



EARLY MORNING - Gail Vickers

27-28 August ALGONQUIN PARK  
 Organizer: Howard Sayles 416-921-5321  
 Book before 17 August.

An easy-paced trip in Algonquin Park, suitable for paddlers who are just starting to discover the joys of canoe tripping. I am prepared to be flexible on the exact route so that participants can express their own preferences. Limit four canoes.

27-28 August SOUTHERN GEORGIAN BAY  
 Organizers: Trudy and Howard Sagermann 416-438-6090  
 Book between 7 and 21 August.

This route takes us through a variety of Georgian Bay scenery from the Thirty Thousand Islands to placid inland lakes. Suitable for flatwater paddlers capable of paddling 25 km per day with the possibility of headwinds and including two or three portages. Limit five canoes.

27-28 August MINDEN WILD WATER PRESERVE  
 Organizers: Sandy Miller 416-323-3603  
 Roger Harris 417-762-8571  
 Book before 19 August.

The Gull River at the MWP offers tight, technical rapids. The less experienced can practise in the lower rapids while the more experienced paddlers can work the rapids from the falls to the outflow at the end. Otterslide Chute will give surfers the chance to test their skills. Car camping is available at the preserve. Limit six canoes.

3-5 September OTTAWA RIVER  
 Organizer: Dale Miner 416-730-8187  
 Book before 23 August.

The Ottawa River is known for its big rapids and offers exciting and challenging runs for experienced paddlers. Flotation and spray covers are recommended. Limit six canoes.

3-4-5 September SOUTH GEORGIAN BAY LAKES  
 Organizer: Jim Greenacre 416-759-9956  
 Book before 26 August.

A leisurely, bug-free trip through the beautiful lakes southwest of Parry Sound. Suitable for canoeists capable of paddling 16-18 km per day with a few short portages. Limit four canoes.

11 September ELORA GORGE  
 Organizer: Dave Sharp 519-621-5599  
 Book between 21 Aug. and 4 Sep.

A leisurely day trip through the scenic Elora Gorge, water levels permitting. Suitable for novices with some whitewater experience who would like the opportunity to improve their skills palying in the rapids. Limit six canoes.



17-18 September ALGONQUIN PARK  
 Organizer: John Winters 705-382-2293  
 Book before 9 September.

On Saturday we will paddle down the Tim River to Rosebary Lake and return on Sunday. We will be travelling through a very attractive part of the park. Suitable for beginning canoe trippers and experienced paddlers who are looking for a leisurely trip. Participants can camp Friday night in my lower forty to allow for an early start Saturday morning. Limit four canoes.

18 September MISSISSAGUA RIVER  
 Organizer: Bill Ness 416-321-3005  
 Book before 11 September.

This trip will follow the Mississauga River from its source in Mississauga Lake south to Buckhorn Lake. The autumn colors and the river's scenic chutes and falls should make this a memorable outing. Bring your camera. Limit six canoes.

1-2 October ISLAND LAKE EXPLORATION  
 Organizer: John Winters 705-382-2293  
 Book before 23 September.

Another trip exploring the region north of Lake Wawashkesh. On this trip I want to explore the area to the northwest of Island Lake. Suitable for canoe trippers who relish the thought of bushwhacking portages. Limit three canoes.



## DON'T LET MISHAP BECOME TRAGEDY

IF YOU EXPERIENCE AN ACCIDENT OR  
 HEALTH PROBLEM ON YOUR NEXT OUTING -  
 ARE YOU PREPARED?

In the outdoors, help is not a phone call away. The hospital is not around the corner. You, and everyone over age 16 who participates in your outdoor activities, should know First Aid.

Outdoor First Aid will help you avoid many of the risks associated with outdoor recreation and prepare you to deal with emergency situations you might encounter away from home.

A pamphlet providing course descriptions and prices is available on request from the Ontario Recreational Canoeing Association (416) 495-4180.

### 1988 SUMMER SCHEDULE

BASIC (8 Hours)	Sat., May 28, June 25, July 23	9:00am - 6:00pm
	Tues./Wed., June 7/8, July 19/20	6:30pm - 10:30pm
INTERMEDIATE (16 Hours)	Sat./Sun. May 28/29, July 23/24	9:00am - 6:00pm
HYPOTHERMIA (4 Hours)	Sat. June 4	9:00am - 1:00pm
	Wed. June 8	6:30pm - 10:30pm
HEART SAVER/ACPR (4 Hours)	Sat. June 4	2:00pm - 6:00pm
	Wed. July 27	6:30pm - 10:30pm



The more you know,  
 the better it gets!

Outdoor First Aid is an ORCA sponsored public educational program in co-operation with the Humber College Health Sciences Division.

