

To register for any of the programs described below, please telephone  
**(613) 376-3489**

Participants are requested to meet at the Park Office fifteen minutes prior to the scheduled start times of the presentation. The Presentation Fee is payable to the PRESENTOR and the Provincial Park Daily Vehicle or Camping Permits can be purchased at the Park Office or Self-Serve Kiosk. When calling to register for any of the Programs, be sure to ask about personal equipment rentals. Programs presented by or sponsored by the Friends of Frontenac Park are identified with the Friends logo.



### Winter Camping Trip Planning



**Saturday, January 16**

Presented by:

The Friends of Frontenac

Accurate pre-trip planning can minimize many of the discomforts associated with extended forms of backcountry travel during the winter. Topics include: route selection and assessment, safe forms of winter travel, shelters, clothing, equipment, menu planning, physical fitness and conditioning, and safety. Share ideas and concerns about low-impact winter camping and trip planning. This is a prerequisite for those who wish to attend the Winter Camping Instructional Weekends.

**Cost:** Park daily vehicle permit.

**Time:** 10:00 a.m. to 3:30 p.m.

Maximum 35 persons.

### Winter Camping Instructional Weekend #1



**Saturday, January 30 to Sunday, January 31**

Presented by:

The Friends of Frontenac

(See details below)

### Winter Camping Instructional Weekend #2



**Saturday, February 6 to Sunday, February 7**

Presented by:

The Friends of Frontenac

Weather permitting, these two separate weekends are designed to introduce participants to snow houses, tents and to practice general winter camping skills. Learn how to stay warm and

prepare meals. An equipment checklist will be provided. Food is included in the course fee.

**Cost:** \$60.00 per person, plus interior camping fee.

**Time:** 10:00 a.m. Saturday to 3:30 p.m. Sunday.

Maximum 12 persons per weekend. Register early!

### Snowshoe Workshop / Walk



**Saturday, February 13**

Presented by: Edward Grenda and The Friends of Frontenac

Learn about the different styles of snowshoes, harnesses and snowshoeing techniques. Indoor instruction is followed with a snowshoe hike in the afternoon, led by Edward Grenda. Be prepared for a winter outing. Bring your lunch, a warm drink and snowshoes. A limited number of snowshoes are available for loan, so please specify if you require a pair.

**Cost:** Park daily vehicle permit.

**Time:** 10:30 a.m. to 3:00 p.m.

### Friends Historical Walk



**Sunday, April 18**

Presented by:

Jerome McDuff and the Friends of Frontenac

Join our history enthusiast, Jerome McDuff for a leisurely, interpretive walk along Big Salmon Lake Road to learn about the early homesteaders in the Park. Bring your lunch, water and comfortable walking shoes. Register with the Park Office. Plan to go rain or shine.

**Cost:** Park daily vehicle permit.

**Time:** 10:30 a.m. to 4:00 p.m.

### Basic Wilderness First Aid Course

**Saturday, May 15 to Sunday, May 16**

Presented by: SOLO Canada Mark Halladay Emergency Services, Kingston, Ontario

This course takes you beyond standard first aid. You will be taught how to manage an emergency situation when help is more than a phone call away. Course includes patient assessment, trauma management, moving techniques, dehydration, managing and preventing heat and cold emergencies and coping in the wilderness. Dr. Frank Hubble of the North American Rescue Institute designed this course.

**Cost:** Course and certification \$170.00 per person (G.S.T. included) plus Park fee.

**Time:** 8:30 a.m. to 4:30 p.m. each day. (two day course)

### ORCKA Canoe Instructors Recertification Clinic

**Sunday, May 30**

Presented by: Barry Irish, Paddle Away Adventures, Kingston, Ontario

All ORCKA, Flatwater, Lakewater 2 and Tripping 2 instructors must recertify every three years to be able to instruct. This clinic will allow instructors to recertify, network with other instructors and practice their skills. Part of the day will be in classroom and part on the water. Instructor: Barry Irish 613-389-6334; 613-539-4864 or email irib@kingston.net

**Cost:** \$50.00 (includes lunch), plus Park fee

**Time:** 9:00 a.m. to 5:00 p.m.

### Tandem Canoeing (new ORCKA Basic 1,2,3 certification) or Solo Canoeing (ORCKA Basic 4 certification)

**Saturday, June 5 to Sunday, June 6**

Presented by: Barry Irish, Paddle Away Adventures, Kingston, Ont.

