



BOREAL RIVER ADVENTURES



ALGONQUIN PARK PACKRAFTING

Get off the grid and into the wild—on the upper Petawawa and Ottawa River



TRIP DETAILS AT A GLANCE

Meeting location:	Ottawa or Foresters Falls, Ontario
Duration:	7 days, 6 nights
Max. group size:	8 participants
Activities:	Whitewater packrafting, hiking, learn expedition & river running skills
Activity level:	Remoteness: Front & backcountry
	Physical activity: Highly active
	Whitewater: Class III (some optional IV's)

See departure dates and details at adventures.borealriver.com



TO RESERVE YOUR TRIP

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

WHY BOREAL RIVER ADVENTURES?

3 REASONS TO JOIN

Experience immersive travel

On every trip, you'll experience a world class adventure destination and learn from experts. Whether it's skills or knowledge—expand your horizons.

Easy planning—with every detail dialled

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

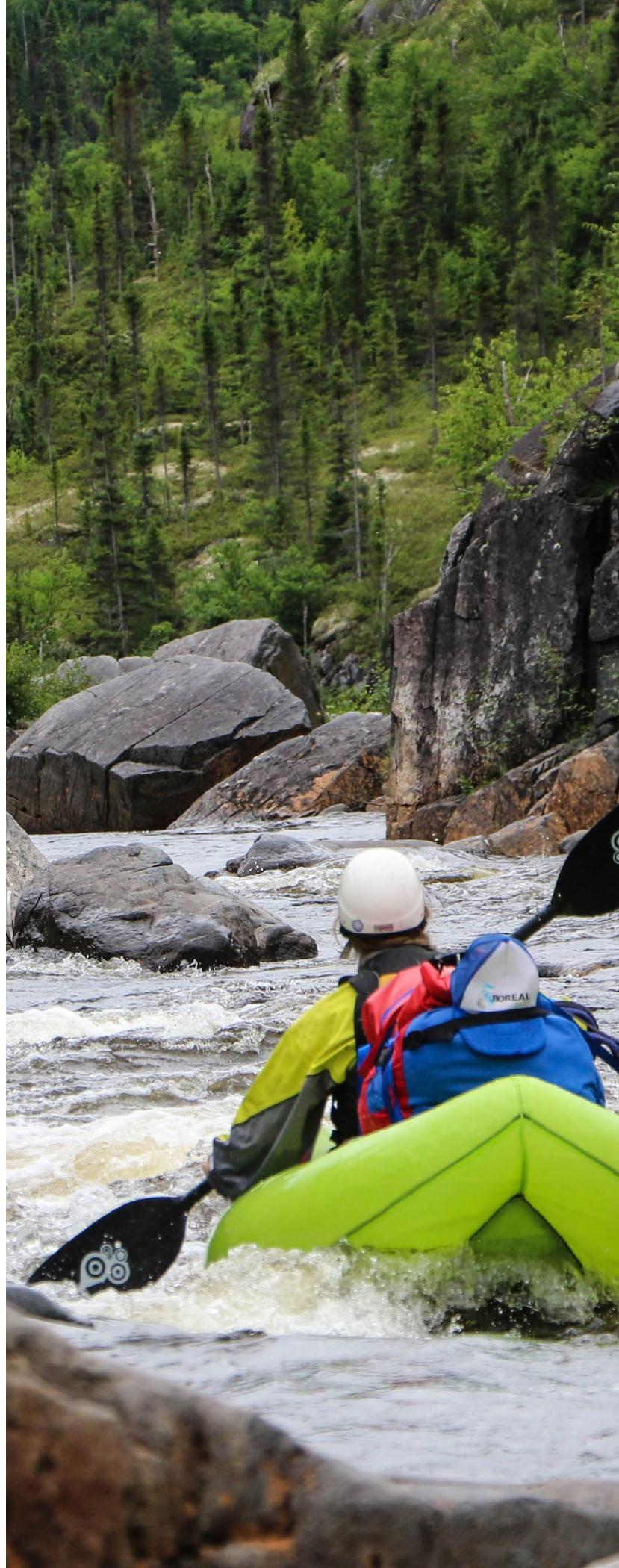
Our business is safety

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



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TRIP DESCRIPTION

This packrafting trip is a high adventure, small group journey.

