**ROYAL CANADIAN ARMY CADETS**

**GOLD STAR**

**INSTRUCTIONAL GUIDE**

**SECTION 2**

**EO M425.02 – PLAN AN EXPEDITION ROUTE**

| | |
|---|---|
| Total Time: | 90 min |

## PREPARATION

### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-704/PG-001, *Gold Star Qualification Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Have the cadets bring their Expedition Duo-Tang.

Gather examples of expedition route planning resources from the local area for TP 1.

Photocopy Section 2 of the Expedition Planning Booklet located at Attachment A for each cadet.

Decide if cadets will develop an expedition route using the area and information provided or an alternate area.

If using the area and information provided:

1. Photocopy the Expedition Route Planning Information handout located at Attachment B for each cadet.

2. Photocopy the resource materials required to complete TPs 4 and 6 located at Attachments C–G for each group.

3. Photocopy on 11 x 17 inch paper the topographical maps located at Attachment I for each group.

4. Review the Completed Section 2 of the Expedition Planning Booklet located at Attachment H.

If an alternate area is selected:

5. Gather, organize and photocopy (if required) the resource materials associated with the area for each group.

6. Create and photocopy the Expedition Planning Information handout for each cadet.

7. Complete the sample Section 2 of the Expedition Planning Booklet located at Attachment A.

### PRE-LESSON ASSIGNMENT

Nil.

### APPROACH

A group discussion was chosen for TP 1 as it allows the cadets to interact with their peers and share their knowledge and opinions about identifying different types of expedition resource materials. Sharing in the



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discussion encourages the cadets to examine their own thoughts and feelings and may prompt them to re-examine their previously held ideas. Participating in a group discussion improves the cadets' listening skills and team development.

An interactive lecture was chosen for TPs 2, 3 and 5 to introduce the cadets to factors that should be considered when planning an expedition route and to provide an introduction to expedition route cards.

An in-class activity was chosen for TPs 4 and 6 as it is an interactive way to provoke thought and stimulate interest in planning an expedition route and preparing a route card.

## INTRODUCTION

### REVIEW

The review for this lesson is from EO M425.01 (Establish Expedition Parameters).

**QUESTIONS**:

Q1. Identify two reasons for conducting expeditions.

Q2. What is the purpose of creating goals and objectives?

Q3. What are two guidelines that must be established when planning an expedition?

**ANTICIPATED ANSWERS**:

A1. Expeditions are conducted for the following reasons:

- to challenge participants;
- to develop hard and soft skills;
- to provide leadership opportunities;
- to increase physical fitness levels; and / or
- to provide opportunities to receive qualifications.

A2. Goals and objectives serve the same purpose as a good map—they provide leaders with a specific path to follow as they create and execute the expedition. Goals and objectives will also assist leaders in making decisions while on the expedition.

A3. The following guidelines must be established when planning an expedition:

- time of year expedition is taking place,
- number of days,
- number of participants,
- participant experience level,
- budget, if applicable, and
- mode(s) of travel, to include:
    - distance, and
    - terrain.



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**OBJECTIVES**

By the end of this lesson the cadet shall have planned an expedition route.

**IMPORTANCE**

It is important for cadets to plan an expedition route as it provides cadets with a tool that can be applied to planning a variety of different activities. Expedition route selection requires cadets to complete research and identify factors in order to choose the best location / route. This process will help to build the cadets' analytical skills in a very practical manner.



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**Teaching point 1** **Identify expedition route planning resources.**

Time: 10 min Method: Group Discussion

## BACKGROUND KNOWLEDGE




The point of the group discussion is to draw the following information from the group using the tips for answering / facilitating discussion and the suggested questions provided.

### EXPEDITION ROUTE PLANNING RESOURCES

#### Reference Material

Information on expedition routes can be gathered from a variety of reference materials—print and web-based. Availability of reference material differs from one province / territory to another. Possible sources include:

- topographical maps,
- recreation maps,
- trail maps,
- river maps,
- guidebooks,
- outdoors clubs' newsletters,
- magazines,
- books, and
- websites.