This course introduces the joys of canoeing to those with no or little experience and may be of interest to outdoor educators, trippers, teachers, parents or those just interested in improving their skills. This course is a prerequisite for all subsequent canoe (ORCKA) certification courses. The focus is on skills, skills improvement, safe canoeing practices, rescues, equipment, environmental practices and fun. Successful participants will receive an ORCKA badge and card. Meet at the Park Office with canoe, PFD, paddle, whistle, bailer, and floating throw rope (or safety kit). **Cost:** \$150.00 per person, plus Park fee. **Time:** 9:00 a.m. to 4:30 p.m. both days.

### Wilderness Navigation Using Map and Compass

**Saturday, June 12**

Presented by: The Friends of Frontenac

Our wilderness navigation workshops provide participants with the theoretical and practical skills of reading and interpreting topographic maps in order to safely plot a course through the wilderness. Book your spot early! (It is recommended to have this for the GPS course on Sept 25)

**Cost:** \$20.00 per person, plus Park permit.

**Time:** 9:00 a.m. to 4:00 p.m.

### Canoe Clinic

**Sunday, June 13**

Presented by: Cataraqui Canoe Club, Kingston, Ontario.

This is an opportunity for canoeists to learn or refresh their canoeing skills, such as paddling and steering strokes, entering and exiting a canoe, and safety maneuvers. This course will also discuss equipment selection and backcountry trip planning. Equipment is not provided, but rentals are available nearby.

**Cost:** \$10.00 per person, plus Park fee.

**Time:** 10:00 a.m. to 3:30 p.m.

### Kayak Basics – “Getting Started” Kayak Course

**Saturday, June 26**

Presented by: Christine Showler, Frontenac Outfitters Canoe & Kayak Center, Sydenham, Ontario

You're invited to discover the wonderful world of kayaking with this ½ day 'getting started' course. The focus is on basic paddling techniques, kayak design and safety. A tranquil paddle on South Otter Lake at Frontenac Provincial Park will quickly prove kayaking is a sport anyone can enjoy. All that is required is an attitude for fun. Register by calling 613-376-6220 or online at [www.frontenac-outfitters.com](http://www.frontenac-outfitters.com). Kayak and paddling gear included!

**Cost:** \$70.00 plus tax, per person, plus Park fee.

**Time:** 1:00 p.m. to 4:00 p.m.

### Fishing Demonstration/Workshop

**Saturday, July 10**

Presented by: Rick & Sally Blasko, Northern Country Outdoor World, Inverary. [www.ncow.ca](http://www.ncow.ca)

Want a new past time or to become a better angler? Join Rick and Sally's excellent fishing presentation about obtaining the proper equipment, locating fish, filleting, equipment maintenance and the latest in casting and retrieving techniques. After the classroom portion, you may practice your new skills on South Otter Lake. Some equipment will be available to use, or bring your own. Bring your lunch, bug repellent and sunscreen. This is the Ontario Family Fishing Week where Ontario residents may fish with no licence! Register early! **Cost:** \$10.00 per person or \$15.00 per family, plus Park fee. **Time:** 10:00 a.m. to 4:00 p.m.

