

Overview

This is an eight day whitewater canoe trip down Quebec's Mistassibi North East River, from Thursday July 1st to Thursday July 8th.

Participants

Name	Type	Canoe	Position	PFD
Yates, Allan	Adult	1	Bow	Salus M/L w/QRB
Catton, Ben	Adult	Kayak	N/A	Salus M/L w/QRB & pigtail
Hamill, Stew	Adult	1	Stern	Salus M/L
Catton, Sam	Youth	2	Bow	Salus S/M
Dionne, Nick	Youth	4	Bow	Salus S/M
Gale, Calvin	Youth	3	Stern	Salus S/M
McKay, Alex	Youth	2	Stern	Salus S/M w/QRB & pigtail
Savage, Lochlan	Youth	4	Stern	Salus S/M
Yates, Laura	Youth	3	Bow	Salus S/M

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
Catton, Ben	Canoe I/II/III, Kayak I/II	MW 2	Bronze Cross	No	No	No
Hamill, Stew	Experienced		Yes	Yes	No	No
Catton, Sam	Canoe I/II/III, Kayak I	MW 1	Yes	No	No	No
Dionne, Nick	Canoe I/II		Yes	No	No	No
Gale, Calvin	Canoe I/II III, Kayak I	MW 1	Yes	Yes	No	No
McKay, Alex	Canoe I/II/III, Kayak I/II	MW 1	Bronze Cross	No	No	Yes
Savage, Lochlan	Canoe I/II		Yes	No	No	No
Yates, Laura	Canoe I/II/III	MW 1	Bronze Cross	Yes	No	No

Financial

Item	Budget	Actual	Notes
Mileage Truck & Trailer @\$0.25/km	\$495	\$513	2,050km
Mileage Car @ \$0.20/km	\$395	\$415	2,075km
Food - (\$10/pp/day), 8 days, 8 people	\$640	\$770	
Supper during drive home	\$75	\$98	
Other food during drive		\$17	
White gas	\$20	\$20	
Briquettes		\$6	
Matches, camp soap		\$20	
Fireworks	\$150	\$154	
Creek kayak rental		\$217	
Map & menu lamination		\$57	
Contingency	\$200		
Total	\$1,975	\$2,287	
Total per Venturer (6)	\$329	\$381	
Total advertised fee per Venturer	\$350		
Deposit	\$100		

Schedule**Thursday June 30th**

Packing equipment and food at the tractor trailer and at Allan's house.

Friday July 1st

Meet at Allan's house at 7:00am for an 8:00am departure.

Drive to Jonquière, Quebec a distance of 700km (8 ½ hours). Arrive approximately 6:00pm.

Bring brown bag lunch from home.

Meet Daniel Ratté of the Jonquière Scout group in the Wal-Mart parking lot in Chicoutimi (1451 Boulevard Talbot). Call Daniel at (418) 542-6781 about one hour prior to our arrival; he will be driving a candy red F150 Ford pickup truck.

Sleep in Jonquière Scout hut; tents and cooking equipment not required.

Utilise VHF radios for inter-vehicle communication.

Saturday July 2nd

Make club sandwiches for lunch; place in medium Ziploc bags.

Charge radios and shaver. Clean Scout hut.

Depart Jonquière Scout hut at 8:00am.

David Bélanger and Daniel from the Jonquière Scout group will help shuttle our vehicles from the put-in to the take-out. They will drive their car to the take-out and then ride with us to the put-in. They will then drive our cars back to the take-out.

Drive from Jonquière to start of logging road in Dolbeau-Mistassini, a distance of 120km (1 ¾ hours).

Fill up with fuel in Dolbeau-Mistassini.

Dolbeau-Mistassini to take-out: 2 hours (km 126 on logging road)

Take-out (49.884017217246544, -71.91993713378906)

Take-out to Lac Froget: 1 ½ to 3 hours.

Bear left at (50.142861036158145, -71.9717788696289).

Bear right at (50.28582948111449, -72.08541870117188).

Put-in (50.69602269138803, -71.77350997924804)

5-6 hours of paddling and portaging from Lac Froget to campsite at km 166. Camp earlier if necessary.

At Lac Froget, park vehicles beside the road. At the take-out, park either by the road, at one of many places you can drive off a little bit, or in front of the concrete blocks.

Sunday July 3rd

Canoe 17 km, camp at km 149. Many rapids.

Monday July 4th

Canoe 13 km, camp at km 136. Many rapids.

Tuesday July 5th

Canoe 25 km, camp at km 111. Some rapids, many swifts.

Wednesday July 6th

Canoe 26 km, camp at km 85. Mostly swifts.

Thursday July 7th

Canoe 35 km, camp at km 50 (take-out). Mostly swifts.

Friday July 8th

Depart campsite at 8:00am. Depart take-out at 9:00am.

The best loading spot at the take-out is on the east side of the river right at the bridge.

Try and meet Marc Bouchard from the Jonquière Scout group on our exit.

Drive 725km, 10 hours.

Supper purchased during drive home (included in fee).

Arrive Merrickville approximately 7:00pm.

Clean kit and distribute for drying.

Call parents upon arrival in Merrickville or drop Venturers off at their homes; approximately 10:00pm.

Directions from Merrickville to Jonquière

1. County Road 43 East to Highway 416 South.
2. Highway 416 South to Highway 401 East.
3. Continue onto Autoroute 40 East.
4. Continue onto Autoroute 540 North.
5. Keep left and merge onto Autoroute 40 East.
6. Take exit 80S for Autoroute 25 South toward Autoroute 20 / Tunnel La Fontaine.
7. Merge onto Autoroute 25 South.
8. Continue onto Autoroute 20E towards Quebec City.
9. Take exit 312N on the left to merge onto Autoroute 73 North toward Quebec / Pont Pierre-Laporte.
10. Take exit 142E to merge onto Autoroute 40 East / Autoroute 73 North toward Saguenay.
11. Take exit 313 for QX-175 North / Autoroute 73 North toward Saguenay.
12. Merge onto Autoroute 73 North.
13. Continue onto Boulevard Talbot / QC-175 North towards Jonquière.

Directions from Jonquière to Dolbeau-Mistassini

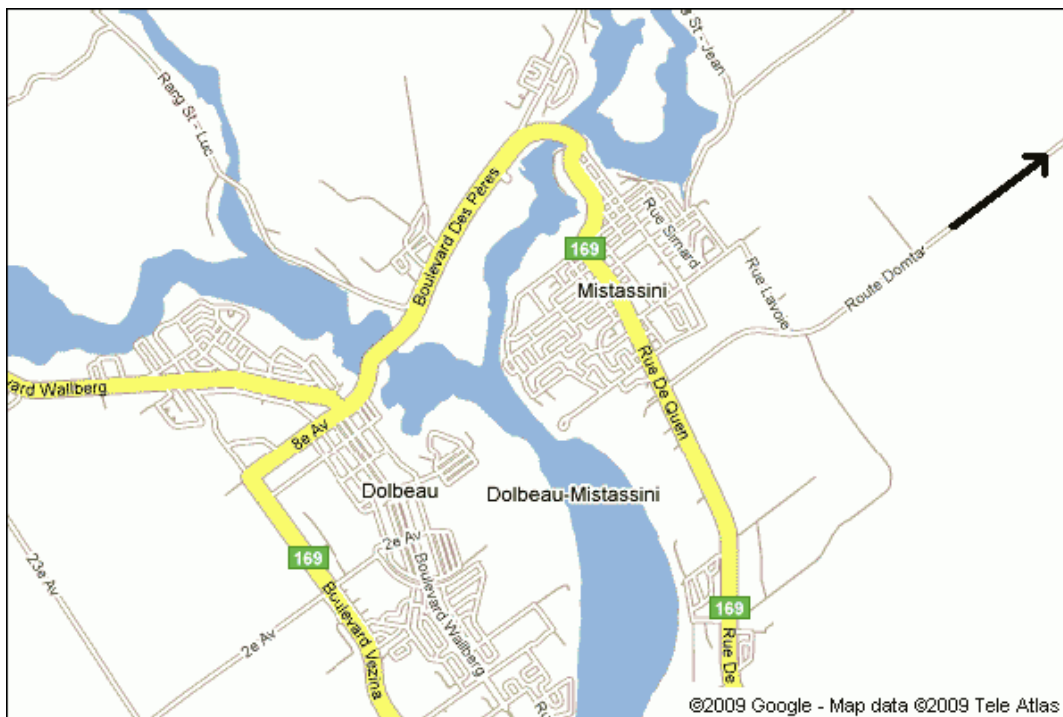
1. Take Boulevard de Royaume / QC-170 West; signs for Kenogami.
2. Turn right onto QC-169 North.
3. The logging road starts up by the mill.

Directions from Dolbeau-Mistassini to Merrickville

1. From Rue de Forestiers
2. Turn left onto Rue de Quen / QC-169 North.
3. Turn left onto Boulevard Saint Michel / QC-169 North.
4. Turn left onto Boulevard Vezina / QC-373 South; signs for St-Felicien.
5. Turn right onto Avenue de la Friche / QC-373 South.
6. At Saint-Méthode, turn left onto Rue de Saint Méthode / QC-169 South.
7. Turn right onto QC-155 South; signs for Lac-Bouchette / La Tuque.
8. Continue onto Autoroute 55 South.
9. Take exit 186 onto Autoroute 40 West.
10. Continue on Autoroute 40 West through Montreal
11. The final route to Merrickville is left as an exercise to the reader.

Directions from Dolbeau-Mistassini to the Take-Out

- From QC-169, take Route de Domtar (Produits Forestiers Alliance) (Church Street) heading east and then follow directions for Sainte-Élisabeth-de-Proulx (15 km).
- After the village, it turns into the forest road itself. Continue a few kilometers (3 to 5).
- At a T intersection, take the road of Abitibi-Bowater left.
- Follow the forest road. The speed limit is 70 km / h, which is very reasonable, since it is a gravel highway. But do pay attention to logging trucks. Distances are displayed on milestones.
- Look for an unmarked, high quality, dirt road leading directly north out of the town of Sainte Elisabeth-de-Proulx.
- Follow the main road. Some benchmarks:
 - Km 17: Road left to St. Elizabeth-de-Proulx
 - Km 22: Y intersection: bear left
 - Km 59.5: path to the left, which leads to a convenience store
 - Km 71: Y intersection: keep left.
 - Km 71.5: first bridge, km 79.5: Second bridge
 - Km 81.5: Y intersection: bear left
- The usual exit point is located near Km 126. A bridge crosses the river Mistassibi Northeast. Access is downstream of the bridge before crossing it. Parking is in front of concrete blocks in the path to the forest camp Mistassibi of Abitibi-Bowater.



Directions from the Take-Out to the Put-In

- Cross the bridge over the river Mistassibi Northeast.
- Turn right and continue north, still following the main path.
- At km 156.5, at a Y intersection, bear left. The path crosses the river right to Francois 2 km away, and then crosses the river Mistassibi Northeast 9 km from the Y intersection. Further, this path away from the river Mistassibi Northeast, and there comes back.
- The road away from the Mistassibi Northeast, and along in parallel at a distance of 10-15 km.
- At km 175.5, at a Y intersection, keep right, direction "Bowater sector Husky"
- At km 217, a sign announces entry into the sector Machisque.
- At km 226, the road becomes more difficult.

Mistassibi North East River

Total river length	122 km	
Total mandatory portage length	30 m	(longest possible portage is 30 m)
Total rapid length	46 km	(37% of river length)
Number of mandatory portages	1	(Class 5 ledge lift over)

Drops 330m over 110km.

Flow rate: 180 is the target, 300-400 is fun, 500 is pushy, minimum is 130. Approximately a three day delay from the flow gauge reading.

Plan on 15km/day at most for the first few days, and 30-40km/day later on.

Campsites are not very good for the first few days, but improve lower down the river.

The class of the rapids depends on the water level, and some class IV may only be class III for us. On the maps, in an 'SIV', the 'S' is French for Ledge. I.e. a class IV ledge.

	Mistassibibe NE River		Batiscan River		Noire River		Lièvre River		
Class	Number	Length	Number	Length	Number	Length	Number	Length	Notes
I	24	32,900m	28	6,566m	26	1,852m	30	3,529m	Includes I/II
II	25	10,500m	25	5,943m	20	2,375m	34	6,824m	Includes II/III
III	5	2,300m	18	3,396m	4	345m	22	7,353m	Includes III/IV
IV			2	283m			9	1,941m	
V			1	50m					

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

Cartes Plein Air www.cartespleinair.org/Canot/06/MistassibiNordEstLeduc2010.pdf
 Water Gauge www.cehq.gouv.qc.ca/suivihydro/graphique.asp?NoStation=062114
 Google Maps <http://maps.google.ca/maps/ms?msid=211748135732540701743.0004a4096c771e803d2f6&msa=0>
 Maps from GPU <http://public.fotki.com/GPU/misc/mistassibi-maps-1/mistassibi-maps/>

All GPS coordinates given in WGS84 datum.

PFD Sizing

Salus Kayak Guide	Chest Size	Quantity	
		Available	Required
Small / Medium (S/M)	32" - 40"	8	6
Medium / Large (M/L)	36" - 44"	6	3
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	7	GMC	Yukon XL	Pewter	AKFA 929
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 rucksack of the two paddlers, along with a maximum of 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/Ben's and Alex/Sam's canoes. Common camping equipment will be stored in three 60 litre barrels. Food will be stored across a maximum of five 60 litre barrels. Light weight equipment (such as backpacking stoves) will be used where possible. Spare paddles will be bungeed to the thwarts.

Lining

It is intended that the canoes be lined down any of the rapids that are too dangerous to run. 25' of floating rope is used bow and stern, carabinered to the grab loops. This rope also functions as a painter when needed. When not in use, the rope will be bungeed to the canoe decks prevent any potential entanglement.

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.
- Venturers will be sleeping in tents separate from the leaders.
- 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.
- River Rescue training taken by Allan and Alex.
- All participating Venturers have a minimum of two weekends of whitewater training, including the Canoe II course, offered through Paddler Co-op and the Venturer Advisors Forum.
- All participating Venturers 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 Venturer 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.

Hospital

The closest hospitals are located in Dolbeau-Mistassini and Jonquière.

Maps

We have a river map from Cartes Plein Air showing all the rapids. Copies of the relevant maps are at the end of this document. The maps have been customized with our planned campsites and other informative notes. Five plastic laminated copies of these maps will be brought on the trip. These maps will be carried in waterproof map cases.

