

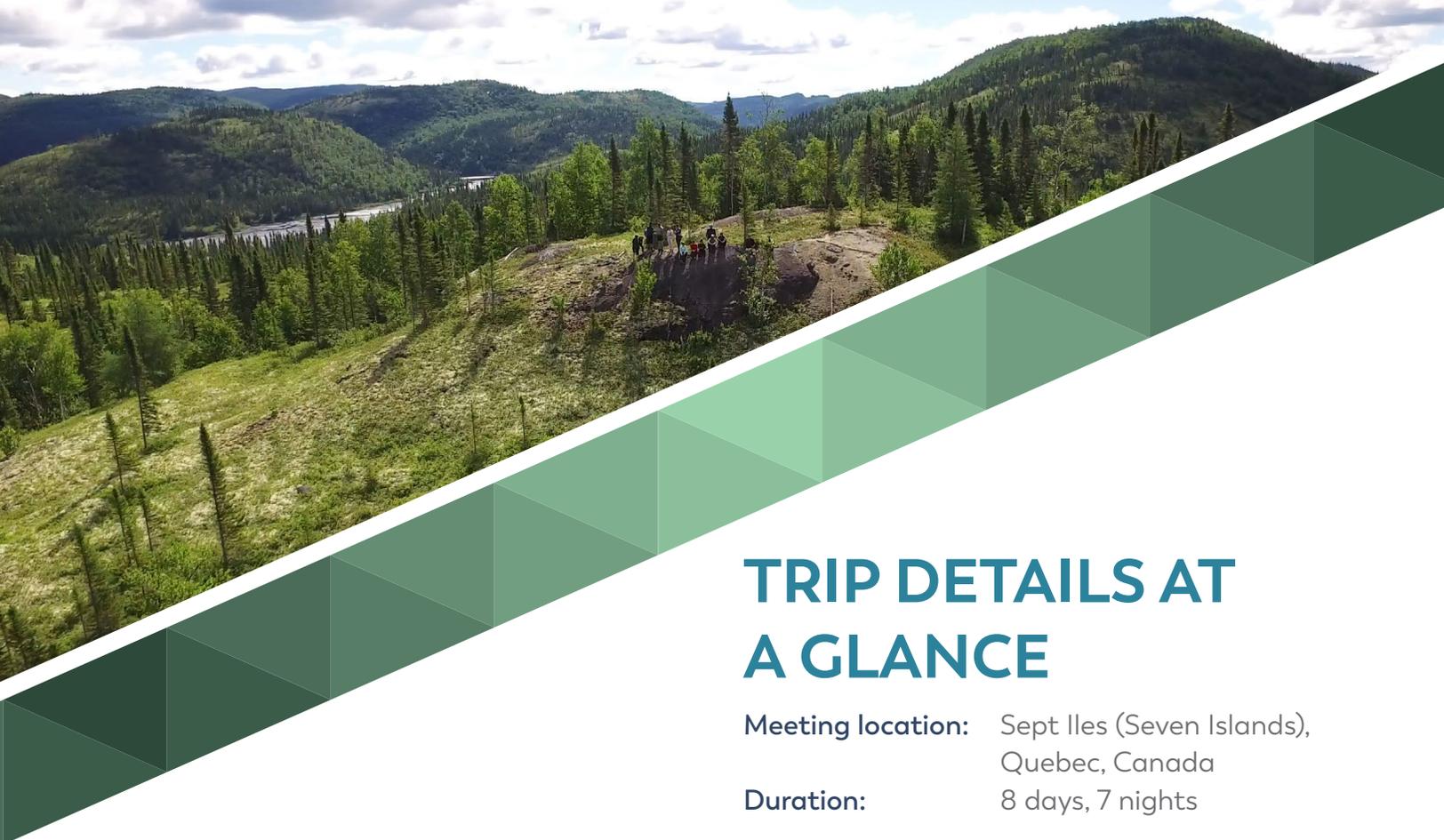


BOREAL RIVER ADVENTURES



MAGPIE PACKRAFT EXPEDITION

Join a remote backcountry adventure like no other



TRIP DETAILS AT A GLANCE

- Meeting location:** Sept Iles (Seven Islands), Quebec, Canada
- Duration:** 8 days, 7 nights
- Max. group size:** 8 participants
- Activities:** Whitewater paddling, hiking, learning wilderness skills, camping, & fly fishing
- Activity level:** **Remoteness:** Very Remote—fly-in only
- Physical activity:** Highly active
- Whitewater:** Class III (some optional IV's)

