

Subject: Spring Long Weekend Paddling Camp & Paddling Iceland
Date: Thursday, 23 January, 2014 12:49 PM
From: Harbourfront Canoe and Kayak Centre <ask@paddletoronto.com>
Reply-To: ask@paddletoronto.com
To: david@paddletoronto.com
Conversation: Spring Long Weekend Paddling Camp & Paddling Iceland

SECOND ANNUAL SPRING PADDLING CAMP AND ICELAND 2014



Dear David,

Welcome to 2014, and we already have some spring and summer paddling trips for you to consider...but don't wait too long as both sold out last year. It is with great pleasure that we announce registration is open for **Paddle Camp 2014**. Loads of fun, learning, and camaraderie will have you paddling efficiently for the beginning of summer.

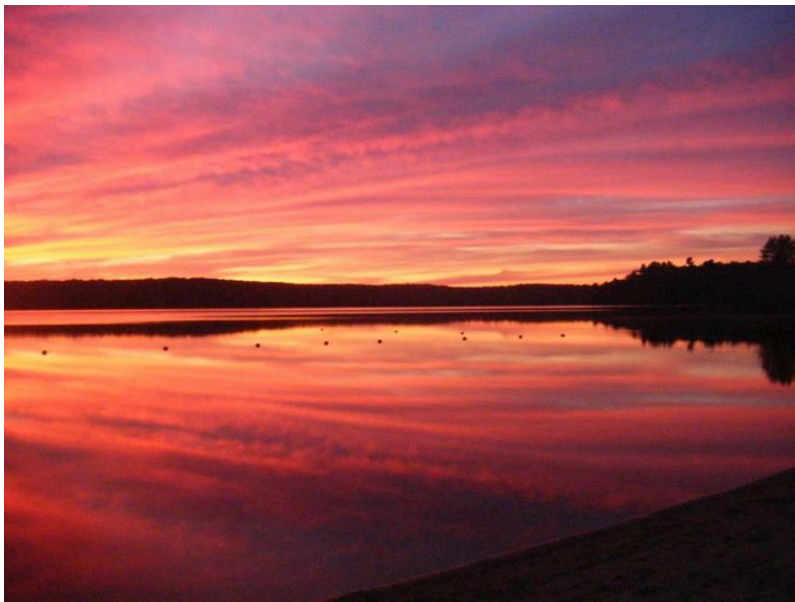
Mid summer we travel to the land of fire and ice and **paddle Iceland** in a way few get to experience. Paddling the Hornstrandir Nature Reserve is a paddler's dream and you will soon come to realize why so many are talking about Iceland being one of the most physically stunning places on earth.

Have a look at our home page message board at paddletoronto.com for all our winter programs including socials and pool sessions. Stay safe in all your winter adventures and we look forward to seeing you all in winter or summer!

Sincerely,

Dave, James, Erik, Lien

PADDLING CAMP - BARK LAKE MAY 16-19



Bark Lake

We are happy to announce our second annual spring training camp for sea kayakers will be held at the Bark Lake Leadership Centre in the Kawarthas. We

In this newsletter

[What and where is Paddle Camp?](#)
[Paddle Camp Detailed Information](#)
[Iceland 2014 Details](#)

Other News

[Mon Jan 27 Social/Slides Dinner](#)
Email or call in to sign up for this Monday's Jan 27th Social/Slides Charity Dinner \$20 at Harbourfront ...please [RSVP](#) by Fri Jan 24

[Our July 22 Iceland Kayak Trip](#)
We are half sold out for our 2014 Iceland Kayaking Trip ...What a great trip of a lifetime opportunity with us.
...please [email](#) with any questions

[Winter In-Pool Kayak Courses](#)
Renew your love for kayaking and get some warm kayaking exercise this winter starting in a couple weeks ...these do sell out so plan some fun this winter today

Paddle Camp Crew

LEAD INSTRUCTOR: Erik Ogaard

Many of you already know Erik as our head instructor at the Harbourfront Canoe and Kayak Centre. What you may not know is that he is one of the most decorated Paddle Canada instructors across Canada. He is regularly recruited to teach courses, train instructors and provide corporate presentations from British Columbia right across to the Canadian East Coast.

Certifications:

Level II/III Sea Kayak Instructor Trainer.
Introduction, Level I/II/III/IV Sea Kayak Skills Instructor.
Intermediate Canoe Instructor Trainer.
Beginner/Intermediate/Advanced Skills Canoe Instructor.

kayakers will be held at the Bark Lake Leadership Centre in the Kawartha's. We took everyone's feedback from last year's camp to make this year's version that much better. Everyone will have the opportunity to stay right at Base Camp if they like. On the kayaking side - we are creating better programs so that all levels of kayakers will benefit from this long weekend get away. For those who are unfamiliar with Paddle Camp - it is meant to bring sea kayakers together to improve their base skills as well as get everyone into mid-season form so we can all have a nice long sea kayaking season. The event is also a great way to interact with fellow kayakers and instructors in a wonderfully relaxing setting so please join us for this great 4 day event over the May long weekend.

SUP Lakewater Instructor Trainer.
 SUP Basic/Advanced Instructor.
 Wilderness First Aid Responder.
 CanFitPro Personal Trainer
 P&H Sea Kayak Team Paddler

CAMP PROGRAMMING: James Kowalewski

James has been General Manager of the Harbourfront Canoe & Kayak Centre for many years, and not only is a triathlete but owns/operates Element Racing (Offroad Triathalons). James has been responsible for many of the great programming ideas down at Harbourfront. He also loves getting to know everyone at Harbourfront and getting back to his roots as a great canoe and kayak instructor.

