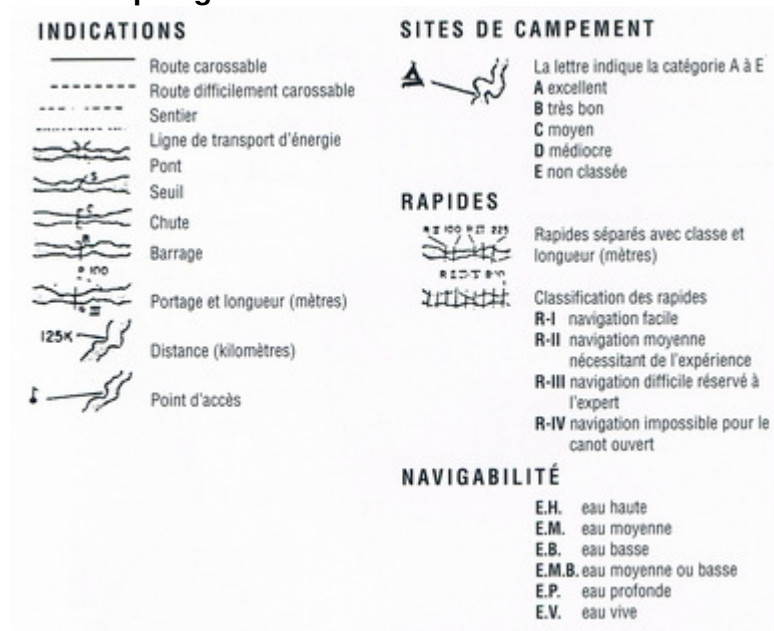
(819) 587-2620 x26 (Accueil Chute Maclean)

The ZEC publishes a road map of their area for \$10. Their map of the river is no longer in print; however we have a copy.





River Map Legend



Fishing

A fishing license is required for all people, regardless of age, in Quebec. Within the ZEC Normandie, a fishing license for non-Quebec residents is \$27.30/day/person, or \$66.30/person for three days, or \$110.50 for three days for a family. We qualify for the family rate. Only kids 12 and under may fish free in the ZEC. According to the brochure there is a 50% reduction for kids under 25, we will need to confirm this onsite.

Lake	Pike (Brochet)	Pickerel/Walleye (Doré)	Brook Trout/ Fountain Char (Omble de fontaine)	Lake Trout (Truite/Touladi)
Lac Bacon	✓	✓		
Lac à la Culotte	✓	✓		✓
Lac de la Table	✓	✓		
Lac Orthès	✓	✓		
Rivière Lièvre	✓	✓		✓

From recped at www.myccr.com

The real problem about water levels on the Lievre is that the gauge is not necessarily accurate; it is located downstream in Mont-Saint-Michel well after the flow from Reservoir Mitchinamecus has entered the river (just upstream of the normal takeout). One needs to also check the two Mitchinamecus gauges to see if they are drawing down or storing water.

In any event, I was on the river twice this year (2012), early July and this past week. Levels on the gauge:

July - 49 falling to 41

Sept - 35 rising to 44

I felt the up/down trend was detectable on both trips although perhaps that was influenced by the weather one would expect given the direction.

I've been on the river at various other levels from the 70's up to 110+, I'll offer some comparisons:

Because there are none of the fan shaped rock gardens at the bottom of rapids as are found on some routes you are much more likely to run aground on a hidden rock in the quiet water just above the rapids. At higher levels you usually would glide over, run outs are rarely a problem.

The wave trains are much smaller but the longer runs are more technical (i.e.: rock dodging) it's pretty much impossible to avoid sideswiping rocks so take a boat you don't mind dinging.

There is practically no "push" to the river at these levels so you can either look brilliant as you successfully find the deep water channel (it's there 99% of the time) or look like a fool as you attempt to pry yourself off a rock (bring a strong paddle).

The long flat water section in the middle is no more flat or tedious than at high water!

The lining is even easier than normal.

The RIV "canyon" is much easier.

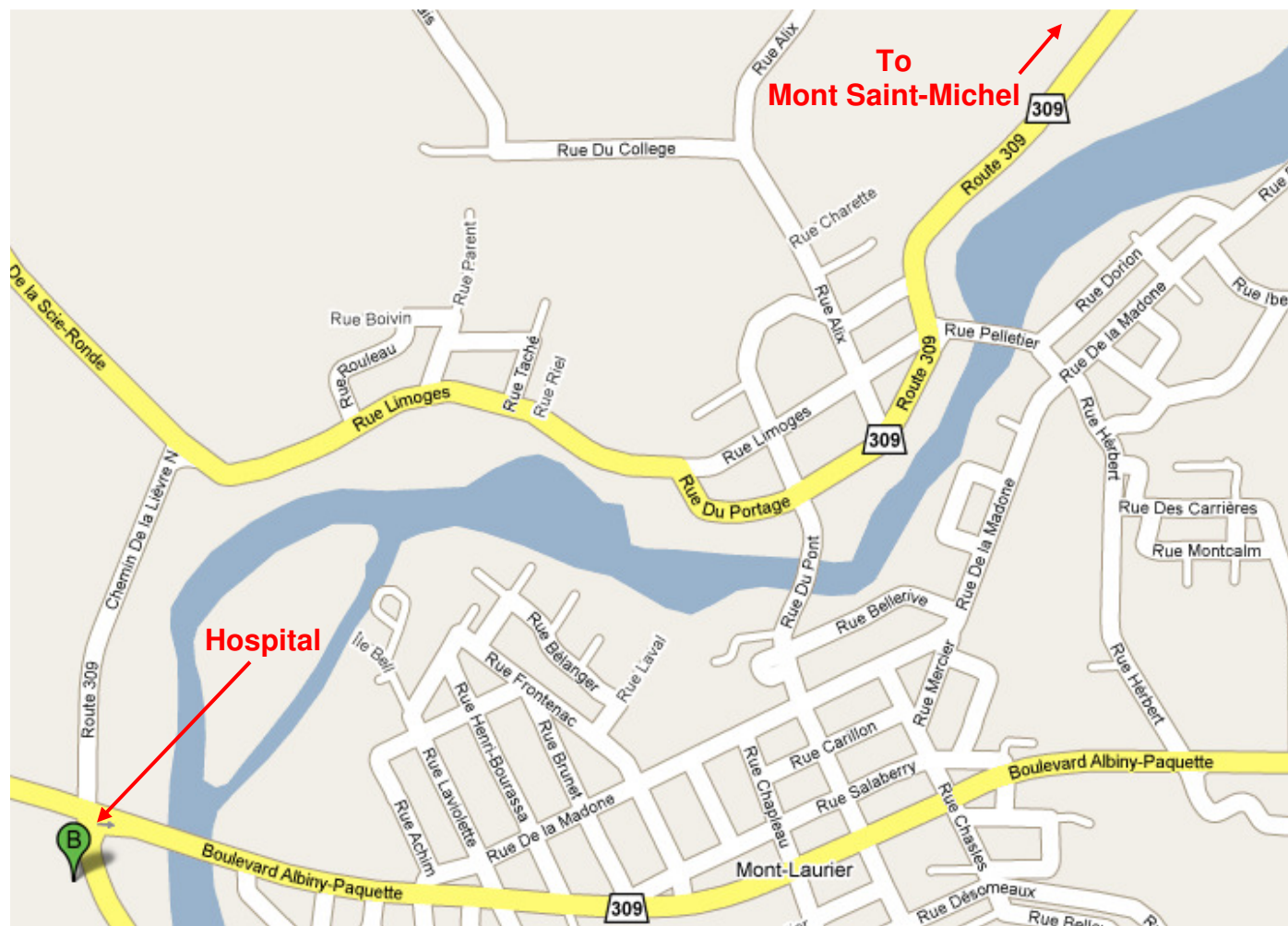
The SIV at km305 is a bit trickier to run but very easy to line on the right instead of the normal portage on the left.

Of course this trip is best done when the levels are higher but it's still good even when it's low, you run aground on a rock here and there and maybe once a day run into something that forces you to get out and push your boat a couple of feet. In exchange you get some good technical rapids where boat control and river reading skills are well tested and in a very low risk environment. It's still not a beginner trip

FYI - I was also on the upper section in Sept, the short stretch of rapids from Lac Cullotte to Lac Adonis was VERY low however the two SIV's were easily lined/dragged on river left. The previous time I had been there that would have been impossible. The portage trail on river right is in terrible condition pretty much impassable.

In summary... 60+ is good, 90+ is best, 40 is ok if you don't mind a bit of grinding.

The nearest hospital is in Mont-Laurier, 34km from Mont Saint-Michel. Take the 309 south from Saint-Michel. The telephone number is (819) 623-1234.