You'll explore beautiful backcountry and paddle incredible rivers.

You don't need any river experience: just a love of adventure and good enough physical conditioning for big days outside—hiking and paddling.

This is one of the best trips you can ever do to recharge for a week, away from your busy job, and have an experience in nature—far from a cliché trip.

You'll be taken care of by your experienced guides—and you'll learn whitewater river running skills and safety.

On this trip you will:

- Explore Algonquin Park on a lightweight backcountry expedition
- Hike to the park's deepest lake—and trek rarely travelled terrain
- Learn whitewater paddling, river running, and safety skills
- Paddle two of Ontario's best and most fun whitewater rivers: the Upper Petawawa and Ottawa River

The best part is you don't need to do much planning. We meet in Forester's Falls, Ontario (4h30mins from Toronto) on day-1—or we'll pick you up in Ottawa—and we've got everything covered from there.

So dive into a week of action-packed days, and enjoying the water, rocks, forest, and fresh air—on an incredible river adventure.

WHAT'S INCLUDED?

BOREAL RIVER PROVIDES ALL OF THE FOLLOWING WITH YOUR TRIP:

- Your professional guides are always available
- Maximum 4:1 guest to guide ratio. Your guides are what make this trip possible. They're knowledgeable, experienced, organized, and friendly.
- All ground transportation from either Forester's Falls, Ontario onwards or Ottawa, Ontario onwards. You can leave your vehicle parked at the Foresters Falls meeting location (OWL rafting) throughout the trip
- 3 nights camping (1st, 5th, and 6th) at OWL rafting
- 4 nights guided expedition camping
- All group camping gear, safety equipment, (first aid kits, sat phone, inReach device) and repair kits
- Packraft, paddle, and river gear (see 'equipment we provide' below)
- All amazing meals and snacks are included from day-1 dinner through day-7 breakfast: you'll eat well!
- We'll ask you to let us know about your food preferences and needs on your pre-trip questionnaire ([page 12](#))

WHAT'S NOT INCLUDED?

- Travel between your home and Foresters Falls, Ontario or Ottawa, Ontario (you decide if you'd like to be picked up in Ottawa or travel on your own to Foresters Falls)
- Personal clothing and some camping gear. See 'packing list' below for what you need to bring
- Travel Medical insurance and Trip Cancellation insurance
- Any costs associated with your emergency evacuation from the trip
- Optional: Fishing license
- Optional: Guide gratuities – we recommend \$12 to \$15 per day per guide.



ITINERARY

DAY 1

ARRIVAL IN FORESTER FALLS WELCOME MEETING



- Welcome!
- Meet at 3:30pm at OWL Rafting in Foresters Falls, ON (or we'll pick you up anywhere in Ottawa by 1:30pm)
- Intros to your guides and group
- Expedition equipment: how to use and how to pack
- Expedition food systems and packing
- Dinner at OWL

DAY 2

WHITEWATER TRAINING 101 AND ARRIVAL AT LAKE EUSTACHE



- Whitewater training (packrafting and rescue) on the 'Town' section of the Petawawa River
- We drive everybody to Algonquin Park in our vehicles
- Hike 2km on trail to Lake Eustache—the deepest lake in Algonquin Park!
- Camp on a picturesque island, surrounded by cliffs and wilderness

DAY 3

HIKING, AND NAVIGATING TO THE UPPER PETAWAWA



- Paddle across two lakes
- Trek through forest and meadows in between the lakes and onwards to the Upper Petawawa River
- Start river running!
- Camp at a riverside campsite