See departure dates and details at adventures.borealriver.com



“Best trip ever, hands down”

ADENA FRANZ, MAGPIE RIVER ADVENTURE

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.

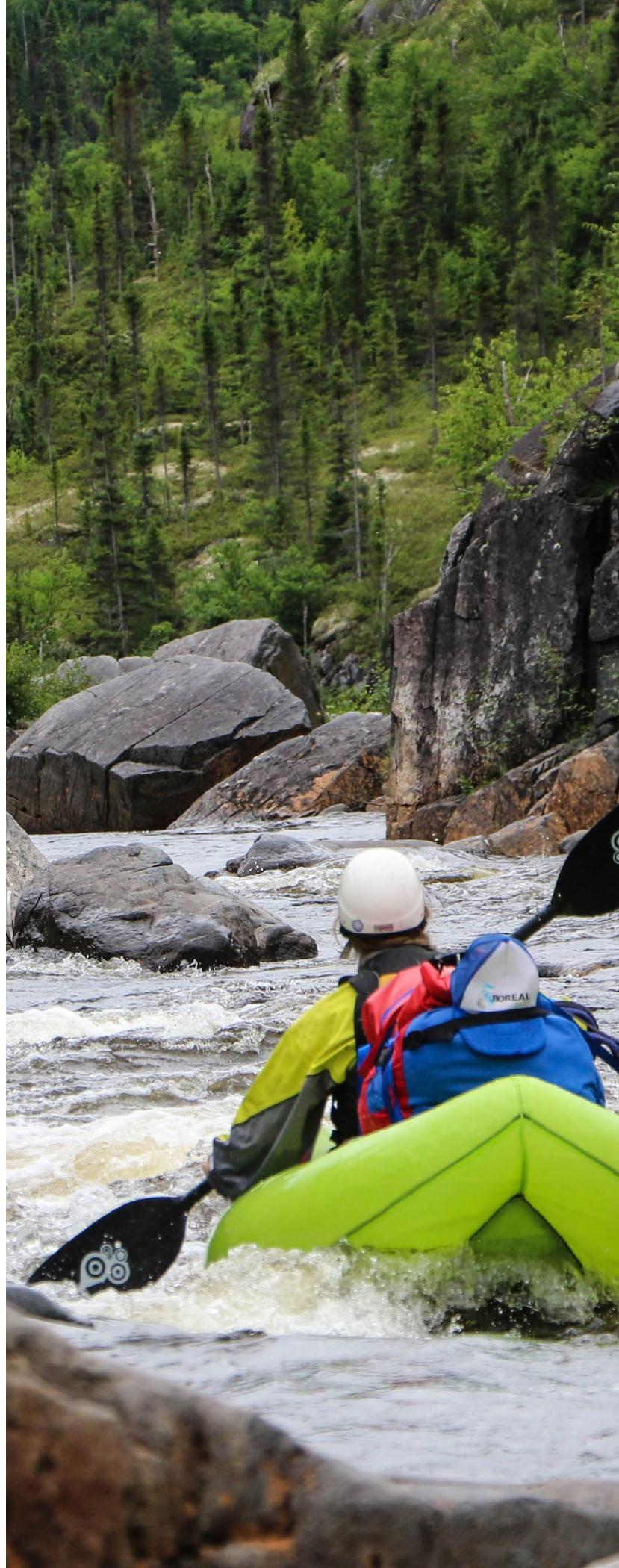
Our business is safety

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



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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.

