AT #2042
Algonquin Wilderness Canoe Trip

August 9 to August 14, 2020

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Booth Lake

All Photographs in Algonquin by Robert White
Pristine rivers and lakes, sandy beaches sloping into clear, clean water, a loon calls, the northern lights, a wolf howl. There are very few places within a day’s drive of Boston where you can expect these. Algonquin Park in Ontario, Canada is such a place. It is located 300 km north of Toronto and 300 km north-west of Ottawa. Algonquin Park has 7700 km2 of territory and 3,000 km of canoe routes. The main activity in the park is wilderness canoeing. The park, founded in 1892, is the second oldest ‘national’ park in North America. It is almost as big as Yellowstone. We will be exploring one of the gems of the park, the Barron River Canyon. The river is lined with steep walls of crystalline rock up to 100 m. tall. We will also visit High Falls, one of the largest waterfalls in the park. The trip will start on Grand Lake and end on the Barron River. Our four night, five day canoe trip will have one lay-over day, with hiking trails, swimming, or casual canoeing all possible activities. August is an ideal time for Algonquin. There are very few bugs, the weather is warm, and the lakes are swimmable.

When the glaciers melted 11,000 years ago, meltwater formed large rivers that flowed from the western highlands and deposited sand and gravel on the east side of the park. These sandy soils, in combination with lower elevations and warmer temperatures, resulted in the growth of coniferous forests, primarily white and red pine. The park is in a transitional zone between the boreal forest to the north and the Great Lakes-St. Lawrence forest to the south. For the naturalist, there are 265 species of birds, 40 species of mammals, and 1,000 species of plants. The park is particularly noted for its large moose population, its wolves and its spectacular night skies.

AMC Adventure Travel Trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles of the Club.

Get a sense of the trip with these U-Tube videos:
Algonquin Park Canoe Trip - Part One - Grand Lake to Stratton Lake and High Falls
Algonquin Park Canoe Trip - Part Two - Stratton Lake to Barron River
The Barron Canyon Algonquin Park
You should be a person who enjoys an active vacation and socializing with other participants. You must be healthy, and in good physical condition for this trip, be able to paddle 20 km per day at a relaxed pace, carry a 35 pounds pack over portage trails for up to half a mile. You do not have to be an expert canoeist. This trip is suitable for the novice as our route is entirely flat water with a 1-3 portages per day. For those with limited canoeing experience, pre-trip training can be arranged. You should be experienced and comfortable with paddling a canoe on flat water, with backcountry camping skills, be willing to help out with camp chores, and to learn and develop new skills, while being curious and engaging in all things.

The success of the trip is dependent on the group. Group trips require flexibility, patience, helping others, chipping in, and staying together as a group. If you do not like waiting, sharing, or participating in a group, then this trip may not be suitable for you.

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Before your acceptance as a participant on this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety.

**Portaging a canoe is not difficult. The canoe will weigh 35-40 pounds and is balanced on one person’s shoulders. Not everyone will need to portage the canoes and we can teach portaging skills. Those who do not carry a canoe will carry packs on the portages.**

We will teach canoeing and portaging skills. We will demonstrate and practice canoe rescues.
Proposed Algonquin Wilderness Canoe Trip

6 days in August 2020: This itinerary is provisional and may be changed according to weather, wind and water conditions. The leaders reserve the right to make such changes as necessary, before and during the trip.

Aug. 9 (Day 1) – Travel by car and meet at Achray Campgrounds in the park in the afternoon. The entrance to this part of the park is near Pembroke, Ontario. Pembroke is typically an 8-9 hour drive from most areas of southern New England. Drivers will make their own transportation arrangements, but the leaders will facilitate car pooling when possible. Flying into Ottawa is possible with a pick-up. Introductory dinner included at the campsite.

Day 2 – Breakfast at campsite.
Start of our four nights, five-day canoe trip, pick up canoes, get permits, and launch. We will arrange for one car to be shuttled to the take-out and one car spotted half-way for emergencies. Otherwise, once we start, there is no way out and everyone will have to participate.