#### Organizations / Authorities

Within Canada, there are a number of organizations / authorities that can be consulted when planning an expedition route. Depending on the scope of the organization / authority, they can provide information on terrain, trails, campsites, amenities, etc. In some situations, they can also assist with the planning of the route, utilizing their experience with the area to select the best possible route that meets the purpose, goals and objectives of the expedition. As with reference material, organizations and authorities differ greatly from one province / territory to another. Possible organizations / authorities include:

- Parks Canada,
- provincial / territorial parks,
- conservation authorities,
- municipal offices,
- local river / lake authorities,
- outdoors clubs,



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- local trail authorities, and
- private property owners.

## GROUP DISCUSSION




**TIPS FOR ANSWERING / FACILITATING DISCUSSION:**

- Establish ground rules for discussion, eg, everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
- Sit the group in a circle, making sure all cadets can be seen by everyone else.
- Ask questions that will provoke thought; in other words avoid questions with yes or no answers.
- Manage time by ensuring the cadets stay on topic.
- Listen and respond in a way that indicates you have heard and understood the cadet. This can be done by paraphrasing their ideas.
- Give the cadets time to respond to your questions.
- Ensure every cadet has an opportunity to participate. One option is to go around the group and have each cadet answer the question with a short answer. Cadets must also have the option to pass if they wish.
- Additional questions should be prepared ahead of time.

**SCENARIO**

Consider the following scenario:

The Gold Star cadets have been chosen to plan the Silver Star expedition training weekend. Some of the initial planning for the expedition has been completed—goals and objectives have been established, and expedition guidelines have been identified—but no location has been selected. It is the responsibility of the Gold Star cadets to identify and research possible locations and then plan a route once all factors have been considered.

**SUGGESTED QUESTIONS**:

Q1. Where do expeditions usually occur?

Q2. What stands out in your mind about the location where you completed the Silver Star expedition last year?

Q3. What types of reference materials do you think were consulted when the planners of the Silver Star expedition were researching a possible location?

Q4. What types of organizations / authorities could have been approached to find out information on a specific areas / canoe routes / trail systems / campsites?




Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.



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Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

## CONFIRMATION OF TEACHING POINT 1

The cadets' participation in the group discussion will serve as the confirmation of this TP.

**Teaching point 2** **Identify factors to consider when selecting an expedition location.**

Time: 10 min Method: Interactive Lecture




Have cadets review the expedition goals, objectives and guidelines they previously recorded in Section 1 of their Expedition Planning Booklets.

Distribute Section 2 of the Expedition Planning Booklet located at Attachment A to each cadet and have them place it in their Duo-Tang.

Distribute the Expedition Route Planning Information handout located at Attachment B to each cadet. If using an alternate area distribute the Expedition Route Planning Information handout created for that area.

Have the cadets turn to the expedition location comparison chart found in the Expedition Route Planning Information handout. Explain that the comparison chart is a tool that can be used to compare expedition locations to select the best possible location.

Review the information detailed in the expedition location comparison chart with the cadets. Have the cadets choose a location and provide at least two reasons why they think it best meets the goals, objectives and guidelines of the expedition.

### FACTORS TO CONSIDER WHEN SELECTING AN EXPEDITION LOCATION

Selecting an expedition location is the first step in planning an expedition route. Choosing a location is dependent on a number of factors that can be identified through research of resource materials, such as topographical maps, guidebooks, websites, books and provincial parks. Expedition locations should be selected to meet the established expedition goals, objectives and guidelines.

The most effective way to select an expedition location is to identify a number of possible locations and compare and contrast each location based on the following factors:

- the distance and time needed to travel to and from the location,
- the distance and time needed to obtain emergency services, including:
  - communication, and
  - evacuation routes;



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- the ability to conduct the selected modes of travel, including:
  - distance (per mode of travel and total distance), and
  - terrain (eg, availability of familiarization trails / flatwater);
- the availability of campsites / rest stops,
- the ease and cost of obtaining permission to use the area, and
- the ability to comply with established land management practices, including:
  - fire restrictions,
  - group size limit,
  - restricted camping areas, and
  - closed trails.