If you're a physically fit adventurer and want to push yourself, this trip is a challenging combination of exploring majestic terrain and paddling an incredible river. You'll have one of the most amazing wilderness experiences of your lifetime and gain skills for more adventures. On this trip you'll learn how to thrive in the wild:

- Fly by helicopter, skimming canyons and Boreal treetops on your way to the Labrador plateau
- You'll start your trip crossing small lakes and hilltops in the upper reaches of the Magpie river shed. This is a rarely visited land of mountains, water, and untouched Boreal forest
- After navigating to Lake Magpie, you'll get to paddle the world-class whitewater of the Magpie River in your own packraft, all the way to the sea
- Gain river running skills with the leadership of professional guides
- Catch speckled trout and learn how to fly fish

TRIP HIGHLIGHTS

Why choose the Magpie River for your next vacation?

One of the most 'out there' expeditions in the world—made easy for you

Get yourself to Sept Iles, Quebec with a good fitness level, a smile, and some polypro—and we'll have everything else ready for you!

Combine a guided trip with new skills

Learn fly fishing and backcountry camping. We consider this a hybrid adventure that is part guided expedition and part skills development.

Paddle a top river and get comfortable in whitewater

Paddle fun whitewater with experienced guides. By the end of the trip you'll be surging waves and running rapids in style.

Explore a land where few have been

Travel through dramatic landscapes with epic scenery and explore one of the largest untouched ecosystems in the world.

WHAT'S INCLUDED?

BOREAL RIVER PROVIDES ALL OF THE FOLLOWING WITH YOUR TRIP:

- Your professional guides are always available
- We offer a maximum 5:1 guest to guide ratio
- All ground transportation and flights from Sept-Îles onwards:
 - Get picked up and dropped off at the airport by your guides
 - Helicopter or float plane flight to starting point
 - Van shuttles to the helicopter and from the river take-out back to Sept-Îles
- 5 nights guided wilderness camping—we'll provide you with all the necessary paddling gear, your own tent and all the technical camping equipment you need (except a sleeping bag, which is available to rent)
- All group camping gear, safety equipment, (first aid kits, sat phone, inReach device) and repair kits
- 2 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 traveller 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-8 breakfast.
- Basic fishing (spin cast and fly 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



You'll be greeted at the airport and brought to the seaside Chateau Arnaud Hotel. You'll have free time until 6:30 p.m. to explore Sept-Îles. At 6:30 we have a kickoff cocktail and go over the plan for the week.

If you're driving to the region or arriving on an earlier day, you can head straight to the hotel—Château Arnaud, 403 Avenue Arnaud, Sept-Îles, QC G4R 3B3. Keep us posted about your estimated arrival time so one of the guides can be there to welcome you.

Dinner is on your own. Within walking distance, you can choose:

- 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

HELICOPTER FLIGHT AND BACKCOUNTRY 101



We get up early to start learning systems and dialing in our gear. We'll review the menu, pack, and divvy-up food. You'll be shown how to:

pack your bags double check our packrafts,

tents and personal gear use the stoves, water filters, and gear maintenance. By mid-morning you'll be packed and geared up like a pro.

Helicopter to the headwaters

We're then going to load up for a beautiful 90 minute drive down the coast. We'll meet our helicopter and the pilot will give us a safety briefing.

We'll strap in for one of the most incredible experiences of this whole trip: our flight upstream, into the heart of Quebec's north. Staring down at waterfalls and skimming treetops, we'll fly over a wild landscape that few have ever laid eyes on.

After some high-fives, we wave goodbye to the pilot. As the sound of the helicopter fades, you'll be overcome by how remote you are. It is an amazing feeling, realizing that we are the only humans for miles around. Besides our backpacks, everything here is much as it has been for thousands of years. It is worthwhile to take a deep breath and look around. Over the coming days we'll explore true wilderness as we paddle, hike, and discover this amazing landscape up close—and make our way back to the sea.

