



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.

The intro hike would be on a well marked trail, with outhouses and bear caches. Students will be travelling between 2-7km each day, they require sturdy hiking boots as they will encounter roots & slippery rocks. The length of the hike can vary between approximately 2 - 5 hours one way. Typically, these hikes will involve 1-2 nights camping.

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. For the intermediate to advanced hike, students will be walking up hill on uneven terrain for (3 - 10 km) per day. Some route finding might be required. Sturdy hiking boots and hiking poles are required. Temperatures in the sub alpine and alpine are slightly cooler than what we experience at ocean level. Dependent on camp site location and time of year students will either be sleeping under tarps or in tents and may not have access to outhouses. The out-trip for intermediate hiking groups may be 1 to 3 nights. The group will hike approximately 3 - 6 hours each day.

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. This is one of our most challenging trips and worth the effort! 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.

Students and Instructors will be carrying gear and canoes on their portages. These portages vary in length, the longest being 2km over uneven terrain. Wet shoes (runners) and dry camp shoes are required, there is no avoiding getting your canoe shoes wet. Each night will be spent at a new campsite, sites may include pit toilets. Remember, you'll be sleeping under a tarp, bring your fleece and merino to stay cozy.

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	Pick up @ 2pm	
	din	5:00	out-trip	out-trip	5:00	
	PM	Leave SPL @ 18:00	Brewster Canoe Overnight	Brewster Canoe Overnight	Closing Ceremony	



Ocean Canoeing:

The ocean canoeing program starts its journey in the Mutchalat Inlet close to Gold River on the West Coast. From here we travel into the narrow inlet towards Matchlee Bay with a great view on to the rugged mountains of Vancouver Island. Humpback whales, sea lions and seals come into this inlet to feed and rest, don't be surprised if a group of sea lions is chasing a school of fish right around you. Where fresh water meets salt water we travel up the Burman River. The group will begin with learning the basics of paddling from tethered canoes for extra stability. 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. No outhouses or bear cache's on this adventure, this is a more wilderness based camping experience. You will be out for three days, two nights. Canoe shoes (boots or velcro sandals) and camp shoes (runners or hikers) are required. Remember, you'll be sleeping under a tarp, bring your fleece and merino to stay cozy.

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		



Sea Kayaking:

Explore beautiful Nootka Sound the “Birthplace of British Columbia” in a sea kayak, learn about intertidal zones and paddle skills. The group will begin with learning the basics of paddling: getting in and out of a sea kayak, basic strokes and learning how to do a wet-exit, so in the unlikely event you capsize, you will know how to escape from an upside-down cockpit. 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. Students will be paddling in double sea kayaks for 2-6hrs at a time. All of your gear will fit into the hatches in the kayak (remember your dry bags). The sea kayaking program is 3-4 days on the ocean, likely switching campsites each day. Remember, you'll be sleeping under a tarp, bring your fleece and merino to stay cozy.

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:

Enter the world of white-water kayaking. Prepare to get wet! Spend one day learning and honing all your skills on Upper Campbell Lake right at the Lodge. Reviewing the basics of paddling: getting in and out of a boat, exiting from a capsized boat, using spray skirts and basic strokes. 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. After refining your skills on the lake, you will get to put them to the test on the Campbell River OR Gold River in class 2 waters.

During your time on the river there are opportunities to see wildlife (bears, eagles, salmon spawning). Students will be camping at Quinsam Campground in Campbell River OR the Gold River Campground (dependent on water levels). Remember, you'll be sleeping under a tarp, bring your fleece and merino to stay cozy.

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:

Three days taking a glimpse into the world of rock climbing. After a good first day of learning all the basics such as harness and helmet fitting, belay practice, equipment and a bit of technique, enjoy the rest of the week and explore different climbs around our local crags. Improve your climbing skills every day and get your adrenaline going and rappel down a 20 meter 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.

Relax at base camp in the evenings with a good meal and ease into the night with stories and games around a warming camp fire. Participants will also learn about No Trace Wilderness Practices while camping in wilderness locations. Remember, you'll be sleeping under a tarp, bring your fleece and merino to stay cozy.

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:

Paddle away from the lodge to a wilderness campsite where you're more likely to see elk or bear tracks than you are other humans. Camp along the river and learn to build shelters, try your hand at lighting a fire with flint and steel or the bow drill, weave cedar bark and see what edibles you can find in the wild. Learn to appreciate living a simple life without modern conveniences for a few days. Campsites include a pit toilet or bucket provided by the Lodge. Remember, you'll be sleeping under a tarp, bring your fleece and merino to stay cozy.

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	Wilderness Skills	Wilderness Skills	Depart 9am
	lun		out-trip	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	Wilderness Skills	Wilderness Skills	Paddle back to SPL	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	ERD	ERD	Closing Ceremony	



Mountain Biking:

With amazing trails nearby and endless logging roads to explore, it was only natural to include mountain biking in our repertoire. 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. Our mountain biking specialty programs include either a backroad touring to False Echo or single-track trail option in Campbell River.

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!

Bikes and helmets are provided, recommended to bring bike shoes (flat soled skate-board style) and separate camp shoes. Remember, you'll be sleeping under a tarp, bring your fleece and merino to stay cozy.

*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:

You will be introduced to caving in a graduated approach, starting with a very easy, short cave, progressing to more challenging underground environments. Walk, crawl, squeeze and slither your way through underground caverns and keep a careful eye open for delicate cave features.

Some caves are approached with a short canoe paddle and off trail hike through uneven terrain to the camp location. 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.

You will be out camping for two nights, three days. Students will be provided with safety equipment, please remember to bring clothes that can get dirty, some caves are muddy. Headlamp, cave shoes (runners or hikers) and camp shoes are required. Remember, you'll be sleeping under a tarp, bring your fleece and merino to stay cozy.

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	