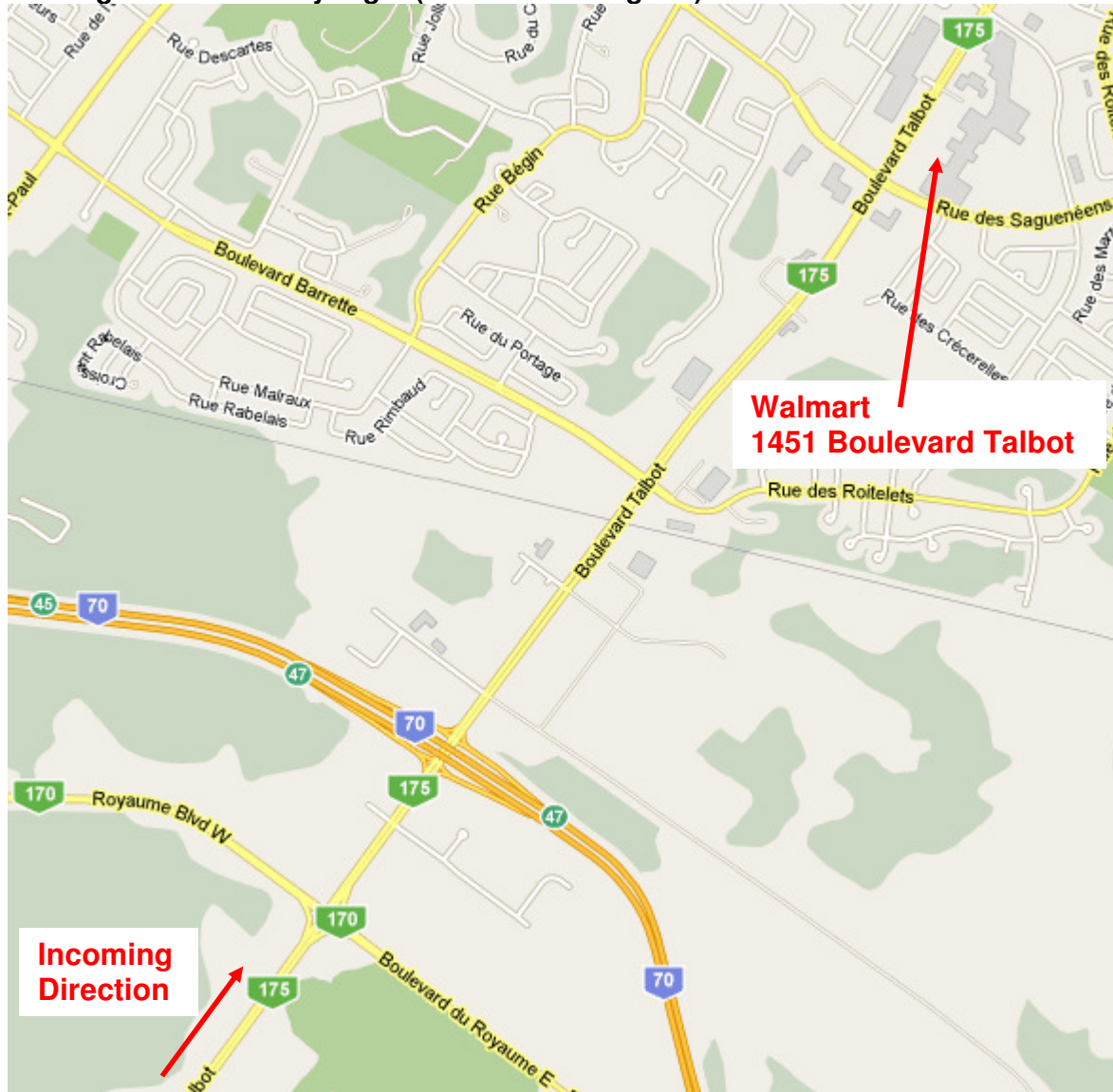
Equipment Colour for Search and Rescue

Item	Quantity	Colour	Notes
Canoes	4	Red	
Kayak Playboat	1	Green	
Kayak Creek boat	1	Blue	Big Dog Flux
Tent	1	Gold	Allan
Tent	1	Red	Stew
Tents	3	Bog (olive green)	Venturers

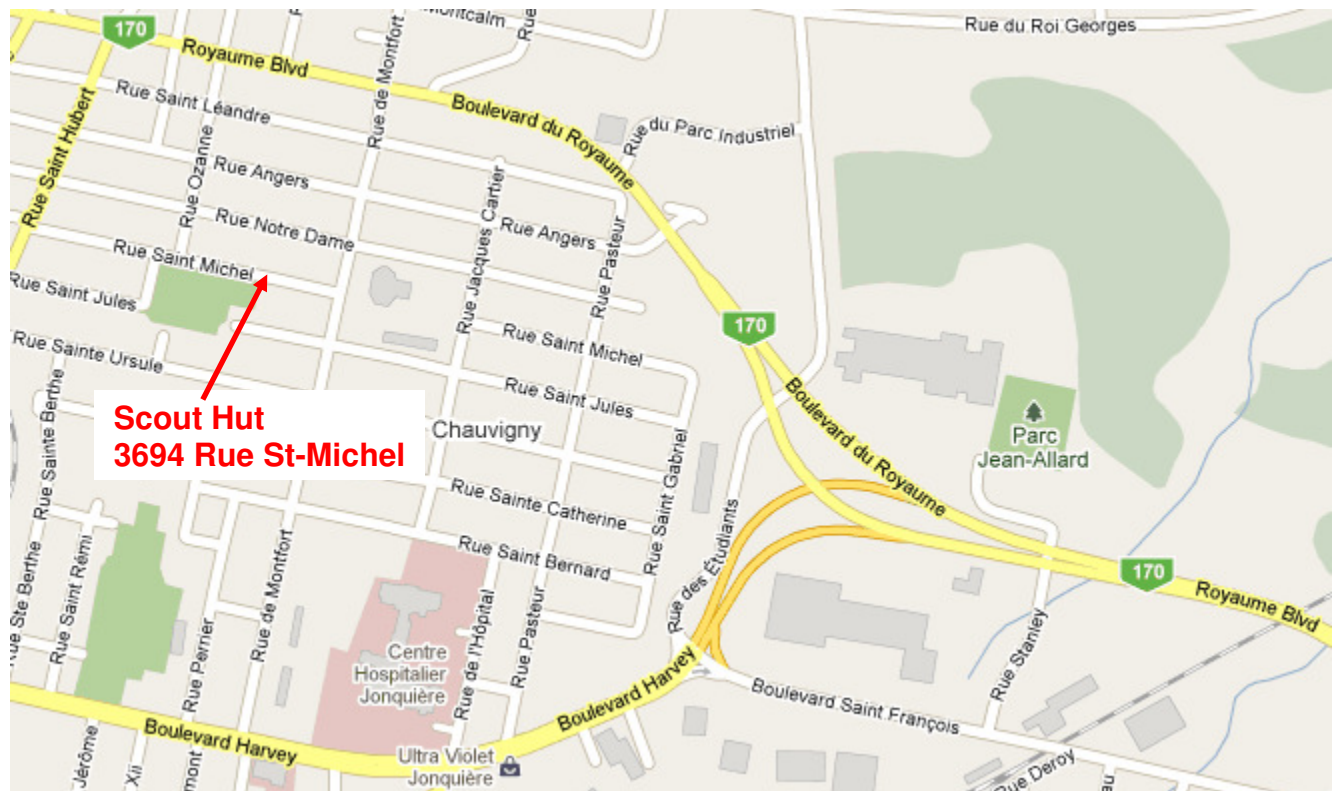
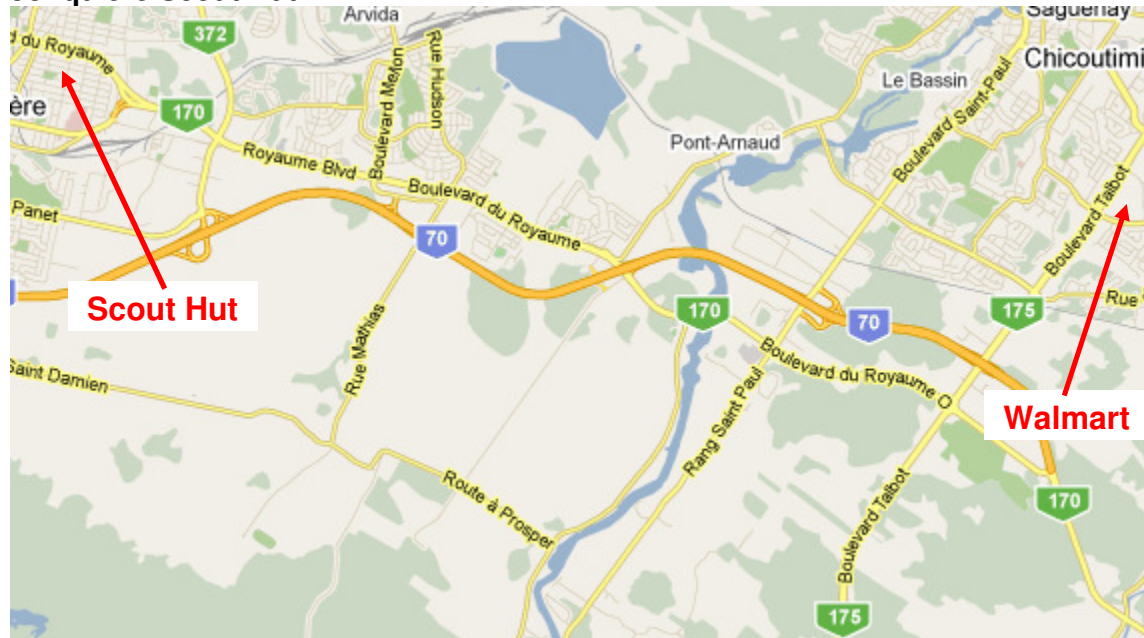
Jonquière Scout Group (Association des scouts du Canada)

Marc Bouchard, President, 1st Dominique, 418-548-7456, marc.bouchard@cjonquiere.qc.ca
Daniel Ratthé, Group Chief, 1st Dominique, 418-542-6781, daniel.ratthe@sympatico.ca
David Bélanger, Scout Leader, 1st Dominique, 418-543-5490, dbelanger@assurances5000.com
Pierre Fortin, Scout Leader, 1st Dominique va2spf@hotmail.com
Scout Hut, 3694 Rue St-Michel, Jonquière, 418-546-2032

Meeting Location Friday Night (Walmart Parking Lot)



Jonquière Scout Hut



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/carabiner
- 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

Sausages (2pp), grilled vegetables & potatoes
(3 pkgs), corn on the cob (9)**Saturday**

Lunch

Clubhouse sandwiches (1pp)

Dinner

Spaghetti, garlic bread (3 loaves)

Sunday

Lunch

Wraps (2pp), sliced meat (2-3pw; 900g), lettuce,
sliced cheddar cheese (450g), mayonnaise

Dinner

Satays (3pp), mashed potatoes, coleslaw

Monday

Lunch

Wraps (2pp), sliced meat (2-3pw; 900g), lettuce,
sliced cheddar cheese (450g), mayonnaise

Dinner

Macaroni and Cheese (Dutch oven)

Tuesday

Lunch

Pepperoni (3 sticks), Ritz crackers (1pkg/p),
cheddar cheese (900g)

Dinner

Fettuccini Alfredo, garlic bannock biscuits

Wednesday

Lunch

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

Dinner

Shepherd's Pie, Apple Crumble (both Dutch
oven), cream**Thursday**

Lunch

Dried sausage (6), cheddar cheese (900g),
Vegetable Thins crackers (3 boxes)

Dinner

Lasagna, Peach Cobbler (both Dutch oven),
cream**Menu (continued)****Friday**

Lunch

Leftovers or purchase during drive home

Dinner

Purchase during drive home

Breakfasts

Oatmeal, variety pack

Lucky Charms

Frosted Flakes

Cinnamon Toast Crunch

Bagels

English Muffins

Peanut butter

Jam

Pop tarts

Cream cheese

Snacks

Granola bars

Peanut M&Ms

Beef jerky

Apples, green

Mixed nuts

Gummy bears

Wine Gums

Condiments & Seasonings

Sugar (for coffee)

Montreal steak spice

Vegetable oil

Salt & Pepper

Creamers (for coffee)

Mayonnaise

Mustard

Drinks

Fresh milk (first morning)

Tetra Pak milk (remaining mornings)

Juice crystals (iced tea)

Hot chocolate

Coffee

Desserts (additional)

Wicked Good Brownies

Mud Pies (cookies)

Chocolate cookies

Toffee cookies

Spare

Kraft Dinner

Cup a soup

Grocery List

Item	Quantity	Status	Store	Notes
Milk, 3.5%	2 litres	Have		1 st day
Milk, 3.5%, UHT	8 litres	Have		1/day + spare
Granola bars, Sweet & Salty	1 lg box, 32 bars	Have	Costco	
Granola bars, Café Squares	1 lg box, 28 bars	Have	Costco	
Granola bars, Dipps	1 lg box, 30 bars	Have		
Granola bars, Yogurt	1 lg box, 30 bars	Have		
Peanut M&Ms	1 lg bag (1.5kg)	Have	Costco	
Gummy Bears	1 lg bag (600g)	Have		
Wine gums (Maynards)	1 lg bag (1kg)	Have	Costco	
Mixed nuts	1.1 kg	Have	Costco	
Caramels	36	Have		Toffee cookies
Jerky, pork	1 lg pkg (300g)	Have	Costco	
Jerky, beef	2 lg pkgs (300g each)	Have	Costco	
Cream cheese, spreadable	2 lg containers (400g each)	Have		
Hot chocolate	18 pkgs	Have		
Pop tarts	6 boxes (300g each)	Have		
Lucky Charms	1 lg box (680g)	Have	Costco	
Frosted Flakes	1 lg box (525g)	Have	Costco	
Cinnamon Toast Crunch	1 lg box ()	Have	Costco	
Bagels, plain	12	Have		
Bagels, cinnamon & raisin	12	Have		
English muffins	36	Have		
Oatmeal (porridge)	12	Have		
Peanut butter, crunch, Kraft	2 jars (1kg)	Have		
Jam, strawberry	2 lg jars (500mL)	Have		
Kaiser buns	9			Clubhouse
Tomato	2	Have		Clubhouse
Bacon	2 lbs	Have		Clubhouse
Turkey, sliced	1 dbl pkg (800g)	Have	Costco	Clubhouse
Wicked Good Brownies	1	Have	MEC	Backpackers Pantry
Juice crystals, Iced Tea	3 kg	Have	Costco	
Pepperoni	3 long sticks	Have		Tuesday lunch
Ritz crackers	3 x 400g	Have		Tuesday lunch
Dried sausage, mild	0.7 kg	Have		Thursday lunch
Vegetable Thins crackers	3 x 200g	Have		Thursday lunch
Cheese, cheddar, medium	2 lg block (907g)	Have	Costco	Tuesday & Thursday lunches
Cheese, cheddar, medium, sliced	1 lg blocks (907g)	Have	Costco	Sunday & Monday lunches
Roast beef, sliced	1 dbl pkg (800g)	Have	Costco	Sunday lunch

Item	Quantity	Status	Store	Notes
Ham, sliced	1 dbl pkg (800g)	Have	Costco	Monday lunch
Lettuce, iceberg	3 heads	Have		
Mayonnaise, squeeze bottle	1	Have		
Montreal Steak Spice	1	Have		
Mustard	1	Have		
Horseradish	1	Have		
Sausages	18	Have		Friday supper
Grilled vegetables & potatoes	3 packages	Have		Friday supper
Corn on the cob	9	Have		Friday supper
Garlic bread	3 loaves	Have		Saturday supper
Italian sausage	1 lb	Have		Spaghetti
Canned tomatoes	2 x 16oz cans	Have		Spaghetti
Tomato paste	4oz can	Have		Spaghetti
Mushrooms	1 cup	Have		Spaghetti
Spaghetti noodles	27oz (765g)	Have		Spaghetti
Parmesan cheese	1 cup	Have		Fettuccini Alfredo
Whipping cream	2 cups (500mL)	Have		Fettuccini Alfredo
Chicken, flaked	2 cans	Have		Fettuccini Alfredo
Fettuccini noodles	27oz (765g)	Have		Fettuccini Alfredo
Tea biscuit mix	3 cups	Have		Garlic biscuits
Garlic butter	½ stick	Have		Garlic biscuits
Tortillas, soft, large	45	Have		2+ lunches
Macaroni & Cheese, PC White Cheddar	4 boxes	Have		Spare
Cup-a-soup	3 boxes	Have		Spare
Apples, green	4 bags	Have		
Vegetable oil	1 small bottle	Have		
Butter	2 lbs	Have		
Eggs	11	Have		Lasagna (3), Mac & cheese (3), Peach Cobbler (3), Shepherd's Pie (2)
Creamers	30	Have		15mL each
Coffee	500mL	Have		
Coffee, decaffeinated	500mL	Have		
Satays	27	Have		Sunday supper
Mashed potatoes, instant	2 pkgs	Have		Sunday supper
Coleslaw dressing	1	Have		Sunday supper
Cabbage, shredded	2 pkgs	Have		Sunday supper
Elbow noodles	5 cups	Have		Macaroni & cheese
Mozzarella cheese	5 cups	Have		Macaroni & cheese
Sour cream	4 cups	Have		Macaroni & cheese
Ham, smoked	3 cups	Have		Macaroni & cheese
Cottage cheese	2 ½ cups			Macaroni & cheese
Ground beef	2 ¼ lbs			Shepherd's Pie
Carrots, medium	3	Have		Shepherd's Pie
Potatoes, large	6	Have		Shepherd's Pie
Beef stock	1 litre tetrapak	Have		Shepherd's Pie

Item	Quantity	Status	Store	Notes
Sliced peaches	2 x 29oz cans			Peach cobbler
Duncan Hines yellow cake mix	1 box	Have		Peach cobbler
Canned cream	4	Have		Peach cobbler & apple crumble
Ricotta cheese	2 lbs			Lasagna
Mozzarella cheese	2 lbs	Have		Lasagna
Parmesan cheese	1 lb	Have		Lasagna
Lasagna noodles, no boil	16oz	Have		Lasagna
Garden style tomato sauce	48oz can	Have		Lasagna
Dried sausage, spicy	0.7 kg	Have		Lasagna
Ingredients for Mud Pies		Have		
Ingredients for Chocolate Cookies		Have		
Ingredients for Toffee Cookies		Have		
Ingredients for Fettuccini Alfredo		Have		
Salt & Pepper, moisture proof	2	Have		

Mud Pies

2	cups	Sugar
½	cup	Milk
½	cup	Shortening
5	tablespoons	Cocoa
½	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.