Personal Kit List

- Sleeping bag
- Sleeping pad (optional)
- Torch
- Headlamp (recommended)
- Change of clothes (several)
- Change of footwear
- Trousers
- Long sleeved shirt
- Swim suit
- Towel
- Sweater or sweat shirt
- Sweat pants
- Rain jacket
- Rain pants (optional)
- Pyjamas
- Pillow (optional)
- Wash kit: tooth brush, tooth paste, soap, shampoo, chapstick, etc.
- Shampoo/body wash, no-rinse (astronaut) (optional)
- Mess kit: plate, bowl, cup, knife, fork, spoon in mesh bag
- Water bottle w/carabineer
- Sunscreen
- Insect repellent
- Hat / Baseball cap
- Toque (optional)
- Kleenex (optional)
- Gloves, bicycle/paddling/neoprene/Mechanix/etc. (optional)
- Sunglasses w/strap (optional)
- Water shoes and/or neoprene booties (optional)
- Pocket knife (optional)
- Sheath knife (optional)
- Camera (optional)
- Multi-tool (optional)
- Compass (optional)
- Fishing rod & tackle (optional)
- GPS (optional)
- Bug shirt/jacket (optional)
- Paddling jacket (optional)
- Technical long underwear (optional)

All personal kit must be packed in a rucksack, canoe pack, or barrel. No dangling or loose items are permitted.

Everything must be completely waterproof using either dry sack(s) or garbage bag(s). The rucksacks will be sitting in water all day.

Quick drying materials such as polypropylene and polyester fleece are recommended. Wet feet are a given. Open toed sandals are not permitted in the canoe. Plan for one pair of wet shoes for canoeing, and one pair of dry shoes for camp. Glasses should be secured with a strap.

No electronic devices.

Menu**Friday**

Lunch

Brown bag from home

Dinner

Satays (2pp), grilled vegetables & potatoes, pudding, Brown Bears

Saturday

Lunch

Baguette, sausage, cheese selection

Dinner

Rabbit stew, garlic bread, chocolate upside down cake (Dutch oven, 71 briquettes)

Sunday

Lunch

Wraps (2pp), canned chicken, lettuce, cheddar cheese

Dinner

Macaroni and Cheese, fried ham, apple crumble (Dutch oven, 46 briquettes)

Monday

Lunch

Smoked salmon, paté, pita bread

Dinner

Fettuccini Alfredo, garlic bannock, salmon croquettes, Mud Pie cookies

Tuesday

Lunch

Sausage, Ritz crackers (1pkg pp), cheddar cheese

Dinner

Shepherd's pie, peach cobbler (Dutch oven, 47 briquettes)

Wednesday

Lunch

Peanut butter & jam sandwiches, wraps/English muffins/bagels

Dinner

Fast food

Menu (continued)**Breakfasts**

Oatmeal, variety pack

Bagels (1 ½ pp)

English Muffins

Peanut butter

Jam

Cream cheese

Nutella

Snacks

Cliff bars

Granola bars

Peanut M&Ms

Beef jerky

Apples, green

Oranges, seedless, medium

Mixed nuts

Wine Gums

Toffee cookies

Condiments & Seasonings

Montreal steak spice

Vegetable oil

Salt & Pepper

Creamers (for coffee)

Mayonnaise

Mustard

Butter

Sugar (for coffee)

Drinks

Juice crystals, iced tea

Juice crystals, lemonade

Hot chocolate

Coffee, regular

Coffee, decaffeinated

Spare

Kraft Dinner

Cup a soup

Grocery List

Item	Quantity	Status	Store	Notes
Milk, 3.5%, UHT	3 litres			
Juice crystals, Iced Tea	1 kg			
Juice crystals, Lemonade	1 kg			
Hot chocolate	18 pkgs	Have		
Coffee	2 x 500mL			
Coffee, decaffeinated	500mL			
Sugar				
Creamers	30			15mL each
Cliff Bars	1 lg box, 32		Costco	
Granola bars, crunchy	1 lg box, 28		Costco	
Granola bars, Dipps	1 lg box, 30		Costco	
Dark chocolate covered berries	1 bag		Costco	
Peanut M&Ms	1.5kg bag		Costco	
Wine gums	1kg bag		Costco	
Mixed nuts	1.1 kg		Costco	
Caramels	36			Toffee cookies
Jerky, pork	1 lg pkg (300g)		Costco	
Jerky, beef	1 lg pkg (300g)		Costco	
Apples, green	2 bags			
Oranges, seedless, medium	1 bag			
Ingredients for Toffee Cookies				
Oatmeal (porridge)	12	Have		
Cream cheese, spreadable	2 x 400g		Costco	
Bagels, plain	24			
Bagels, cinnamon & raisin	24			
English muffins	36		Costco	
Nutella	1 jar (725g)			
Peanut butter, crunch, Kraft	1 jar (1kg)			
Jam, strawberry	500mL			
Jam, blackberry	500mL			Smuckers Pure
Mustard	1 squeeze tube	Have		
Salt & Pepper	2			Moisture proof
Vegetable oil	2 x 125mL			
Mayonnaise, squeeze bottle	1			
Butter	3 lbs			
Macaroni & Cheese, PC White Cheddar	4 boxes			Spare
Cup-a-soup	3 boxes			Spare
Satays	14			Friday supper
Grilled vegetables & potatoes	3 packages			Friday supper
Pudding, Jell-O, cooked, chocolate	2 boxes			Friday supper
Pillsbury crescent rolls	2 tubes			Friday supper
Cinnamon/sugar mixture				Friday supper
Baguette, mini	8			Saturday lunch
Dried sausage (Double Smoked Country Garlic)	0.7 kg		SK	Saturday lunch
Cheese	3 types			Saturday lunch
Bacon	2 slices			Saturday supper (Rabbit)

Item	Quantity	Status	Store	Notes
Olive oil, extra virgin	2 tablespoons			Saturday supper (Rabbit)
Onion	1 medium			Saturday supper (Rabbit)
Leek, white part	3			Saturday supper (Rabbit)
Celery	1 stalk			Saturday supper (Rabbit)
Carrots	6			Saturday supper (Rabbit)
Potatoes	6			Saturday supper (Rabbit)
Rabbit	1			Saturday supper (Rabbit)
Chicken stock	1 litre			Saturday supper (Rabbit)
Rabbit stew spices	1			Saturday supper (Rabbit)
Garlic bread	3 loaves			Saturday supper
Chocolate cake ingredients				Saturday supper
Tortillas, soft, large	16			Sunday lunch
Chicken, canned	2			Sunday lunch
Lettuce, iceberg	1 head			Sunday lunch
Cheese, cheddar, old	1/2 907g block		Costco	Sunday lunch
Elbow noodles	5 cups			Sunday supper (Macaroni & cheese)
Mozzarella cheese	5 cups			Sunday supper (Macaroni & cheese)
Sour cream	4 cups			Sunday supper (Macaroni & cheese)
Cottage cheese	2 ½ cups			Sunday supper (Macaroni & cheese)
Eggs	3			Sunday supper (Macaroni & cheese)
Ham	1			Sunday supper
Apples, green	8			Sunday supper (Apple Crumble)
Apple Crumble ingredients	1			Sunday supper (Apple Crumble)
Canned cream	2			Sunday supper (Apple Crumble)
Smoked salmon				Monday lunch
Paté				Monday lunch
Pita bread	16			Monday lunch
Parmesan cheese	1 cup			Monday supper (Fettuccini Alfredo)
Whipping cream	2 cups (500mL)			Monday supper (Fettuccini Alfredo)
Fettuccini noodles	27oz (765g)			Monday supper (Fettuccini Alfredo)
Ingredients for Fettuccine				Monday supper (Fettuccini Alfredo)
Butter, garlic	½ cup			Monday supper (Garlic Bannock)
Garlic Bannock ingredients	1			Monday supper (Garlic Bannock)
Mud Pies ingredients	1			Monday supper
Salmon, canned	2 cans			Monday supper (Salmon croquets)

Item	Quantity	Status	Store	Notes
Eggs	2			Monday supper (Salmon croquets)
Salmon croquet ingredients				Monday supper (Salmon croquets)
Dried sausage (OctoberFest)	0.7 kg		SK	Tuesday lunch
Cheese, cheddar, old	1/2 907g block		Costco	Tuesday lunch
Ritz crackers	3 x 400g			Tuesday lunch
Ground beef	3 lbs			Tuesday supper (Shepherd's Pie)
Carrots, medium	3			Tuesday supper (Shepherd's Pie)
Potatoes, large	6			Tuesday supper (Shepherd's Pie)
Beef stock	1 litre			Tuesday supper (Shepherd's Pie)
Garlic	3 cloves			Tuesday supper (Shepherd's Pie)
Onions	3			Tuesday supper (Shepherd's Pie)
Eggs	2			Tuesday supper (Shepherd's Pie)
Milk	1 litre			Tuesday supper (Shepherd's Pie)
Ingredients for Shepherd's Pie				Tuesday supper (Shepherd's Pie)
Sliced peaches	2 x 29oz cans or 3 x 340mL cans			Tuesday supper (Peach cobbler)
Duncan Hines yellow cake mix	1 box			Tuesday supper (Peach cobbler)
Eggs	3			Tuesday supper (Peach cobbler)
Ingredients for Peach cobbler				Tuesday supper (Peach cobbler)
Canned cream	2			Tuesday supper (Peach cobbler)

Satays

14 Satays

1. Grill over fire until cooked.
2. Or remove from skewer and fry over stove.

Grilled Vegetables and Potatoes

3 packages Potatoes & Vegetables

1. Fry until cooked.

Pudding

1 package Jell-O cooked pudding mix
3 cups Milk

1. Pour milk into saucepan.
2. Stir in pudding mix.
3. Bring to boil over medium heat, stirring constantly.
4. Cool 5 minutes, stirring twice.
5. Pour into small bowls. Serve warm or chilled.
6. Makes 6 servings of ½ cup each.