One possible route
Aug 10 (Day 2) - Put in at Grand Lake > 50 m portage to Stratton Lake > camp. Paddle 6 miles

Aug 11 (Day 3) – Layover day. We can travel and view High Falls, use some of the hiking trails in the area, canoe around the lake or do nothing.

Aug 12 (Day 4) - 50 m portage into St. Andrews Lake > portage 595 m. to High Falls Lake > 300 m. portage to Ooze Lake > 640 m. portage to Opalescent Lake, camp. This will be the hardest day. Paddle 4 miles.
Aug 13 (Day 5) - Portage of 750 m. to the Barron River > two portages of 100 m. and 440 m. to enter the canyon > camp. Paddle 4-5 miles.

Aug 14 (Day 6) - Continue down the Barron River > portage of 345 m. > take-out. Paddle 3 miles. Car left at takeout will be used to shuttle car drivers back to put-in, where other cars are left. End of the trip.

ACCOMMODATIONS

The first evening will be spent at Achray Campgrounds, a large car camping site. Participants are expected to have all their personal gear including tent, sleeping bag and sleeping pad. A full clothing and gear list will be provided. The leaders will bring communal cooking gear, water purification, tarps, and stoves. Food will be stored in bear-proof barrels.

Canoe camping will be at established backcountry campsites. All will have a box-type privy. Bears are reported in the park but are rarely a problem. We will practice bear safe campsites. Our group will keep its campsites spotlessly clean. All garbage will be burned or packed out.

Each campsite in the back country is limited to 9 participants. We will plan to reserve two adjoining campsites if we have more than 9 participants but we can paddle together during the day and share the evening meal at one campsite.

MEALS & WATER

All meals on the trip will be cooked outdoors over an open wood fire or gas canister stoves. A draft menu will be sent out before the trip. We will filter all the water we use. The leaders will bring a gravity type of water filter.

Your leaders pride themselves in bringing great food to the heart of the wilderness. We will not have a specific employed cooking staff person. The preparation of meals will be a communal affair with everyone taking their turn to help. Cooking and hygiene will be supervised by one of the trip leaders. Vegetarian options will be available. In the words of one participant, ‘I ate better on this trip than I do at home.’ Everyone is expected to help out around the camp. There will be tents and tarps to set up, cooking and kitchen chores, wood to be gathered, and a fire to be tended. Alcohol is permitted and you can bring your own. Wine should be boxed and spirits in a metal flask. Cans and glass bottles are not allowed in the park.
EXPERIENCE AND RISKS

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. While this is an introductory canoe trip, there are still some risks we face including car travel, wind, rain, cold or hot weather, water immersion, and the risks associated with travel and camping in remote wilderness areas. On larger lakes, wind and waves can be a problem. Your leaders have first aid training and a basic kit but help can be a few hours or a day away. Everyone will wear a PFD while on the water. We will have an In-Reach emergency device with us. If you may need specific medicines, please bring them and advise the leaders. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have any questions.

While canoeing and trekking in the wilderness can have its challenging moments, we strive to make these trips relaxing, fun and safe, with good food and wine, camaraderie and spectacular locations. Each of these trips has elements of human and natural history to it, whether it is old fur trading routes, ancient pictographs by First Nations people, or the northern lights. Each person plays an active role in the trip. These trips are intended to broaden the mind, develop skills, quiet the soul, create friendships, and strengthen the body.

Trip Cost

The cost for this trip is $480. This fee includes the following: first night’s car camping and dinner, all meals while on the water (except appetizers and alcoholic beverages), all Park fees, Not in-
cluded: Travel to and from the start and finish of the trip, meals while on the road, all alcoholic beverages while on the trip and personal expenses. Canoes are not included in the cost of the trip. You can bring your own canoe or rent a canoe at an extra charge (est. $35 Canadian per canoe per day). This can be arranged by the leaders. A Kevlar or light-weight canoe is highly recommended.

