



WHITEWATER CANOEING WEEKEND

WHITEWATER CANOEING CLINIC

- Skill level 1+ No experience required
- 2 days / 2 nights camping
- includes instruction, paddling gear, meals and tents
- Fri., June 11 evening – Sun., June 13 mid-afternoon
- \$360.00 plus HST

This exciting weekend is an opportunity to learn the basic skills and safety techniques you need to enjoy paddling a wilderness river. The clinic is designed to provide excellent instruction in a relaxed and enjoyable setting at Palmer Rapids on the Madawaska River, east of Algonquin Park. We'll learn a style of paddling that allows you to safely descend rapids in a loaded, tandem tripping canoe. We'll try out a few more flamboyant moves just for fun. After the weekend you'll be ready to head out on your own.

We will camp beside the rapids on Friday and Saturday nights. Everyone helps out around the campfire preparing the meals with guidance from your instructors. No previous whitewater experience is required but previous canoeing and camping is advantageous.

The clinic is offered in cooperation with Black Feather – the wilderness adventure company.



OSSSC

OTTAWA SPORT & SOCIAL CLUB

RECESS FOR ADULTS ... JUST PLAY.

For more information and a clinic information package:

www.osscc.ca

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