



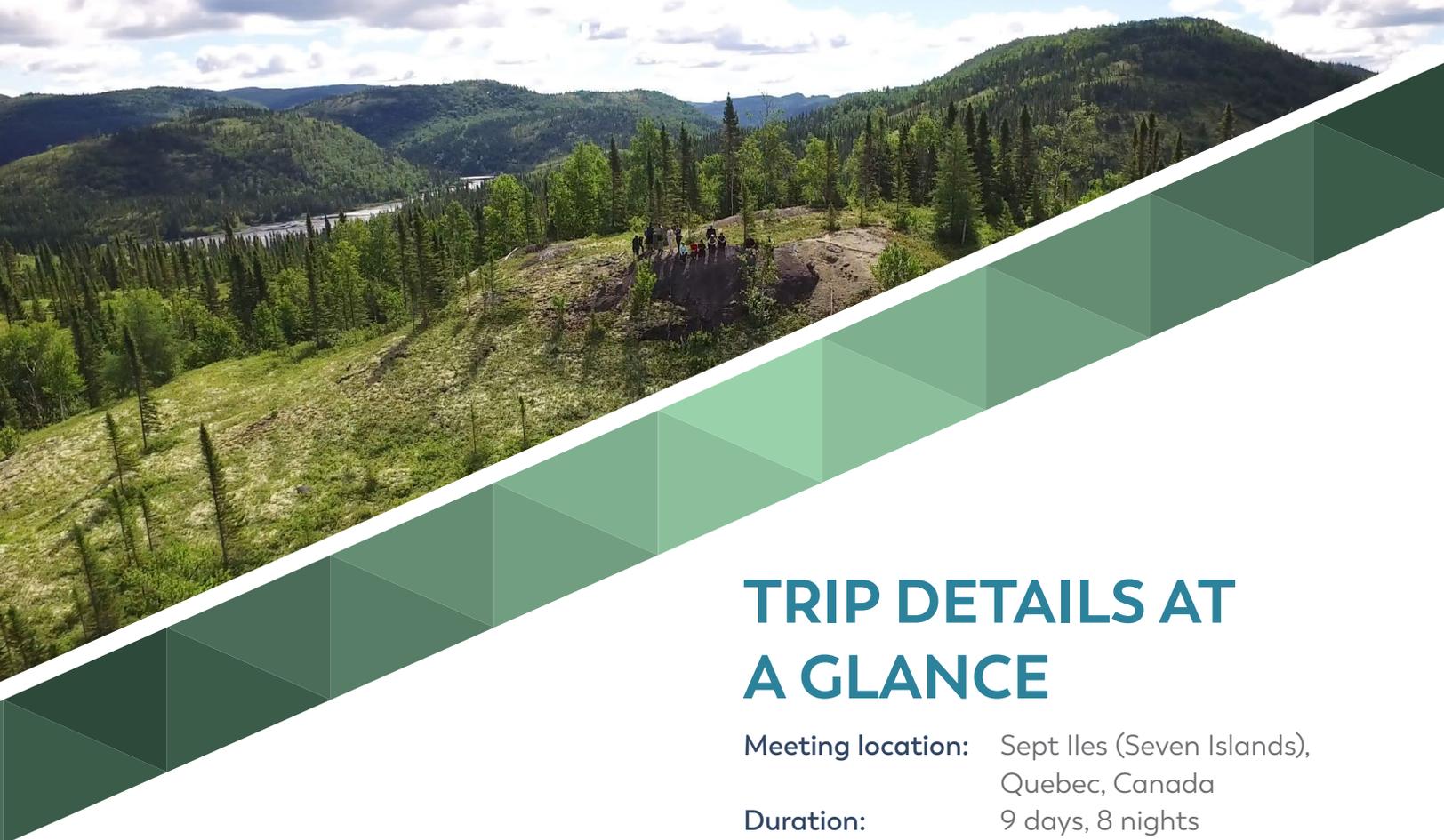
BOREAL RIVER ADVENTURES



MAGPIE RIVER ADVENTURE

Imagine sitting under a blanket of stars next to a cozy fire after a delicious meal in the middle of one of the largest intact forests in the world. You've spent the day paddling fun rapids, connected with the river's history and

the surrounding Boreal Forest with your Innu guide and an ecologist, spent some time fishing and now you're getting out your camera so you can shoot the stars and with a little luck the northern lights.