Chocolate Cookies

1	cup	Semi-sweet chocolate chips
1	cup	Butterscotch chips
1 ¼	cups	Granola
2	sheets	Wax paper

1. Melt chips over low heat
2. Remove from heat and stir in granola.
3. Drop by spoonfuls onto wax paper.
4. Leave to harden.

Toffee Cookies

36		Caramels
3	tablespoons	Cream (light) (3 creamers)
2	cups	Cornflakes
1	cup	Rice Krispies
½	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 spoonfuls onto wax paper.
5. Leave to harden.

Clubhouse Sandwich

Kaiser buns
 Sliced turkey
 Salt & pepper
 Lettuce
 Mayonnaise
 Tomatoes, sliced, 2
 Bacon, 2 lbs

1. Cook bacon
2. Layer bun with turkey.
3. Sprinkle with salt and pepper.
4. Add lettuce, and mayonnaise.
5. Layer with tomatoes.
6. Sprinkle with salt and pepper.
7. Cut two bacon slices in half and arrange over tomato.
8. Top with bun.

Spaghetti

2		Cloves garlic, minced
1		Onion, chopped
1	cup	Mushrooms, chopped
1	lb	Italian sausage, sliced
2	28oz cans	Tomatoes (do not drain)
1	4oz can	Tomato paste
1	teaspoon	Basil
1	teaspoon	Oregano
½	teaspoon	Thyme
1	teaspoon	Sugar
1	teaspoon	Salt
½	teaspoon	Pepper
27	oz (765g)	Spaghetti noodles (3oz/person)
7 ½	tablespoons	Salt (1 tablespoon/litre of water)

Sauce

1. Brown sausage with onion, garlic, and mushrooms.
2. Add tomatoes, paste, and all spices listed.
3. Bring to a boil then simmer at low heat for at least 40 minutes.

Pasta

1. Fill large pot with 7 ½ 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 pasta 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 for 12-15 minutes.
6. You want a chewy texture, not flab. Taste, or break open a piece of pasta to taste for doneness. If you see a thin white line or white dot(s) in the middle of the broken piece, it's not done yet.
7. Test again, and as soon as the broken piece is uniform translucent yellow, drain the pasta (do not rinse).

Macaroni & Cheese

12"		Dutch Oven
25		Briquettes
5	cups	Elbow macaroni
7	tablespoons	Salt (1 tablespoon/litre of water)
5	cups	Mozzarella cheese, shredded
3 ¾	cups	Sour cream
3 1/3	cups	Ham, diced
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 30 minutes or until bubbly.
8. Sprinkle with remaining cheese, and broil for 2 minutes or until lightly golden.

Mashed Potatoes

10	cups	Potato flakes
10	cups	Water
2 ¼	teaspoons	Salt
9	tablespoons	Butter
5	cups	Milk

1. Combine water, salt, and butter.
2. Heat to a boil, remove from heat.
3. Add cold milk.
4. Stir in potato flakes gently. Do not whip

Fettuccini Alfredo

- 2 cups Whipping cream
- 1 cup Butter
- 1 cup Parmesan cheese
- 2 cans Chicken flaked, drained
- 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.

Garlic Bannock Tea Biscuits

- 1 Outback Oven
- 3 cups Tea biscuit mix
- 1 cup Water
- ½ stick Garlic butter

1. Get the Oven started.
2. Pour a very small amount of tea biscuit mix onto a plate or bowl to dust your hands to prevent sticking when you get to the hands on stage.
3. Add the water to the tea biscuit mix and mix.
4. Roll the mixed bannock into small balls and flatten slightly (use the small amount of mix you poured out to dust your hands or it could get sticky).
5. Oven should be ready now.
6. Chop garlic butter in half and toss into the Oven and let it dissolve.
7. Add the prepped biscuits to the pan. Don't worry about if they are too close; fill the pan.
8. Cover and cook until they are done (same as a cake, insert a fork, it should come out clean).
9. May take multiple batches for cooking; don't use all the garlic butter for the first batch.

Shepherd's Pie

2 ¼	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 and wait 10 to 15 minutes.
2. In the Dutch Oven on about 15 briquettes, 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 15 minutes or until bubbling hot and topping is golden.

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		
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.

Lasagna

5	cups	Ricotta cheese	12" Dutch Oven
5	cups	Mozzarella cheese, grated	20 Briquettes
1	cup	Parmesan cheese, grated	
1	teaspoon	Oregano	Cheese: 1 lb = 4 cups grated
3		Eggs	
2	8oz pkg	No-boil lasagna noodles	
2	680 mL cans	Tomato sauce	
1	teaspoon	Basil	
1	teaspoon	Garlic powder	
0.7	kg	Dried sausage, spicy	

1. Light briquettes.
2. Cook ground beef.
3. Mix all ingredients, except noodles, ground beef, and sauce.
4. Place 4 tablespoons of sauce on bottom of Dutch Oven and spread around.
5. Line Dutch Oven with one layer of noodles. Break off pieces to fit around edges to cover the bottom.
6. Spread ¼" of cheese mixture, some ground beef, and 3-4 tablespoons of sauce. It is important to estimate the thickness in order to use all of the noodles.
7. Add another layer of noodles and cheese until Dutch Oven is filled. Last layer should be noodles with sauce to cover.
8. Place 6 coals on the under the Dutch Oven and 14 on top.
9. Cook for 30 minutes and check. When noodles are soft it is ready. If not, cook for another 15 minutes and check again.

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. Light briquettes.
2. Pre-heat Dutch Oven over 8 burning briquettes.
3. Mix cake mix, eggs, water, and 1/3 cup oil.
4. Add 4 teaspoons of oil and brown sugar to pot.
5. When sugar has melted, dump in peaches (with no more than ½ cup of the juice).
6. Add sugar, cinnamon, and stir.
7. Pour cake batter on peaches slowly.
8. Put lid on oven and add 12 burning briquettes on top of lid.
9. 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.
10. Allow cake to cool 30 minutes before serving.
11. Serve with cream.

Camping Equipment

Tent, MEC Apollo, 3
 Tent footprint, MEC Apollo, 3
 Plastic sheet, 12'x16' (screen shelter ground sheet)
 Barrel, 60 litre, 8
 Barrel harness, 60 litre, 8
 Dry bag, 10 litre, red, 3 (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)
 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
 Potato masher
 Cheese grater/slicer
 Colander, collapsible
 Egg carrier, 12 eggs
 Grill
 Cutting board, flexible, 2
 Stove top toaster
 Ziploc bags, medium, 20
 Ziploc bags, large, 20

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, 30
 Bleach bottle w/eye dropper, 2
 Bleach, extra bottle
 Welding gloves
 First aid kit, expedition, 2
 Repair kit, 2
 Weather forecast
 Bungee cords
 SPOT (borrow from VAF)
 Dutch Oven, 10"
 Dutch Oven, 12"
 Dutch Oven cover
 Dutch Oven trivet
 Dutch Oven base (pizza pan)
 Charcoal briquets, 3.76kg
 Fireworks

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, 4
 Prusik loop, 5mm, 4

Kitchen Equipment w/Allan

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

Paddling Equipment

Dolphin, inflatable
 Canoe, Canyon, 4
 Kayak, Jackson Fun, green, 2
 Kayak, Big Dog Flux
 Kayak skirt, 4 (includes 1 extra)
 Paddle, kayak, 3
 Paddle, kayak, breakdown (spare)
 Paddle, canoe, 12 (includes 1 spare per canoe)
 PFD, Salus Guide, medium/large, w/whistle & knife, 3
 PFD, Salus Guide, small/medium, w/whistle & knife, 6
 Quick release belt, 3
 Pig Tail, 2
 Floatation bags, 4 pairs
 Bailer w/rope, 4
 Throw bags, Hooligan, Kevlar, 3/8", 70', 4
 Throw bags, Northwater, 1/4", 70', 4
 Maps, river, waterproof, 5 sets
 Map case, waterproof, w/clips & bungees, 4
 Thwart bag, w/map case
 Rope, floating, 1/4", 25', w/carabiner, 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
 Physical fitness forms
 Tent, 2 man (MEC Gemini), w/poles, pegs, ground sheet
 Pelican camera case, w/lanyard & carabiner
 Shaver (fully charged)
 Contact lens solution
 Spare contacts
 Thermarest chair
 Notebook & pencil
 Compass
 Carabiner, 4
 Headlamp, spare
 Trip plan, 2
 Books
 Radio, VHF, 2
 Chair, Bob's

Allan's Extra Kit for Truck

Road map, Quebec
 Road map, Montreal
 CDs
 Inverter
 Electrical octopus
 Shaver cord
 Air compressor, 12V (flat tire)
 Truck garbage container w/bags
 Radio chargers
 GPS
 Group crests for Jonquière leaders
 Tow straps, 3
 Second truck ignition key

Fireworks

Pearl Battery, 72 shot (cake)
 Tropical Fire (cake)
 Bandito (cake)
 Jack Frost (cake) (finale)
 Blue Ring with White Strobe Pistil
 Red Ring with Crackling Pistil
 Golden Rain Willow

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
7. Lunches, snacks
8. Suppers

Food Packing

All meals individually packaged in double Ziploc bags.

Schedule, menu, recipes, Dutch Oven cooking chart, and Outback Oven instructions 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	Squeeze tube
Horseradish	1	Squeeze tube
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

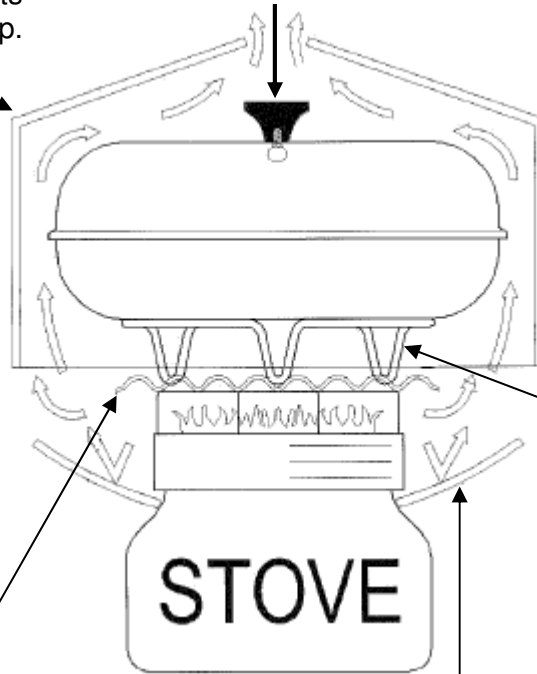
Morning Chores

1. Ensure all lunch food and preparation equipment in lunch barrel

Outback Oven Configuration

Convection Dome
Aluminized fabric dome concentrates heat around baking pan and vents excess hot air out top.

Thermometer
Viewed through vent hole to monitor baking temperature.



Scorch Buster
Ribbed stainless steel disk disperses heat and prevents flames from coming in contact with baking pan.

Reflector Collar
Aluminum collar directs heat upwards, boosting efficiency and shielding stove from overheating.

Riser Bar
Snaps into Scorch Buster and raises baking pan above heat to prevent scorching.

Quick Release Belt Configuration



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.

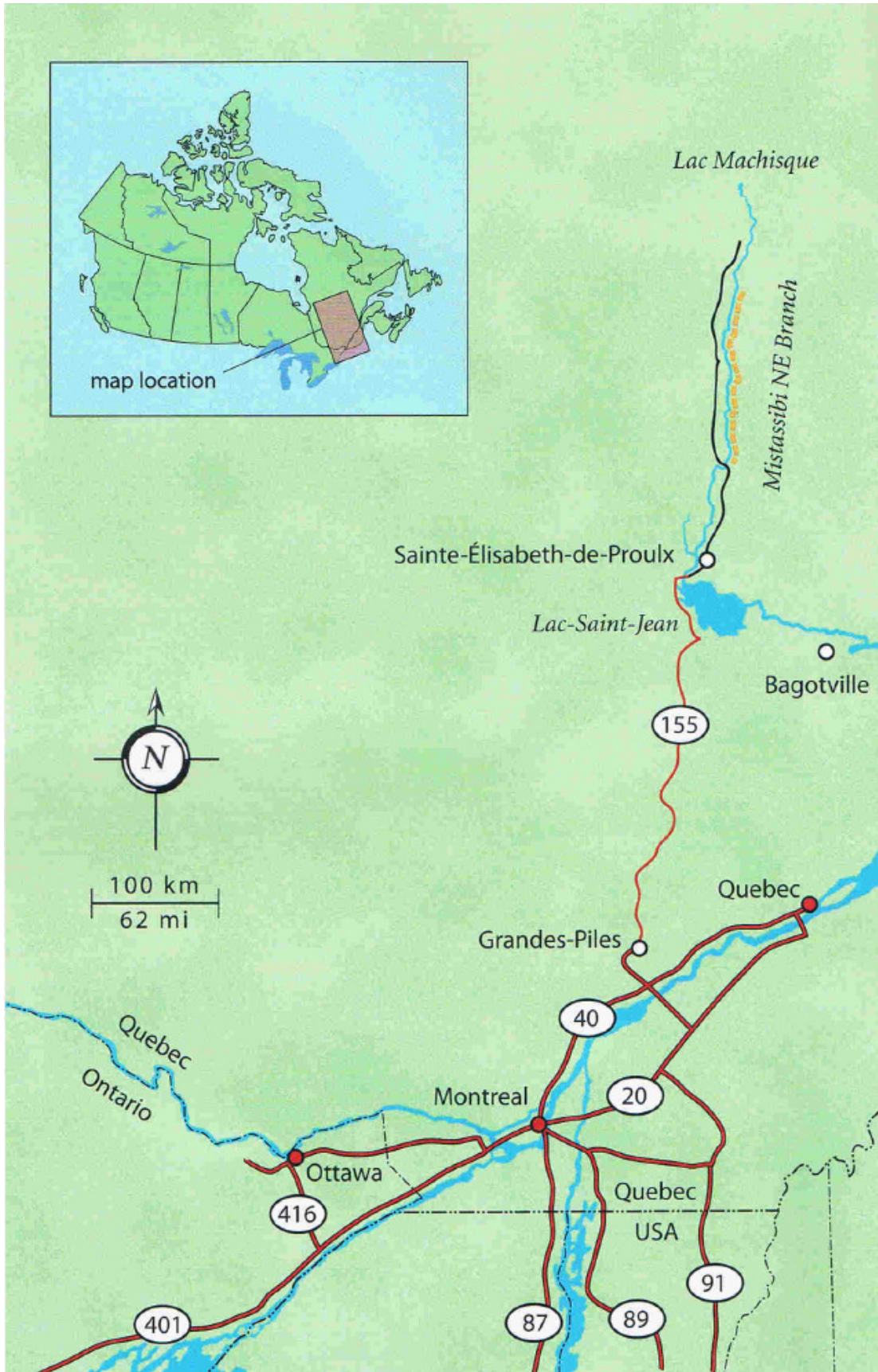
Frying All the briquettes are placed on the bottom.