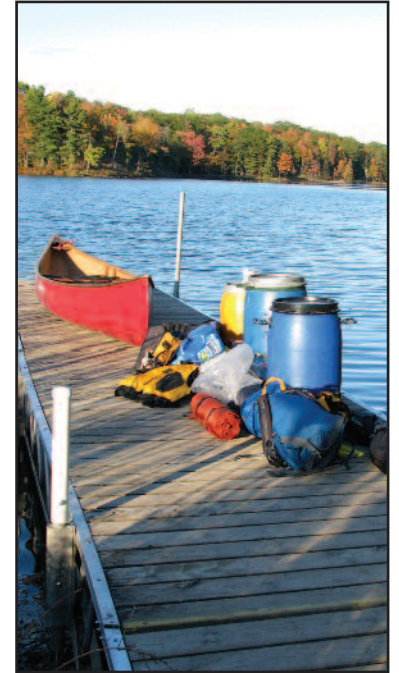
### Paddle Canada - Flatwater Sea Kayaking Introduction Course

**Sunday, July 11**

Presented by: Christine Showler, Frontenac Outfitters Canoe and Kayak Center, Sydenham, Ontario

A comprehensive full day on, in and under the water, teaching you the fundamentals of sea kayaking theories, strokes, rescues and recovery skills. Highly recommended. Past participants often repeat this confidence-building course year after year to further develop and refine their kayaking skills. Register by calling 613-376-6220 or on-line at [www.frontenac-outfitters.com](http://www.frontenac-outfitters.com). Course to take place at Frontenac Provincial Park on South Otter Lake.

**Cost:** \$170.00 plus tax, per person, plus Park fee. Kayak and



paddling gear included. **Time:** 8:30 a.m. to 4:30 p.m.

### The Frontenac Challenge



**September 1st to October 31st**

Presented by:

The Friends of Frontenac The Frontenac Challenge is the Friends' most popular event and a great way to get to know the park. Participants must hike all 160 km of the park's trail system between September 1st and October 31st. If successful, participants will receive a certificate and be acknowledged on a plaque in the Park Office. In order to "take the Challenge", you must register at the Park Office and then set out to hike Frontenac through the autumn splendour. This year's Challenge celebration and BBQ will be held on Sunday, November 7th at 10:30 a.m.

### Wilderness Navigation Using Map and Compass



**Saturday, September 18**

Presented by:

The Friends of Frontenac (For details see the June 12 Map and Compass course.) **Cost:** \$20.00 per person plus Park fee.

**Time:** 9:00 a.m. to 4:00 p.m.

### Navigating / GPS Course

**Saturday, September 25**

Presented by: Christine Showler, Frontenac Outfitters Canoe and Kayak Center, Sydenham, Ontario

The course objective is to gain, through theoretical and practical application, a competent working knowledge of maps, compass and GPS technology. Emphasis will be on UTM map reading, GPS waypoint plotting and route formation. GPS interfacing software will also be explored. A good knowledge of maps and compasses is recommended. A GPS unit is provided for loan. **Cost:** \$65.00 per person, plus tax, plus Park fee.

**Time:** 9:00 a.m. to 4:00 p.m.



### Take A Nature Walk With The Friends of Frontenac



Bring your family and friends on these short leisurely walks to learn more about Frontenac Park's natural and human history. Meet at the Park Office (unless otherwise noted). Bring your binoculars, drink, snack, and wear sturdy boots or shoes.

**Snowshoe Workshop/Walk**  
Saturday, February 13 at 10:30 a.m. to 3:00 p.m.  
Presented by: Edward Grenda  
(bring lunch, snowshoes and a warm drink) (A few snowshoes for loan are available)

**Winter Lecture –“A Canoe Quest in the Wake of Canada’s “Prince of Explorers” - Sir Alexander MacKenzie”**  
Presented by Author: John Donaldson  
Author, John Donaldson retraces MacKenzie's journeys to the far north and to the west coast, through his 5 years and 12000 km of canoeing adventures.  
Wednesday, February 24, from 7:00 p.m. to 9:00 p.m., in the Wilson Room at the Kingston Public Library, downtown Central Branch, 130 Johnson Street

**Historical Walk**  
Sunday, April 18 at 10:30 a.m.  
Presented by: Jerome McDuff  
Along Big Salmon Lake Road. Rain or shine.

**Nature Walks and Talks**  
Every fourth Saturday of each month (except Nov. and Dec.), starting January 23.  
Meet at the Park Office at 10:00 a.m.  
Bring a lunch and wear appropriate clothing for the weather.  
Presented by: Dora Hunter