



Frontenac Provincial Park Wilderness Skills Training Programme Schedule 2012

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

Participants are requested to meet at the park Office twenty minutes prior to the scheduled start times of the presentation. The Presentation Fee is payable to the PRESENTER and the Provincial Park Daily Vehicle or Camping Permits can be purchased at the Park Office or the Self-Serve Kiosk. Please call the Park Office to register for any of the Programs. Programs presented by the Friends of Frontenac Park are identified with the Friends logo.

Winter Camping Trip Planning

Saturday, January 14

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. 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 28 to Sunday, January 29

Presented by:

The Friends of Frontenac
(See details below)

Winter Camping Instructional Weekend #2

Saturday, February 4 to Sunday, February 5

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:** \$65.00/person, plus Park 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 25

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 3:30 p.m.

Friends Historical Walk

Sunday, April 22

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.

ORCKA Canoe

Instructors

Recertification Clinic

Saturday, May 5

Presented by: Barry Irish, Paddle Away Adventures, Kingston, ON
All ORCKA, Basic, Canadian Style Paddling and Tripping instructors must recertify every three years to keep current and 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 class and part on water. All who attend will be certified in the new ORCKA canoeing program. All participants must register with ORCKA prior to the clinic.

Instructor: Barry Irish
613-634-4177; cell 613-539-4864 or email birish@cogeco.ca
Cost: \$50.00, + Park fee
Time: 9:00 a.m. to 5:00 p.m.

Single Burner

Gourmet Cooking

Sunday, May 6

Presented by: Barry Irish, Paddle Away Adventures, Kingston, ON
Food in the wilderness does not have to be boring. Topics to include: food preparation, food storage, food safety, recipes, types of stoves, utensils and more. This clinic explores the ability to prepare good and interesting food. You do not have to use the pre-packaged food from the outdoors stores. This is an opportunity to exchange recipes, techniques and ideas. You may bring some food, ideas and techniques to share. **Cost:** \$25.00/person, + Park fee. **Time:** 10:00 a.m. to 1:00 p.m.

The Amazing Tarp - Tarping Made Easy

Sunday, May 6

Presented by: Barry Irish, Paddle Away Adventures, Kingston, ON
Learn how to put up tarps easily. Topics include: types of tarps, ropes, methods of putting up tarps, useful knots, and more. This is an opportunity to learn the many uses of tarps and share ideas. **Cost:** Park daily vehicle permit. **Time:** 1:00 p.m. to 3:00 p.m.

Introduction to Backcountry Camping

Saturday, May 12

Presented by: The Friends of Frontenac

For those who wish to venture to the backcountry to enjoy the outdoors, but who are unsure what to pack or buy, this is a workshop for you. Topics include: how to get started, clothing, footwear, equipment, food, water treatment and safety in the outdoors. This introduction is to introduce the new backwoods camper to this form of recreation. **Cost:** Park daily vehicle permit. **Time:** 9:00 a.m. to 4:00 p.m.

Basic Wilderness

First Aid Course

Saturday, May 26 to Sunday, May 27

Presented by: SOLO Canada / Mark Halladay Emergency Services, Kingston, ON

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 \$175.00 per person (H.S.T. incl.), plus Park daily vehicle permit. **Time:** 8:30 a.m. to 4:30 p.m. each day. (two day course)

ORCKA Canoe Tripping - Level 1 & 2

Wednesday, May 30 to Sunday, June 3

Presented by: Barry Irish, Paddle Away Adventures, Kingston, ON
This is an Ontario Recreational Canoeing and Kayaking Assoc. certified course. This is an opportunity to learn how to canoe trip for beginners. Participants must be able to trip on their own after this course. The course may be of interest to education professionals or those looking to become professional guides. This course is a pre-requisite for ORCKA's Canoe Tripping 3 Course. This trip will add mileage and days if you are looking to work towards taking a Tripping 3 course. Topics include all aspects of canoe tripping (camping) such as, equipment use and selection, food handling, trip planning, safety, techniques and much more. Registration cut off is May 25. For further information: Barry Irish at 613-634-4177, cell 613-539-4864 or birish@cogeco.ca
Cost: \$500.00 + Park permits.