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.

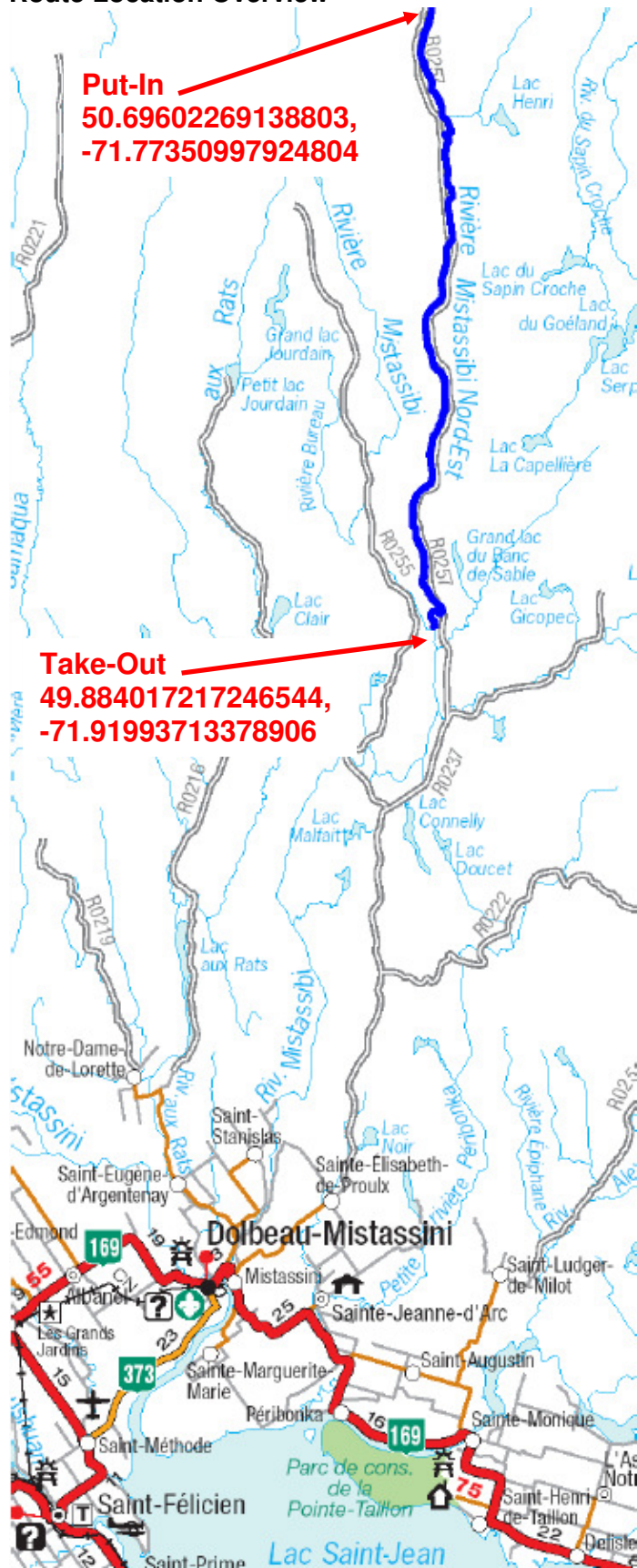
Roasting Requires equal heat from above and below; 50% bottom - 50% top split.

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

Route Location Overview

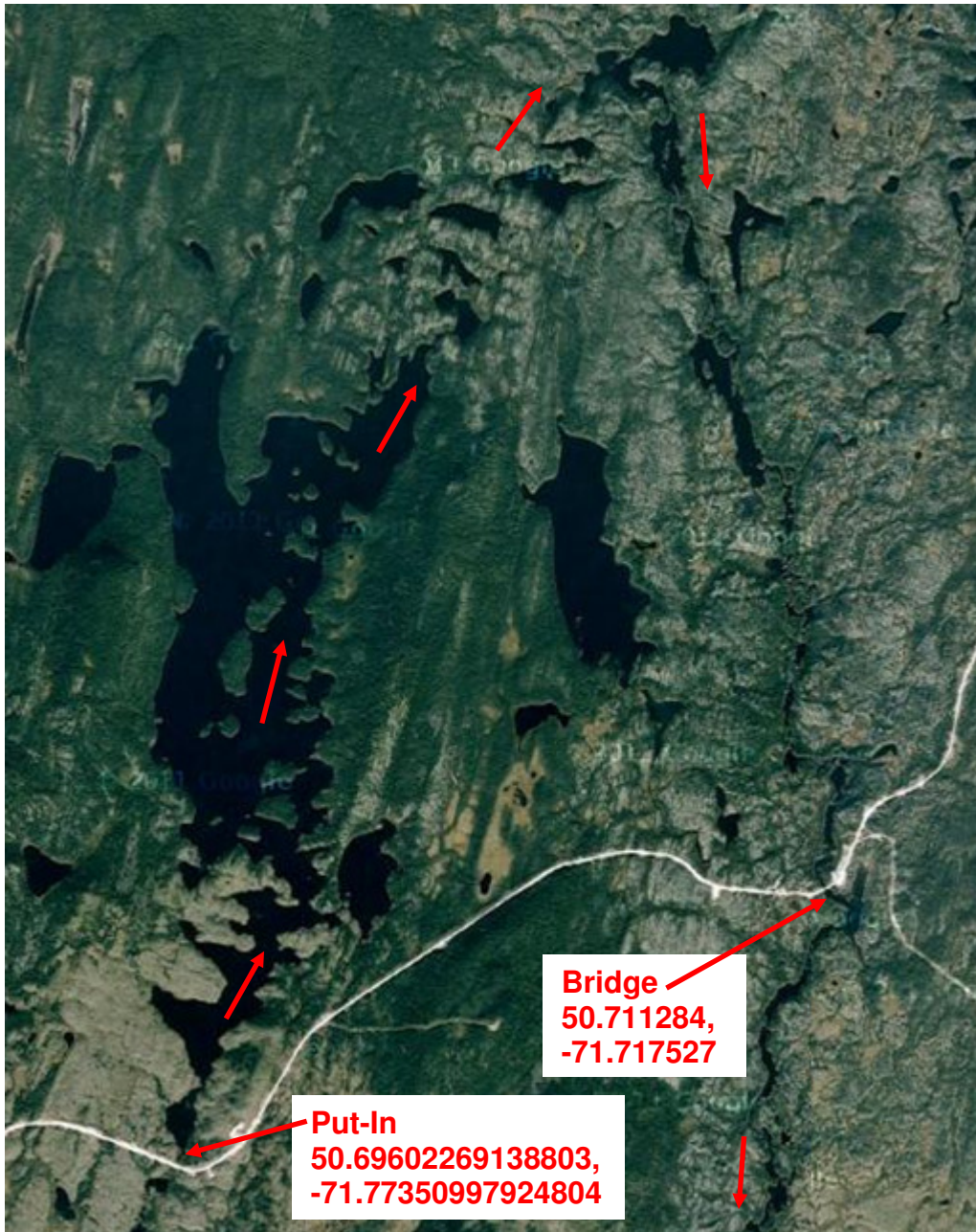


Route Location Overview

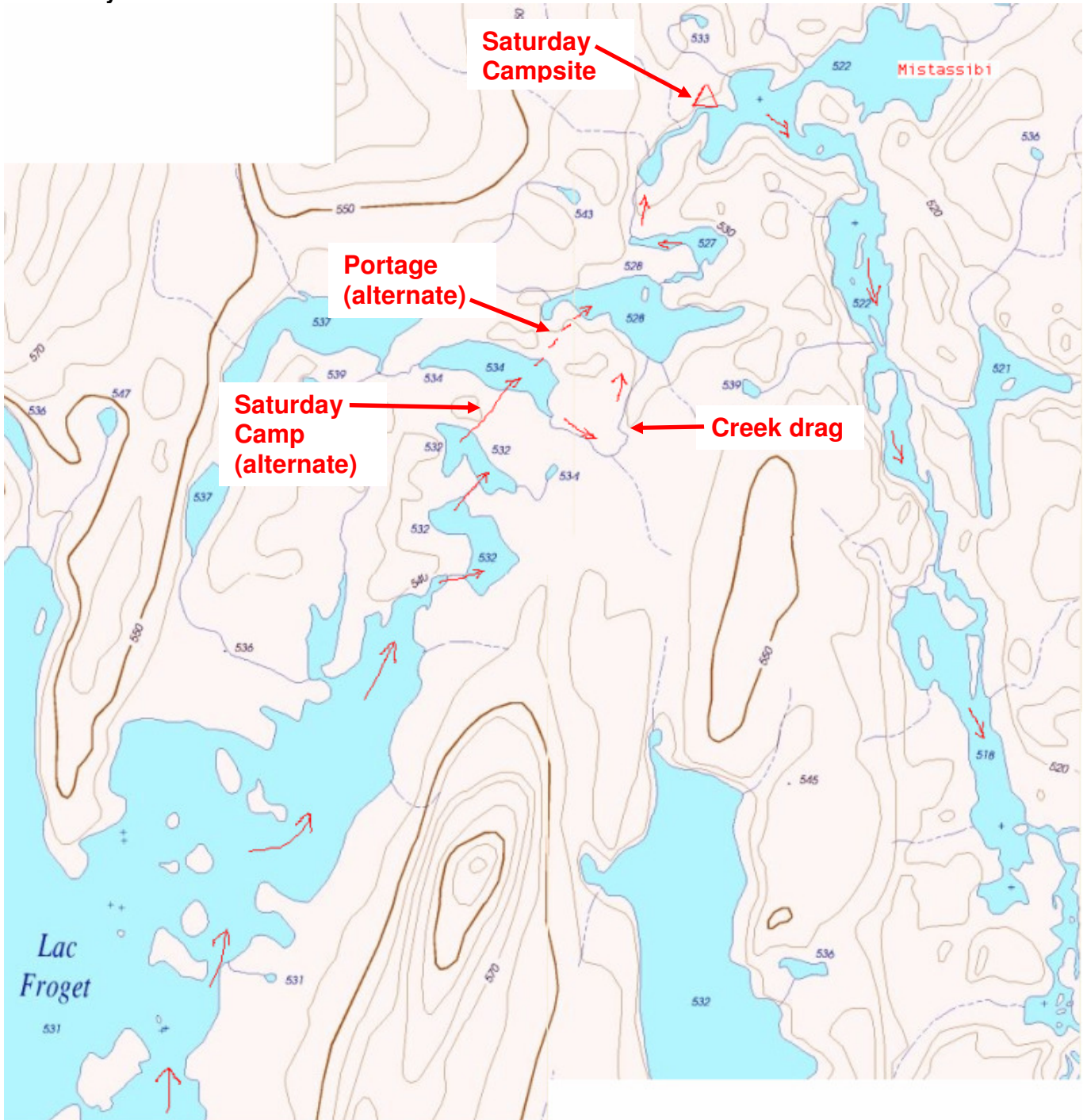


River Day One: Put-in to Main Channel

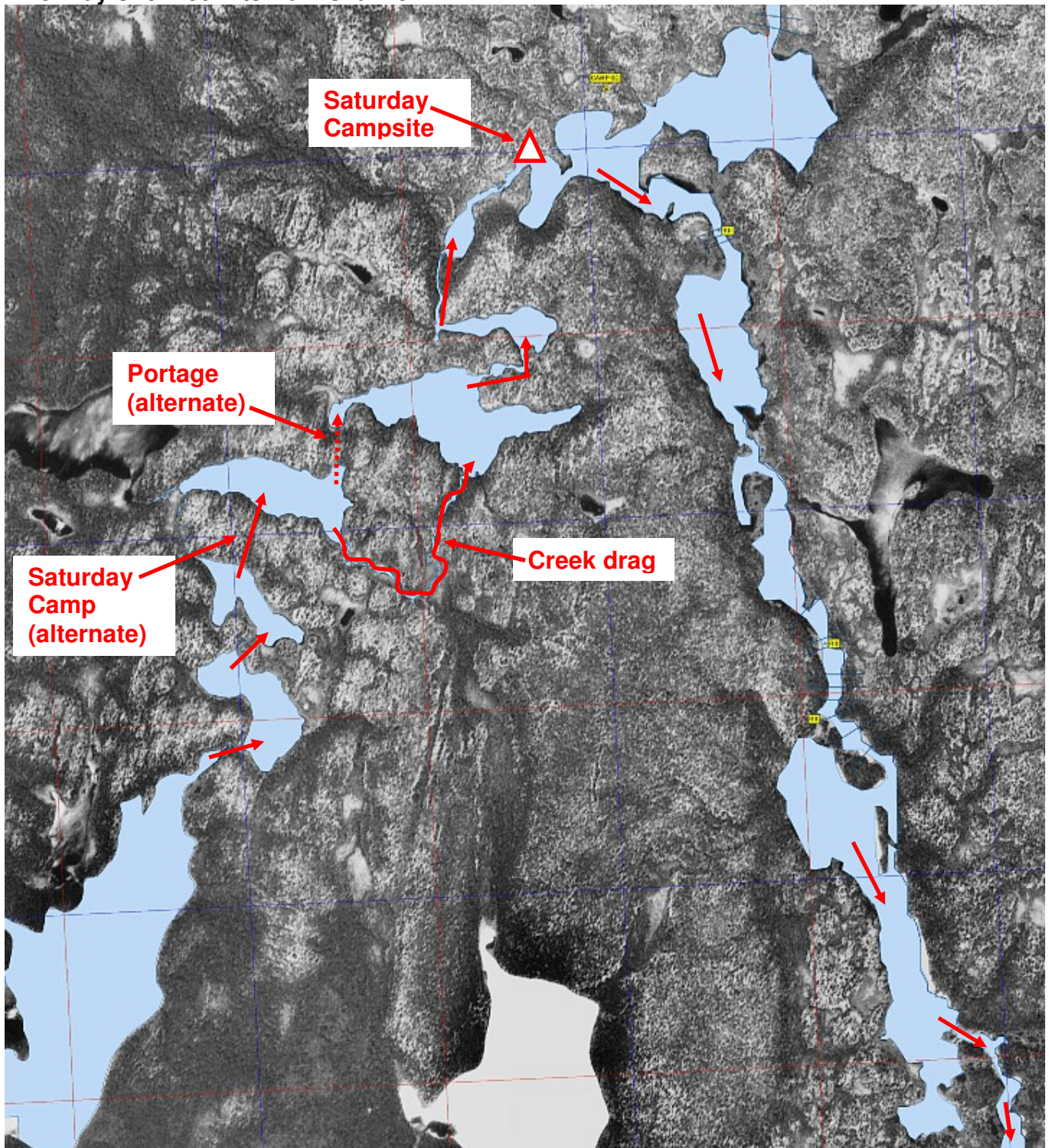
This shows the actual road location.

