

Paddling Schedule 2018

Please note: you must register ONLINE FOR ALL TRIPS. Some events are very popular and fill up quickly. You can email the trip leader for more details but registrations must be made online. Registration for day trips will open the month before the date of the trip. Lessons must also be booked online. For skill levels, please read the "Fine Print for Paddling Activities that follows the schedule.

Date	Level	Trip leader	Description
May 5 Saturday	Guelph Lake A-2	Dorothy Rideough rideoughd@gmail.com	Easy day Paddle on Guelph Lake—wetsuits or dry suits are recommended. Bring a lunch. No rentals on site. Back up date May 6.
May 12 Saturday	Lower Niagara River A-2	Paul Humber ph48chief@gmail.com	Easy day paddle on lower Niagara River. Wetsuits or drysuits required. No rentals available.
May 13 Sunday	TBA	Dorothy Rideough rideoughd@gmail.com	
May 18-21 Fri-Mon	Leamington Weekend B-2	Karen Mitchell yellowbaffin57@gmail.com	A weekend in and around Point Pelee, weather permitting. Contact leader for details.
May 26 Saturday	Cootes Paradise A-2	Donna Barber donna.barber@sympatico.ca	Easy half day paddle on Cootes Paradise Details to be advised by leader.
June 9 Saturday	Toronto Islands Kayak B-2	Ralph Gardave gardave@sympatico.ca Heather McClintock adventurelife4212@gmail.com	Joint day paddle for HOC and GLSKA paddlers. Explore the Toronto Islands before the heavy traffic season starts and get to know some other paddlers. Dry suits or wet suits recommended. No rentals.
June 16-17 Saturday Sunday	Lessons & Fun at Guelph Lake Instructional	Dorothy Rideough rideoughd@gmail.com	Lessons for everyone—basic beginner, safety & rescue, advanced skills, towing, rolling, you name it! All lessons are half day in length. All boats and gear provided or use your own if suited. See website calendar for details on registration.
June 23 Saturday	Jordon Harbour A-1	Donna Barber donna.barber@sympatico.ca	Easy day paddle on Jordan Harbour. May go out onto lake if conditions permit. No rentals.
June 22-25 Fri-Mon	Silent Lake A-1	Kevin Jeffrey kjeffery@ca.ibm.com	Extended weekend of car camping at Silent Lake. Contact trip leader for details
June 30 Saturday	Lake Erie/ Port Maitland B-2	Dorothy Rideough rideoughd@gmail.com	If conditions permit, we'll paddle out to Mohawk Island and along the shoreline to a park for lunch.
July 1 st Sunday	Burlington A-1	Dorothy Rideough	Fireworks paddle! We will meet on the Burlington beach strip well in advance (and to secure parking!) and paddle out at dusk to enjoy the fireworks from the water.
July 7 Saturday	Bala A-2	Dorothy Rideough rideoughd@gmail.com	Beginner paddle for those who just took our lesson! Easy day paddle on Lake Muskoka with rentals available.
July 15-21 Sun-Fri	Lake Superior B-2/3	Dorothy Rideough rideoughd@gmail.com	6 days, 5 nights guided wilderness camping and paddling trip on Gitchegumee. See article in newsletter.
July 12-15 Thur-Sun	Georgian Bay B-2	Donna Barber donna.barber@sympatico.ca	Wilderness camping on crown land –destination to be confirmed.

