



STRATHCONA PARK LODGE – SPECIALTY PROGRAMS

Please note that the sample schedules in here are only samples and are subject to change.

Introductory Hike:

The students will learn about map and compass skills, goal setting, route and equipment planning. During the out-trip the group will learn navigation skills, minimum impact camping skills, natural history, weather and physical geography as well as take on leadership roles and challenge themselves.

Introductory hikes are on relatively flat well maintained trails and are relatively short distances in length (1 - 6 km). The length of the hike can vary between approximately 2 - 5 hours one way. Typically these hikes will involve 1-2 nights camping.

Difficulty rating: ***

School:	School Name	Grade:		#	Date: Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Leave SPL @ 8:30am	ERT	ERT	Depart 9am
	lun		out-trip	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	ERT	ERT	Pick up @ 2:00pm	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	ERT	ERT	Closing Ceremony	



Intermediate Hike:

The students will learn about map and compass skills, goal setting, route and equipment planning. During the out-trip the group will learn navigation skills, minimum impact camping skills, natural history, weather and physical geography as well as take on leadership roles and challenge themselves. Intermediate hikes are (3 - 10 km) and bring groups into more pristine wilderness. The out-trip for intermediate hiking groups may last from 1 to 3 nights. The group will hike approximately 3 - 6 hours each day.

Difficulty rating: *** OR ****

School:	School Name	Grade:		#	Date: Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Leave SPL @ 8:30am	Mount Myra	Mount Myra	Depart 9am
	lun		out-trip	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	Mount Myra	Mount Myra	Pick up @ 2:00pm	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	Mount Myra	Mount Myra	Closing Ceremony	



Brewster Lakes Chain/Sayward Forest Canoe Route:

Participants will experience a canoe portage trip through the many lakes and trails in the Sayward Forest. The group will begin with learning the basics of paddling: carrying, launching and landing a canoe and basic strokes. The introductory paddling sessions will stress boat handling skills, forward, reverse, draw, pry, sweep, "J" and bracing strokes. Before beginning the trip the group will discuss safe group travel techniques, what to do in a rescue situation and proper procedures for packing gear to keep it dry. The group will also learn how to safely and efficiently portage a canoe.

Each day will involve paddling and portaging the canoes for varying lengths of time depending which lakes and portages are to be completed.

Difficulty rating: *****

School:	School Name	Grade:					#	Date: Sample
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	b'fst		7:30	out-trip	out-trip	7:30		
	AM		Brewster Canoe Overnight	Brewster Canoe Overnight	Brewster Canoe Overnight	Depart 9am		
	lun		out-trip	out-trip	out-trip	packed lunch		
	AFT	Arrive 1pm Trip Prep	Brewster Canoe Overnight	Brewster Canoe Overnight	Paddle Back to SPL			
	din	5:00	out-trip	out-trip	5:00			
	PM	Leave SPL @18:00	Brewster Canoe Overnight	Brewster Canoe Overnight	Closing Ceremony			



Ocean Canoeing:

Participants will be introduced to ocean paddling. The group will begin with learning the basics of paddling: carrying, launching and landing a canoe, and basic strokes. The lake paddling sessions will stress boat handling skills, forward, reverse, draw, pry, sweep, "J" and bracing strokes. Before going to the ocean, the group will have a trip preparation session that may include discussions of charts, ocean features and hazards, route planning, safety procedures, safety equipment and clothing and how to pack for a water based trip. Some of these lessons will take place during the trip.

The time on the ocean will be spent refining paddling techniques, exploring the coastline, learning the cultural history of the area and becoming more competent in general outdoor skills. The group will learn about marine life, navigation skills, minimum impact camping techniques for the ocean, outdoor cooking and other related skills.

Difficulty rating: ***

School:	School Name	Grade:		#	Date: Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Leave SPL @8:30 am	Ocean Canoeing	Ocean Canoeing	Depart 9am
	lun		out-trip	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	Ocean Canoeing	Ocean Canoeing	Pick up @ 2:00 pm	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	Burman River	Burman River	Closing Ceremony	



Ocean/Sea Kayaking:

Participants will be introduced to ocean paddling. The group will begin with learning the basics of paddling: getting in and out of a sea kayak, exiting from a capsized kayak, using spray skirts and basic strokes. The lake paddling sessions will stress forward, reverse, sweep and bracing strokes and then progress to skills for the ocean such as self rescues using a paddle float and pump as well as assisted rescues. Before going to the ocean, the group will have a trip preparation session that may include discussions of charts, ocean features and hazards, route planning, safety procedures, safety equipment, proper clothing and how to pack a sea kayak. Some of these lessons will take place during the trip.

The time on the ocean will be spent refining paddling techniques, exploring the coastline, learning the cultural history of the area and becoming more competent in general outdoor skills. The group will learn about marine life, navigation skills, minimum impact camping techniques for the ocean, outdoor cooking and other related skills.

Difficulty rating: ***

School:	School Name	Grade:	#	Date:	Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Leave SPL @8:00 am	Sea Kayaking Nootka Sound	Sea Kayaking Nootka Sound	Depart 9am
	lun		out-trip	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1 + Wet exits	Sea Kayaking Nootka Sound	Sea Kayaking Nootka Sound	Pick up @ 1:00 pm	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	Sea Kayaking Nootka Sound	Sea Kayaking Nootka Sound	Closing Ceremony	



White Water Kayaking:

Participants will be introduced to river kayaking skills. The group will begin with learning the basics of paddling: getting in and out of a boat, exiting from a capsized boat, using spray skirts and basic strokes. The lake paddling sessions will stress being comfortable in a kayak, forward, reverse, sweep and bracing strokes and then progress to skills for the river. Students will also learn how to perform low brace eddy turns. They will also work on rescue techniques. Before paddling on the river, the group will complete a theory lesson that will include a discussion of river features and hazards, river grading, safety procedures, safety equipment, proper clothing and how to run a river.