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**CONFIRMATION OF TEACHING POINT 2**

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**QUESTIONS**:

Q1. Where could an expedition planner go to find information on possible expedition locations?

Q2. When selecting an expedition location, what is the primary consideration?

Q3. When assessing a location's compatibility with the selected modes of travel, the expedition planner should consider what two factors?

**ANTICIPATED ANSWERS**:

A1. Expedition planners can consult the following resources to find information on possible expedition locations:

- topographical maps,
- guidebooks,
- websites,
- books, and
- provincial parks.

A2. Expedition locations should be selected to meet the established expedition goals, objectives and guidelines.

A3. The expedition planner should consider if the location meets the mode of travel distance requirements (per mode and total distance) and the terrain requirements (eg, availability of familiarization trails / flatwater).



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**Teaching point 3** **Identify the elements of an expedition route.**

Time: 10 min Method: Interactive Lecture




Information in this TP can be presented using a "Think, Pair, and Share" format. This will allow cadets to consider and discuss the elements included in an expedition route based on personal experience. A "Think, Pair and Share" is conducted using the following format:

(1) Cadets individually think about the elements included in an expedition route for no more than one minute.

(2) Cadets pair up and discuss their ideas for no more than two minutes.

(3) Cadets share their ideas with the rest of the class for no more than three minutes.

Record the cadets' answers on flip chart paper. Add elements the cadets missed to the list once all pairs have shared their ideas. Ensure all keys points have been presented.

## ELEMENTS OF AN EXPEDITION ROUTE

Once the possible expedition location(s) have been identified, the next step in the process is to plan the expedition route. Like location(s), expedition routes are designed to accommodate the goals, objectives and guidelines. It is important that the expedition planner take the time to review the maps and guidebooks associated with the location prior to settling on one specific route. It is advisable to select two to three possible route combinations and assess the validity of each option to meet the requirements of the expedition.

The elements of an expedition route will have some flexibility depending on the location selected. It is the responsibility of the expedition planner to identify the required elements and organize them into an exciting and challenging route. The following are examples of elements that may be incorporated to form the expedition route:

**Number of days to complete the expedition.** Found in the expedition guidelines and identified in the first step of the expedition planning process.

**Pick-up and drop-off points.** Ensure that there is enough space at the location for buses and other transportation vehicles. In most cases, pick-up and drop-off points will co-locate with the campsites for the first and last nights.

**Campsites.** The number of campsites required will be dependant on the number of days of the expedition and whether or not the expedition is linear or circular in design. A linear route will require different campsites every day, whereas the group may arrive back to a site when travelling a circular route. If the area allows for it, it is advisable to choose a primary and secondary campsite for each night. Campsite availability will somewhat dictate the expedition route so campsites should be identified and selected early on in the route planning process.

**Modes of travel.** Found in the expedition guidelines and identified in the first step of the expedition planning process. The expedition route must be designed so it incorporates the selected modes of travel in a fun, challenging and exciting manner.

**Terrain requirements.** Found in the expedition guidelines and identified in the first step of the expedition planning process. Identifying the level of terrain for an area / trail / river being used can be done by looking through the resource materials being used to plan the expedition, such as guidebooks or maps.

**Distance requirements.** Found in the expedition guidelines and identified in the first step of the expedition planning process. The expedition planner must ensure that the expedition route meets the established distance



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requirements by measuring the distances for each mode of travel on the topographical map. It is acceptable for there to be minor variances in distance requirements.

**Mode(s) of travel change points.** Some expedition routes will require multiple modes of travel on the same day. For example, a group may canoe for the morning and then hike to their campsite in the afternoon. If this is the case, it is important that mode of travel change points are identified. These points, like pick-up and drop-off points, require ample room for the delivery and pick-up of equipment.

**Lunch locations.** Depending on the type of expedition, if participants are carrying their own meals or meals are being provided for them, there may be a requirement for a specified lunch location. Select more than one possible location along the route to allow for variances in speed of participants. When choosing lunch locations consider the availability of water, space, shade, suitable eating area, washroom facilities, etc.