DAY 4

WHITEWATER PACKRAFTING ON THE UPPER PETAWAWA



- River running—this is an incredible section of fun rapids
- Whitewater instruction
- Camp at a riverside campsite



DAY 5

WHITewater TRAINING AND FUN ON THE UPPER PET

- Continue scouting rapids and river running on the 'Pet'
- There are numerous opportunities for whitewater training with both walking your packraft back up to re-run rapids and whitewater rescue training
- From the take-out, we'll drive back to Owl Rafting
- Dinner at Owl and get ready for the big day on the Ottawa to come

DAY 6

THE MIGHTY OTTAWA RIVER

- Run the famous rapids of the Ottawa River.
- Hike and paddle back up through the Islands of the Ottawa in between
- Boat tow to Owl
- Final dinner!

DAY 7

GOODBYES

- After breakfast, it will be time for goodbyes!
- If you're driving yourself, you can take off from OWL at your leisure. If we're driving you to Ottawa, you'll be back in town by 11am.



GETTING TO FORESTERS FALLS

Our trip starts and ends in Foresters Falls, Ontario at 3:30pm at OWL Rafting. It's a 4h30min drive from Toronto. We can also pick you up anywhere in Ottawa by 1:30pm.

Contact us if you'd like some advice or have any questions at all as you book travel. And let us know if you'd like recommendations for other travel plans.

INSURANCE

Guests on Boreal River trips need to have appropriate Medical insurance and Medical Evacuation 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 to a medical care facility in your home region.

We also strongly recommend getting 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 due to illness, accident, or family emergency.

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

See the **online packing list** for links with suggested items. If you have any questions, please do not hesitate to give us a call or send us an email. We're here to help.

The temperature in July in this part of Ontario is generally hot during the day and warm at night too. But you'll want to be prepared for any weather and cooler nights with a few extra layers and a warm sleeping bag.

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 HIKING AND PADDLING

- Sunscreen and lip protection
- Water bottle, 1 litre
- Sunglasses with strap
- Prescription glasses with strap or contacts (bring an extra pair of glasses & a copy of your eyeglass prescription)
- A suspension backpack. We recommend 100L or even more, so you can fit all your camping gear, food, and packrafting gear. Rent from us for \$65 CAD.
- Several small stuff sacs, mesh bags, or lightweight drybags to organize your gear inside your backpack
- Small (10L or less) drybag to have accessible in your packraft—so you can have quick

access to items while paddling (like snacks, which we'll provide).

- Nice to have: 3 or 4 locking carabiners to clip things into your packraft or onto your backpack—carabiners with locking gates are much safer for using in and around whitewater.
- Optional: insulated drink bottle like this one for keeping your coffee or tea with you on the river or trail. Must have 100% leakproof screw-on lid if you want this to work for you on the river

PACKING LIST FOR CAMP

- An inflatable sleeping pad – high quality and lightweight like this. Rent for \$35 CAD.
- A sleeping bag rated to 0°C / 23°F like this or this—with a compression sac. Make sure it weighs under 1.5kg and is highly compressible. You can rent one from us for \$95 CAD
- 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 or Merino wool)
- 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)

PACKING LIST FOR THE RIVER

- 1 pair of closed-toe shoes for the river. The ideal river shoe is lightweight and draining yet supportive enough for walking on portages, hiking on trails in the jungle, and scouting rapids, with a grippy sole. These can be lightweight running shoes or trail running shoes.

Should you bring hiking boots? We will be hiking with heavy packs so some people prefer to bring hiking boots. Hiking boots are too heavy and clunky to wear in the river, so you'll have to find a way to fit them in your backpack while paddling. Most of the guides for this trip find that hiking in the forest (on trails) with their closed-toe river shoes, rather than boots, works really well—but they are used to it.

Before the trip, you should try out hiking with a heavy pack with shoes and see how you feel about it. If you decide not to bring hiking boots, please train to strengthen your ankles and get used to walking technical terrain in shoes.