Braised Rabbit

2	slices	Bacon, chopped	
2	tablespoons	Extra virgin olive oil	12" Dutch oven
1	medium	Onion	50 Briquettes
3		Leek, white part	
1	stalk	Celery	
6		Carrots	
6		Potatoes	
1		Rabbit	
2-3	cups	Chicken stock	
1	teaspoon	Thyme	
1		Bay Leaf	
		Coarse salt	
		Black pepper	

1. Heat a frying pan. Add olive oil and bacon. Sauté for a few minutes until the bacon is starting to brown and throw off its fat.
2. Season the rabbit on all surfaces with salt and pepper. Add the rabbit and cook briefly on each side to brown all the surfaces. Remove to a plate and hold.
3. Add the onion, leek, celery and any other aromatic vegetables and stir. Sauté until the onions soften and turn translucent but before they change color.
4. Add back the rabbit, along with any juices which have accumulated. Add the bay leaf and a few sprigs of fresh thyme.
5. Pour over the stock just to partially cover the rabbit. Season well with salt and pepper. Cover.
6. Bake at 350F degrees (17 briquettes on the top, and 7 on the bottom).
7. Occasionally check to stir and adjust the heat as needed to maintain a light boil. After a while, flip the rabbit.
8. Continue to braise until the meat is tender and starting to fall off the bone; 60-90 minutes. Replace briquettes after 45 minutes.
9. Remove from the heat and let rest a few minutes before serving. Be sure to spoon over some of the juices and vegetables on each plate.

Chocolate Upside Down Cake

3 tablespoons Butter

10" Dutch oven

21 Briquettes

1 cup Flour

 $\frac{3}{4}$ cup Sugar

2 teaspoon Baking powder

 $\frac{1}{4}$ teaspoon Salt

5 teaspoon Cocoa powder

 $\frac{1}{2}$ cup Milk

1 teaspoon Vanilla

1 cup Pecans or walnuts, chopped

1 cup Water

 $\frac{1}{2}$ cup Sugar $\frac{1}{2}$ cup Sugar, brown $\frac{1}{4}$ cup Cocoa powder

1. Melt butter and swirl around to cover bottom and sides of Dutch oven.
2. Mix the flour, sugar, baking powder, salt, and cocoa.
3. In a bowl, combine flour mix with milk and vanilla. Pour in melted butter from Dutch oven. Just take what pours out, leaving the oven well-coated. Add nuts and stir well.
4. Pour batter into Dutch oven.
5. Mix sugar, brown sugar, and cocoa.
6. Sprinkle sugar over top of batter.
7. Pour 1 cup of water over batter.
8. Bake at 350 degrees (14 briquettes on the top, and 7 on the bottom); for 30 minutes. Check for doneness by inserting toothpick or similar into center of cake - if it comes out clean, it is done.
9. When done, remove from heat and remove lid for about 5-10 minutes to cool. Then, put lid on and turn cake over onto lid. If all goes well, it will fall onto lid, but you may loosen the cake with a knife before flipping.

Macaroni & Cheese

5	cups	Elbow macaroni	
7	tablespoons	Salt (1 tablespoon/litre of water)	12" Dutch oven
			25 Briquettes
5	cups	Mozzarella cheese, shredded	
3 ¾	cups	Sour cream	
2 ½	cups	Cottage cheese	
3		Eggs, lightly beaten	
½	teaspoon	Salt	
½	teaspoon	Pepper	

1. Fill large pot with 7 litres of water (1 litre or quart per 100g of pasta), and bring to a boil.
2. Add salt.
3. When the water comes back to a rolling boil, add the macaroni and give it a good stir to separate the pieces.
4. Stir occasionally to keep the pasta pieces from sticking to each other or the pot.
5. Cook until tender but firm; drain.
6. In Dutch oven, combine the remaining ingredients, except for 1 cup of the cheese.
7. Bake at 350F (8 briquettes below, and 17 on the lid) for 45 minutes or until bubbly.
8. Sprinkle with remaining cheese, and broil for 2 minutes or until lightly golden.

Ham

1. Heat vegetable oil in frying pan.
2. Fry ham for 2-3 minutes on each side.

Apple Crumble

8		Apples, green	
2	teaspoons	Cinnamon	10" Dutch oven
2	teaspoons	Nutmeg	21 Briquettes
3	cups	Quick cooking oats	
1	cup	Walnuts, chopped (optional)	
1	cup	Flour, all purpose	
2	cups	Brown sugar	
1	teaspoon	Baking powder	
2	teaspoons	Salt	
1	cup	Butter	
2	cans	Cream	

1. Peel and slice apples.
2. Mix apple slices, cinnamon, and nutmeg in a bowl.
3. Mix oats, flour, sugar, baking powder, salt, and butter to make a crust.
4. Press half the crust mix into the bottom and sides of the Dutch Oven.
5. Pour the apples onto the crust.
6. Cover the apples with the rest of the crust mix.
7. Bake covered about 45 minutes at 350°F (14 briquettes on the top, and 7 on the bottom); until top crust is light brown and apples are tender.
8. Serve with cream.

Fettuccini Alfredo

2	cups	Whipping cream
1	cup	Butter
1	cup	Parmesan cheese
½	cup	Parsley
27oz	(765g)	Fettuccine noodles (3oz/person)

1. Cook and drain noodles.
2. Melt butter.
3. Add whipping cream, cheese, parsley, and chicken to the butter.
4. Cook the mixture for only a minute.

Salmon/Tuna Croquets

2	7 ½ oz	Salmon (or tuna), drained, reserve juice
1	Eggs	
½	Teaspoon	Salt
1/8	Teaspoon	Pepper
½	Teaspoon	Worcestershire sauce
¼	Cup	Reserved juice
1½	Cup	Flour
1	Tablespoons	Baking powder

1. Combine first six ingredients in bowl. Mix well.
2. Add flour and baking powder. Stir together.
3. Drop by rounded spoonful's into hot 375F (180C) vegetable oil. Brown completely.
4. Makes 32 croquettes.

Garlic Bannock

3	cups	Flour, all-purpose
1	teaspoon	Salt
2	tablespoons	Baking powder
¼	cup	Butter, garlic, melted (½ stick)
1 ½	cups	Water

1. Measure flour, salt, and baking powder into a large bowl. Stir to mix. Pour melted butter and water over flour mixture. Stir with fork to make a ball.
2. Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle ¾ to 1 inch thick.
3. Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning.

Shepherd's Pie

3	lbs	Ground beef (dehydrated)	12" Dutch oven
1 ½	cups	Onion, chopped (~3 medium onions)	27 Briquettes
3	cloves	Garlic	
1	pinch	Thyme	
1	pinch	Savory	
1	pinch	Salt	
1	pinch	Pepper	
3/8	cup	Flour	
3	cups	Beef stock	
1 ½	teaspoons	Worcestershire sauce (7.5 mL)	
3	medium	Carrots, diced small	
6	large	Potatoes	
1 1/8	cup	Milk	
2		Eggs, lightly beaten	

1. Rehydrate ground beef. Add hot water (2 parts water to 1 part ground beef) and wait 15 minutes.
2. In the Dutch oven on stove, cook ground beef, stirring with a fork to break it up.
3. Drain any excess fat.
4. Add onion and garlic, cook until softened.
5. Stir in thyme, savory, salt, and pepper.
6. Stir in flour.
7. Add stock, Worcestershire sauce, and carrots.
8. Simmer partially covered, about 20 minutes, stirring often, until fairly thick and carrots are tender.
9. Meanwhile, boil the potatoes in salted water until tender; drain and mash.
10. Beat in milk.
11. Reserve half of eggs for brushing on top; beat rest of eggs into potatoes.
12. Spread potato mixture carefully over meat mixture (easiest if you start from the edges).
13. Brush with reserved egg.
14. Bake at 375°F (9 briquettes on the bottom, 18 on the lid) for about 30-45 minutes or until bubbling hot and topping is golden.