**Rest stop / resupply locations.** There will always be a requirement to have designated locations along the route where the expedition participants can take a break and resupply items such as water and snacks. There should be at least two per half day of the expedition; however, both do not necessarily have to provide road access. When choosing rest-stop locations consider the availability of water, space, shade, suitable eating area, washroom facilities, etc.

**Evacuation routes.** When developing an expedition route, it is important to identify evacuation routes to the nearest hospital. This should include the grid reference (GR) of the hospital and then a trace of the route to the hospital. Participants are continuously moving, so planners need to provide route details based on identified starting points and main roads.

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**CONFIRMATION OF TEACHING POINT 3**

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**QUESTIONS**:

Q1. How many possible route combinations should be identified and assessed when planning an expedition route?

Q2. Where is information relating to modes of travel, terrain requirements and distance requirements found?

Q3. When are mode of travel change points required?

**ANTICIPATED ANSWERS**:

A1. When planning an expedition route, planners should identify and assess two to three possible route combinations.

A2. Information relating to modes of travel, terrain requirements and distance requirements is found in the first step of the expedition planning process under expedition guidelines.

A3. Mode of travel change points are required when the expedition route requires participants to switch from one mode of travel to another on the same day.

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**Teaching point 4** **Explain and have the cadets, in groups of three, plan an expedition route.**

Time: 30 min Method: In-Class Activity

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**ACTIVITY**

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**OBJECTIVE**

The objective of this activity is for the cadets, in groups of three, to plan an expedition route.



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**RESOURCES**

- Section 2 of the Expedition Planning Booklet located at Attachment A (one per cadet),
- Expedition Route Planning Information handout located at Attachment B or the Expedition Route Planning Information handout created for the alternate area (one per cadet),
- Resource Materials located at Attachments C–G and I or the identified resources for the alternate area (one per group),
- Sample Section 2 of the Expedition Planning Booklet located at Attachment H,
- Expedition Duo-Tang,
- Compass (two per group), and
- Pencil (three per group).

**ACTIVITY LAYOUT**

Nil.

**ACTIVITY INSTRUCTIONS**

1. Divide the cadets into groups of three.

2. Ensure each cadet has an Expedition Route Planning Information handout.

3. Distribute resource materials to each group, to include:

    a. Maps located at Attachment C or maps for the alternate area selected,

    b. Campground Information located at Attachment D or campground information for the alternate area selected,

    c. Mountain Bike Trails Information located at Attachment E or mountain bike information for the alternate area selected,

    d. Canoe Route Information located at Attachment F or canoe route information for the alternate area selected, and

    e. Hospital Information located at Attachment G or hospital information for the alternate area selected.

    f. Topographical maps located at Attachment I or topographical maps for the alternate area selected.

4. Brief the cadets on the resource materials provided to ensure they are aware of what is available for them to use to complete the activity.

5. Have groups turn to the page on developing an expedition route in their Expedition Planning Booklet and review the content with the cadets.

6. Have the groups plan two possible expedition routes, using the provided resource materials by:

    a. completing the Develop an Expedition Route section of their Expedition Planning Booklet, to include:

        (1) identifying the number of days to complete the expedition;

        (2) selecting drop-off and pick-up points;

        (3) selecting a primary and possibly a secondary campsite for each night of the expedition;



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(4) incorporating the selected modes of travel ensuring that:

(a) terrain requirements are met, and

(b) distance requirements are met;

(5) selecting mode of travel change point(s), if required;

(6) identifying possible lunch locations for each day;

(7) identifying at least two possible rest stop / resupply locations along the route; and

(8) identifying evacuation routes to the nearest hospital; and

b. plotting the routes on the topographical map, to include:

(1) drop-off and pick-up points,

(2) campsites,

(3) mode of travel number one route,

(4) mode of travel number two route,

(5) mode of travel change points,

(6) lunch locations,

(7) rest stop / resupply locations, and

(8) evacuation routes.

