



## 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 how to read a map and on trail route navigation, 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.

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<b>Group #</b>		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>b'fst</b>		<b>7:30</b>	<b>out-trip</b>	<b>out-trip</b>	<b>7:30</b>
	<b>AM</b>		<b>Leave SPL @ 8:30am</b>	<b>Cream Lake</b>	<b>Hike to Trail Head</b>	<b>Depart 9am</b>
	<b>lun</b>		<b>out-trip</b>	<b>out-trip</b>	<b>out-trip</b>	<b>packed lunch</b>
	<b>AFT</b>	<b>Arrive 1pm Adventure 1</b>	<b>Bedwell Lake</b>	<b>Cream Lake</b>	<b>Pick up @ 2:00pm</b>	
	<b>din</b>	<b>5:00</b>	<b>out-trip</b>	<b>out-trip</b>	<b>5:00</b>	
	<b>PM</b>	<b>Trip Prep</b>	<b>Baby Bedwell</b>	<b>Bedwell</b>	<b>Closing Ceremony</b>	



### **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: canoe strokes, carrying, launching and landing a canoe. 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.

<b>School:</b>	<b>School Name</b>	<b>Grade:</b>			<b>#</b>	<b>Date: Sample</b>
<b>Group #</b>		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>b'fst</b>		<b>out-trip</b>	<b>out-trip</b>	<b>out-trip</b>	<b>7:30</b>
	<b>AM</b>		<b>Brewster Canoe Overnight</b>	<b>Brewster Canoe Overnight</b>	<b>Brewster Canoe Overnight</b>	<b>Depart 9am</b>
	<b>lun</b>		<b>out-trip</b>	<b>out-trip</b>	<b>out-trip</b>	<b>packed lunch</b>
	<b>AFT</b>	<b>Arrive 1pm Trip Prep</b>	<b>Brewster Canoe Overnight</b>	<b>Brewster Canoe Overnight</b>	<b>Pick up @ 2pm</b>	
	<b>din</b>	<b>out-trip</b>	<b>out-trip</b>	<b>out-trip</b>	<b>5:00</b>	
	<b>PM</b>	<b>Leave SPL @17:00</b>	<b>Brewster Canoe Overnight</b>	<b>Brewster Canoe Overnight</b>	<b>Closing Ceremony</b>	



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



### White Water Kayaking & Canoeing:

Enter the world of white-water kayaking & canoeing. 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 or Canoe Skills on Lake at SPL	White Water Kayak or Canoe	White Water Kayak or Canoe	Depart 9am
	lun		12:00	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1 + Wet exits	Kayak or Canoe Skills on Lake at SPL	White Water Kayak or Canoe	Pick up @2:00 pm	
	din	5:00	5:00	out-trip	5:00	
	PM	Trip Prep	Leave SPL @ 6:00pm to	White Water Kayak or Canoe	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 learn climbing techniques while trying climbs with varying difficulty, they will also learn how to belay their peers and learn safety protocols that go into outdoor climbing. Students will gain knowledge on different types of climbing (lead, top rope, sport, trad) however students will only be climbing top rope during their week here.

Relax at base camp which is a short walk away from the crags, with a good meal and ease into the night with stories and games around a warming camp fire. Participants will also learn about Leave No Trace 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, find and follow animal tracks and see what edibles you can find in the wild. Gain knowledge on map reading and compass bearings whilst trying to find old growth forests. 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 logging roads to explore, it was only natural to include mountain biking in our repertoire. This trip being for beginners, participants will learn the skills required for safe mountain biking such as how to properly wear a helmet, safely use the brakes on a mountain bike and how to efficiently change gears. 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, gravel road exploring to the far side of Upper Campbell Lake 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 can be less of a wilderness experience, it is very powerful. Students can expect to see a very obvious progression from their first day on bicycles to their last. This trip is best for beginners.

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/ SPL Trail Ride	Gravel Road Riding	Pick up at 9:00am	Depart 9am
	lun		12:00	out-trip	out-trip	packed lunch
	AFT	Arrive 1pm Adventure 1	Leave SPL @1:00pm	Gravel Road Riding	SPL Height Activity OR SPL Trail Ride	
	din	5:00	out-trip	out-trip	5:00	
	PM	Trip Prep	MTB Overnight	MTB Overnight	Closing Ceremony	



**Rock/Cave Combo:**

Start your week at the rock wall, learning to belay and practice some climbing techniques. Improve your climbing skills by trying varying difficulties of climbs at Crest Creek Crags and get your adrenaline going by rappelling down a 20-meter rock face.

During your second day you will get to explore some caves. 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.

You will be out camping for two nights, three days. Students will be provided with safety equipment and overalls, please remember to bring clothes & shoes (runners or hikers) that can get dirty, some caves are muddy. Headlamps, quick dry clothes, extra socks and spare shoes (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	
<b>Group #</b>		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>b'fst</b>		<b>7:30</b>	<b>out-trip</b>	<b>out-trip</b>	<b>7:30</b>
	<b>AM</b>		<b>Depart SPL at 10:00</b>	<b>Caving</b>	<b>Rock Climbing</b>	<b>Depart 9am</b>
	<b>lun</b>		<b>Out-trip</b>	<b>out-trip</b>	<b>out-trip</b>	<b>packed lunch</b>
	<b>AFT</b>	<b>Arrive 1pm Adventure 1</b>	<b>Rock Climbing</b>	<b>Caving</b>	<b>Pick up @3:00pm</b>	
	<b>din</b>	<b>5:00</b>	<b>out-trip</b>	<b>out-trip</b>	<b>5:00</b>	
	<b>PM</b>	<b>Trip Prep</b>	<b>Camping</b>	<b>Camping</b>	<b>Closing Ceremony</b>	



### **Buttle Lake Canoe Trip:**

Head out on the lake and make your way back to the lodge by human power. You will be dropped off at Karst Creek, the south end of Buttle Lake with all of your food and gear for the upcoming adventure. Take three days to paddle, you will be backcountry camping moving locations each day as you work your way back to the lodge. Stop off and see Wolf River flowing into Buttle Lake, observe and learn about the mountains that surround you on your journey and maybe try sailing your canoe.

You will be in canoes that can fit either 2, 4, or 12 people. Instructors will review paddling skills with the group, you will learn new strokes or refine your skills, you may even have a chance to learn how to stern your boat. Gain knowledge on Leave No Trace Principles, group camp cooking, tarps, knots and fire building (season dependant). You will have access to outhouses and will sleep under a shared tarp with your peers.

\*This trip can happen in reverse order

<b>School:</b>	<b>School Name</b>	<b>Grade:</b>			<b>#</b>	<b>Date: Sample</b>
<b>Group #</b>		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>b'fst</b>		<b>7:30</b>	<b>out-trip</b>	<b>out-trip</b>	<b>7:30</b>
	<b>AM</b>		<b>Depart SPL at 9:00</b>	<b>Buttle Lake Canoeing</b>	<b>Buttle Lake Canoeing</b>	<b>Depart 9am</b>
	<b>lun</b>		<b>Out-trip</b>	<b>out-trip</b>	<b>out-trip</b>	<b>packed lunch</b>
	<b>AFT</b>	<b>Arrive 1pm Adventure 1</b>	<b>Buttle Lake Canoeing</b>	<b>Buttle Lake Canoeing</b>	<b>Arrive back to SPL</b>	
	<b>din</b>	<b>5:00</b>	<b>out-trip</b>	<b>out-trip</b>	<b>5:00</b>	
	<b>PM</b>	<b>Trip Prep</b>	<b>Camping</b>	<b>Camping</b>	<b>Closing Ceremony</b>	