CAMP OPERATIONS: Lien Thoo

Lien has been a major part of one of our travel and tourism division, Harbourfront Adventures for 16 years. His latest trips, of which he not only designed, but also held the position of lead guide, include last year's Iceland, Belize, New Zealand, and he is now preparing to lead this year's trip heading to Iceland. You may have also come across Lien down at the Paddling Centre as he is a regular guide for the intermediate social paddles during the summer as well as the lead cook for our winter charity social dinners.

DETAILED INFORMATION



COURSE DETAILS - Please note that a more detailed timeline and itinerary will be sent out to course participants.

- May long weekend (Friday, May 16th to Monday, May 19th)
- Friday afternoon and Monday morning sessions are optional paddles depending upon your arrival and includes additional instruction
- Sat & Sun instruction broken out into morning, afternoon, and post-day sessions.
- Base lodge will be Bark Lake which has a variety of sleeping options
- Main Social Room has fireplace with attached kitchen and eating area.

COURSE SUMMARY

- For previous paddling experience participants (Example of requested experience would be at least one weekend beginner course or equivalent and a few social paddles, rescue certification not required)
- Hone your skills and take your kayaking to another level
- Get into mid-season form early in the season
- Instruction will focus on key paddling elements including strokes, rescues and fitness in various water conditions
- Other programs include Video stroke analysis, inland seminars and much more.
- Have lots of fun and build your paddling network of friends

COSTING

Base course is \$325 + HST (instruction only)

Options Include:

- Boat and equipment rental (including skirt, paddle, and PFD): \$75 + HST
- Food (nutritious meal plan): 3 dinners, 3 lunches and 3 breakfasts. We can accommodate dietary restrictions (gluten free/vegetarian): \$130 + HST
- Accommodations: For all 3 nights you have the options of a nicely heated mens or ladies dorm bed \$145 + HST (6-8 people/room separate washrooms), shared room with 2 beds and 3 piece washroom \$190 + HST, private room single with en suite washroom \$280 + HST, private room double with en suite washroom is \$380 + HST
- Your Kayak's transportation by us to Bark Lake \$45 + HST

Not Included:

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- Transportation to and from the course. We encourage participants to carpool - please indicate whether you can offer a ride or require a ride.
- Drysuit/Wetsuit: Weather will be unpredictable and we dress for safety. We own 8 Drysuits and they are able to be lent out on a first-come basis.
- Personal snacks
- Evening beverages

If you have any questions regarding paddle camp email info@paddlecamp.ca

LOCATION AND ACCOMMODATIONS

ABOUT OUR LOCATION:

Located on the quiet shores of Bark Lake in the Kawartha Lakes District 2.5 hours from Toronto, Paddling Base Camp is a comfortable retreat away from city life. This is a special place created to be an environment to enhance group interaction in a beautiful wild setting. ([Bark Lake Website](#))

[Google Map Location](#)

Bark Lake Lodge & Shoreline



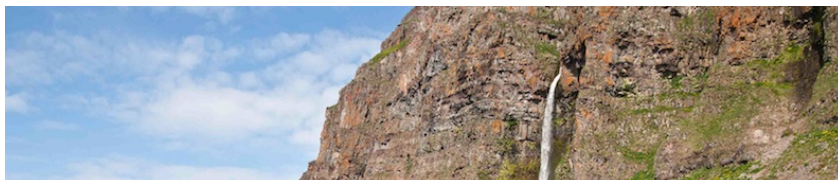
How To Register for Paddle Camp 2014

Since Paddling Camp will go live on our website quite soon, interested participants should e-mail info@paddlecamp.ca with any questions. When ready to register email Clare at ask@paddletoronto.com with your selection of options from above.

Please include the following into the body of your e-mail:

1. Best way to contact you
2. Paddling camp options e.g. lodging option at base camp, meal plan (food restrictions), drysuit, kayak rental, kayak transport

Our 2014 Iceland Kayaking Trip is Calling





KAYAK ICELAND: 11 day adventure journey in the land of ice and fire!

July 22 - August 1, 2014 (11 Days)

Trip rating: INTERMEDIATE **Activities:** Kayaking, Hiking and Exploration
Trip Leaders: Erik Ogaard, Lien Thoo **Cost:** \$3395 CAD (incl. tax)

[\(see trip itinerary for details\)](#)

Description: This is our second year to Iceland & this trip has been put together for our dedicated paddletoronto sea kayakers! The Hornstrandir Nature Reserve in Northwest Iceland is one of the most remote and unspoiled places left on this planet. The fjords, waterfalls, glaciers, cliffs and midnight sun makes it also a World-Class paddling destination. This is primarily an expedition kayaking trip which means tenting and living in the open. We have partnered with Borea Adventures to put together this custom trip that will blend the care and dedication of a Harbourfront Adventures trip with the local expert in the region. Due to the nature of this trip we will be taking applications to participate. This is to ensure that participants are well suited for this type of adventure. Participants should be seasoned kayakers who have some experience in backcountry camping and understand that group trips are best experienced as a collective. If you would like to view more photos from iceland [click here](#) and use the password borea. If you have any questions whatsoever, email info@harbourfrontadventures.com.

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