The days on the river will be spent working on basic maneuvers. The group will learn to ferry across a current both forwards and backwards. They will practice peel-outs into the current and eddying out of the current. They will combine these skills to perform S-turns and other maneuvering exercises. There will be a number of river runs down various sections of Grade I and II rivers. These runs will provide students opportunities to practice their newly acquired skills, refine their river-reading, and learn to surf on the numerous waves and holes on the river.

Difficulty rating: ****

School:	School Name	Grade:	#	Date:	Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Kayak Skills on Lake at SPL	White Water Kayak	White Water Kayak	Depart 9am
	lun		12:00	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1 + Wet exits	Kayak Skills on Lake at SPL	White Water Kayak	Pick up @1:00 pm at Campbell River Spit	
	din	5:00	5:00	out-trip	5:00	
	PM	Trip Prep	Leave SPL @ 6:00pm to	White Water Kayak	Closing Ceremony	



Rock Climbing:

The program will begin by introducing basic rock climbing techniques on the indoor rock climbing wall; including the proper use and care for harnesses, helmets, ropes and carabiners. Participants will learn to belay using a belay device (progressing from a flat to vertical plane) and ground anchors, with a back up safety system in place and move with balance over a rock face.

While climbing at the Crest Creek Crags, students will build ground anchors, learn to climb progressively more challenging routes, learn about setting anchors and lead climbing although students will not be setting up anchors or lead climbing themselves. Under the guidance of their instructors, students will belay each other with a back up safety system in place and learn about knots and proper communication.

Participants will also learn about No Trace Wilderness Practices (environmentally sound outdoor living skills) while camping in wilderness locations.

Difficulty rating: *****

School:	School Name	Grade:		#	Date: Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Leave SPL @ 8:30 am	Rock Climbing at Crest Creek	Rock Climbing at Crest Creek	Depart 9am
	lun		out-trip	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	Rock Climbing at Crest Creek	Rock Climbing at Crest Creek	Pick up @2:30 pm	
	din	5:00	5:00	out-trip	5:00	
	PM	Trip Prep	Heber Campsite	Heber Campsite	Closing Ceremony	



Wilderness Skills:

The goals of this program are to allow students to appreciate the traditional ways of life and become more competent in the area of bush craft.

Students will cover survival skills in depth, including fire-making with a bowdrill and flint and steel, shelter building, knife-craft and preparation and uses of the plants of the forest (edible, medicinal and practical). The group may experience supervised solitary time, depending upon the area and group maturity. This trip typically consists of canoeing and hiking.

Difficulty Rating: ***

School:	School Name	Grade:		#	Date: Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Paddle to ERD	Primitive Skills	Primitive Skills	Depart 9am
	lun		out-trip	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	Primitive Skills	Primitive Skills	Paddle back to SPL	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	ERD	ERD	Closing Ceremony	



Mountain Biking:

Participants will learn the skills required for safe Mountain Biking. They will learn how to properly wear a helmet, safely use the brakes on a mountain bike, how to efficiently change gears, the basic structure of a bicycle and what to check before riding, how to stand up out of the seat on a bicycle and how to roll over roots and other features with confidence. The progression of this program starts on-site learning and practicing the basics. When the group is ready for the next challenge, they will head to Quinsam Campground in Campbell River where they will base camp. They will learn how to set up a comfortable, safe camp, cook over a stove or fire, practice good hygiene and the Leave No Trace principles.

From here they will go to the Beaver Lodge Lands in Campbell River where there is an excellent variety of beginner to intermediate trails. Students can expect to ride as a group on level dirt paths as well as uneven terrain with roots, rocks and mild hills. Students can expect to be riding bicycles for 3-6 hours each day. Although this program is less of a wilderness experience, it can be very powerful. Students can expect to see a very obvious progression from their first day on bicycles to their last. Their confidence in their physical and mental ability is sure to grow. Plenty of fun is to be had!

Difficulty rating: *** OR *****
 (program progression matched to individual group ability)

School:	School Name	Grade:	#	Date:	Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Bike Skills Park/ SPL Trail Ride	Beaver Lodge Lands	Beaver Lodge Lands	Depart 9am
	lun		12:00	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	Leave SPL @ 1:00pm	Beaver Lodge Lands	Pick up @ 2:30pm	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	MTB Overnight	MTB Overnight	Closing Ceremony	



Caving:

Participants will learn and get a chance to practice some basic canoe skills on Upper Campbell Lake before heading out to Paterson Lake. They will then get the chance to steer their canoes over Paterson Lake to access a network of wonderful hidden caves.

Participant will be introduced to the adventure of caving in a graduated approach, starting with a roomy, very easy, short cave to then progressing into more challenging underground environments.

This program will provide participants with a unique educational opportunity: the hands-on discovery of karst and the concept of geologic time, and supporting participants as they move through and discover a unique environment of absolute, total darkness (sensory deprivation), confined spaces, and sheer rock faces.

Difficulty rating: ***

School:	School Name	Grade:	#	Date:	Sample	
Group #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	b'fst		7:30	out-trip	out-trip	7:30
	AM		Canoe Skills at SPL	Paterson Caves	Paterson Caves	Depart 9am
	lun		12:00	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	Leave SPL @ 1:00pm	Paterson Caves	Pick up @ 2:00pm	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	Paterson Lake	Paterson Lake	Closing Ceremony	