7. Have each group compare the two expedition routes and rate them—first choice and second choice—based on compatibility with expedition goals, objectives and guidelines.




Explain that the next step in the process is to conduct a reconnaissance of the most compatible route and then, if required, conduct a reconnaissance of the other route in order to make the final route selection.

**SAFETY**

Nil.

**CONFIRMATION OF TEACHING POINT 4**

The cadets' participation in the activity will serve as the confirmation of this TP.



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**Teaching point 5** **Describe expedition route cards.**

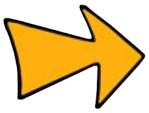
Time: 10 min Method: Interactive Lecture



This TP is intended to introduce the cadet to creating an expedition route card.

Cadets will remain seated with their groups from the previous TP.

Cadets will be required to complete a schedule (individually) in their Expedition Planning Booklet on their own time. The schedule is included in Section 2 of the Expedition Planning Booklet.



An expedition schedule is usually completed in conjunction with the expedition route card. Schedules vary in both detail and length. They can be a detailed, daily schedule organized by time or a broad overview of activities on a daily basis without time constraints. The schedule guides cadets through the expedition.

**PURPOSE OF AN EXPEDITION ROUTE CARD**



Expedition route cards are sometimes referred to as time control plans. For the purpose of this TP, they will be identified as expedition route cards.

Every expedition plan must include an expedition route card. Expedition route cards are a critical component of the expedition plan. They provide insight into the terrain, direction of travel, potential dangers, and amount of time required to complete the specific route. The expedition route card is developed to match the goals and ability level of the expedition participants. It provides the participants of the expedition with all the information they need to complete the expedition.



When using expedition route cards, a route is referred to as the entire expedition and each smaller section is referred to as a leg.

On an expedition route card, the entire route is divided into legs with a number of locations identified for rest stops / campsites / mode of travel change points, etc. Once the expedition route card is prepared, the route is planned.



A topographical / trail / river map(s) of the area of travel is required to use in conjunction with the expedition route card.

**COMPONENTS OF AN EXPEDITION ROUTE CARD**



Have the cadets turn to the Sample Route Card located in the Expedition Route Planning Information handout at Attachment B.



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The information included on an expedition route card will vary, depending on the activity(s) being completed during the expedition and the resource material being used to plan the expedition. For example, if the expedition route follows a marked trail system there will be no requirement to include GRs or bearings. In this case, the route description would detail all required information.

It is the responsibility of the expedition planner to identify the key components and develop them in order to create a workable expedition route card.

The following is a list of possible components:

**Mode of travel.** Modes of travel may include hiking, mountain biking, canoeing, voyageur canoeing or kayaking.

**GRs.** When GRs are used, there are two for each leg of the route (a "from GR" and a "to GR"). Each should be accompanied by a description (eg, 456 789 Parking Lot).

**Bearing.** A bearing is determined for each leg of the expedition route once the start and finish GRs have been plotted. In some cases, a bearing is not required.



When bearings are not being used, the route description is filled out in detail for each leg of the route.

**Distance.** Distance is measured in metres or kilometres, depending on the length of the leg of the route.

**Elevation.** Elevation for each leg is measured in metres. There are two elevation figures on the expedition route card, one for the start point of the leg and one for the end point of the leg. Rate of travel will differ, depending on elevation.



Including the elevation on the expedition route card provides additional information about the shape and the height of the ground.

**Time.** The time required to complete a leg of a route can initially be calculated using the law of averages.



Rates of travel will differ, depending on factors such as the group, equipment, terrain, elevation above sea level, etc. On average:

- A person walks 4 km per hour, 1 km per 15 minutes or 100 m per 1.5 minutes.
- Off trail in open terrain, a person can be expected to travel on foot 3 km per hour.
- On rough, difficult terrain, a person can be expected to travel on foot 1–1.5 km per hour.
- When gaining elevation, there should be an extra allowance of 1 hour per every 300 m. When above 3 000 m, the rate of travel will greatly decrease.
- When losing elevation, up to a half an hour can be added for every 1 000 m lost depending on terrain.
- Canoeists paddle 4–5 km per hour in favourable conditions (mild wind, few waves). Speed is also affected by current, paddling experience and time of day.
- The speed of a mountain biker is highly influenced by the types of trail they are riding on and their experience as a mountain biker. The general speed is between 15–25 km per hour.