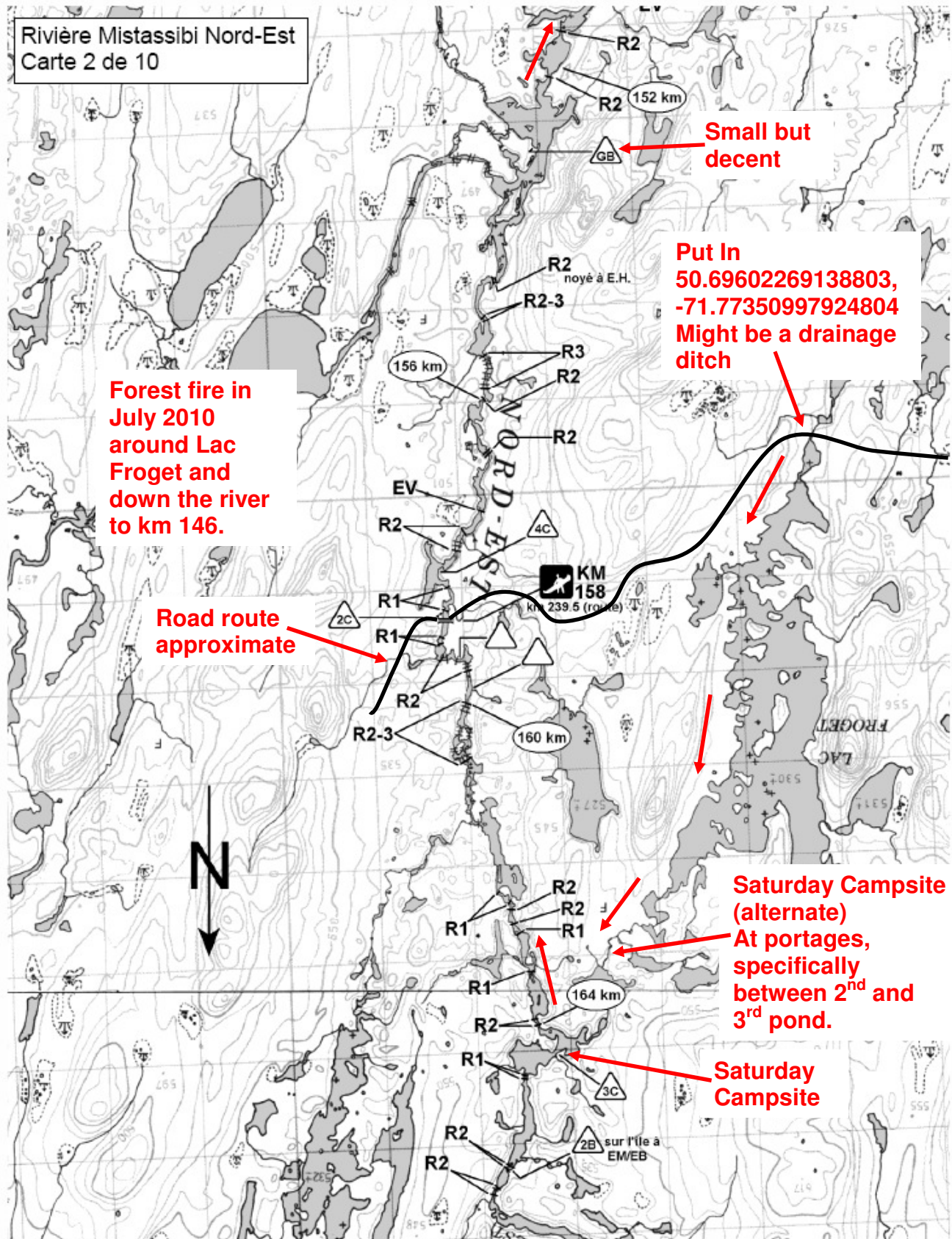


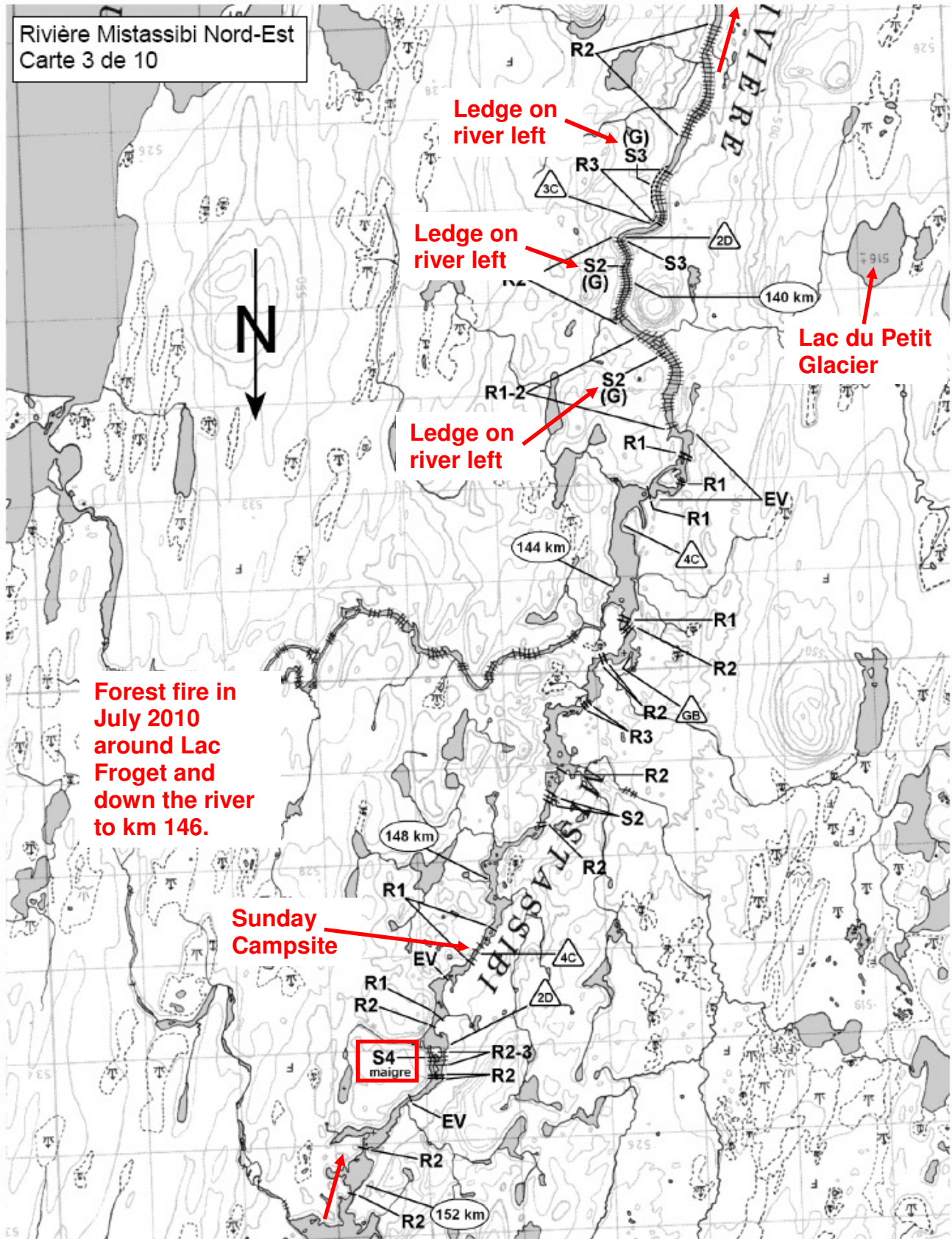
River Day One: Put-in to Main Channel

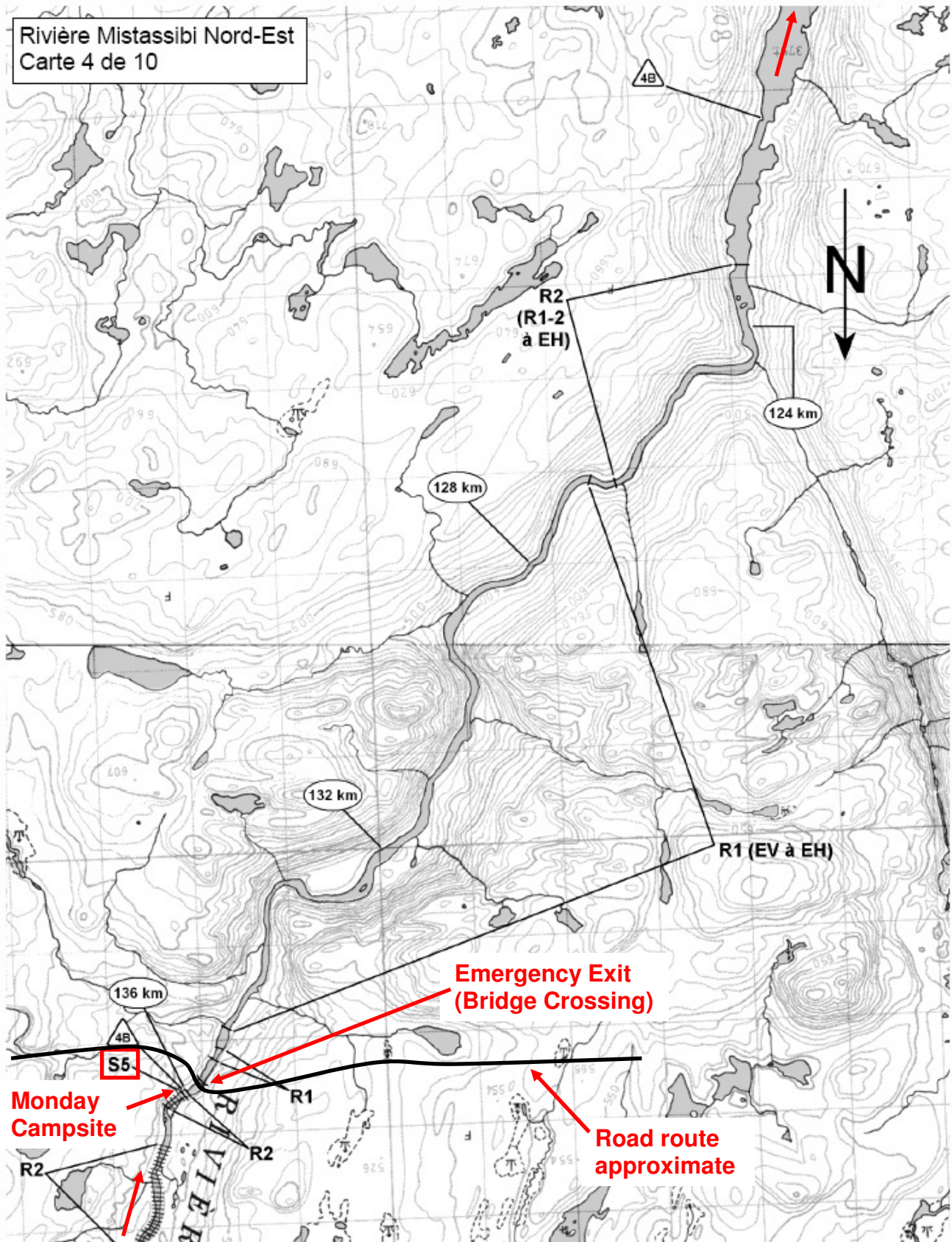


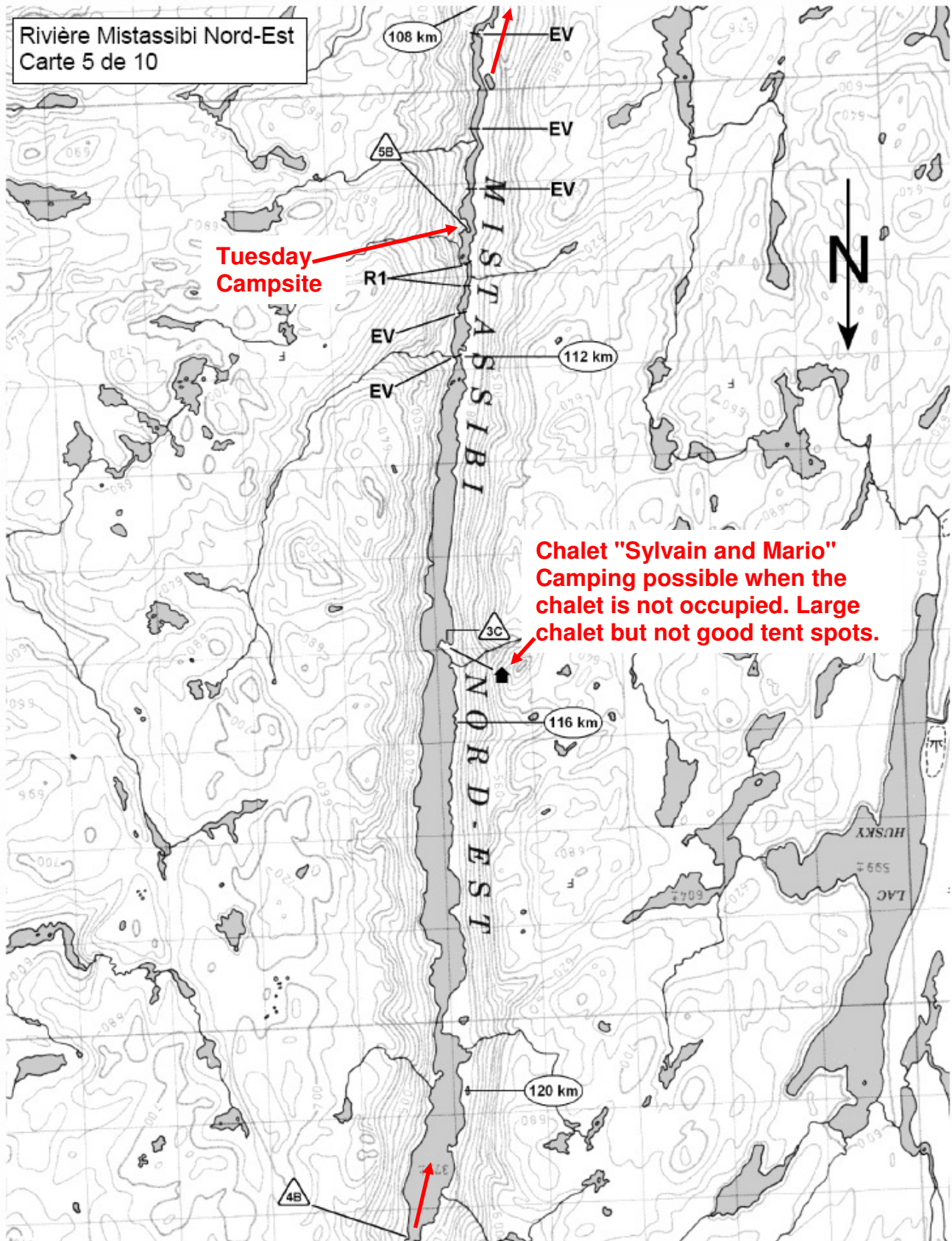
River Day One: Put-in to Main Channel

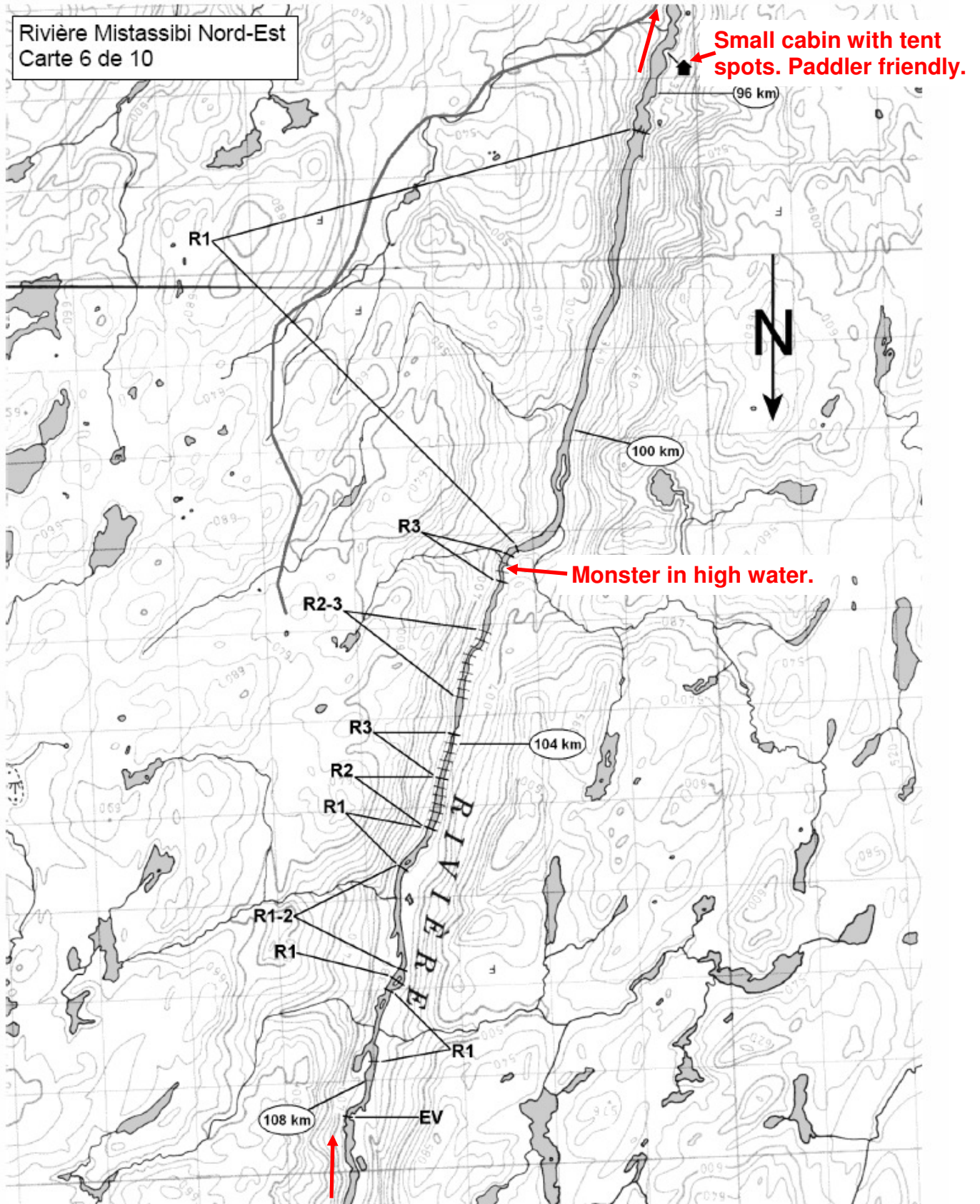


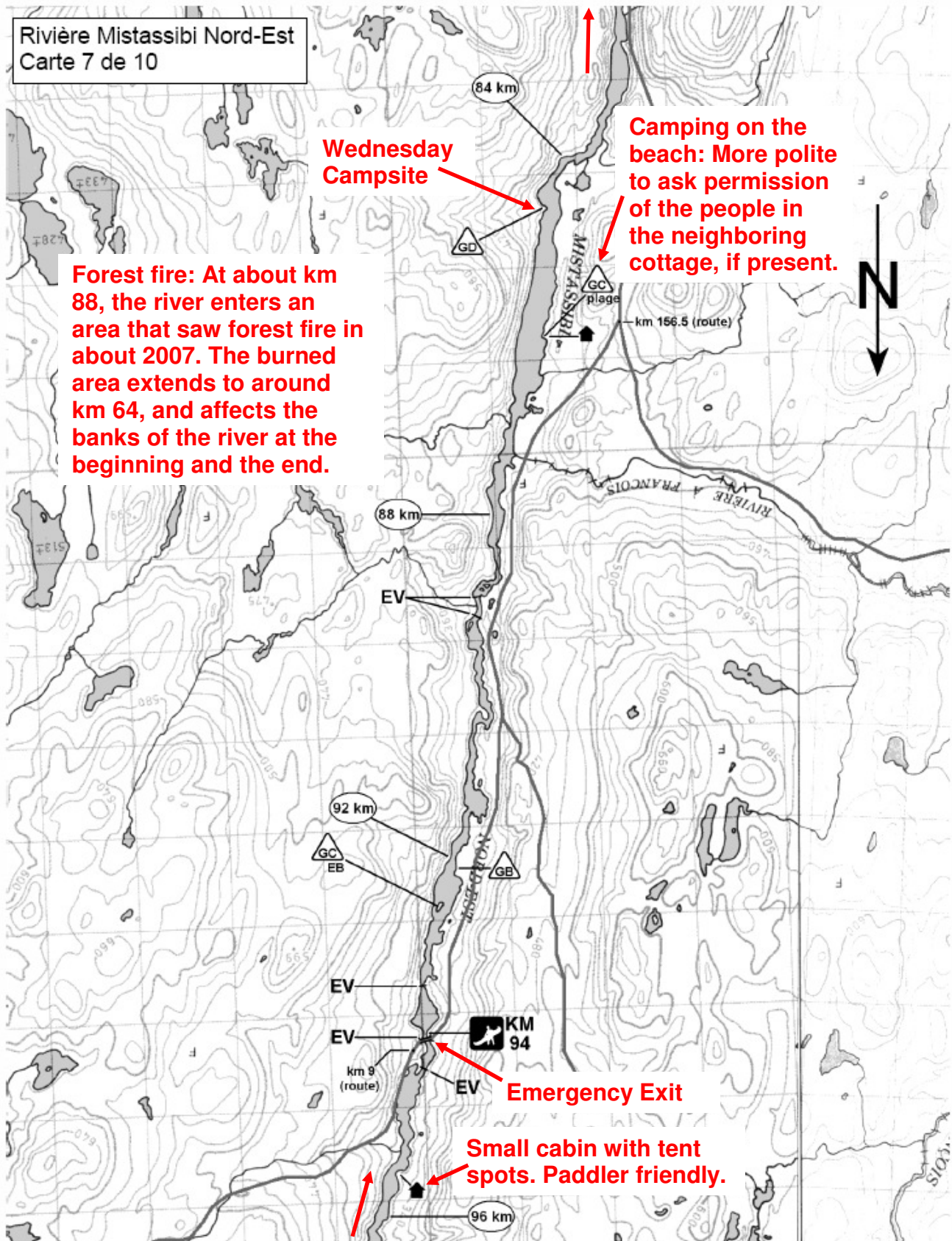


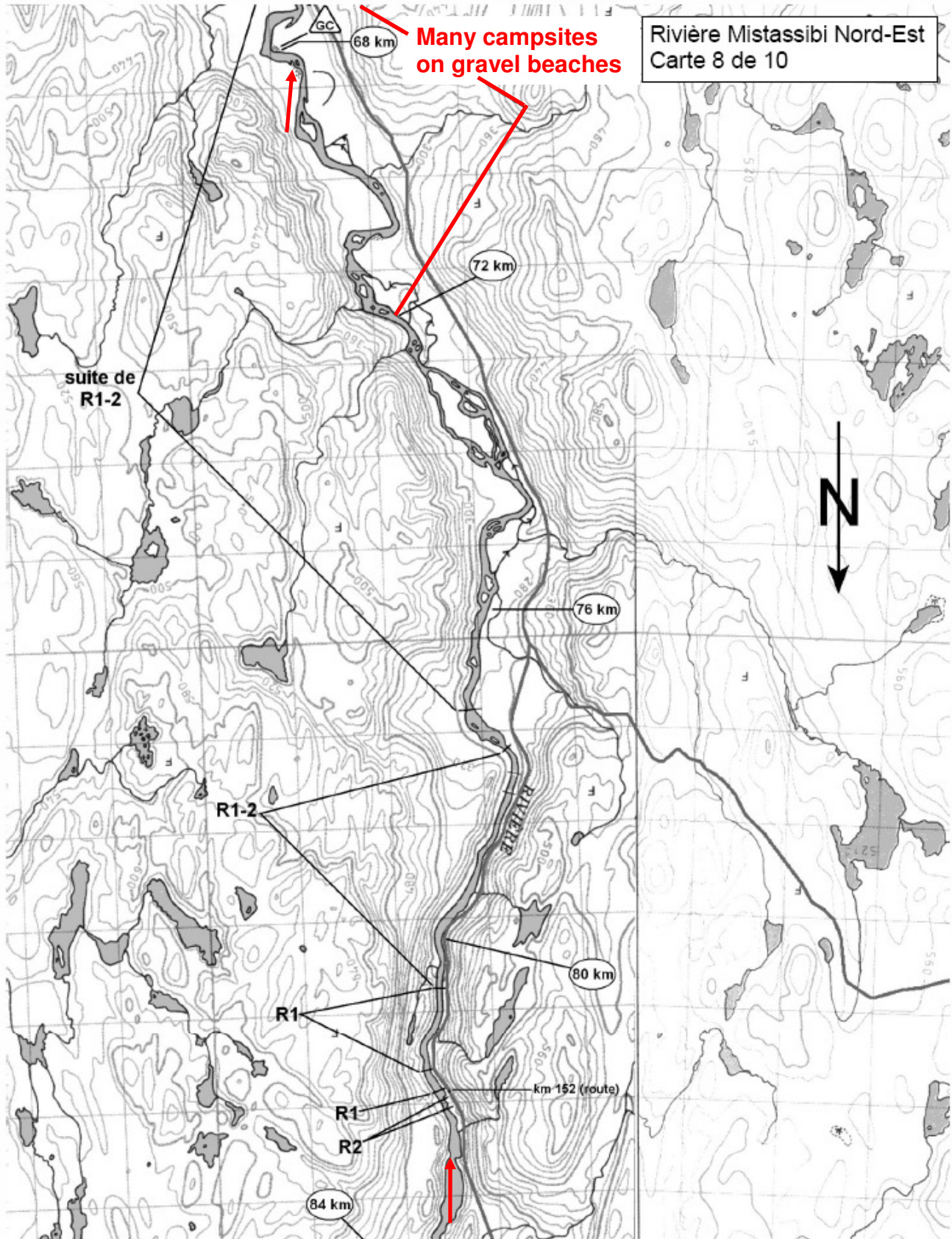


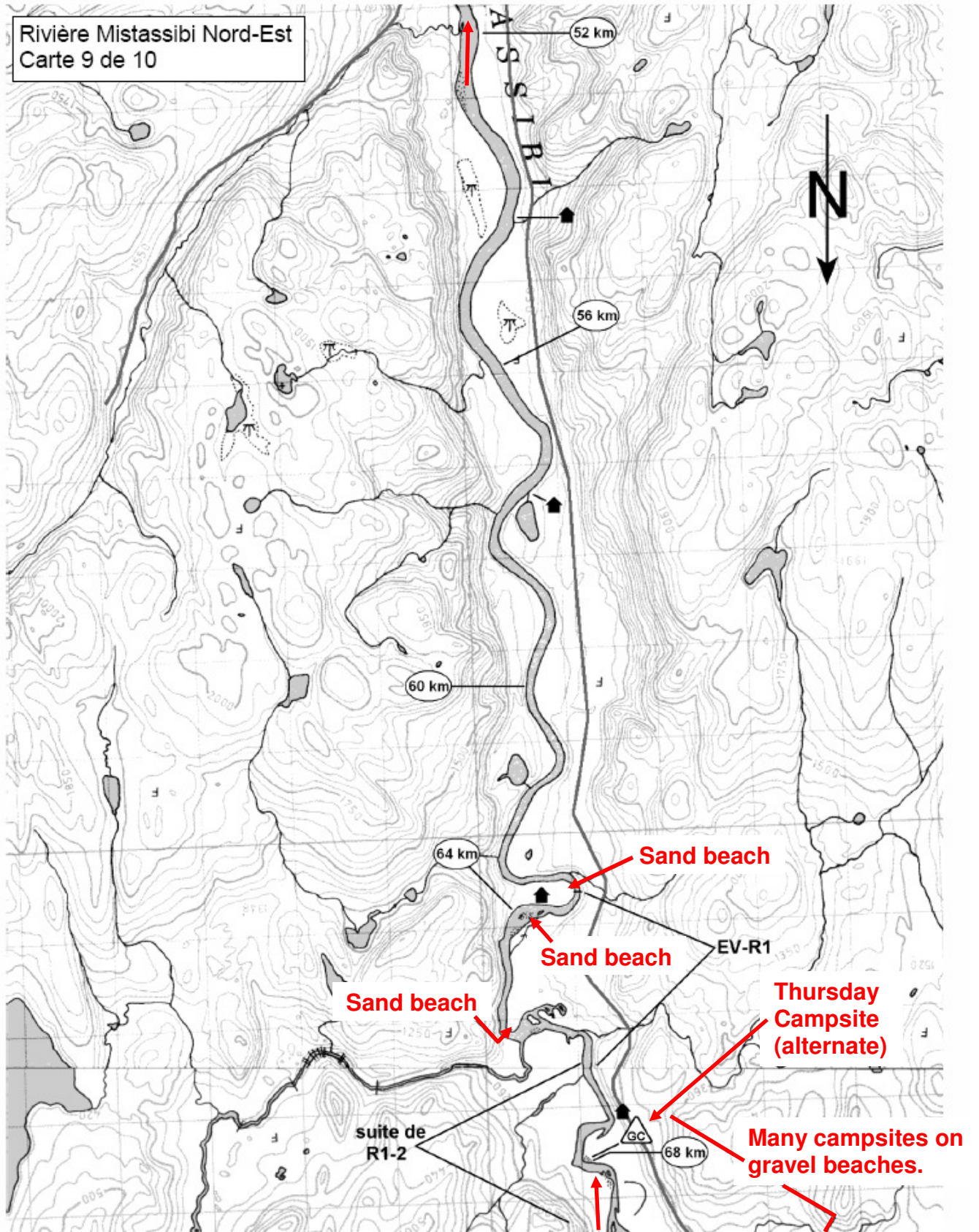


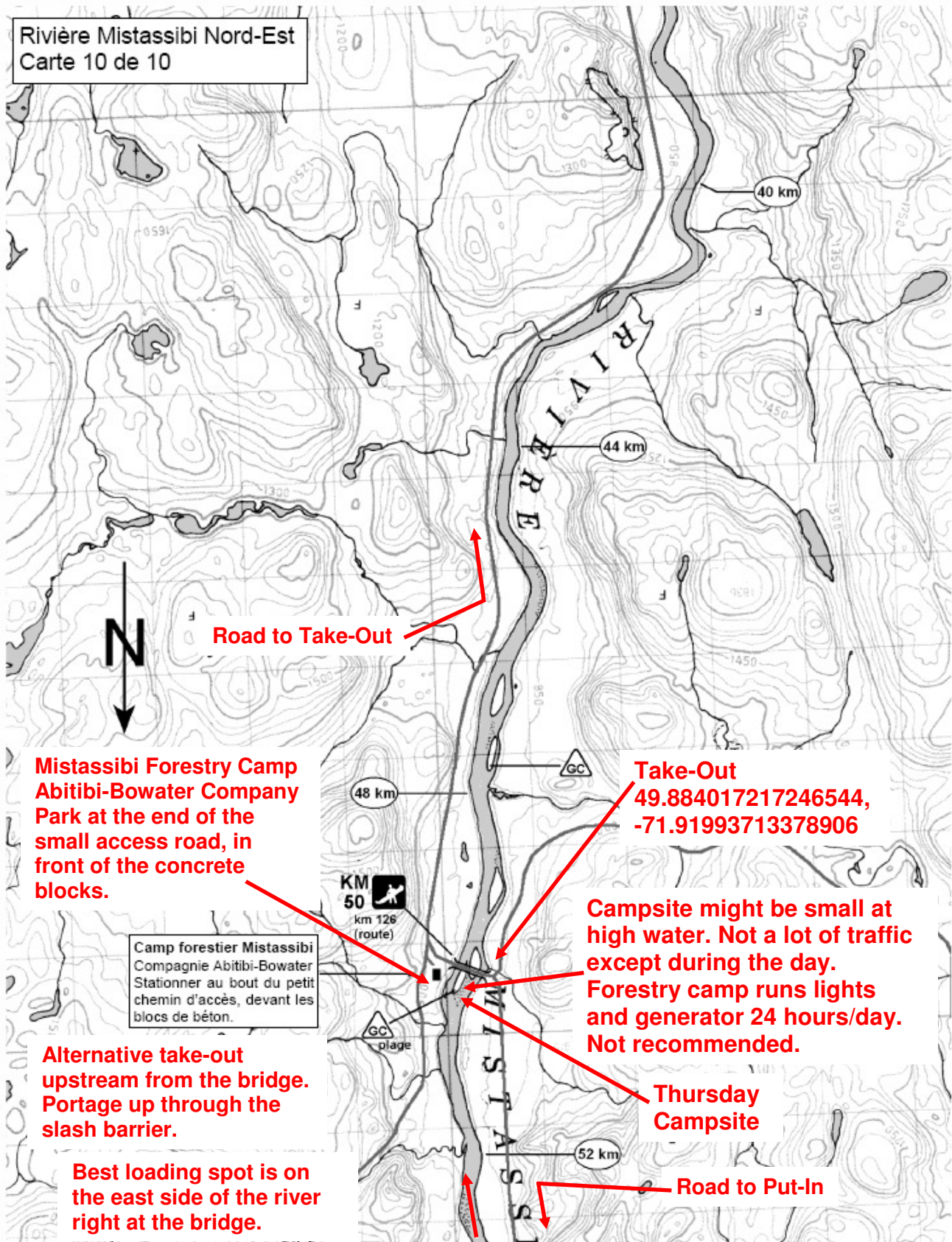












Report

We met the night before our departure to pack the food and equipment. Most of the food was removed from its original packaging and placed in Ziploc bags; a lot of Ziploc bags. We tried out the new larger freezer barrel to see how much frozen food would fit. The canoes and kayaks (all three of them!) were loaded on the canoe trailer. Using eight large barrels this year, instead of the combination of small and large barrels of previous years, we thought we should easily have plenty of room. However, with the Dutch ovens and more food, we only just managed to fit everything in. The briquettes for the Dutch oven cooking had to go in a separate dry bag, as did the fireworks (but that was not unexpected). Packing took about three hours in total. The tortillas were placed at the bottom of the lunch barrel, thinking they wouldn't be harmed by everything on top of them, but it was quite the excavation process to find them when lunch time came on the river.

