

**Valley Highlands Algonquin Adventure:
June 28th until July 4th
Celebrate Canada Day in the Wilds**

Group 1- Hope Gray, Jim Wiggins, Liz Collinson

Group 2 – Paul Woodward, Keith Skelhorne, Alex Beelich

Itinerary-

Arrival at Achray Station June 28th around noon: Load the canoes and travel to Stratton Lake. One small portage 30 metres entering Stratton. Find 4 camp sites and set up for the night.

June 29th – Pack up and travel through short portage 50 metres to St. Andrews Lake.

Lunch together on West shore. **Group 1** stays at Base Camp – St. Andrews

Group 2 finishes lunch and proceeds to first portage 730 metres to Marie Lake. Portage 350 metres to Length Lake and spend the night. (Only 2 campsites on this lake)

June 30th – **Group 1** – activities on St. Andrews Lake

Group 2 - After breakfast portage 1830 metres to Cork Lake – lunch and portage 750 metres to Opalescent Lake. Spend the night.

July 1st – **Group 1** – Activities on St. Andrews Lake.

- **Group 2** Portage 650 metres to Ooze Lake portage 300 metres to High Falls Lake and uphill portage 550 metres to St. Andrews Lake. Paddle the lake and join **Group 1** at camp sites.

July 2nd – **Group 1 and Group 2** - Play day in morning at Water slide North end of Stratton Lake. Lunch and on to Stratton Lake for overnight camp.

July 3rd – **Group 1 and Group 2** - Pack up and paddle to portage of 30 metres to Grand Lake. Camp on Grand Lake. Plan to use sandy sites along east shoreline. Great chance to swim, canoe and just laze around. Possible to explore Carcajou Bay and the Aboriginal Pictographs.

July 4th – Pack up and paddle across Grand Lake to Achray and load up for home.

Planned departure 12:00 -1:00 pm

Home in Merrickville around 3:30 -4:00pm.

Thank you

Alex.

Emergency situations:

1st Aid training

Hope Gray
Keith Skelhorne
Paul Woodward
Jim Wiggins
Alex Beelich

Boat rescue

Hope Gray
Keith Skelhorne
Roger Nuttall

A training weekend is planned for late May or June to ensure each participant understands the basics for Canoe over Canoe rescue. A simplified boat rescue course will be arranged.

Achray Station is on a few hours away by canoe under a worst case scenario. At Achray Stn. Ambulance and transportation to a hospital are available.

Water: Two (2) water purification pumps are available; Also water purification tablets will be available to both groups.

Bears: All food bags/barrels are to be hung between the trees each evening to ensure they do not attract wild life to the campsite. Also food not permitted in a tent. (Including tooth paste). Most campsites provide cables between trees to hang the food packs.

Insects: This is black fly and mosquito season each camper will be encouraged to pack the appropriate repellent in a **non-aerosol** container.

Becoming lost: The Buddy system will be encouraged. Also each camper to have on their person a whistle at all times. Group leaders, upon arrival at the camp, will review procedures should someone become lost, both from a camp perspective and a youth's perspective.

Toiletries: Personal equipment to include toilet paper. Outside privy to be used at all times when at camp. If not available be sure to bury all waste away from campsites and sources of water.

Water Safety: All campers to wear PFDs at all times when in the canoes. Sweep canoe and lead canoe to be established for each outing.

This is a work in progress. Areas still to be addressed-

- Menu
- Individual equipment list
- If fee is insufficient how to address the issue
- If fee provides surplus how to refund the surplus
- Mileage / fuel costs – how and at what rate to reimburse
- Additional concerns??
- need for a female leader on canoe trip portion
- Collection of camp fee
- Camper's Code of Conduct.

Recap of activities held and planned for Valley Highlands Area.

Misc. 1 first aid kit per campsite.

Poison Ivy – 1st aid kit to include calamine lotion

Cuts and other abrasions – 1st aid kit supplies

Sprains and strains – 1st aid kit supplies

Blisters – 1st aid kit supplies

Broken limbs – to splint and evacuate when possible

Menu – Primarily dehydrated and or dried food- easier to store and prepare due to warm weather