For the rest of this day, we might paddle a little way on our first lake. But we'll likely set up camp pretty soon. We'll find a good spot and we can start showing you our camp systems.

Life in the backcountry

Everyone works together to make camp. We'll create a comfortable 'home' to relax and fuel up in. We'll get into a routine and your guides will teach you little tricks of the trade with everything from cooking to setting up tarps.

You will have everything you need to get comfortable and recharge in the backcountry.

Once set up, we can ease into our first evening in the forest. On wilderness trips we can appreciate the little things. With a hot cup of tea (or sip of scotch) around the fire and reclining back to watch the shooting stars, we'll settle in for restful nights.

DAY 3-4

PACKRAFTING, HIKING, AND NAVIGATING



We can choose from a few route options to get to Lake Magpie. This area has no established campsites or trails. Your guides will help you find the best route to take us from the drop off point to the river. Everyone will have a chance to learn and use map and compass-based navigation techniques and GPS.

We'll hike overland and paddle our packrafts—linking headwater lakes, rivers and streams—as we explore our way through this majestic landscape, getting to know its waterways and forest along the way.

As we move across the land, we'll be rewarded as each new lake and hilltop bring discoveries: a (surprised and confused) beaver that has never seen people before, swimming by its solitary lodge, expanses of untouched moss with caribou tracks, maybe a black bear munching on berries and of course, dramatic sweeping views that few have ever seen.

By mid-day on day 3 we'll make it to Lake Magpie. This is a beautiful and huge lake (100 kms / 60 miles long!). Its size and purity are awe inspiring. The Magpie watershed is 99.999% untouched, a rarity today.

Luckily we'll get onto the lake really close to

where the river flows out. After not much paddling at all—we'll be on the river!

DAY 3-6

WHITewater ON THE MAGPIE



During the next stage of our trip, we paddle one of National Geographic's top 10 multi-day whitewater rivers. The rapids are amazing and the scenery along the way a captivating mix of tundra, gorges, waterfalls and Boreal Forest.

Whitewater river running

With a light boat you'll learn more river running skills including reading rapids, rescue techniques, and whitewater maneuvers. There will be lots of opportunities for surfing waves. We'll spend 4 full days bobbing and weaving our way downstream, picking lines (with the help of your guides) down numerous class I, II, and III rapids.

There are a number of big water class III+ and class IV rapids that we will scout from shore. Everything is 'challenge by choice' meaning you can choose your challenge level. At this point in the trip, you'll understand more about whitewater so you'll feel good about making decisions on the river. With our experienced whitewater guides, you can decide to run some of those rapids with appropriate safety precautions. Others can 'sneak' down the sides; all rapids can be portaged too.

Fishing

We'll have our fly fishing and spin fishing gear meet us along with the raft (we'll bring a couple of lightweight fishing kits on the headwaters section). The speckled trout (brook trout) fishing becomes incredible once we float off the lake and paddle into the first few rapids of the Magpie. If you are into fishing you will have a

blast. If you are starting out, this is an amazing place to learn and your guides will help you out as you land your first 'brookies'. There is plenty else to do if you aren't keen on fishing:

- side hikes (if you have more hiking left in you) to explore the forest
- whitewater training – your guides can teach you rescue skills like whitewater swimming and throw bagging

With the current pushing us, we'll have time to play in the rapids.

DAY 7

CANYONS, WATERFALLS, AND HOMEWARD BOUND

As we approach the sea we'll arrive at the awe-inspiring Magpie Gorge where the river thunders through a canyon and tumbles over a series of dramatic drops. We camp overlooking the gorge. This is a world-class setting and the perfect way to enjoy our last evening and morning in the wilderness. There are a couple of hikes we can do to gain different vantage points and take in the beauty and awesome power of the river.