TRIP DETAILS AT A GLANCE

Meeting location: Sept Îles (Seven Islands), Quebec, Canada

Duration: 9 days, 8 nights

Max. group size: 14 participants

Activities: Whitewater rafting, kayaking, SUP'ing, hiking, fishing

Activity level: **Remoteness:** Very Remote—fly-in only

Physical activity: Easygoing to active

Whitewater: Class III-IV

See departure dates and details at adventures.borealriver.com



“Best trip ever, hands down”

ADENA FRANZ, ON, CANADA

TO RESERVE YOUR TRIP

Book **online** or call 866-242-9383
or 613-503-4717

WHY BOREAL RIVER ADVENTURES?

3 REASONS TO JOIN BOREAL RIVER ADVENTURES

Experience immersive travel

On every trip, you'll expand your horizons—gaining skills or connecting on a deeper level with local culture and ecology.

Easy planning—with every detail dialled

You get a world class river expedition—with all the prep made easy for you.

Our business is safety

Your guides aren't just qualified, they're wilderness and whitewater safety and rescue instructors.



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*“Thanks again for such a great trip!
My three favourite things were:
A) The food: exceptional, delicious
and always a surprise — five stars
B) Being outside in the fresh air
C) The memories — definitely worth
spending time with my family.”*

ADAM MARIEN, TORONTO, ONTARIO

TRIP DESCRIPTION

The Magpie River is one of National Geographic's top-10 multi-day rafting rivers. You'll experience some of the best white water in the world. But we understand you are looking for more than just world-class paddling.

Whether you're traveling in a group, alone, or with your family, whether you are age 10 or 78, we ensure that each guest experiences the adventure they like.

You can paddle in an expertly guided raft or — for even more adventure — navigate your own inflatable kayak.

When we stop for the night, you'll have plenty of time to relax however you like:

- **Food**, drink, conversation with the group
- Excellent trout fishing in the pristine waters of the Magpie
- Drawing, writing, or photography —you'll be inspired by nature and if you're lucky, the northern lights

Whatever your reason for joining us, this journey is the perfect balance of challenge and relaxation. We guarantee an amazing experience.

TRIP HIGHLIGHTS

Why choose the Magpie River for your next vacation?

The most accessible multi-day rafting trip in the world

Fly to the Sept Iles international airport or even make it a nice road trip from the North East. Then we shuttle you just 90 minutes down the coastal highway to our helicopter, for the flight to Lake Magpie

Explore cultures

Learn about local Indigenous culture and history from an Innu guide and how to bake bannock, a traditional bread. You'll also experience the charming coastal fishing villages and culture of Quebec's Cote Nord region.

Learn about the Boreal Forest from a scientist who joins each trip

Learn about the eco-systems, animals, and edible plants of the region. Even help out with some water sampling and other field research.

Smooth it, don't rough it

This trip is a great mix of adventure and relaxation. Enjoy rafting, fishing and hiking, and also **comfortable camping and good food**. Enjoy individual tents and the Boreal River 'deep sleep' system.

WHAT'S INCLUDED?