Peach Cobbler

4	teaspoons	Vegetable oil (20 mL)	10" Dutch oven
½	cup	Brown sugar	20 Briquettes
3	540mL cans	Sliced peaches	
1	box	Duncan Hines yellow cake mix	
3		Eggs	
1 1/3	cup	Water	
1/3	cup	Vegetable oil (83 mL)	
1	cup	Sugar	
2	teaspoons	Cinnamon	
2	cans	Cream	

1. Preheat Dutch oven on stove.
2. Mix cake mix, eggs, water, and 1/3 cup oil.
3. Add 4 teaspoons of oil and brown sugar to Dutch oven.
4. When sugar has melted, dump in peaches (with no more than ½ cup of the juice).
5. Add sugar, cinnamon, and stir.
6. Pour cake batter on peaches slowly.
7. Put lid on oven and add 8 briquettes on the bottom and 12 burning briquettes on top of lid.
8. After 15 minutes, remove oven from coals and continue baking from top until cake is brown and cake is done (about 45 minutes). Check with toothpick.
9. Allow cake to cool 30 minutes before serving.
10. Serve with cream.

Brown Bears

- | | | |
|---|-------|------------------------|
| 2 | tubes | Pillsbury dough |
| 1 | cup | Butter |
| | | Sugar/cinnamon mixture |

1. Wrap marshmallow stick in tinfoil.
2. Wrap Pillsbury dough around stick; keep one layer thick.
3. Toast over fire.
4. Brush with melted butter.
5. Sprinkle with sugar/cinnamon mixture.

Mud Pies

- | | | |
|-----|-------------|--------------------|
| 2 | cups | Sugar |
| 1/2 | cup | Milk |
| 1/2 | cup | Shortening |
| 5 | tablespoons | Cocoa |
| 1/2 | teaspoon | Salt |
| 1 | teaspoon | Vanilla extract |
| 3 | cups | Quick cooking oats |
| 1 | cup | Coconut |
| 2 | sheets | Wax paper |

1. Mix first set of ingredients in a large saucepan.
2. Bring to a boil, and remove from heat.
3. Add second set of ingredients.
4. Mix well.
5. Cool a little and drop by teaspoon onto wax paper.
6. Allow to harden for 1-2 hours.

Toffee Cookies

- | | | |
|-----|-------------|----------------------------|
| 36 | | Caramels |
| 3 | tablespoons | Cream (light) (6 creamers) |
| 2 | cups | Cornflakes |
| 1 | cup | Rice Krispies |
| 1/2 | cup | Coconut |
| 2 | sheets | Wax paper |

1. Put caramels and cream in large heavy saucepan over low heat to melt.
2. Add remaining ingredients.
3. Stir to coat.
4. Drop by spoonful's onto wax paper.
5. Leave to harden.

Camping Equipment

Tent, MEC Apollo, 2
 Tent footprint, MEC Apollo, 2
 Barrel, 60 litre, 7
 Barrel harness, 60 litre, 7
 Dry bag, 5 litre, red, 2 (day use in canoe)
 Dry bag, 10 litre, red, 1 (day use in canoe)
 Dry bag, 20 litre, yellow, 1 (day use in canoe)
 Screen room, 15'x15'
 Poles for screen room (1 long, 4 shorter)
 Paracord & stake kit (mesh bag)
 Tent pegs, MSR Groundhog, 16 (in mesh bag)
 Tent pegs, sand, 8 (in mesh bag)
 Tent pegs, normal 20 (in mesh bag)
 Paracord, 50', 6
 Paracord, 30', 6
 Paracord, expendable

Kitchen Equipment

Pot set, MSR, large (1/2/3 litre), w/ 2 pot grippers
 Stove, MSR Simmerlite, 2
 Stove, MSR Dragonfly
 Fuel pump, MSR Simmerlite, 2
 Fuel pump, MSR Dragonfly
 Fuel bottle, MSR, 650mL, 6
 Water container, collapsible
 Utensil rollup
 Spoon, serving, nylon, 2
 Spoon, serving, slotted, nylon
 Spoon, wooden, 2
 Spatula, nylon, 2
 Spreader, 2
 Knife, sharp, w/cover, 2
 Can opener
 Whisk, small
 Tongs, 2
 Potato masher
 Cheese grater/slicer
 Colander, collapsible
 Egg carrier, 12 eggs
 Grill, 2
 Cutting board, flexible, 2
 Stove top toaster, 2
 Ziploc bags, medium, 20
 Ziploc bags, large, 20
 Utensils, bag
 Cups, 10
 Plates, 7
 Bowls, 8

Camping Equipment

Hammock, Hennessey, 2
 Newspaper
 Matches, 100, water tight box, 2
 Toilet paper, 6 large rolls
 Garbage bags, 4
 Playing cards, 2 packs
 Saw, folding
 Hatchet, Gerber Sport Axe, 35cm
 Single cup coffee maker, 3
 Coffee filters, #2, 50
 Bleach bottle w/eye dropper, 2
 Bleach, extra bottle
 Welding gloves
 First aid kit, expedition, 2
 Repair kit, 2
 Weather forecast
 Bungee cords
 Dutch Oven, 10"
 Dutch Oven, 12"
 Dutch Oven cover
 Dutch Oven trivet
 Dutch Oven base (pizza pan)
 Charcoal briquettes, 164
 Fireworks
 Firecrackers

Pin Kits (two)

Saw, pruning, 2
 Rope, 3/8", static, 150'
 Webbing, tubular, 30', 4
 Sling, nylon, double, 4
 Carabineer, locking, D, 20
 Pulley, prusik minding, 5mm, 3
 Prusik loop, 5mm, 4

Kitchen Equipment

Pot, extra large
 Tinfoil
 Paper towel
 Wax paper
 Soap, biodegradable
 Scrubbing sponge, 2
 J-Cloth, 2
 Pouch, window, large, 2
 Tea towel, 2

Paddling Equipment

Dolphin, inflatable
Canoe, Canyon, 3
Kayak, Sam's
Kayak, Jackson Fun, green, 2
Kayak skirt, 2
Paddle, kayak, 2
Paddle, kayak, breakdown (spare)
Paddle, canoe, 12 (includes 1 spare per canoe)
PFD, Salus Guide, w/whistle & knife, 8
Helmets, Super Scrappy, 3
Quick release belt, 3
Pig Tail, 3
Floatation bags, 3 pairs
Bailer w/rope, 3
Throw bags, Hooligan, Kevlar, 3/8", 70', 4
Throw bags, Northwater, 1/4", 70', 4
Maps, river, waterproof, 4 sets
Map case, waterproof, w/clips & bungees, 3
Thwart bag, w/map case
Rope, floating, 1/4", 25', w/carabineer, 8 (for painters & lining)
Rope, floating, 1/4", 25', 5 (for lashing gear in canoes)

Allan's Extra Kit

Thermometer
Watch
Camera (fully charged), w/8G SD card
Camera spare battery, 3 (fully charged)
Camera SD card, 4G, spare
Camera SD card, 2G, spare
Tent, 2 man (MEC Gemini), w/poles, pegs, ground sheet
Pelican camera case, w/lanyard & carabineer
Shaver (fully charged)
Contact lens solution
Spare contacts
Notebook & pencil
Compass
Carabineer, 4
Headlamp, spare
Trip plan, 2
Books
Chair, Thermarest
Chair, folding

Allan's Extra Kit for Truck

Road map, Quebec
CDs
Inverter
Shaver cord
Air compressor, 12V (flat tire)
Truck garbage container w/bags
GPS
Tow straps, 3
Spare truck ignition key

Fireworks (launch order)

Dragonfly
Firefly
Saturn Missiles
Great White Shark
Bandito
Jack Frost
70 Shot Crackling Barrage

First Aid Kit

Band-Aids, Elastoplast
 SAM splint
 SAM splint, finger
 Diphenhydramine (antihistamine), 12
 Diotame (stomach), 12
 Loperamine (anti-diarrheal), 12
 Glucose (hypoglycemia)
 Alamag (antacid), 12
 Gauze pad, 4"x4", 50
 Ibuprofen
 Acetaminophen
 Solarcaine
 Bandage, elastic, 3"
 Bandage, cohesive, 2"
 Gauze roll, 4
 Cohesive bandage
 Ex-lax or mineral oil
 Ointment, triple antibiotic (anti-infective), 12
 Tape, Durapore, 1"
 Safety pins
 Needle
 EMT shears, 7.5"
 Triangular bandage
 Alcohol wipes
 Hand sanitiser
 Tweezers, tick removal
 Tweezers, splinter
 Benzoin swabs, 8
 Eye drops
 Ophthalmic wash
 Anti-fungal cream
 Hydrocortisone cream, 1% (anti-inflammatory)
 Moleskin
 Iodine
 Antibacterial soap
 Thermometer, oral
 Razor, disposable
 Cotton swabs
 Tongue depressors
 Flash cards, Wilderness Medical
 Blist-O-Ban; 2 small, 2 medium, 2 large
 Notebook
 Pen, 2
 Moleskin
 Magnifying glass
 Space blanket
 Rehydration salts, oral, CeraLyte 70, 2

First Aid Kit (continued)

