



# Program Objectives of Spring-Haven Canoe Outfitting

- A:** Communicating with the natural environment
- B:** Developing skills in sharing and understanding of the natural world
- C:** Increase appreciation and knowledge of the natural world
- D:** Discover more about 'self' through new friends and have fun in an experimental manner



# Principals of Earth Education

## WHY

**Preserving:** We believe the earth as we know it is endangered by its human passengers.

**Nurturing:** We believe people that have a broader understanding and deeper feelings for the planet as a vessel of life are wiser, happier and healthier.

## WHAT

**Feeling:** We believe in instilling people with deep abiding emotional attachments to the earth and all its life.

**Understanding:** We believe in developing in people, a basic comprehension of the major ecological systems and communities of the planet

## WAYS

**Structuring:** We believe in building complete programs with adventuresome and magical learning experiences that focus on specific outcomes.

**Immersion:** We believe in including lots of rich, firsthand contact with the natural world.

**Relating:** We believe in providing individuals with time to be alone in natural settings where they reflect upon all life.



# Trip Description

All our programs take place from our base camp on Quinan Lake, Yarmouth County, Nova Scotia.

**Day One:** On arrival, before commencing the tour we will assess the outtrippers knowledge and skill level in canoeing. We will then proceed onward to our base camp. Upon arrival we will discuss a few rules concerning safety in and around the campsite, then the campers will be invited to take time to look around the camp site and immediate camp area. After , we will organize our equipment, eat and then structure our stay there. Basically it consists of getting there and getting comfortable with their surroundings, learning and partaking in outdoor cooking and wood gathering. This is called camp preparation work. In the evening we will take an Earth Walk (interpretive walk) and learn about our woodlands in Nova Scotia. Then it will be time for a short fire building session to enjoy the magic of a campfire inside a Teepee.

**Day Two:** No wakeup call. People now have been assigned tasks and breakfast begins. It can take up to one and one half hours to complete this task. That includes doing their dishes and kitchen clean up. Throughout the day we will have comprehensive learning sessions on the following skills;

- fire building
- emergency shelter construction
- wild edibles of our forests, what we can and cannot eat
- knot tying
- map and compass reading.

Somewhere in the day we will find time for swimming and having fun too.

**Day Three:** Canoe instruction in the morning to hone their canoe skills and learn a few new ones if need be, followed by a canoe trip in the afternoon for a day of learning, swimming and enjoying the great outdoors. On this day the campers are told they may make a shelter and sleep alone in a designated area for the night. This will teach people about their fears and how to conquer them.

**Day Four:** This is a busy day. Campers must prepare their things for departure, clean the camp site and get in that one last swim before canoeing back to the take-out point. The time for departure will depend entirely on the groups schedule.

The objective of Spring-Haven Canoe Outfitting outtripping program is to help our younger generation experience and understand our ever decreasing natural environment. Hopefully, with the right kind of positive experience gained from the time spent in a true wilderness setting, our younger generation will go on to be better if not greater stewards of the gift that mother nature has provided for mankind.



Learning through doing is how we approach each and every aspect of wilderness training. Camping and canoeing are meant to be fun and not considered adversities to endure.

A thorough knowledge of map reading and orienteering is covered with special emphasis on traversing the dense bush as a group as well as alone. We have a short orienteering course set up that covers a diverse range of territory and takes on average, an hour and a half to cover. Campers are closely supervised during this exercise.

One of the biggest and most popular aspects of camping is cooking.

Campers will get ample opportunity to practice and experience cooking in the great outdoors. Camp meals don't have to be a modern day version of Gruel. Tasty meals are the rule and not the exception and everyone



gets to partake in preparing meals. Learning how to cook on a camp stove as well as a camp fire are covered while staying at camp. Also covered is the making of bannock (a native flat-bread) and the use of natural fruits and berries that can be found within walking distance from the camp to enhance their culinary experience.



They'll learn how to make an emergency shelter and how they can be constructed

from simple materials that can fit in a small fanny pack made out to be a survival kit. Shelter site selection and wilderness ethics are fully covered. Campers are encouraged to build their own shelter and stay in them overnight if they feel up to the challenge.

A survival kit construction seminar shows



how easy a small kit can be and all made from materials from home. What to do if they get lost in the bush and how to get found is another aspect of wilderness training covered in their stay.



How to tie a proper knot can make even the most novice camper seem like an experienced woodsman

to their peers. As well as making any equipment packing task quicker and more secure. There is a certain satisfaction gained by knowing a few simple basic knots. There will be ample opportunities to practice their new knot tying skills around the camp ground.



Camping in a group environment can be an excellent bonding experience with memories

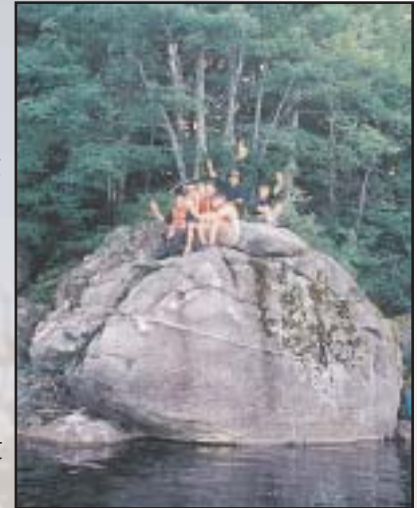
that will last a lifetime. Campers will have the rare experience of camping in an authentic native tepee. Erecting and care of the tepee as well as fire pit construction and how to properly make a camp fire within the tepee. What kind of wood to use and most importantly camp fire safety. There is no greater experience than a camp fire inside one of these large tepees with the call of the loons echoing over the lake and the hoot of owls in the distance. Sing alongs are better enjoyed around a nice fire as well.

There may be a need to reflect on the days events and the beauty of the surrounding area. We certainly encourage this and respect each campers wish for this private



moment. Although we try not to overwhelm campers with information there may still be a need to just relax and take a moment for themselves and process all that they have experienced.

Hiking and canoeing trips are an important part of the Spring-Haven Canoe Outripping experience. We plan at least one day long



excursion away from base camp to explore the lakes of the T usket river valley. There are three large lakes in the immediate area and lots of unique terrain. Our camp is in the midst of a very rare "old growth *Acadian forest*" and the flora of the area contains some interesting costal plants only seen as far south as North Carolina and then not again until the T usket River Valley. Huge granite line the lake shores and there are a variety of eastern woodland animals to be seen.

A truly unique experience is to be had when camping in our pristine wilderness and we welcome any questions or concerns that you may have about our experience with camp groups or scheduled openings for the summer of 2003. Please contact us at the phone number, our email address below or visit our web site.