WE PROVIDE ALL OF THE FOLLOWING WITH YOUR TRIP:

- Your professional guides are always available
- We offer a maximum 5:1 guest to guide ratio. (The industry average is 8:1)
- An **Innu interpreter** and **Boreal Forest ecologist**

ALL GROUND TRANSPORTATION AND FLIGHTS FROM SEPT-ÎLES ONWARDS:

- Get picked up (day 1) and dropped off (day 9) at the airport by your guides
- Helicopter or float plane flight to Lake Magpie
- Helicopter portage (equipment only) around Magpie Gorge and Magpie Falls
- Van shuttles to the helicopter (day 2) and from the river take-out back to Sept-Îles (day 8)
- 6 nights fully guided wilderness camping—we'll provide all the necessary paddling gear, drybags, group camping equipment, safety equipment and first aid kits, your own tent and our deep sleep system. You can rent a high quality sleeping bag from us for \$115 or bring your own.
- Two nights (first and last) at the Chateau Arnaud Hotel in Sept-Îles, double occupancy. If you are travelling alone we'll pair you with another traveler of the same gender. If you would prefer your own room, the single supplement is \$280.
- All meals and snacks from day-2 breakfast through day-9 breakfast—amazing food guaranteed! You'll get to adjust your menu

for your preferences (vegan, gluten-free, etc.) by picking your meals, or, if you prefer, leave it to us.

- Enough wine and Quebec microbrew for two drinks per person per day
- Basic fishing equipment

WHAT'S NOT INCLUDED?

- Travel between your home and Sept-Îles, Quebec
- Personal clothing and some camping gear. See below for what you need to bring
- Day 1 dinner in town. Sample the local fare—you'll have options from fine dining to fast food within walking distance of the hotel, before or after our 6:30 p.m. welcome meeting
- Travel and medical insurance
- Optional - Quebec fishing permit (can be purchased at a local convenience store before your flight to the river. Ask your guide and they'll help you).



ITINERARY

DAY 1

ARRIVAL IN SEPT-ÎLES AND WELCOME MEETING



We greet you at the airport and bring you to the seaside Chateau Arnaud Hotel. Depending on when you arrive, you'll have free time until 6:30 pm to explore Sept-Îles. At 6:30 we have a kickoff cocktail and go over how to pack your drybags. Then it's dinner on your own. Within walking distance, you can choose between awesome pub fare with Quebec microbrew beers, high-end steaks and seafood (lobster, crab, scallops, shrimp are all fished locally), or the Quebec chip stand classic: poutine and milkshakes.

DAY 2

FLY TO LAKE MAGPIE AND START TRIP



This morning we'll get an early start before driving along the coast for about 90 minutes to our aircraft. Most trips use helicopters but small groups may fly on float planes. Both are amazing experiences. You'll get a true sense of the immense wilderness you're about to experience as you fly over lakes, rivers, steep cliffs, forested valleys, and barren hill-tops.

We start at the southern tip of the 100-kilometre Lake Magpie, just metres from the river's start. Before getting on the water you'll learn about river safety, practice strokes

and raft maneuvers and then the whitewater fun begins!

We make camp after only a few rapids to ease you into the experience. The scenery changes several times throughout the trip and this first section is both spectacular and unique for its steep hills and mix of Boreal Forest and tundra-like open areas.

As we set up camp for the first time, we'll show you how everything works, from your tent and sleep system, to the toilet and hand washing system, and the kitchen.

Once settled in, there's time to get to know the river. Whether you want to try to swim through one of the rapids, or go for a 15-minute hike to a nearby hilltop with amazing views of the river, or both, Day 2 is designed to introduce you to river life.

DAY 3-6

THE RIVER LIFE: RUNNING THE RIVER AND WILDERNESS CAMPING



Each morning the guides rise early to get coffee, tea, and fruit ready before preparing breakfast. After breakfast, we take down camp and pack up.

On the river, you'll be delighted by how the continuous current tugs us along and how the scenery changes. Trees grow in stature as we descend the river and out of the highlands. Calm sections allow us to gaze at giant cliffs and we always scan the river banks for signs of

moose, wolves, lynx, bear and osprey.