Tegaderm
 Tongue depressor
 Gloves, nitrile
 Scissors, O.R., sharp/sharp
 Scissors, nail
 Polymem medicated membrane dressing
 Dental module
 Hand sanitiser w/Benzalkonium Chloride
 Dermabond
 Steri-strips (wound closure)
 Butterfly closures
 Syringe, irrigation, 20cc, 18AWG
 Saline solution, 500mL
 Water Jel Burn Gel, 6
 Water Jel Burn Dressing, 2"x6"
 Water Jel Burn Dressing, 4"x4"
 Scalpel, #10
 Cold pack, 2

Dental Module

Oil of cloves
 Dental floss
 Dental mirror
 Temporary dental filling

Repair & Emergency Kit

Patch kit, float bag
Patch kit, inflatable animals
Patch kit, Thermarest
Epoxy putty, ABS/Royalex
Bolt, seat, w/nylock nuts & washers, 4
Bolt, thwart/splash deck, w/nylock nuts & washers, 2
Fibreglass repair kit
Wire, galvanised, 0.041" (18 AWG)
Screwdriver, multi
Wrench, adjustable
Scissors
Seam sealer
Tent pole repair sleeve
Hacksaw, 6"
Cable ties
File
Tear-Aid Patch Repair - Type A
Tear-Aid Patch Repair - Type B (vinyl)
Gear Aid Ultra Light Gear Repair Kit
Gear Aid Tent Repair Kit Deluxe
Alcohol pad, 10
Shoe lace, 24"
Cyalume, 12 hour, yellow, 2
Thread, sewing
Needles
Buttons
Velcro
Fastex buckle
Mirror, signal
Matches, waterproof
Candle
Fire starter
Cord lock
Flashlight, mini

Repair & Emergency Kit (continued)

Twist ties
Rubber bands
Pins, safety, 5
Pen, Rite-in-the-Rain
Marker, Sharpie
Garbage bag
Ziploc bag, 2
Epoxy, 5 minute
Whistle, Fox40
Webbing, 1", 4'
Tape, electrical
Tape, Gorilla
Tape, flagging
Pliers, locking
Pliers, needle nose

Repair & Emergency Kit (Future)

Wire, stainless steel, 0.028" (21 AWG)
Wire, stainless steel, 0.041" (18 AWG)
Wire, stainless steel, braided
Compass
Flashlight, 2AA
Drill
Water purification tablets
Sandpaper
Multi-tool
Paracord
Clamp, small, 2
Awl
Fishing line
Whetstone

Barrel Contents

1. Equipment, First aid kit, repair kit, pin kit.
2. Equipment, First aid kit, repair kit, pin kit.
3. 3xtents, 2xhammocks
4. Kitchen
5. Freezer
6. Breakfasts, Suppers
7. Lunches, snacks

Food Packing

All meals individually packaged in double Ziploc bags.

Schedule, menu, recipes, and Dutch Oven cooking chart will be printed, laminated, and bound for inclusion in the kitchen barrel.

Items	Quantity	Packaging
Coffee	500mL	Nalagene straight-sided food jar
Coffee, decaffeinated	500mL	Nalagene straight-sided food jar
Jam	4	Containers
Mustard	1	Squeeze tube

Evening Chores

1. Collect water & purify
2. Make supper
3. Wash dishes
4. Erect dining shelter
5. Erect tents
6. Collect firewood
7. Make fire

Morning Chores

Ensure all lunch food and preparation equipment in lunch barrel. Need to include:

- Utensil roll-up.
- Food, fresh.
- Food, cooler.
- Cutting boards.
- Condiments.

Dutch Oven Cooking Instructions

Oven size	Temperature/# briquettes					
	325°F	350°F	375°F	400°F	425°F	450°F
	160°C	180°C	190°C	200°C	220°C	230°C
8"	15	16	17	18	19	20
TOP	10	11	11	12	13	14
BOTTOM	5	5	6	6	6	6
10" (5 quart)	19	21	23	25	27	29
TOP	13	14	16	17	18	19
BOTTOM	6	7	7	8	9	10
12" (6 quart)	23	25	27	29	31	33
TOP	16	17	18	19	21	22
BOTTOM	7	8	9	10	10	11
14" (8 quart)	30	32	34	36	38	40
TOP	20	21	22	24	25	26
BOTTOM	10	11	12	12	13	14

Adding one set of briquettes (one on top and one on bottom) will raise the temperature of the Dutch Oven approximately 25°F. Or conversely removing one set of briquettes will lower the temperature by 25°F.

A Dutch Oven cover retains the heat better thus the number of briquettes can be reduced by a set or two to achieve the same temperature if a cover is used.

Briquettes will produce sufficient heat output for about an hour. Add more briquettes around 1 hour for cooking times in excess of an hour. The number can be reduced slightly as the oven is already hot.

A rule of thumb to determine the number of briquettes needed to produce about 350° heat using a standard Dutch Oven, is simply double the oven diameter.

Frying All the briquettes are placed on the bottom.

Simmering Stews, soups, or other long-cooking meals. Requires that most of the heat comes from the bottom; use a 66% bottom - 33% top split.

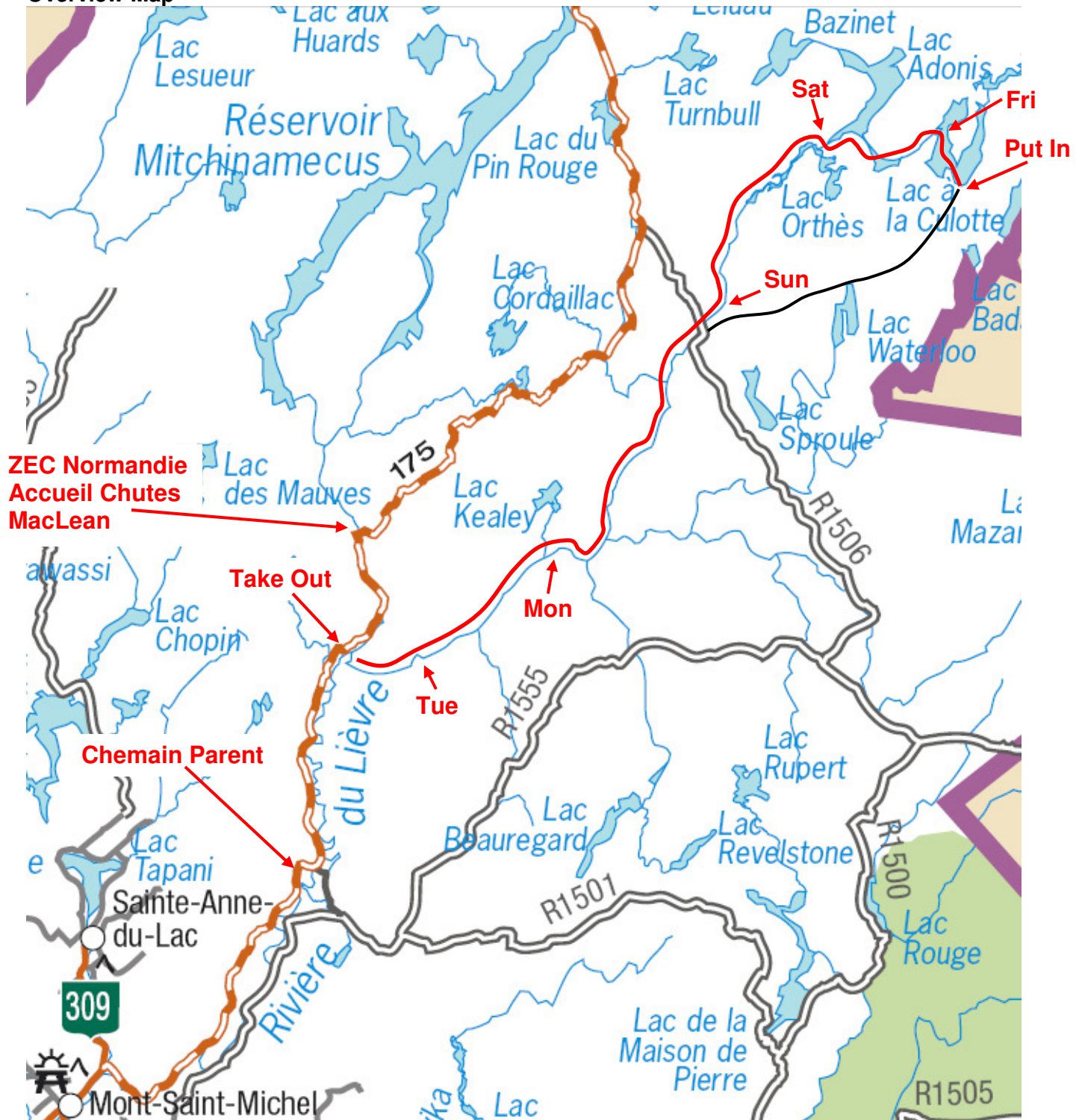
Roasting Requires equal heat from above and below; 50% bottom - 50% top split.