July 13-15 Fri-Sun	Chiminis B-2	Sandy Nay snay1@bell.net Sandra Redfern 14redfearns@gmail.com	Weekend of car camping in the Kawartha Lakes
July 14-16 Sat-Mon	Massassauga A-1	Jim McConachie mcconachie.jim@gmail.com	A semi wilderness camping weekend in Massassauga Provincial Park, a water access only park on Georgian Bay. A perfect introduction to kayak camping with our highly regarded gourmet camp chef! Novice wilderness campers only!
July 27-30 Fri-Mon	Tobermory B-2	Jim Clewlow jumpinjim7@msn.com	Weekend on Tobermory. Car camping. Contact Jim for details.
July 28 Saturday	Lake Muskoka A-1	Dorothy Rideough rideoughd@gmail.com	Another easy day paddle for new paddlers with rentals available.
July 29 Sunday	Lake Eugenia A-2	Sandy Nay snay1@bell.net Sandra Redfern 14redfearns@gmail.com	Easy day paddle on Lake Eugenia.
Aug 4-19	New Brunswick & Nova Scotia	Dorothy Rideough rideoughd@gmail.com	Join me on my annual trip home! Two weeks of car camping (or choose your own accommodation) and paddling and maybe some cycling and hiking too!
Aug 24-26 Fri-Sun	Lock Ness! (Rideau Canal)	Sandy Nay snay1@bell.net Sandra Redfern 14redfearns@gmail.com	Car camping weekend on the Rideau.
Aug 25 Saturday	Waubauskene B-2	Dorothy Rideough rideoughd@gmail.com	Day paddle out of Waubauskene. Rentals available
Sept 7-15 Fri-Sat	Barkley Sound, BC	Dorothy Rideough rideoughd@gmail.com	A 6 day, 5 night <u>instructional</u> paddling trip on the beautiful west coast. Guided wilderness trip.
Sept 15 Saturday	Pedal & Paddle	Peggy Humber humnberd@gmail.com	A morning cycle on Welland trails, followed by a picnic & BBQ followed by a leisurely paddle
Sept 16 Sunday	Belwood Lake A-2	Sandy Nay snay1@bell.net Sandra Redfern 14redfearns@gmail.com	Easy day paddle on Belwood Lake.
Sept 22 Saturday	Toronto Islands Kayak B-2	Ralph Gardave gardave@sympatico.ca Heather McClintock adventurelife4212@gmail.com	Another opportunity to paddle around the Toronto Islands, just in case you missed it in June or didn't have the cold water gear!
Sept 23 Sunday	Lake Eugenia A-2	Sandy Nay snay1@bell.net Sandra Redfern 14redfearns@gmail.com	Easy day paddle on Lake Eugenia
Sept 30 Sunday	Season Ender Paddle Potluck Party	Dorothy Rideough rideoughd@gmail.com	Meet at Lafortune Park in Caledonia, on the Grand River. Hoping for better weather than last year! But if needed, Oct 14 will be the rain date.
Watch the website for more paddles to be added as the season progresses! Casual paddles may also be posted on our Facebook page – contact Dorothy for access. The Lessons in June will be added to the club website for registration – watch for details!			

Non-Club Events

Friday Social Paddle

Every Friday night starting in mid/late May, we will have a social paddle of approx 2 hours, mainly on Lake Ontario followed by a pub stop. Launch spot will be announced by email a couple of days prior and will rotate among various locations between Port Credit and Hamilton. Rentals may be available for some paddles. At least one Friday night, possibly more, will be devoted to rescue practice. Email rideoughd@gmail.com to get on the email list!

June 1-3 Paddlepalooza kayak symposium, all levels, Parry Sound.
Ontario Sea Kayak Center
www.ontarioseakayakcentre.com/events/paddlepalooza-kayak-festival.html

June 8-10 Women on the Water – all women paddling! Wild Women Expeditions & OSKC
www.ontarioseakayakcentre.com/events/women-on-the-water-festival.html

Fine Print for Paddling Activities

Club Rules Apply: As with all club activities, trip leaders and organizers are unpaid volunteers. You are invited to join them but you do this at your own risk. Non-club members are required to sign the Club's release and waiver form in order to participate.

Weather: Most trips are rain or shine. Trip leaders may call off trips and/or change paddling route depending on wind and water conditions.

Safety and Rescue: All paddlers must **wear** a personal flotation device (PFD) while out on the water and be able to swim at least 50m with a PFD.

Please note: Anyone wishing to come on any kayak trips on open water must have done a wet exit with a skirt and a recovery, preferably recently! Paddlers are also encouraged to practice basic rescue techniques to help yourself and others. We offer frequent practice sessions at Kelso and during some paddles

NB: For all extended trips, participants must have attended a rescue session (or lesson) during the current year.

Skill and Endurance Requirements: The following is provided to assist coordinators and participants for our club sponsored kayak and canoe outings and are for the safety and enjoyment of everyone. *Skill Requirements* describes the paddling skills and seamanship required to safely handle situations that could be encountered during a trip. *Pace and Endurance* describes the strength, endurance and fitness level required to comfortably complete the trip.

Pace and Endurance for Kayaking:

- A Not Strenuous - Daily paddling typically less than 3 hours, with distances of 5 kilometers or less.
- B Moderately Strenuous - Daily paddling typically between 3 and 5 hours, with distances of 5 to 20 kilometers.
- C Strenuous - Daily paddling typically more than 5 hours, with distances of 20 kilometers or more.

Skill Requirements for Kayaking

- 0 Beginner – No experience required
- 1 Novice - Requires basic paddling skills, practiced wet exits. Expect protected waters, easy landings and shelter for resting.
- 2 Intermediate - Requires basic paddling skills including ability to brace, self-rescue, and participate in assisted rescue. Be comfortable in 1 meter waves. Mostly protected waters, some difficult landings, and some sheltered spots for resting.
- 3 Experienced - Requires advanced paddling, seamanship and rescue skills. Ability to handle waves greater than 1 meter. Expect exposed waters, open crossings, moderate to strong windsurf, fog and potentially difficult landings. Sheltered resting and landing spots could be few.