To ensure you get the challenge you're looking for we bring multiple types of boats for you to try. From our guided rafts, to stand up paddle boards and inflatable kayaks, there's the perfect boat for you. In the rafts, we paddle as a team and work on technique and coordination. For those who want more of a challenge you can use the inflatable kayaks; we'll teach you how to charge down rapids and surf waves.

There are a few rapids that are too big to paddle. We'll teach you how to 'line' (guide with ropes from shore) the rafts and/or do short portages to get around these.

Each camp on the Magpie has its own character and provides different vantage points of the river valley. We make our temporary homes on beaches, flat rock ledges and on the edge of the Boreal Forest. When we arrive in camp you change into dry clothes, relax with a book, take a swim, fish, practice your photography or help collect driftwood for a fire while our guides prepare a 'happy hour'.

Our meals are delicious, wholesome, and plentiful. We cook sauces on a stove, grill meats and vegetables over open fire, and bake desserts in a Dutch oven. We use as many fresh, locally sourced ingredients as possible: produce from a greenhouse near Sept-Îles, organic Quebec farmed cheeses and meats, and wild caught seafood from local waters.

One of the greatest things about a river trip is how the group comes together. By day we work as a team to paddle the rapids and safely work through the obstacles along the way. At camp, with the leadership of the guides, everybody plays a part in making for a great trip. Every group is different because of the variety of people and experiences that come together. But we always share highs and challenges,

moments of laughter and calm, and adventures that make for lasting memories and shared bonds.

DAY 7-8

BIG WHITEWATER AND STUNNING FALLS



All of the whitewater practice and teamwork get put to use on Day 6 as we get to the biggest rapids on the river including 'Chute des Femmes', 'Trust Falls', and 'Borealis'; big but super fun rapids that our team will guide you through.

Once we are through this section, our trip shifts from paddling whitewater to witnessing awe-inspiring falls and campsites. At Magpie Gorge, the river thunders through a canyon and tumbles over a series of dramatic drops.

We camp overlooking the gorge—this is undoubtedly a world class setting and the perfect way to enjoy our last evening and morning in the wilderness. There are a couple of hikes that we can do to gain different vantage points and take in the beauty and awesome power of the river.

Here we leave behind our rafts and extra equipment, while we take a forest path around the gorge and go for a short canoe paddle across a lake takes us to another spectacular location: the stunning 100-foot Magpie Falls. A beautiful mossy trail takes us to a breathtaking lunch spot amongst giant water-sculpted boulders at the edge of the drop.

From the Falls it's a short paddle to the coastal highway where we're met with a van that will take us the 80 minutes back to the hotel. On

the way we'll make a quick stop in a seaside village for souvenirs (cloudberry jam is a big hit).

Back in Sept-Îles you'll have time to shower and get adjusted back to 'civilization' before we meet for our farewell dinner at a nearby restaurant.

DAY 9

GOOD-BYES AND AIRPORT DROP-OFF



After breakfast, we'll drive you to the airport for your flight home. Alternatively, you can stay in the region to continue your adventure, which we would be more than happy to help you plan.



GETTING TO SEPT-ÎLES

Our trip starts and ends in Sept-Îles, Quebec. Your Boreal River guides will pick you up and drop you off at the airport. If you are driving to the region or arriving on an earlier day, we'll meet you at Hotel St. Arnaud on Day 1.

Our travel specialists will be happy to help you plan your trip to Sept-Îles but here is some general info to get you started.

TRAVELLING BY AIR

Air Canada, Provincial Airlines, and Air Labrador offer daily flights to Sept-Îles connecting through Montreal and Quebec City. There is almost always a seat sale starting in late April—so we recommend waiting until then to buy your tickets.

TRAVELLING BY CAR

Driving to Quebec's Cote Nord (North Shore) makes for a great road trip. We highly recommend allowing ample time to rest and enjoy the many sights en route. Expect about 8.5 hours of driving time from Quebec City to Sept Îles.

From Quebec City there are two route options.