Baking Requires more heat from the top, to prevent the bottom from burning; use a 33% bottom - 66% top split.

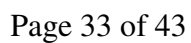
Dehydrating Ground Beef

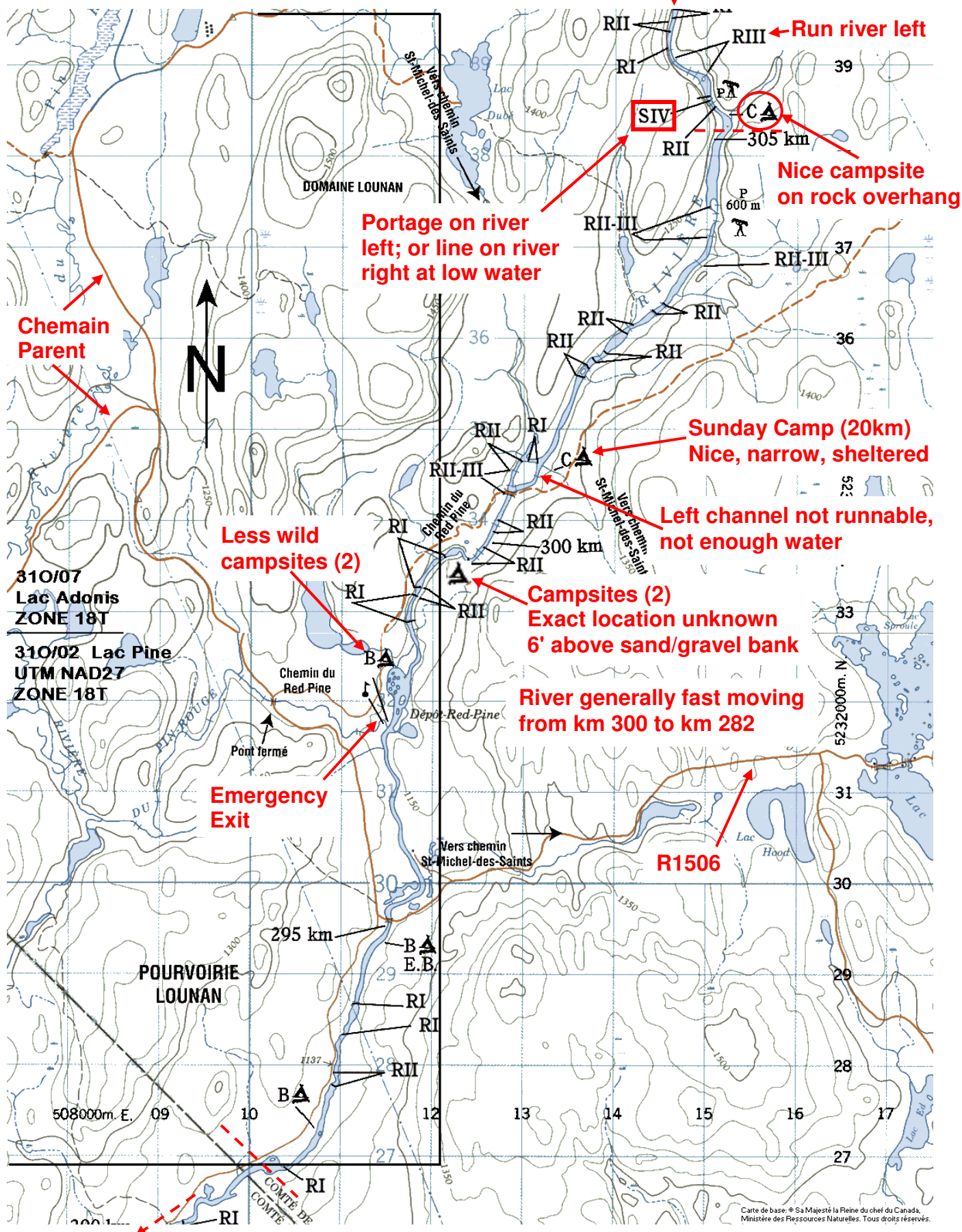
1. Brown your hamburger in a skillet. While you are cooking be sure to break it up well. You don't want large chunks in your pan.
2. Once your hamburger is browned, drain all the grease from it. An easy way to do that is to use a colander.
3. After you drain as much grease out as you can, rinse the meat with boiling hot water until the grease is gone and let it drain again. You want as little as possible in your meat. Grease will make your meat go rancid pretty quickly. You want to avoid this at all costs.
4. After you have the grease out and the meat is well drained, put it in a clean skillet. Continue cooking until all the moisture is gone. You want to get it as dry as you can without burning the meat.
5. Put the meat in a baking pan about 1/2 inch or so deep. A cookie sheet or something similar works well.
6. Dry at 165 degrees. If you can't set your oven at 165 degrees, you may need to set it at its lowest temperature. Put a spoon or something like it in the door to prop it open slightly. This will allow the moisture to escape as well as lower the temperature slightly.
7. Stir every few hours to make sure it is evenly drying. When it is done, the meat will be dark brown and hard (like little rocks) with no moisture in it.