ORCKA Canoe Tripping -Level 3

Wednesday, May 30 to Sunday, June 3

To run concurrently with the ORCKA Level 1 & 2 course
Presented by: Barry Irish, Paddle Away Adventures, Kingston, ON
This is an Ontario Recreational Canoeing and Kayaking Association certified course. The ORCKA Canoe Tripping 3 is the guide standard for Ontario and is recognized in many other provinces. This course will be of interest to educational professionals or those wishing to become professional guides. Topics to include: risk and crisis management, trip planning, equipment selection and camp sites, menu planning, food handling and preparation, leadership and much more. Of interest to Canoe Tripping 3's starting in 2012, will be the ability to purchase liability insurance for themselves for the season at a cost of \$50.00 plus membership in ORCKA. This is at an unbelievably low cost. Further information: Barry Irish 613-634-4177, cell 613-539-4864 or birish@cogeco.ca
Cost: \$500.00, plus Park permits.

Wilderness Navigation Using Map and Compass, Level I

Saturday, June 02

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. The course includes a basic introduction on how to use your GPS. Book your spot early! **Cost:** \$20.00/person, + Park fee. **Time:** 9:00 a.m. to 4:00 p.m.

Canoe Clinic

Sunday, June 10

Presented by:

Catarauqui Canoe Club, Kingston.

This is an opportunity for canoeists of all abilities to learn or refresh their paddling skills, with an emphasis on steering strokes and safety maneuvers. Equipment selection and backcountry trip planning will also be discussed. The clinic will be held outdoors as much as possible, ending with a leisurely paddle to practice new skills. Equipment rentals are available nearby or enquire at the Park Office. **Cost:** \$20.00/person, + Park fee. **Time:** 10:00 a.m. to 3:30 p.m.

Wilderness Navigation Using Map & Compass, Level II

Saturday, June 16

Presented by:

The Friends of Frontenac

This workshop is designed to give participants time to build on the knowledge acquired in the Level 1 course. Use your new skills to navigate off trail the entire day, as a group and under the supervision of the instructor. Everyone will have a chance to get a lot of practice. Be prepared to spend most of the day outdoors, rain or shine, after a short review indoors. You will need a lunch, plenty of water and come dressed for the weather and bush travel, including long pants and sturdy hiking shoes/boots. Participation in Level 1 is recommended but not necessary, if you know how to use a map and compass and just want more practice navigating off trail. Includes a basic introduction on how to use your GPS. **Cost:** \$20.00/person, + Park fee. **Time:** 9:00 a.m. to 4:00 p.m.

Kayak Basics --"Getting Started" Kayak Course

Saturday, July 14

Presented by: Christine Showler, Frontenac Outfitters Canoe & Kayak Centre, Sydenham, ON

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 at www.frontenac-outfitters.com
Kayak and quality paddling gear included! **Cost:** \$75.00 plus tax /person, plus Park daily vehicle permit. **Time:** 1:00 p.m. to 4:00 p.m.

Paddle Canada - Flatwater Sea Kayaking Certification Course

Sunday, July 22

Presented by: Christine Showler, Frontenac Outfitters Canoe & Kayak Centre, Sydenham, ON

A comprehensive full day on, in and under the water, teaching you the fundamentals of Sea Kayaking theories, strokes, rescues and recovery skills. Past participants often repeat this confidence-building course year after year to further develop and refine their skills. Register by calling 613-376-6220 or at www.frontenac-outfitters.com . Course to take place at Frontenac Park. **Cost:** \$175.00 plus tax, /person, + Park fee. (Sea kayak and quality paddling gear included). **Time:** 8:30 a.m. to 4:00 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 4th at 10:30 a.m.

The Frontenac All Season Camping Challenge

Presented by:

The Friends of Frontenac

The Challenge: to camp at least one night in each of the months of the year in Frontenac Provincial Park. Register at the Park Office and retain your copy of the camping permits as proof of your stay during each of the 12 months. Once done, submit your record sheet with the copies of your permits and you will be acknowledged at the next Challenge BBQ with a certificate and your name placed on the Camping Challenge plaque!

Hot Winter Camping Sunday, January 20, 2013

Presented by:

Zabe MacEachren, Queen's U Outdoor Education Coordinator

Winter camping can be a "hot" experience when a portable wood stove and cotton wall tent are used. With proper equipment, even groups and families can travel safely on extended trips. All the basics will be covered including trip planning, equipment details and safety, so you can feel confident planning your own trip! **Cost:** Park daily vehicle permit **Time:** 10 a.m. to 3:30 p.m.



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