We'll leave our raft at the top of the gorge (to be slung out by helicopter at a later date), while

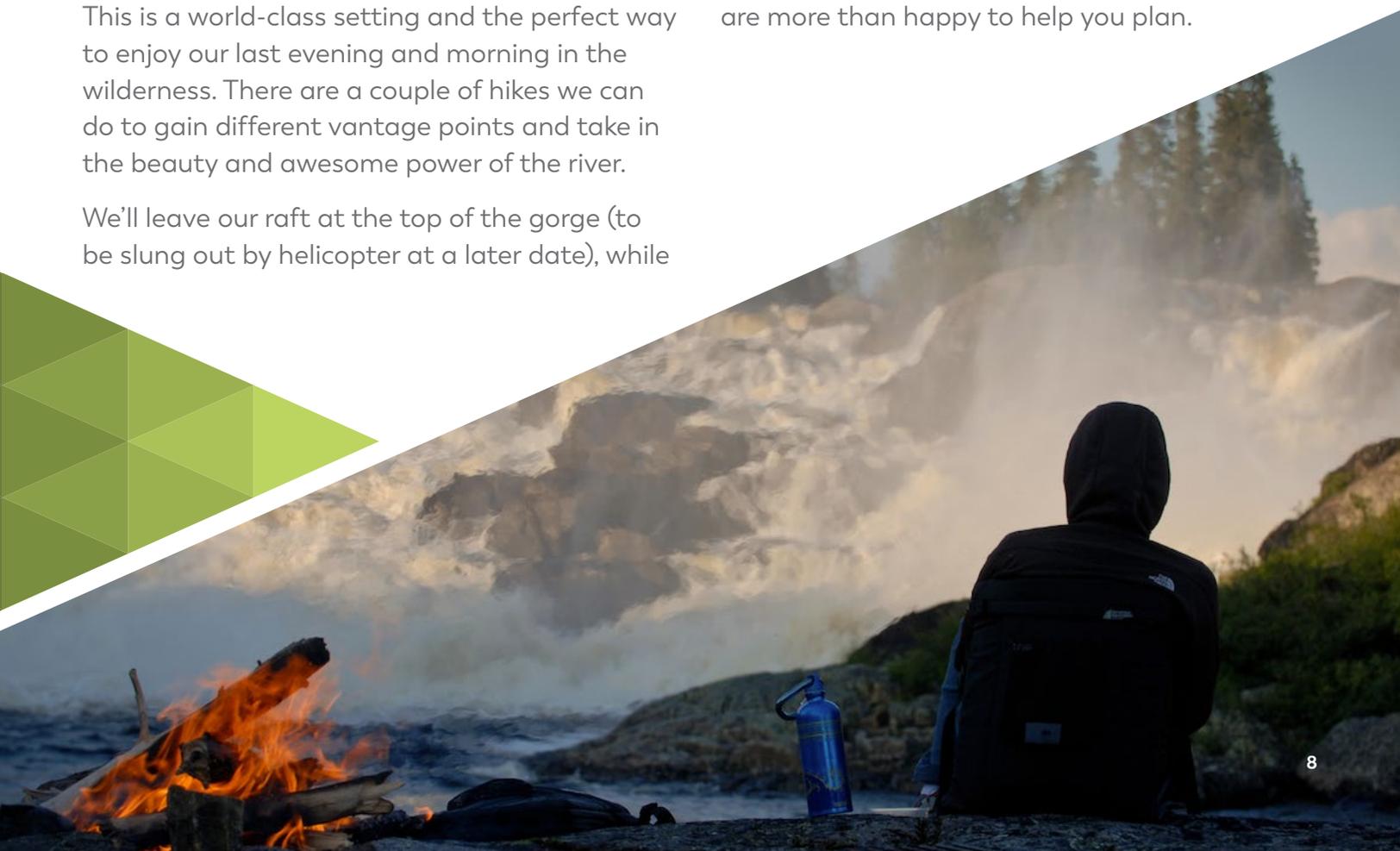
we take a forest path around the gorge and continue with our packrafts and personal packs. A short paddle across a lake takes us to another spectacular location: the stunning 100-foot Magpie Falls. A beautiful mossy trail takes us to a breathtaking lunch spot amongst giant water-sculpted boulders at the edge of the drop.