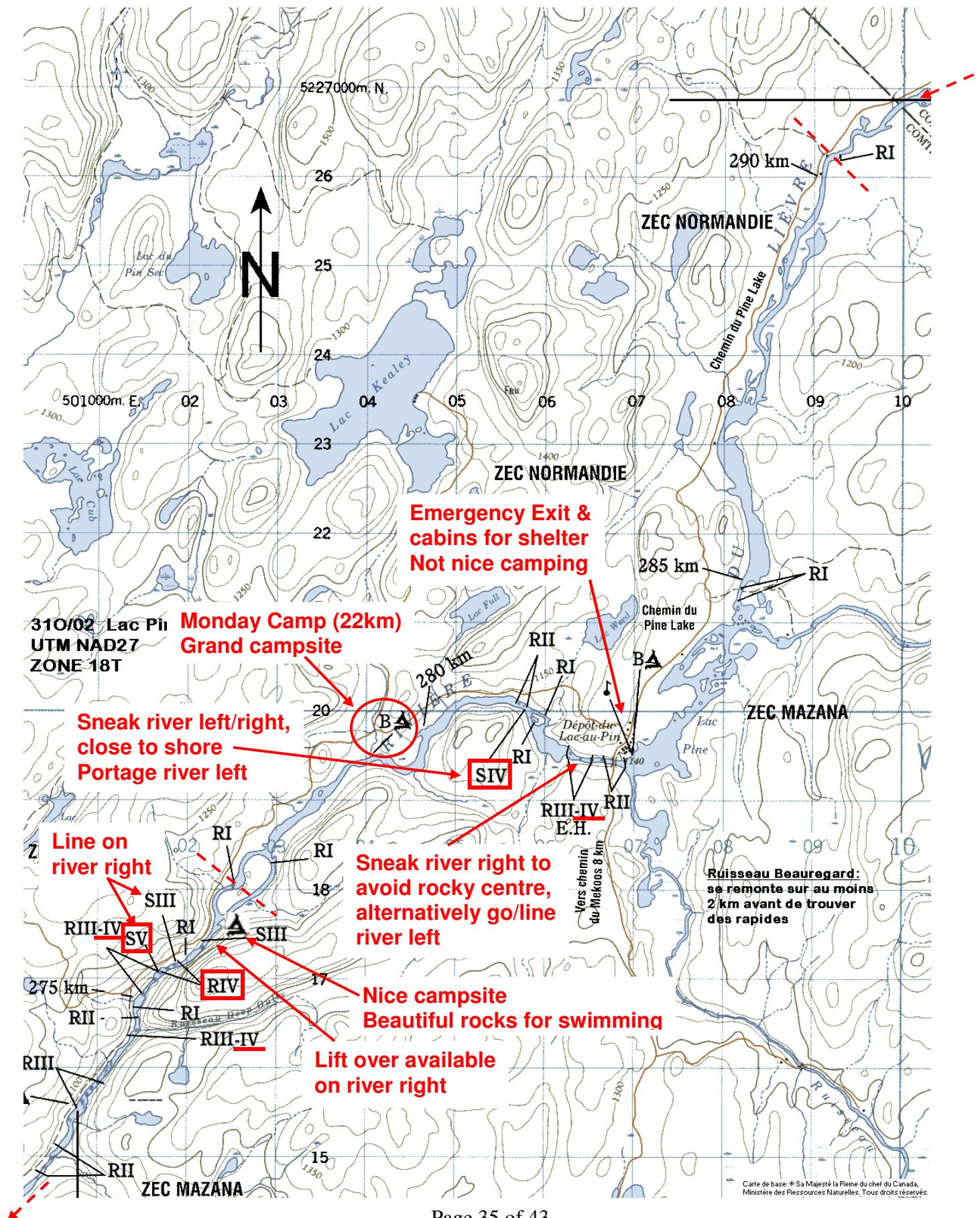
Overview Map

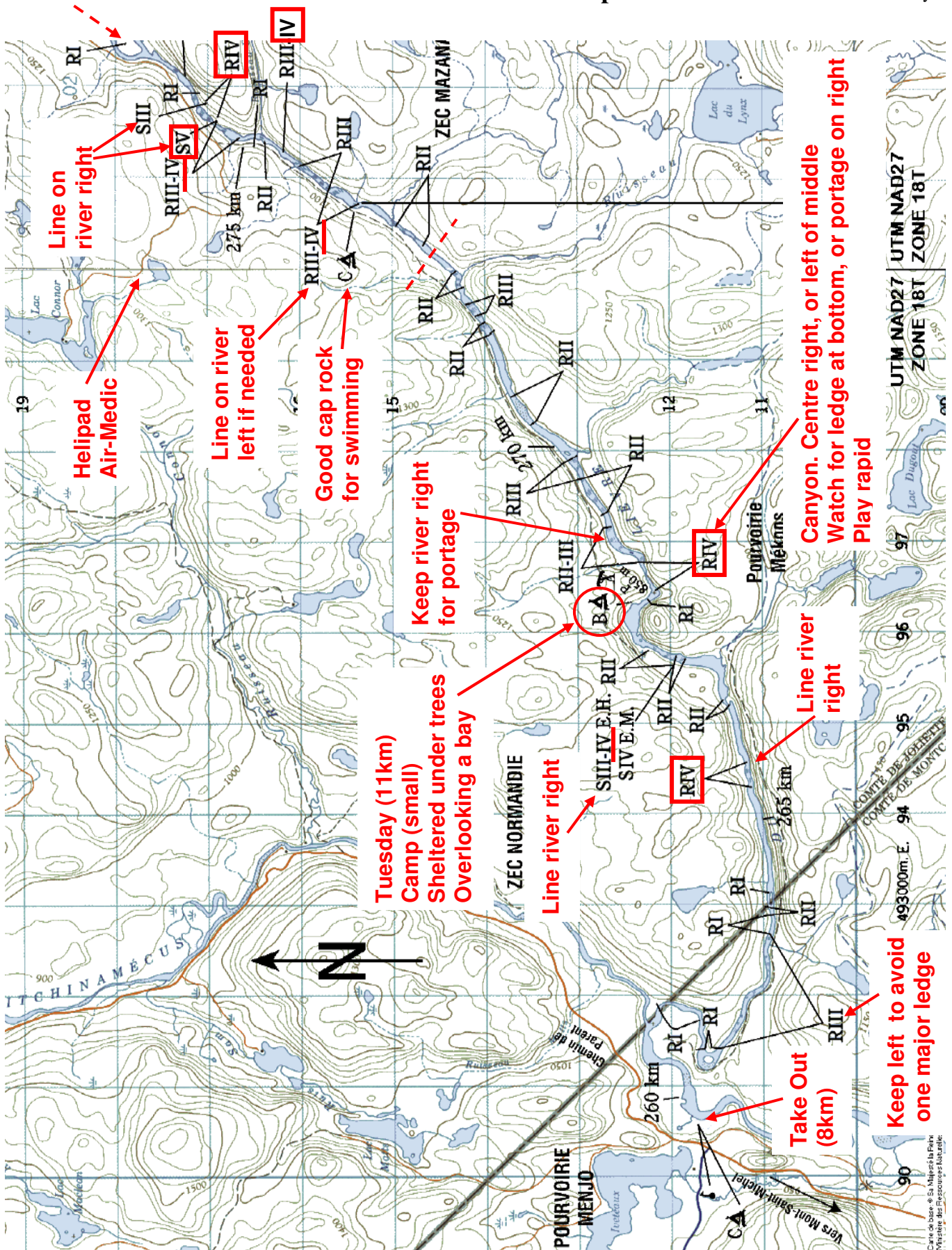












Report**Friday**

We started off in the pouring rain, loading the barrels, kayaks, and other equipment onto the canoe trailer. By the time we were ready to depart (8:30am), everybody was soaked through to the skin. Unfortunately, we wouldn't dry out for about three days. Part way along the drive, Stew exclaimed, "I forgot my tent! And my chair!". I'm not sure which he thought was the worst :) We had two extra hammocks with us, so we weren't too worried about sleeping arrangements. But the missing chair proved to be a much larger issue; especially for Allan as he gave up his chair to Stew! An easy drive up to the ZEC office and the put-in. We stopped in Buckingham for an early lunch at Subway (10:30am), and again in Mont Laurier for coffee at Tim Hortons. As we had a laptop with us, for viewing the photos on the way home, I had the kids watch the documentary '12 Year Old Lifer', about a kid in the US that was involved in a murder and incarcerated for 25 years; I thought it would be educational for them (we discussed it later one evening). The lady at the ZEC office (2:00pm) was really friendly, chatting away with us in French. The cost of a fishing license for Lochlan would have been \$70, and he declined once he heard that price. We confirmed the shuttle and headed up (2:30pm) the logging roads to the put-in (4:30pm). The road was definitely not suitable for cars. Just as we arrived near the put-in, and were looking for the exact spot, a ZEC truck showed up and directed us towards some cottages and a dock. These were the fellows doing our shuttle, and said since it was raining and the cottages mostly empty, we wouldn't disturb anyone. Whereas the regular put-in, which we used on the last trip, was just around the end of the bay; our spot was much simpler. We loaded up the canoes and were off (5:30pm).

There was a strong wind, rain, and fairly large rollers/waves to contend with during our 6km paddle across the lake. We made it to the campsite without any issues (7:30pm); other than getting even more wet, if that was possible. Upon our arrival at the campsite, which has nice views when it is not raining, but has little shelter from the wind, we setup the dining shelter and tents in the lee of a few bushes. The tents were crammed into this little clearing, with literally one tent fly pegged inside the next tent's fly! You practically had to crawl through one tent to get to the next one :) But a little work with the hatchet cleared a path, though not as far as my tent! Supper was to be satays cooked over the fire, along with Brown Bear campfire treats. However, lighting a fire in the rain, followed by cooking over it, was not appetising to anyone. So we scraped the meat and stuff off the skewers and cooked it in frying pans over stoves, along with the mixed vegetables and potatoes. This was actually much simpler than cooking the meat over the fire, and everybody felt this was the way it should always be done. We skipped the cooked pudding dessert, as everybody was tired and ready for bed. Rather than setup a hammock, Stew decided to sleep in the dining shelter. He did this every night, shooing us out of his "bedroom" late at night when he wanted to go to sleep :)

Saturday

It was still raining intermittently in the morning, so everything was packed up wet and we hit the first rapid. We awoke at 8:00am and were on the water at 10:30am. Everybody did well this day. The water level, though lower than our trip in 2009, still resulted in large waves on some of the first rapids; so we were looking forward to the rest of the trip. We found the rock on which Max & Jen wrapped their canoe in 2009; Stew and Allan actually managed to graze it in their canoe :(There were two class IV ledges today, which were circumvented by a 650m very mucky portage. This was the only real portage of the trip. But you often went up to your knees, or beyond, in muck! Allan forbade Sam & Lochlan from running the upper ledge in their kayaks, but let them run the lower ledge. From there it was a flat water paddle to the campsite. While the plan called for us to arrive at the campsite by noon for a half day of play in the rapids, we actually only arrived at 4:00pm. This is a very nice campsite on a point. The play rapid that was promised didn't really exist; at least it did not meet the expectations of the kids. Tonight was a Dutch Oven meal, so we tried to light a fire to light the briquettes. We could not get a fire going, for love nor money. Even generous amounts of white gas refused to get the sodden wood alight. Sam learnt the hard way that fire can climb, when he poured white gas (stop calling it propane Sam!) onto lighted birch bark, and had the whole bottle go up in flames! The bottle was kicked around resulting in several feet going up in flames! (more specifically, Allan's foot ;P) And a patch of sand that burst into bigger flames every time it was scuffed up :) Good bye to 15% of our white gas supply :(Eventually the briquettes were lighted, by continuously feeding birch bark under them. The end result was a very delicious rabbit stew, garlic bread, and chocolate upside down cake. We tried to dry items, but rain showers kept us running to grab items back off the line.