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There should be 10 minutes of rest allowed for every hour of travel.

**Route description.** The route description is a short but detailed written explanation that has been developed by studying the features of the map between the start and end point of each leg of the expedition route. It is an account of terrain, prominent objects and catching features that should be passed along the leg (eg, follow the path north to a wooden bridge, cross the bridge, and then take the left path west until out of the woods). A description of the end point of the leg should also be recorded (eg, road junction or intersection).



A leg will usually end at a major change in direction or an obvious point.

**Group detail.** The size, fitness level, knowledge and experience of the group and the equipment that is being carried are factors to consider and may need to be noted on the expedition route card.

| | | | | | |
|---|---|---|---|---|---|
| **Date:** | 20 Oct 07 / Day 1 | **Platoon / Team:** | Wild Horses | **Location:** | Frontenac Provincial Park |
| **Start Time:** | 0800 hrs | **Est. Finish Time:** | 1600 hrs | **Starting Elevation:** | 260 m |

| LEG | MODE OF TRAVEL | FROM GR | TO GR | BEARING | DISTANCE | ELEVATION | TIME | ROUTE DESCRIPTION |
|---|---|---|---|---|---|---|---|---|
| 1 | Hike | 255 981 | 265 931 | 6350 mils | 4 km | S – 260 m<br>F – 290 m | 60 min | Follow flat terrain, wide paths north, stop at intersection. |
| 2 | Hike | 265 931 | 267 911 | 6100 mils | 4 km | S – 290 m<br>F – 330 m | 90 min | Steep hills, narrow paths, continue north. |
| 3 | Mountain Bike | 267 911 | 315 966 | 1550 mils | 10 km | S – 330 m<br>F – 350 m | 90 min | Some hills, wide gravel road. Go right at fork in the road after last tree. |
| 4 | Mountain Bike | 315 966 | 330 976 | | 2 km | S – 350 m<br>F – 300 m | 30 min | Many hills, narrow and rocky paths with obstacles, stop at bridge |
| 5 | Canoe | 330 976 | 354 970 | | 1.5 km | No change | 30 min | Flatwater. Stay river left of small island. |
| 6 | Canoe | 354 970 | 358 982 | | 1 km | No change | 60 min | Flatwater. Land at third campsite on river left. |
| 7 | Hike | 358 982 | 384 001 | | 3.5 km | S – 300 m<br>F – 250 m | 90 min | Some hills, narrow path, finish at main parking lot. |

| | |
|---|---|
| **Group Details:** | Team has eight members–four females and four males–who all possess a high level of physical fitness. Three members completed Basic Expedition and two members completed Expedition Instructor. |

*Note. Created by Director Cadets 3, 2008, Ottawa, ON: Department of National Defence.*

Figure 1 Sample Route Card

## CONFIRMATION OF TEACHING POINT 5

**QUESTIONS**:

Q1. What is the purpose of an expedition route card?

Q2. On an expedition route card, the entire route in divided into what smaller sections?

Q3. How should the time required to complete the route be calculated?



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**ANTICIPATED ANSWERS**:

A1. An expedition route card is a critical component of the expedition plan. It provides insight into the terrain, direction of travel, potential dangers, and amount of time required to complete the specific route.

A2. On an expedition route card, the entire route is divided into legs with a number of locations identified for rest stops / campsites / mode of travel change points, etc.

A3. The time required can be calculated by the average speed of a person (the average person walks 4 km per hour). This gives the time for 1 km as 15 minutes for each 100 m as approximately 1.5 minutes.

---

**Teaching point 6** **Explain and have the cadets, in groups of three, prepare an expedition route card.**

Time: 10 min Method: In-Class Activity

---

**ACTIVITY**

---

**OBJECTIVE**

The objective of this activity is to have the cadet, in groups of three, prepare an expedition route card.