From the Falls it's a short paddle to the coastal highway. The van will meet us and take us the 80 minutes back to the hotel. With a stop in a small coastal village for souvenirs, we arrive back at the hotel in time for a hot shower before dinner.

DAY 8

FLIGHTS

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 are 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 Château 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 Iles.

If you're driving to the region or arriving on an earlier day, you can head straight to the hotel—Château Arnaud, 403 Avenue Arnaud, Sept-Îles, QC G4R 3B3. Keep us posted about your estimated arrival time so one of the guides can be there to welcome you.

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 Iles.

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 Iles. 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 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.

FOR HIKING AND PADDLING

- Sunscreen, lip protection, and insect repellent
- Water bottle, 1 litre
- Sunglasses with strap
- Prescription glasses with strap or contacts (bring an extra pair of glasses)
- 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 \$85 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 like these 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 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
- Optional: lightweight and collapsible fishing rod with tackle and carrying case – we supply basic set-ups for you to use but if you want to bring your own, make sure it collapses down for hiking and transport in your packraft.

FOR CAMP

- An inflatable sleeping pad – high quality and lightweight. Rent for \$35 CAD.
- A 3-season sleeping bag rated to -5°C-/ 23°F—with a compression sac. Make sure it weighs under 1.5kg and is highly compressible. You can rent one from us for \$115 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, wool, or synthetic-filled sweater
- Thick fleece pants
- Top and bottom medium-weight synthetic or wool long underwear
- Rain gear top and bottom
- Toque (wool or fleece winter hat)
- Sun hat
- Small quick-dry towel
- Headlamp with extra batteries
- Toiletry kit with biodegradable soap and shampoo as well as personal medications
- Optional: reading material, journal, binoculars, camera (waterproof or with waterproof case)

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. There are some special models out there made for water use that drain well and dry quickly, just make sure they have a supportive and grippy sole.

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.
- Lightweight synthetic t-shirt
- Bathing suit / surf shorts—this goes over top of your wetsuit and helps protect the wetsuits when you're sitting.
- 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

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 and wind / waterproof paddling jacket
- 50L Drybag for you to line your backpack with
- 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, repair kits, maps, etc.
- All group safety equipment including first aid kits, satellite phone, and InReach device
- Fly fishing and reel-cast fishing equipment (basic and lightweight gear—great for learning.

ACTIVITY LEVEL

Remoteness: Very Remote—fly-in only

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.

If you're used to backcountry canoeing and hiking in parks and comfortable carrying heavy loads, you'll be great.

CONDITIONING TIPS

If you're an outdoor enthusiast who regularly spends long days on the water or trails 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

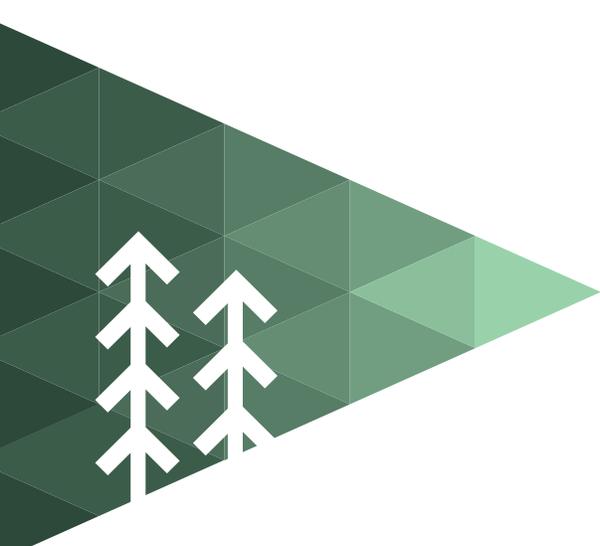
If you'd like a more detailed program you can ask us, or even join a gym and tell the trainer what you're conditioning for.

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**
- 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.