We departed Friday morning at 7:45am, just ahead of schedule. Ben started off driving the truck and canoe trailer, his first time pulling a trailer. We made a stop at Tim Horton's for coffee, and at Subway so Stew could purchase lunch. Going through Montreal there was an accident in the La Fontaine tunnel, which backed us up for quite a while. At one point a car drove up on the sidewalk to shoot past a number of other cars (Montreal drivers!). We saw a T-Rex super bike which was very cool. Most of the kids napped later in the drive, and during this time we passed a guy walking along the side of the road with a 6' tall cross strapped to his back! Stew nearly ran out of gas going up the highway to Saguenay; we found a gas station just in time (about 100km out of Jonquiere); this was 3:15pm. We called the Jonquiere Scout leader at that point to let him know we were nearly there. The magnetic mount antennas for the radios worked like a charm, and not only did we look professional, but we had perfect communications between the vehicles at all times. We arrived in Jonquiere, in the Costco parking lot, at 4:30pm, to be met by one of their leaders, and were at the Scout hut by 5:00pm. A total of 715km.

The Jonquiere Scout hut is amazing! It is an old elementary school owned by the town, divided up amongst various community groups, including the Scouts and the youth group. The Scouts seem to have the biggest portion. They have rooms for meetings, a full kitchen, rooms for all their activity equipment and camping equipment. Also a pool table, shuffle board, a table tennis table, and a number of couches. The kids were in seventh heaven. We had our last real supper, with sausages, corn on the cob, and fried vegetables & potatoes. Nick found that he had forgotten his dishes, so he stocked up on disposable bowls and cups for the week! The evening was spent relaxing with all the games. We had the use of sleeping pads, but Ben and most of the Venturers slept on the couches. Lochlan and some of the lads paid a visit to a corner store to purchase lettuces (for lunches) to replace the ones that had turned to mush as I accidentally froze the night before we left. Unfortunately we were in a sketchy area of town according to the Jonquiere leaders, so we moved all the canoes and gear from the canoe trailer inside the Scout hut for the night to ensure we would still have it come morning. The kayaks were left lashed to the canoes which made for a pretty interesting load.

I can't say enough nice things about the Jonquiere Scout leaders. Their hospitality was second to none. They gave us all monkey fist key chains, as well as flashes for their group, 1ere Dominique. We gave them all 1st Merrickville crests in return. Three leaders came Friday evening to visit us and work out the plan for Saturday morning. They also showed the Venturers a pool game based on playing cards. Each player was dealt some cards, then they had to sink the balls which matched their cards. The first person out of cards won.

Saturday morning we awoke at 6:00am. Rather, Stew and Allan awoke, and then kicked everybody else out of bed. We made our lunch clubhouse sandwiches and did a pretty good cleaning job around all the rooms we had used in the Scout hut.

We departed the Scout hut at exactly 8:00am. Another stop at Timmy's for coffee. Sam fell fast asleep during the drive, and when I had to put on the brakes at one point, our small cooler came crashing down on him, hitting him on the head and deluging him with water. Not a very nice way to wake up. The funniest part was that he thought Lochlan had done that to him on purpose, and kept blaming him! We arrived in Dolbeau at 10:00am, 828km on the odometer, filled up with fuel again, took Rue de l'Eglise (forestry road) out, and arrived at the take-out at 11:30am. We ate lunch, then two of the leaders hopped in Allan's truck for the drive to the put-in, while their third leader hung about at the take-out fishing. Sam and Lochlan were shuffled over to Stew's vehicle to make room for the leaders, and Sam must have felt left out as he spent the next two hours chatting on the radio, he wouldn't keep quiet!

Arrival at the put-in was at 1:30pm at 1,063km. Following the road up was very easy, but boy was it dusty; worse than a whiteout in a snowstorm at times. Allan's truck windshield took a big stone chip from a passing truck. We saw a moose wading in the river, but it took off into the bushes when we stopped for a closer look. We loaded up the canoes with all the gear and set off at 2:30pm across the first of several lakes. This was our first real exposure to the devastation left by the forest fire last summer; it was like walking on a moon made of charcoal. The Jonquiere leaders took our trucks back to the put-in, then headed for home in their truck. Many, many thanks!

As we started, Sam managed somehow to drop a number of Allan's bungee cords in the lake; never to be seen again. What was he doing... The wind then picked up, luckily a tail wind, and we had three foot waves coming up behind us as we canoed several kilometres down the largest lake. The waves were so big that every so often they would pick up the canoe and we would be surfing along! We had a couple of small creek drags from lake to lake, and we were beginning to think that this dragging would not be too bad. The saws from the pin kits came out a couple of times to cut saplings which had fallen across the creeks. When we came to where the portage was shown on the map, it was 4:30pm and we decided not to try and get any further that day. Supposedly there was place to camp at either end of the portage, but we couldn't even find the portage in the charred remains of the forest. Though we could easily see the next lake, so we knew where to go. Luckily a rough logging road had been forced through between these two lakes, no doubt to cut what was left after the forest fire, and we were able to camp on the shoulders where the road widened at one point. We decided camping in the middle of the road would not be the brightest of ideas; something about a logging truck running over a tent in the middle of the night not being a good start to the trip :)

It was actually not too bad a campsite, though it was hard to find any remaining trees that were strong enough to hold the hammocks. Nick made the fire, which he did mostly every night. The spaghetti sauce was really good, though the cooks, Ben and Alex, refused to cook the noodles in salt water as per the recipe. The noodle water was boiled over the fire as the stove was taking too long. All the spaghetti was eaten; we could have done with a bit more than 3 ounces per person. We found that in addition to his rock shoes and chalk bag, Nick had also brought a machete! So the lads got it into their head to chop down a tree with it. They managed it, and this would turn out to be one of many trees to be felled over the week. They blew up a can of Axe in the fire; they had been waiting months to do that. Finally we set off our fireworks in celebration of Canada Day. Alex made Allan's mud pie cookies for a late night snack, though for some unknown reason they tasted different than normal.

We had heavy rain over night, but it stopped by morning. We departed the campsite at 9:20am. The last creek drag before the main river was absolutely brutal. We would have been better doing the alternate portage. The first 3/4 was over and under various trees, then it got really too bad, and we had to portage the last hundred yards or so. We finished the last bit at 12:30pm and had lunch. A 1:15pm departure had us finally on the real river.

This first section of the river was the extra rapids we got from our portaging up the chain of lakes the previous day. With the current water levels the rapids weren't all that exciting, but they did have a lot of potential. On one class III, Stew and Allan flipped going over a ledge. This was the only canoe flip we had while running a rapid during the whole trip. Everybody else made it over fine, through Stew said they went over an easier part of the ledge :) Lochlan and Nick pinned their canoe a few times, but were able to get it off themselves each time. Lochlan mentioned the broach prevention practice we had on our river safety course was really helpful. We found the campsite at 4:30pm. While it was on the mainland, it looked like an island of green in a sea of black. We have no idea how it managed to stay unburnt. This was the second best campsite of the trip. It had a place for the dining shelter, tent spots, and even a fireplace. Alex, Lochlan, Sam, and Nick built a toilet seat, the closest we got to a thunderbox. The satays for supper were still ice cold in the freezer barrel. One bag of shredded cabbage had mostly gone bad, so we were a little short on coleslaw, but Stew shredded some extra lettuce as a replacement. Good amount of instant mashed potatoes. Another tree was chopped down, this time with the hatchet. I don't understand the excitement they get from tree felling, but the trees were dead anyway from the forest fire. After supper some of the lads went out into the bay, practicing their kayak rolls. Nick and Sam both got their back deck, sweep, and offside rolls. Toffee cookies for that night's snack.

Monday morning saw rain during breakfast. The day was cold, rainy, and windy. We departed the campsite at 9:45am, slow start due to the rain, and arrived at that night's campsite at 4:15pm. During the day we stopped at one rapid so the kayakers could hike back up and run it. Stew and Allan's canoe was swamped during one longer class III rapid; we sit lower in the water than the kids. But we stayed upright and paddled to shore. One of the rapids had some nice little surfing waves at the bottom where Alex taught side surfing. Sam managed a stern squirt in the kayak which surprised him even more than it surprised us :) Nick managed a wet exit, even though he knows how to roll. This night's campsite was at the class V ledge, and it was easily the best campsite of the week. Nice tent spots, multiple levels, a beautiful view, and even a rock cliff. Nick got out his climbing shoes and chalk bag and free climbed the cliff! He may not have brought any warm clothes or dishes, but he found room for all his toys :) While Alex was about to relieve himself in a rock crevice, he noticed there was ice in the hole! We knew it had been cold, but not that cold. It turned out to be ice left from the winter that was insulated from the heat by sphagnum moss. The Venturers chopped out chunks with the hatchet, made it into ice cubes, and proceeded to have iced ice tea. Yet another small thing which really tickled their fancy. They also put a large chunk of ice in the freezer barrel for the next evening. That night was our first Dutch oven meal cooked cooked by ourselves, Macaroni & cheese; it was delicious. Nick turned out to be the master briquette lighter. Yet another dead tree was felled. Nick made brownies in the Outback oven for our bedtime snack.

Tuesday morning was spent playing in the canoes and kayaks at the class V ledge (which was more a class III rapid at our water level). First Alex and Sam lined down a couple of canoes to act as safety boats. Then the Venturers took turns running the kayaks down the various chutes and slides. While the rapid looked intimidating initially, it actually turned out to be fairly docile (but fun!) to run. Both Alex and Laura soloed a canoe down the main chute; Laura popped into the eddy at the bottom perfectly. Alex and Sam flipped their canoe eddying out at the bottom, and the eddy was so boiling and turbulent that it took them and the safety canoe quite a while to do the canoe over canoe rescue. At one point Alex ran along the length of the upside down canoe :) We got some pretty good action photographs from this morning. The inflatable dolphin came out, and Alex played at the bottom with it; but nobody had the guts to run the rapid in it.

We finally departed at 11:00am, arriving at the next campsite at 4:00pm. Along the way we came across a moose hunting stand. Stew said it was way more luxurious than any he used. It even came with its own library collection, in which the lads were quite interested... Our map showed a cabin which appeared to be marked as usable by canoers. We stopped to check it out. There was a bed of nails in front of the door (which Lochlan nearly stepped on!) and which Stew said was to deter bears. The cabin appeared to be locked, but one of the lads fiddled with the lock and noticed it was actually unlocked. We went inside and from reading a journal it appeared that anybody was welcome to stay. We still weren't sure, but then saw a sign on the wall which essentially said (in French) "Everybody welcome, treat as your own". Since our planned campsite was only a couple of km down the lake, the Venturers decided to stay in the cabin instead, this quite caught their fancy. There were seven bunks, two of them doubles, but Laura and Stew decided to sleep in tents outside. Stew said he could sleep in a bed at home. The cabin had 12V lighting (charged with a solar panel), a cassette deck, a propane range, and a VHF amateur radio. We cooked over the propane range this night; first fettuccini and then garlic biscuits in the outback oven.

There was not quite enough fettuccini, the 3 ounces per person should have been a bit more, and the small number of garlic biscuits just wetted our appetites for them. The whipping cream for the fettuccini looked like cottage cheese, but that was just from being frozen. We saw a large pike off the dock. Lochlan dropped a log in the river splashing Alex, who promptly blamed it on Nick and gave chase around the campsite. Tons of firewood available, though not really any good spots for tents. The only downside to the cabin was the mosquitoes that attacked us early in the morning before we were ready to get up. Chocolate cookies for snack tonight. Stew read the camp journal and found the owners flew in by float plane, and crashed a plane at the end of the lake the previous year.

Wednesday had us departing the cabin at 9:15am, Stew and I thought that with not having to tear down the camp we would be off earlier, but evidentially that was not to be. We stopped in an eddy at one point to regroup the canoes and Alex and Lochlan happened to end up 30' below everyone else. As they were walking up the shore Alex looked in the bushes and found a soft sided cooler! What luck! Even better it contained bags of Kit Kats and ice cold drinks! Talk about a story that will be retold for generations. Around lunch time we came upon a sand/gravel embankment about 20' high that Sam thought would make a great kayak seal launch. Up the slope he clambers and shoots down in to the water. There is actually a hunting cabin here, so we paddle around the corner to check it out. No where near as nice as our previous accommodation. Alex decides to give the seal launch a try, and his exclamation ("Holy shit") as he looks over the cliff is a classic! Sam tries to slide down the path from the cabin to the beach in a kayak, but managed to side swipe a tree half way down. Later on, Stew and Ben spotted a waterfall close to the main river, so the Venturers decided to try and find it. A lot of rock hopping, and wading through fast moving water eventually brought us to the waterfall. It wasn't runnable by a kayak, but it was pretty. Some bumpy rapid swimming brought everybody back to the canoes. We had a little discussion on river safety at that point as only one person had a helmet on (and that was just because Sam was in the kayak and had no where to take it off) and when traversing the current the first ones across didn't wait until everybody was safe. One of those teaching moments.

There were a couple options for tonight's campsite: A beach in front of a cabin or a class D (the lowest) campsite a km or so further on. We checked out the beach first but it was small and sloping, would no doubt be full of sand flies, and the area closer to the cabin was really rough. The Venturer turned their nose up at this option. We headed down to the other option, but that campsite did not even exist! It may have existed once upon a time, but there was no sign of it now. It was now 4:15pm, there was nothing further on, and nobody wanted to go back, so the Venturers got out the machete and axe, and started chopping. Within about half an hour or so the Venturers had a passable site created. While it was still a class D, at least it existed, had space for the dining shelter and some tents, and even a path to the beach. Allan snagged one of the hammocks this night. Supper was a large lasagna and a large apple crumble with canned cream. Everybody was completely stuffed after this meal. I thought the canned cream, 25%, was pourable, but it came out of the cans like whipping cream; even better than planned.

