

Overview of the Week

All canoe trips begin and end on IAWAH property. You'll spend Sunday afternoon and evening getting to know your guides and fellow adventurers as you prepare for the trip. Sunday's preparations include a swim test, teaching and reviewing canoe skills, and getting familiar with all of the gear.

On Monday morning we pack up, have breakfast and hit the road for our adventure. Travel time could be 2-5 hours to the entry point depending on your trip.

On trip, our days start off with packing up the campsite and eating breakfast. We then take some reflective time by ourselves before hitting the water, either around the fire, looking over the water or under a huge White Pine. Next we'll hit the water and head down river. We eat, swim, paddle and portage.

Some days we stop for a hot lunch cooked over an open fire which is a highlight. Our breakfast, snacks, and lunches are

basic food, but at supper we exercise our creative side. Some days we make fresh bread, bannock or biscuits. We have dessert everyday!

After supper, we hang out at the camp site: time to explore, swim or hang out in canoes. As the sun sets we gather around the fire, reflect on the day, and learn from each other. We talk about highlights and low points. We also have a discussion which might be random or scheduled depending on the group, the day's event(s) and what God might be teaching us.

We aim to hit our take-out at noon on Friday, eat our last lunch and then load the van and trailer to head back to IAWAH. The work doesn't stop! We set up the tents for a final sleep, hang all our stuff to dry, and wash all the food barrels and our wannigan. Some will grab a shower and then it's supper! Friday evening we will have fun at IAWAH... often including a slideshow of the trip or some waterskiing.