Sunday

We awoke at 6:00am (this was a 20km day, and we wanted to avoid supper by candle light), departed the campsite at 9:30am, and arrived at the next campsite at 4:00pm. Sam and Lochlan flipped in a class III rapid. It actually looked like their canoe was wrapped, but that was just the red kayak lashed to the canoe gunwales; the canoe was just swamped and pinned. The general consensus is they flipped as they were over confident. The bag of garbage and a kayak floated away (both picked up at later). The bow floatation bag was ripped on a rock, and was patched that evening by Allan. An awesome location was found for lunch, on top of a huge rock in the middle of the river. We had just passed some canoes getting in the river, and they stopped to chat (in French) with us. The "leader" said he had done the river 20 years ago, and was wondering if there was a portage around an upcoming class III rapid as he had beginners with him. There isn't a portage, and this isn't a river for beginners. They had an open barrel in one of their canoes, and one of the kids said it was filled with beer cans :) We passed them on a little class II rapid and they did not appear to know what they were doing. On the class III rapid before the class IV ledge, all our boats swamped due to high waves. Everybody made it intact to the bottom of the rapid, except for Laura who "decided" to abandon Lochlan's canoe :) This was the rapid the other group was hoping to portage; I hate to think of what they were going to look like at the end of that rapid. It was at this point that Allan dropped his waterproof camera case in the water, while it was open; thus the camera got damp and we don't have many photos for the rest of the day until it dried out. At the subsequent class IV ledge we hauled the canoes across a short portage, fully loaded. Sam and Lochlan then ran the ledge in their kayaks. Supper was Macaroni & Cheese, fried ham, and apple crumble; all Dutch Oven cooked. Somehow we forgot to pack the cottage cheese for the Macaroni & Cheese, but the kids said it tasted better without; whatever :)

Monday

Awoke at 6:30am, on the river at 9:45am, and at the campsite at 4:45pm. Can we see a trend... We ran all the rapids today, finding sneak routes through a couple of large ones. We survived the long flat stretch, but since the current is fairly strong, it's not too bad. For lunch, we lashed the canoes together and drifted about 1km while eating pitas with paté. We stopped at a bridge for a quick jump for the kids into the water. Lochlan's dry top ballooned up like the Michelin Man :) That night we finally got a reasonable fire going, and were thus able to burn our garbage (and other garbage we had collected). This was Canada Day, so we were able to set off the fireworks we had been lugging around; always a fun time. The supposedly burnt out casings were thrown in the fire for disposal. But that provided a few surprises as the night wore on! Things shooting in every direction :) Fettuccini Alfredo, garlic bannock, salmon croquettes, and mud pie cookies for supper.

Tuesday

Awake at 7:00am, departure at 10:30am, and arrival at 4:00pm. This was the biggest day of rapids. We lined and dragged around a class V ledge, and then ran a class IV rapid/ledge using a sneak route on river left. Stew & Allan swamped just before the class IV canyon, but were able to eddy out, dump their canoe, and make the eddy at the portage start. All the canoes ran the canyon. There was a "sneak" route starting centre, and then river right. The waves were huge though. When Stew and Allan hit the large wave at the end, it was the hardest Allan had even been hit by water before. I think we went in one side of the wave and out the other; the canoe was instantly full. Lochlan and Sam stayed to play in the waves at the bottom of the canyon, while the rest of us headed to the campsite; it was just around the corner. They said it was the best play spot they have ever had. This was the kid's favorite campsite. While it wasn't large, and the tent spots weren't that great, it did have a very nice view across a bay. Lochlan and Sam decided they wanted to go for a swim, so they asked Allan to canoe them up the river a bit so they could swim back. Our last supper was Shepherd's Pie and Peach Cobbler in Dutch Ovens. The Shepherd's Pie had 3 lbs. of ground beef versus last year's 2 ¼ lbs., not counting what Sam dumped on the ground last year :), but even so Stew was scraping the bottom of the Dutch Oven :) A very nice time around a roaring fire for the last night, and great embers for cooking the Brown Bears. Stew had never had these before; they were a favorite at our Cub camps.

Wednesday

Allan woke everybody up at 5:30am, so we could get an early start. However, he promptly fell back asleep! The general comment from people was: We heard Allan snoring, so we knew it was safe to go back to sleep :) About 6:30am, Laura went on a singing tirade, which though it woke everybody up, made her no end of enemies :) We all finally got up, and ate breakfast and packed in record time, getting on the water at 8:30am. The first class III/IV ledge we probably could have run, but we decided discretion was the best part of valour and lined it. This was the day where Stew & Allan's pride was hurt. They dumped twice, once on a class IV and once on the long class III. On the class IV, their line was a little bit off and they hit the edge of a hole and the wave just flipped the canoe over. It was a very bumpy swim down to the bottom of the rapid. There were no shortage of spectators of the river bank, but a distinct lack of rescue attempts. Calvin did heave a throw bag, but it landed about two feet away from him :(Stew was rescued by the kayak and towed into shore. On the long class III, Stew and Allan were doing really well, then hit a couple of waves that completely filled the canoe, and while they were trying to catch an eddy, they brushed a rock which flipped them over. Allan made it to shore, but Stew ended up stuck on a ledge about 20' from the shore. Calvin's canoe became pinned on this same rock, but he managed to free it without losing it. One of the barrels came free and floated down where Stew managed to catch it, while still on the ledge! Using a throw bag, Allan pendulumed the barrel to shore, and then did the same for Stew. At this point, we put Lochlan into one of the play boats, so Stew could take his place in one of the canoes; Allan then walked about 750m along the shore of the rapid to where the canoe would be found. Sam had to follow Stew and Allan's canoe down the rapid, so was unable to play; he then had a long wait at the bottom of the rapid for everybody else. All the canoes had to stop several times to bail during that rapid. Just before the takeout is a nice sand cliff, perfect for kayak seal launches. Calvin, after his wicked experience last year, declined have a go this year, but he helped out Sam and Lochlan with their kayaks. Two successful launches downs the cliff! We arrived at the takeout at 11:45am, packed everything away, and were on the road at 1:30pm. For lunch, we snacked on cheese & crackers & such during the drive. The laptop was used to view all the photos and videos during the drive; that was an improvement over people huddled over the small screen on the camera. We arrived in Merrickville at 7:00pm, sorted the equipment, and by 8:30pm the kids were on their way home.

Food

The food quantities worked out pretty well. We had a little too much, but better than running out. 12 less bagels and none of the breakfast round bread things would be good. And maybe one bag less of snacks. We also had a little bit too much sausage and Ritz crackers. We only needed a single batch of bannock, and a single batch of salmon croquettes. The blackberry jam (Smuckers Pure), picked up by Cheryl as she was tired of just purchasing strawberry jam, was a very big hit. As was the dark chocolate covered pomegranate/raspberry/etc. things from Costco. The Brown Bear campfire treat, originally scheduled for the first night, and finally eaten on the last night, was voted an excellent idea of Cheryl's. It brought back memories of the kids from Cubs. In the mornings Allan started offering coffee, and that was taken up by Stew and all the lads. Lochlan no longer complained that we packed three coffee filter holder things :) Part way through the trip Allan also started offering cups of iced tea and lemonade; amazing that nobody is willing to make the effort to get themselves a cup, but once it is offered... :) The communal dishes worked well. Dishes are hard to pack when trying to keep a pack waterproof, and it is so much easier having everything handy in the kitchen barrel. At a younger age, being responsible for your own dishes helps teach responsibility, but these kids are far beyond that. Both types of dried sausage from the Sausage Kitchen in the Ottawa market were well liked. The kids initially made strange faces when faced with smoked salmon and pate for one of the lunches, but once they tried the different items, they devoured everything! It was really good. The mud pies and toffee cookies were devoured. The fettuccini noodles didn't seem to get cooked properly. Quite a number of eggs were broken in the egg carrier, Lochlan suggests it was because he tended to walk across the barrels in the canoes! A little miscalculation of the remaining eggs meant that the Shepherd's pie had to do without; but it was fine. Though since the kids mixed in our remaining garlic butter with the potatoes, they were a little running. But it all tasted great. One of the milk tetra packs started leaking, which meant a barrel had to be cleaned out; the remainder were placed in zip lock bags. We should think about using powdered milk. The whipping cream did separate as it had been frozen, but that didn't affect the Fettuccini recipe. The canned cream worked well again with the deserts.

Schedule

Everybody was saying the trip was too short, and the time went by too fast. This trip was two days shorter than our previous trip down the Mistassibi North East, and one day shorter than our trip down the Batiscan. However, I think one of the reasons the trip went by quickly, is that we were pretty much busy from the time we woke up until the time we went to bed. After arriving at each campsite between 4pm and 5pm, we worked pretty solid setting up and making supper until 7-9pm, so everybody was pretty much done in at that point. A little more relaxing might be nice, but this trip was bookended by Calvin wanting to graduate at the beginning, and Heather heading for a horse show at the end. Our complex Dutch Oven suppers take quite a lot of time to prepare, but the practice is good for the kids, and they do taste delicious.

Stew's Birds Seen

Bald Eagle
Broad-winged Hawk
Black Duck
Lesser Scaup
Common Merganser families
Common Goldeneye families
Pileated Woodpecker
Common Nighthawk
Philadelphia Vireo
Blue-headed Vireo
Least Flycatcher
Winter Wren
Hermit Thrush
Swainson's Thrush
Ruby-crowned Kinglet
Golden-crowned Kinglet
Magnolia Warbler
Northern Parula
Pine Warbler
Chestnut-sided Warbler
Blackburnian Warbler
Bay-breasted Warbler

Plus a number of more common birds. No Moose or Bears.