Please note, in accordance with AMC policy, the trip fee subsidizes the leaders’ expenses and includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. Beyond this, the leaders are not allowed to realize any profit from this trip. Any unspent funds will be refunded to all participants. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip’s financial accounting is complete and approved by the AT committee.

The trip price includes emergency medical and evacuation insurance. Individual travel insurance is highly recommended. More information about optional travel insurance will be provided in the formal acceptance letter.

A recommended gear list will be provided after you are accepted for the trip.

Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations. On the trip, we will offer canoe safety training and teach portaging skills. We will talk about bear safety and camp hygiene.
How To Proceed

If you would like to go on this trip, contact the leaders to obtain the application materials, or you can download the documents from:

https://drive.google.com/drive/folders/1729ntH9nluWySZbsuLBBMOAfJ4N1ooi?usp=sharing

Complete the application form, waiver and medical forms and enclose a check for the $150 deposit made out to
‘Appalachian Mountain Club’. This should be mailed or emailed to:

Robert White
128 White Birch Dr.
Guilford, CT 06437

The balance of $330.00 is due by May 1, 2020.

When you register for the trip, the leaders will reach out to you to discuss the trip and assess the appropriateness of the trip for you. You will be formally accepted when the leaders have determined that the trip is a good match for you. You will receive a formal letter of acceptance and your check will be deposited once we have the minimum number of participants for the trip to go. Once registration is complete and all money's received the leader will send all participants the names addresses and phone numbers of those going on the trip. Trip leaders prefer to use email as a primary source of communication. We hope to get the trippers together as time and distance permits before we head north; we can get to know each other and perhaps even paddle together.

Cancellations

The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or the leaders. If the leaders cancel the trip, you will receive a full refund of your deposit and payments. If the trip goes, and you cancel after the deposit is made, you will receive a refund to the extent that it covers expenses already occurred on your behalf or any unavoidable future expenses. A cancellation 5 months or more before trip, or if the leader can replace you, you will get a full refund. This will not be determined until after the trip is completed.

We typically see beaver, otter, chipmunks and squirrels in or by the lakes, occasionally moose.

Loons are seen on every lake, often female merganser, spotted sandpiper, chickadees, wood warblers, grouse, gulls, woodpeckers and herons.
Bob White learned to canoe and love the wilderness from his grandfather. For most of his adult life, he has been active in the AMC. In his younger years, he led white-water canoeing trips for the Connecticut AMC and in more recent years he has led sea-kayaking trips. About 15 years ago, he discovered Algonquin Provincial Park in Ontario from a New York Times article. He has led numerous family wilderness camping trips to Algonquin, the last one with his wife in 2016. He led AMC inter-chapter trips to Algonquin and La Verendre Park in Quebec. For Adventure Travel, he has led hiking trips to Utah twice and Kauai, a sea-kayaking trip to Mexico, wilderness canoeing in Temagami and Algonquin, and wilderness canoeing on the Buffalo River in Arkansas. He works as a psychiatrist in New Haven, CT. His hobbies include cooking, birding and photography, all of which he will practice on the trip.

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Brian’s passion is enjoying the outdoors. He especially loves hiking, biking, and kayaking. Over the past 30 years, he has planned and led many weekend camping getaways mostly involving biking, hiking, rafting, canoeing and kayaking for AMC, Mosaic and other local outdoor groups. He is a Bike, Hike and Paddle leader for the NoNJ/NY chapter of AMC leading twenty trips in the last five years including three camping weekends. Brian is an avid kayaker, including joining the "http://nationalcanoesafetypatrol.com" National Safety Canoe Patrol. This all-volunteer group partners with the National Park Service to patrol the upper Delaware River area. The Safety Patrol spend time paddling the upper Delaware River while rescuing people who have found themselves in an "out of boat" experience of some sort and guiding people to be safer as they paddle down the river. Brian’s training for this group includes First Aid, CPR, and Advanced Water Rescue.

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