Option 1: Via Tadoussac – This route is the more scenic route and fastest, but does include lots of hills, bends, and undivided highway.

Follow Hwy 40 East to St. Anne-de-Beaupre. Continue on Hwy 138 East all the way to our rendezvous point. There is a short free ferry

that crosses the Saguenay River from Baie-St-Catherine to Tadoussac. It runs hourly 24 hours a day. The historic village of Tadoussac, perched on the Saguenay fjord, is an excellent choice for an overnight stay.

Option 2: Via Rimouski or Matane – This route includes a ferry crossing that has to be timed and reserved in advance, but involves bigger highways and less hills.

From Quebec City, follow Hwy 20 East and take either the Rimouski – Forestville, Matane – Godbout, or Matane – Baie-Comeau ferry. Once you have crossed the St. Lawrence, follow Hwy 138 East to Sept Îles.

Rimouski Ferry Reservations

Phone: 1-800-973-2725, 418-725-2725

Matane Ferry Reservations

Phone: 1-877-562-6560

TRAVELLING BY TRAIN/BOAT

For those with extra time available, an adventurous route is to take a passenger train to the town of Rimouski followed by the weekly boat Relais Nordik* to Sept Îles. Reservations for the boat must be made well in advance, as it is a weekly boat you will need to plan for extra days in the region before and after your trip.

** This ship then continues to the remote lower North Shore, for a six night round trip voyage, carrying supplies to some of the most isolated villages in Quebec as well as providing sleeping berths and meals for passengers.*

Relais Nordik Boat

Phone: 1-800-463-0680, (418) 723-8787



INSURANCE

Guests on Boreal River trips need to have appropriate Medical insurance. Any evacuation costs will be billed to the person that is leaving the trip. Insurance should cover emergency air evacuation from the river to a local hospital, medical treatment within Canada, and repatriation.

We also strongly recommend obtaining Trip Cancellation insurance, which will reimburse you for the unused portion of your Boreal River trip if you must cancel prior to departure or leave your trip early. If you have insurance coverage from a credit card or an existing plan, please make sure that it will cover you for the above mentioned

emergency situations and that you are covered while participating in whitewater activities and remote wilderness travel.

For an insurance package that will cover you for the specific situations encountered on our trips, we recommended something similar to what **World Nomads** offers.



WHAT TO PACK

You'll be able to leave luggage that you don't need for the expedition in secure storage during the trip.

The daytime temperature on the Magpie is generally warm during the summer but all sorts of weather can come in.

Synthetic materials such as polyester, polypro, and nylon are great as they dry quickly. Merino wool is a natural fibre that dries quickly and works well too. Avoid cotton—once it gets wet it won't dry and it doesn't insulate.

Bring two sets of clothes and footwear: one for on the water and hiking, the other for evenings at camp.

PACKING LIST FOR CAMP

- Three-season sleeping bag, rated to 0°C or below — you can rent from us for \$115
- 1 pair of shoes (old running shoes or closed toe clogs—something to keep your feet safe and dry.)
- 2 or 3 pairs of thermal socks (1 or 2 different weights is a good idea)
- Undergarments (synthetic anti-microbial is best; it dries quickly and keeps you clean.)
- Lightweight t-shirt
- Lightweight long-sleeve shirt
- Lightweight 'quick dry' long pants
- Thick fleece or wool sweater
- Thick fleece pants
- Top and bottom medium-weight synthetic or wool long underwear

- Rain gear top and bottom
- Mesh bug jacket and/or head net
- Toque (wool or fleece winter hat)
- Sun hat
- Small quick-dry towel
- Headlamp with extra batteries
- Sunscreen, lip protection, and insect repellent
- Water bottle, 1 litre
- Sunglasses with strap
- Prescription glasses with strap if necessary
- Toiletry kit with biodegradable soap and shampoo as well as personal medications
- Optional: reading material, journal, binoculars, camera (waterproof or with waterproof case)
- Optional: fishing rod with tackle and hard carrying case. We provide basic equipment but experienced anglers will enjoy using their own specialized gear.