Neither the noodles nor the apples cooked completely. Evidentially the noodles needed more water (they were the oven ready type). A cover for the Dutch oven while cooking would have helped the apples (we had ordered one but the supplier messed up and it didn't arrive). This was the evening when most of the Venturers fell fast asleep in the dining shelter while waiting for supper to cook; the poor little babies were tired out from their hard work :)

Thursday brought us to our last day on the river. The river was all flat water, but was running fairly fast, so we moved along nicely. We departed in the morning at 9:45am and arrived at the campsite beside the take-out at 4:00pm. This was the day of the huge kayak seal launch. We found a sandy slope about 80' tall, and some of the lads decided to take the kayak down it. Ben went down successfully, then Alex from a little higher up, and then Sam from a little bit higher still. Part way down the slope there was a bit of a jump, and the kayaks actually get good air! Finally Calvin gave it a try. Unfortunately he went slightly sideways coming down from the jump, caught an edge, and did three somersaults down the sand and into the river! Luckily it happened so quickly that neither us, nor Calvin, had a chance to be frightened. Calvin was upside down in the water and as the Venturers ran to rescue him, he did a wet exit and popped right up. Not a scratch on him! And Alex messed up the videoing and didn't capture it!!!! We will never forgive him. Interestingly, nobody else wanted to give the launch a try after that :) Lochlan and Alex hadn't tied their canoe up very well and it drifted downstream away; they had to be taken as deck cargo to reach it.

While we had been warned about truck traffic and a logging camp generator, those didn't really bother us. And the campsite, while sandy near the shore was quite nice further in. There was a large fallen down tree beside the campfire which made for a great bench, with Alex chopping himself a custom seat. Once, when Allan was heaving himself up on it, he went too far, and slowly fell backwards off the log going head over heels :) The Venturers couldn't stop laughing! Before supper, Ben and Alex headed off to locate the trucks; all was safe and sound. They moved Allan's truck and canoe trailer to the take-out and brought back our treat of Canada Dry ginger ale. Stew finally got vegetables for supper, in the Shepherd's Pie; he had been asking for them for days. The Shepherd's Pie could have been about twice as big, it only filled the Dutch oven half full; though Sam dropping half the ground beef on the ground hadn't helped! The peach cobbler was awesome; browned to perfection on top. After supper the lads headed over to the bridge for a some jumping. It was about 30' up and reportedly scary as anything when a logging truck flew by. Only Ben and Sam jumped in the end. The Venturers lazed away the evening horsing around in the shallows beside the campsite. Stew could practically skip stones right across the river.

Friday brought some more rain as we packed up camp and then loaded up the canoe trailer. We woke the Venturers up at 5:45 am (normally we got them up at 7:00am), and departed the campsite at 8:00am. At 9:00am we had everything loaded in the vehicles and were starting the drive home. This time it was Stew's vehicle's windshield that got chipped. We stopped in a picnic spot and ate left over crackers and cheese for lunch, then stopped at McDonalds in Montreal for supper. We arrived back in Merrickville at 9:00pm and had everything unloaded and divvied up for cleaning and drying for 10:00pm. We put the canoes away a subsequent evening.

Just before the last campsite Allan found a tire on the river bank. With just the thought of keeping the river clean, he loaded it onto our canoe to haul out. However, since the tire had lots of good tread, he brought it back home with us and gave it to Herb White as a small thank you for all the work he does for the Scout group; he will be able to resell it to someone.

The water level wasn't the greatest. While we had much more water than last year, the rapids weren't as exciting as they could have been. I actually think the rapid level was good for the newer Venturers we had this year. Most of the rapids were fairly tame, but quite technical at times, and there were a few longer ones with bigger waves to add some fun. It gave everybody some good practice without being overwhelming.

This year we didn't run out of food, much to everyone's satisfaction. We had just about the right amount of everything. The combination of cereal, English muffins, and two types of bagels worked well for breakfast. We used all the jam and nearly all the peanut butter. The squeeze tubes are convenient for dispensing the jam, but they are a pain to fill and to empty the last bits. The cream cheese would have been better in the freezer barrel, since while it kept, it did tend to separate. We had more than enough crackers, but since they were just in Ziploc bags, they got crushed quite badly. The cereal survived better, but a portion of the Mini-Wheats, which the kids left to last, turned to dust. Placing all the ingredients, including cans/etc, for a meal in a single Ziploc bag worked really well. The laminated spiral bound menu and recipe booklet worked great, though the Venturers still didn't read all the instructions each time. We had a couple of eggs left over at the end, so something didn't get the eggs it was supposed to!

The Dutch oven meals were delicious. The preparation time was longer than expected, and combining that with a cooking time of 30-45 minutes, meant we often didn't eat supper until 7:00pm-8:00pm. Stew said we should be serving hors d'oeuvres :) The ingredients were quite heavy, nobody ever wanted to carry the supper barrel, but we were making everything from scratch using raw ingredients. The combination of lasagna and apple crumble w/cream left us all absolutely stuffed. A full 12" Dutch oven for the main course along with a full 10" Dutch oven for desert worked perfectly for the nine of us. The Shepherd's pie could have been about twice as large, though Sam did drop half of Laura's carefully dehydrated ground beef on the ground... Speaking of which, dehydrating the ground beef turned out to be easy (Laura did it the day before we left with Allan giving instructions over the telephone from work. The kids loved the peach cobbler, even to scraping out the cake batter from the mixing bowl; and that was just a Duncan Hines yellow cake mix.

We didn't think to bring brown sugar for the oatmeal, and I forgot to pack the white sugar for Ben's coffee, even though that was on the list. A measuring cup would have been handy, as Allan's (or Laura's) cup kept having to be used to measure ingredients for the various meals. One litre of milk for breakfast worked well, given that some people often wanted English muffins or bagels instead. Somehow we ended up with an extra litre of milk at the end; I think a partially used container went back in the barrel and was used a second day. It was stated that the batches of cookies Allan made most nights were too small. While a regular recipe worked when we were a smaller group, our trips have doubled in size now but the cookie recipes haven't followed suit. We had the right amount of snacks, with some granola bars remaining at the end. The new Cafe Square bars were delicious. Our 3 kg of juice crystals was about right, we ran out on the last night. The larger freezer barrel worked great, keeping food cold for about 4-5 days (everything was pre-frozen including 4 litres of UHT milk as ice packs). A wireless thermometer would be cool (no pun intended) to track how the barrel is working. Dry ice would be neat to try one year. The dried sausage tasted good, but the spicy version was way too spicy, even in the lasagna. The cream cheese separated a bit, it should have been kept in the freezer barrel, though it didn't go bad, it just looked funny.

It turned out that Stew likes decaffeinated coffee in the evening and regular coffee in the morning. He started getting a bit uppity as the trip went on, and started placing an order for coffee shortly after supper each night! With Allan drinking decaffeinated too, we only just had enough; using the last bit on the last morning. The creamers worked very well too.

Yet again the Venturers refused to have a duty roster. Ben and Alex cooked most of the meals. With everybody else cooking bits and pieces throughout the week. Dishwashing was rotated around, at least mostly fairly. Nick did a great job of making an awesome fire every night, and Ben still loves cutting firewood. On the last night everybody was co-opted into washing dishes. Calvin pulled a fast one, one morning. Allan was searching for the lightest barrels, when Calvin picked up a barrel and made like it was really heavy. Allan dismissed that barrel, but Calvin in telling the story that night said it was actually the breakfast barrel, our lightest!

The new Hooligan blue barrels were waterproof, unlike our previous Eureka yellow barrels. We did have one blue barrel leak, but we found the defect on the sealing ring and will be returning it for a replacement. The screened dining shelter was a blessing. Not only did it keep us bug free (except for some sand flies), it kept off the many rain showers. Having the poles was essential, as on many campsites there were no trees which could have been used. The longer centre pole worked perfectly, and the new corner poles were much easier to use. We do need to remember to hang something from the centre of each side on the outside to prevent rain pooling. The stoves worked fine, and we had about two bottles of white gas remaining. The outback oven worked well, but it doesn't really cook in large enough quantities for our larger group now; we need to switch to the Dutch oven for all our baking. Allan brought three chairs! A regular camp chair, Bob's hunting chair, and a Thermarest chair. Teasing aside, everybody was quite glad to use them. The new lightweight tents were excellent. The kids say they are very easy to setup. No paddles were lost on this trip, that was a first! There was about a quarter of the bag of briquettes left. One skid plate got broken and will need to be replaced.

The creek kayak was fun, but was a lot of work paddling on flat water into the wind. The lads said the outfitting wasn't as comfortable as the Jackson playboats. Both playboats got a fair amount of use. Bringing the extra skirt worked well, we could have even used another skirt at times. Somebody wasn't counting properly when we packed, and we ended up bringing two extra kayak paddles!

Throughout the trip Stew was continually challenged to identify every bird call that was heard. He knew them all, or at least claimed too... the only other wildlife we saw was fish. The scenery was really nice, forest fires notwithstanding, going from the plains early on to high rocky cliffs later in the week. There was a lot of evidence of clear cut logging, but it was only apparent at certain points in the trip. Numerous very picturesque waterfalls cascaded down the cliffs.

The weather was definitely colder than we had ever had on a canoe trip before. It was dropping to well below 8C at night. Most of us were cold some nights, we had all packed much lighter than maybe should have. We knew we were a fair way up north, but it never crossed our minds it would make such a difference. But during our drive home, we noticed the temperature gradually climbing as we headed south; and by the time we hit Montreal it was positively roasting.

The only injuries we sustained were a few scrapes and bruises, a sprained finger, some blistered hands, and a bit of sunburn (Calvin of course!).

Notes with respect to the access, campsites, and river. These notes should be taken relative to the Charles Leduc map from Cartes Plein Air. River levels were 140 descending to 105 over the week.

Dolbeau to the take-out (at river km 50) was 1 1/2 hours of driving. The take-out to the put-in was an additional 1 1/2 hours of driving. No problem finding the initial forestry road (Rue de l'Eglise) or our way to the put-in. We used GPS coordinates pulled from Google Maps to confirm the put-in.

We put in at the south end of Lac Froget. The logging road is now in "good" shape right through to at least road km 240 (intersection with the river).

The portages/draggs between Lac Froget and the first pond, and between the first pond and the second pond were easy.

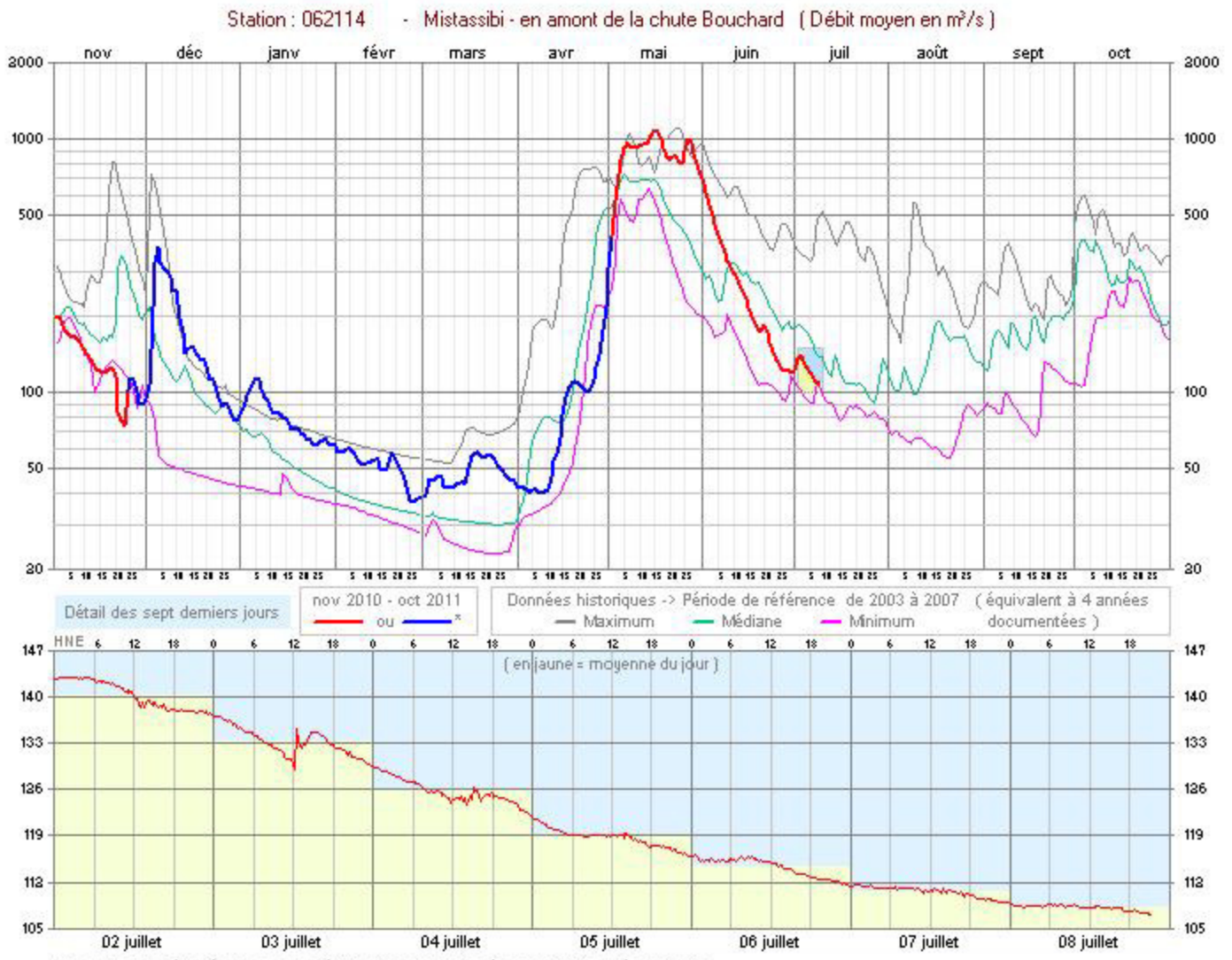
No doubt due to the forest fire throughout this area in July 2010 (and down to km 146 on the river), there is no visible portage from the second pond to the third. Thus there was no potential campsite at either end of this portage. However, a logging road has now been pushed between through between these two ponds, and the road widens in this area such that camping is possible on the shoulders of the road.

The creek drag between the third pond and the fourth pond was brutal. Possibly in part due to the water level, but also due to the number of fallen trees across the creek. We cut some away, but eventually had to portage the last third of the creek.

The fourth pond to the fifth wasn't too bad, but the from fifth pond to the river required a full portage; the creek was not runnable due to lack of water and fallen trees.

Overall, the rapids were pleasant but not too challenging from a big water perspective at these levels. There were quite technical in having to follow the main channel to avoid running aground. The R3's were quite fun, and still large enough and long enough to fill a heavily loaded open canoe. A few of the rapids were a bit scratchy and required dragging now and again. The ledges were all runnable. The Lac Froget put-in location is not worth it at these levels, but would be worth it at higher levels (i.e. for the extra day's rapids).

The GB campsite at km 153 was nice; recommended. The 4B campsite at km 136 was really nice. Highly recommended. At our water level, we were able to run empty canoes down the S5. Stayed in the "Sylvain and Mario" chalet; tent camping would be terrible, but the chalet was nice (propane range, 12V battery lighting (solar panel charging), bunk beds with mattresses, indoor shower, table, chairs). The GC beach campsite km 82 was not very good, the beach is small and sloping, and closer to the cabin is terrible ground; not recommended. The GD campsite at km 83 was non-existent; we hacked a pathway in, along with a dining shelter spot and a couple of tent spots; not recommended. The gravel beach campsites would be really rough, the gravel is actually small rocks. The GC beach campsite at the km 50 take-out is actually quite nice. Yes, the trucks go by, and yes there is a generator, but neither bothered us.



Note : Les données récentes sont préliminaires et sujettes à modification après validation.

* Les débits sont, soit corrigés pour effet de refoulement, soit estimés.

Produit le 2011-07-08 à 22:56