



YOUTH ADVENTURE CAMP (AGES 12-14)

Goal:

This five-day adventure camp will introduce participants to a variety of outdoor adventure activities.

Brief Overview of Activities:

- Day I: Lake Canoeing
- Day II: Top Roped Climbing and Interpretive Hiking
- Day III: River Rafting – North Saskatchewan River
- Day IV: Full Day Hike
- Day V: Beach Day

Location:

- HeLa Ventures Adventure Education Centre, located 24 km west of Rocky Mtn House

Dates: July 28 – August 1, 2019

- Arrival: Sunday, July 28, 11:00 AM at Twin Lakes Provincial Park
- Departure: Thursday, August 1, 3:00 PM from Crimson Lake Provincial Park

Pick up and drop off:

- There will be a pick up in Red Deer at 9:30 AM on July 28 (location: Burnt Lake Fas Gas - 101 Burnt Lake Trail Hwy 11)
- There will be a drop off in Red Deer at 4:30 PM on August 1 (location: same as above)
- You may wish to drop off your child directly at Twin Lakes*, at 11:00 AM on July 28; and pick him/her up at Crimson Lake** at 3:00 PM on August 1.

*Directions to Twin Lakes: <https://www.albertaparks.ca/parks/central/crimson-lake-pp/information-facilities/day-use/twin-lakes/>

**Directions to Crimson Lake: <https://www.albertaparks.ca/parks/central/crimson-lake-pp/information-facilities/day-use/crimson-lake/>

Costs:

- \$625.00+GST/participant. The fee includes meals, accommodations (bunkhouses), group equipment, guiding/instruction and transportation.
- Special dietary requirements (including but not limited to gluten-free, lactose-free, vegan.): \$25.00+GST per student. No surcharge for vegetarian diets. Our kitchen is nut free.

Emergency Contact:

- (403) 845-4325 (Camp Phone); (780) 862-3497 (Camp Cell)
- (780) 932-4820 (Director's Cell); (780) 468-1492 (Edmonton Office)

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DAY I : Lake Canoeing

- 9:30 AM Pick up in Red Deer
- 11:00 AM Arrive at Twin Lakes
- Introductions and Orientation
 - Introduction to lake canoeing skills
- 1:00PM Lunch
- 2:00 PM Continuation of lake skills and building to river skills; water games
- 6:00 PM Shuttle to camp
- 7:00 PM Supper and clean up
- 8:00 PM Evening activities
- 10:00 PM Dessert and lights out

DAY II : Top Roped Climbing and Hiking

- 8:00 AM Breakfast and clean up
- 9:30 AM Depart for Kootenay Plains
- 11:00 AM Split group in half
- ½ group - Introduction to Top-Roped Climbing
 - ½ group - Interpretive Hike exploring the human and natural history of the area
- 2:00 PM Lunch
- 3:00 PM Switch groups
- 5:00 PM Snack and shuttle to camp
- 7:00 PM Supper and clean up
- 8:00 PM Evening activities
- 10:00 PM Dessert and lights out

DAY III : River Rafting Experience

- 8:30 AM Breakfast and clean up
- 9:30 AM Depart for the Horburg Access
- River Education Talk
 - Paddle from Horburg to the Brierley's, which is approximately 6 hours and includes a number of fun rapids. Lunch en route
- 5:00 PM Arrival at Brierley's river access. Load gear and shuttle back to camp.
- 7:00 PM Supper and clean up
- 8:00 PM Evening activities
- 10:00 PM Dessert and lights out

DAY IV: Day Hike

- 8:00 AM Breakfast and clean up
- 9:30 AM Depart for the day hike. The hike we choose will be dependent on weather conditions and fitness level of the participants. All of the hikes are spectacular, providing the opportunity to summit a ridge and view the North Saskatchewan River and the David Thompson Valley.
- 5:00 PM Snack and shuttle back to camp
- 7:00 PM Supper and clean up
- 8:00 PM Evening activities
- 10:00 PM Dessert and lights out

DAY V: Beach and Departure

- 9:00 AM Breakfast and clean-up
- 11:00 AM Depart for Crimson Lake Provincial Park
Play at the Beach!
- 3:00 PM Snack, goodbyes and departure
- 4:30 PM Drop off in Red Deer

PLEASE NOTE: The times indicated on the schedule are tentative. During the program, we will be on a flexible schedule in order to meet the needs of the group. For safety reasons, we reserve the right to alter the schedule and activities should the weather or river conditions present any threat to a safe, enjoyable trip for the participants.