PACKING LIST FOR THE RIVER

- 1 pair of shoes for the river. The ideal river shoe is lightweight and draining yet supportive enough for walking on portages and scouting rapids, with a grippy sole. These can be lightweight running shoes, water shoes with a supportive sole, or sturdy sandals with toe covering.
- 2 pairs of thermal socks for the river: wool, fleece, or synthetic.
- Bathing suit / surf shorts
- Lightweight synthetic t-shirt
- Top and bottom medium-weight synthetic or wool long underwear

- Long-sleeved neoprene 'surf' top or long-sleeved medium-weight fleece top
- Thick fleece or wool sweater
- Thick fleece pants

GENERAL PACKING

- Clothes for the trip home
- Travel documents (passport) and medical insurance cards or policies.

EQUIPMENT THAT WE WILL PROVIDE FOR YOU

- The Boreal River 'deep sleep' system:
 - A three-season expedition tent—all to yourself if you are on your own
 - A super comfortable mattress and optional camp cot
 - A full-size pillow and plush pillow case

- A large drybag in which to keep all of your personal items
- A smaller drybag that will be accessible during the day in which you can keep your rainwear, sunscreen, etc.
- Whitewater helmet and flotation device
- Wetsuit, 'Farmer John' style
- Wind and waterproof paddling jacket
- All group camping equipment such as cooking and eating utensils, dishes, group shelters, etc.



ACTIVITY LEVEL

Remoteness: Very Remote—fly-in only

Physical activity: Easygoing to active

Whitewater: Class III-IV

We've had guests in their late 70s on our Magpie River Adventure and as young as 10. It's a trip for almost anyone who is active outdoors.

Here are our general fitness requirements. You should be comfortable:

- Spending a full day outside with 6 to 8 hours of moderate activity like hiking and paddling (with rest breaks, of course)
- Stepping in and out of the raft and crawling out of a tent
- Swimming
- Lifting 10kg bags
- Going on an hour long moderate hike

CONDITIONING TIPS

Simply being an active person is good enough for this trip, but getting in trip-shape will only help you enjoy your time more.

If you don't already exercise, going for a walk each day and taking the stairs at work will help you tremendously. Lifting light weights can help you prepare and is good for you in general. Going for hikes on rough terrain will help you practice for portages around the biggest rapids.

RESOURCES

Please visit our website for additional resources as you prepare for your trip.

You'll find additional information on:

- **our safety and camping systems**
- how you can **help protect the Magpie**
- **your guides**
- and more!



PLANNING CHECKLIST

90 DAYS OR MORE BEFORE YOUR DEPARTURE

- Reserve** your adventure.
- Plan your travel to and from Sept Iles
- Check your passport expiry date (if you'll be travelling from abroad)
- Purchase medical and trip cancellation insurance*
- Complete your **pre-trip questionnaire** with menu choices, medical, emergency contact info, flight info, and anything else you'd like us to know.
- Sign your **waiver**

**Before purchasing non-refundable flights and other travel arrangements, please make sure that our office has let you know that the trip is 'confirmed'—meaning that we have the minimum number of participants to run the trip.*

6 WEEKS BEFORE YOUR DEPARTURE

- Review your **packing list**, let us know if you have any questions.
- Make sure you have the gear you need and get missing items—let us know if you have any questions.

10 DAYS AND LESS BEFORE DEPARTURE

- Get packing!
- Give family, work, or friends our toll-free number 1-866-242-9383 and email **info@borealriver.com** in case they need to reach you during the expedition — our guides will check messages by satellite each day.

TRAVEL DAY

- Let us know** if you run into any delays
- Meet your Boreal River Adventure guide at the airport. They'll be waiting for you wearing a Boreal River shirt and hat
- You made it—enjoy your adventure!

Contact us anytime if you have any questions at all.