**RESOURCES**

- Section 2 of the Expedition Planning Booklet located at Attachment A (one per cadet),
- Expedition Route Planning Information handout located at Attachment B or the Expedition Route Planning Information handout created for the alternate area (one per cadet),
- Resource Materials located at Attachments C–G and I or the identified resources for the alternate area (one per group),
- Sample Section 2 of the Expedition Planning Booklet located at Attachment H,
- Expedition Duo-Tang,
- Compass (two per group), and
- Pencil (three per group).

**ACTIVITY LAYOUT**

Nil.

**ACTIVITY INSTRUCTIONS**

1. Ensure each group has:
   a. resource materials, and
   b. the Expedition Route Planning Information handout.
2. Distribute to each group:
   a. pencils, and
   b. compasses.
3. Have the groups turn to the Prepare an Expedition Route Card section of the Expedition Planning Booklet.



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4. Have the groups prepare an expedition route card, for their selected route, in their Expedition Planning Booklet by:

a. recording:

(1) the date of the expedition,

(2) expedition location,

(3) start time,

(4) estimated finish time,

(5) starting elevation, and

(6) group details; and

b. filling in the following components:

(1) mode of travel,

(2) from GR and to GR (if required),

(3) bearing (if required),

(4) distance,

(5) elevation,

(6) time, and

(7) route description.

**SAFETY**

Nil.

---

**CONFIRMATION OF TEACHING POINT 6**

---

The cadets' participation in preparing a route card will serve as the confirmation of this TP.

---

**END OF LESSON CONFIRMATION**

---

The cadets' participation in planning an expedition route and preparing an expedition route card will serve as the confirmation of this lesson.

---

**CONCLUSION**

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**HOMEWORK / READING / PRACTICE**

Cadets must ensure that all of Section 2 of the Expedition Planning Booklet are completed prior to EO M425.03 (Develop an Expedition Equipment List).

**METHOD OF EVALUATION**

This lesson is assessed IAW A-CR-CCP-704/PG-001, *Gold Star Qualification Standard and Plan*, Chapter 3, Annex B, 425 PC.



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## CLOSING STATEMENT

Planning an expedition route that satisfies the expedition goals, objectives and guidelines is a critical component of expedition planning. The key to a successful expedition is a well planned expedition route. Once the route has been established, the preparation of the expedition route card will ensure that all participating members are aware of all facets of the trip. A prepared, well-organized and detailed expedition route card will effectively guide participants along the route.

## INSTRUCTOR NOTES / REMARKS

Nil.

## REFERENCES

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C2-110 ISBN 978-0-89886-953-6 Burns, B., & Burns, M. (2004). *Wilderness navigation* (2nd ed.). Seattle, WA: The Mountaineers Books.

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C2-208 ISBN 978-1-59485-033-2 Raynolds, J., Lodato, A., Gordon, R., Blair-Smith, C., Welsh, J., & Gerzon, M. (2007). *Leadership the outward bound way*. Seattle, WA: The Mountaineers Books.



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## IDENTIFY EXPEDITION ROUTE PLANNING RESOURCES

When planning an expedition route, there are a variety of reference materials and organizations / authorities that can assist the expedition planner.

Listing the planning resources that have been consulted or contacted is beneficial not only in planning the current expedition but for future expedition planning as well.

| Reference Materials | Organizations / Authorities |
|---|---|
| | |
| | |
| | |
| | |
| | |

## IDENTIFY FACTORS TO CONSIDER WHEN SELECTING AN EXPEDITION ROUTE

Choosing an expedition location is dependent on a number of factors that can be identified through research of resource materials. Expedition locations should be selected to meet the established expedition goals, objectives and guidelines.

The most effective way to select an expedition location is to identify a number of possible locations and compare and contrast the suitability of each location.