- 2 pairs of thermal socks for the river: wool, fleece, or synthetic.
- Bathing suit / surf shorts—this goes over top of your wetsuit and helps protect the wetsuits when you're sitting.
- 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 PROVIDE FOR YOU

If you have any of these items and prefer to bring your own, you can do that. Just let us know and we will make sure it is right for this trip. Remember everything for this remote adventure needs to be expedition-worthy and lightweight.

- Expedition packraft and break-down paddle
- Whitewater helmet and flotation device
- Wetsuit
- 50L Drybag for you to line your backpack
- 3-season expedition tent—you get a 1 person tent to yourself—or **Hennessy Hammock**. You decide!
- All group camping equipment such as cooking and eating utensils, dishes, group shelters, etc.
- All group safety equipment including first aid kits, satellite phone, and InReach device



ACTIVITY LEVEL

Remoteness: Front & backcountry

Physical activity: Highly active

Whitewater: Class III (some optional IV's)

The demands of the trip mean we're careful about guests' fitness levels. Hiking with all of your gear requires endurance, strength, and energy. As a result, we require that if you're joining this adventure you should be fit enough to jog 6.5 km / 4 miles and be comfortable hiking with a full backpack for a full day.

CONDITIONING TIPS

If you're an outdoor enthusiast who regularly spends long days outside you should be fine, but it won't hurt to do more. And your enjoyment will only improve the more fit you are. To get in shape for this trip we suggest:

- Do some cardio work, such as jogging or cycling for at least an hour, 3 or more times a week
- Lift weights 2 or 3 times a week. Alternatively, cross train with activities such as swimming, hiking, climbing or paddling 2 or 3 times per week

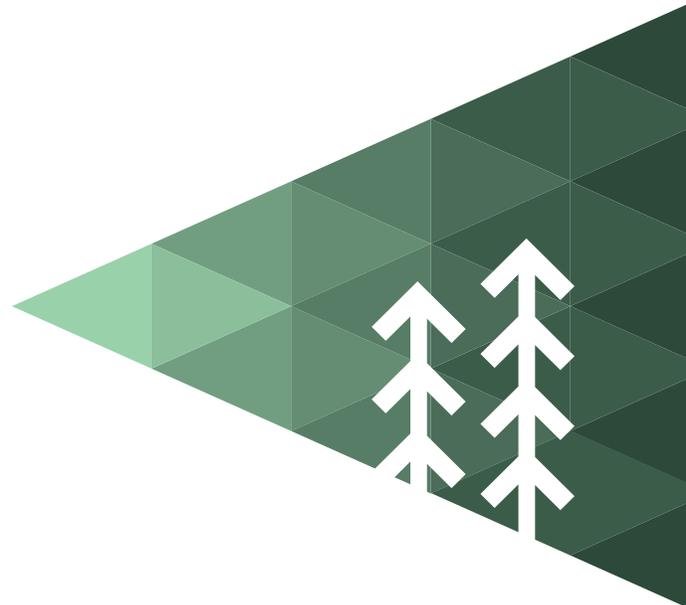
If you'd like a more detailed program you can ask us, or even join a gym and tell the trainer what you're conditioning for.

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**
- **your guides**
- and more!



PLANNING CHECKLIST

90 DAYS BEFORE YOUR DEPARTURE

- Reserve** your adventure.
- Plan your travel* to and from Foresters Falls or Ottawa, Ontario
- Decide on your travel dates and if you'll be adding other travel in Ontario before or after your trip with us. Contact us anytime for advice on Argentina trip extensions.
- 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**
- Check your passport expiry date (if you'll be travelling from abroad)

*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 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 guides at Owl Rafting in Foresters Falls at 3:30pm or in Ottawa between 12:30pm and 1:30pm (we'll coordinate a specific time and location with you)
- You made it—enjoy your adventure!

Contact us anytime if you have any questions at all.