



REGISTRATION - To Confirm Your Spot in a Programme we must receive:

- ✓ Full payment - For payment by VISA or MasterCard you can email, fax, mail or phone the shop at (705) 342-5324 between 9 am and 5:30 pm.
- ✓ A completed 'Programme Registration & Medical Information Form.
- ✓ A completed 'Acknowledgement and Assumption of Risk' & 'Release and Waiver of Liability' Form

CANCELLATION POLICY (PLEASE READ THIS CAREFULLY! THANKS)

We insist on small groups - that's what makes our programmes special - so there can be no rescheduling or refunds within 30 days unless a suitable replacement is found. If one is found, or for cancellations of 30 days or more in advance, a full refund less a \$25 (\$15 for day programmes) administration fee, will be issued. Please understand that even if you have a sudden medical problem or family emergency, we can't refund without a replacement. We recommend you secure trip insurance if this is a concern. We reserve the right to cancel or alter any programmes due to weather or insufficient registration. In these cases, refunds will be issued.

BEFORE YOU COME

We take every precaution to ensure safety, however adventure activity involves risk. We recommend you obtain any personal, medical and cancellation insurance that you may deem appropriate. You'll be asked to sign a waiver prior to participating. You should be able to swim 50 m with a PFD and we'll require that you wear it while on the water. Paddling can be strenuous so it's important to prepare yourself with moderate aerobic exercise, as well as activity to improve muscle tone/flexibility for upper body, lower back and abdomen.

HOW TO GET HERE

We're located about 15 minutes north of Parry Sound by car (see the map in our brochure or on the website). Take Hwy 400/69 north of Parry Sound, carry on through and beyond the village of Nobel, make a left onto Hwy 559, about 3 km in take the first left onto East Carling Bay Rd. We're just another 1½ km along on your right.

WHERE TO STAY

There are many hotels, motels and B&B's in the area - these can be found on the Accommodations in Parry Sound Page on the web (access via the LINKS page on our website) or call the Chamber of Commerce at 1-800-746-4261. Camping is available in the area at a few private campgrounds (see the Accommodations Page or contact Chamber) or at a Provincial Park. There are two Provincial Parks close by; Killbear (20 min further in Hwy 559) or Oastler (20 minutes south of us on old Hwy 69) call 1-888-ONT-PARK (1-888-668-7275) for reservations.

WHEN YOU ARRIVE

Please meet at our Paddling Centre - at 8:45 for morning or day programmes (we'll start at 9:00 am sharp), or at 12:45 pm for afternoon programmes (we'll start at 1 pm sharp) - for coffee & intros. Parking is available, there's a lounge and change room, and our award-winning outhouses for your use. It's important that you come a few minutes early to get oriented before we start. Kayaking is a wet sport, so check the clothing list and be prepared to have fun and get wet. For clinics, you need to bring your own lunch or you can get fast food 10 minutes away. Day Trip folks need to bring a picnic lunch. For trips that require driving to another put-in, we'll ask you to drive your own car or pool with others. Once at the put-in, we'll help to park your vehicle in a safe spot, but it is at your own risk (we've never had any problem). We offer free parking at your risk at our Centre.

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WHAT WILL IT BE LIKE PADDLING WITH US?

We want you to relax, have fun and learn new things. **Clinics** are taught on the quiet, sheltered lake at our Paddling Centre. Our staff are professional outdoor leaders with years of experience. They'll encourage you to learn approved paddling, safety and tripping skills. If you'd like to work on specific skills, we'll gladly help provided the group agenda isn't compromised. Weather & group needs determine where we go and what we do. **Day Trip folks** - plan to be on the water for 4 to 6 hours (with lots of breaks!). We offer an \$20/day (\$10 for ½ day programmes) discount for the use of your kayak if it is suitable (please contact us). If you're bringing your own boat for a trip, you should also be aware that we bring a tandem kayak for safety and personal comfort reasons. We'll ask that all participants share in the paddling of the tandem during the day so it may become necessary for someone else to paddle your boat for a short period. If you aren't willing to allow this, then you should leave your boat at home and use ours. Safety and rescue gear (including a marine radio and cell phone for emergency communication) accompanies each trip, and our leaders are properly trained in its use.

OK WHAT DO I BRING?

- lip balm, sunscreen (waterproof)
- broad-brimmed sun hat, sunglasses
- bandana, bathing suit, towel
- raincoat
- windbreaker or paddling jacket
- sweater, long pants
- t-shirt, shorts
- light, long-sleeved cotton shirt
- shoes that can get wet
(we insist on footwear at all times)
- water bottle
- picnic lunch

Other optional stuff:

- camera
- binoculars
- mask & snorkel
- compass

Day trippers:

Pack this stuff in drybags or sealed plastic bags and stuff sacks to keep it dry for the day.

A word about clothing... For cold, the best materials are those which retain heat even when wet, don't absorb water and wick moisture from the skin. Cotton denim jeans are not good - wool, nylon, fleece, polypropylene and silk are best. A light, windproof shell really helps to retain heat. For hot mid-day paddling, we find a light-coloured, long-sleeved, cotton shirt or fleece top is great. T-shirts are OK but they don't give much sun protection. Specialized paddling clothes/gear add to your comfort, but are not necessary unless you intend to take up the sport for the long haul! If you do want well-designed camp gear or clothing, please give us a call or check out one of our shops. Our shops are full of stuff that we use ourselves.

A LITTLE ABOUT 'OUR' BELOVED BAY

The Georgian Bay Coast Line is a UNESCO International Biosphere Reserve. The world has recognized our backyard as extremely important and we feel it is our responsibility to take care of it so future generations can enjoy it as we do. Georgian Bay weather can change rapidly, even in mid-summer. Summer days can be hot (30° C) yet in early summer and fall the nights can drop to 0° C. We can't over-emphasize the need for proper sun and rain protection. Summer weather is usually fair and moderate, but rainy, cold days do occur even in July. The water is comfortable for swimming from early June to early September. We also stock topographic maps & marine charts. These tell wonderful stories and will hold great memories after your trip. Give us a call if you'd like to mail-order and do some armchair wandering.

OUR NAMESAKE

The late Stan Rogers wrote a powerful song called "*White Squall*" some years ago. It is a beautiful, sweet water ballad with a lingering reminder:

"... and I tell these kids a hundred times don't take the Lakes for granted ..."
We hope we never will. Thanks for listening.