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**Selecting an Expedition Location Comparison Chart**

| | Location #1 | Location #2 | Location #3 |
|---|---|---|---|
| | | | |
| **What is the distance to and from the location?** | | | |
| **How long does it take to travel to and from the location?** | | | |
| **How long will it take to get to or receive emergency services?** | | | |
| **Is there adequate space at start and end points for drop-off of personnel and equipment?** | | | |
| **Can the distance requirements for mode of travel #1 be met?**<br><br>**Can the terrain requirements for mode of travel #1 be met?** | | | |
| **Can the distance requirements for mode of travel #2 be met?**<br><br>**Can the terrain requirements for mode of travel #2 be met?** | | | |



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| | Location #1 | Location #2 | Location #3 |
|---|---|---|---|
| **Are there a number of campsites / rest stops available in the area?** | | | |
| **What are the associated costs of using the area?** | | | |
| **What are the procedures to gain access to use the area?** | | | |
| **Are there any limitations on group sizes?** | | | |
| **Are there any restricted camping areas?** | | | |

An expedition location must now be chosen. In some cases, it is difficult to select a location from the comparison alone. The expedition planner may have to conduct a physical reconnaissance of the areas to assist in the selection process.

**Chosen location:** _____

_____

**Reasons for choosing location:** _____

_____

_____



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**DEVELOP AN EXPEDITION ROUTE**

Like the location(s), expedition routes should be designed to accommodate the goals, objectives and guidelines of the expedition. A detailed review of the maps and guidebooks associated with the location must now take place before a specific route is selected. Two to three possible route combinations should be developed and assessed for their ability to meet the requirements of the expedition.

The expedition route is penciled in on the topographical map of the area. The expedition planner uses conventional signs to identify the key elements of the expedition route on the topographical map. If possible, GRs and location identifiers should be recorded.

**Length of the expedition:**

| | Route #1 | Route #2 |
|---|---|---|
| **Drop-off point and campsite.** | | |
| **Mode(s) of travel for day #1.** | | |
| **Mode of travel change point(s) for day #1, if required.** | | |
| **Possible lunch locations for day #1.** | | |



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| | Route #1 | Route #2 |
|---|---|---|
| **Possible rest-stop / resupply locations for day #1.** | | |
| **Evacuation route(s) for day #1.** | | |
| **Possible campsite(s) for night.** | | |
| **Mode(s) of travel for day #2.** | | |
| **Mode of travel change point(s) for day #2, if required.** | | |
| **Possible lunch locations for day #2.** | | |
| **Possible rest-stop / resupply locations for day #2.** | | |

| | Route #1 | Route #2 |
|---|---|---|
| **Evacuation route(s) for day #2.** | | |
| **Pick-up point.** | | |
| **Rate routes based on their ability to comply with the goals, objectives and guidelines of the expedition.** | | |

**PREPARING AN EXPEDITION ROUTE CARD**

Expedition route cards are a critical component of the expedition plan that provide insight into the terrain, direction of travel, potential dangers, and amount of time required to complete the specific route. A well developed expedition route card provides the participants of the expedition with all the information they need to complete the expedition.



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The information included on an expedition route card varies depending on the activity(s) being completed during the expedition and the resource material being used to plan the expedition. For example, if the expedition route follows a marked trail system there is no requirement to include GRs or bearings. In this case, the route description details all required information.

**Route Card–Day _____**

| | | | | | |
|---|---|---|---|---|---|
| **Date:** | | **Team:** | | **Location:** | |
| **Start Time:** | | **Estimated Finish Time:** | | **Starting Elevation:** | |

| Leg | Mode of Travel | From GR | To GR | Bearing | Distance | Elevation | Time | Route Description |
|---|---|---|---|---|---|---|---|---|
| **1** | | | | | | | | |
| **2** | | | | | | | | |
| **3** | | | | | | | | |
| **4** | | | | | | | | |
| **5** | | | | | | | | |
| **6** | | | | | | | | |
| **7** | | | | | | | | |



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| | |
|---|---|
| **Group Details:** | |

**Route Card–Day _____**

| | | | | | |
|---|---|---|---|---|---|
| **Date:** | | **Team:** | | **Location:** | |
| **Start Time:** | | **Estimated Finish Time:** | | **Starting Elevation:** | |

| Leg | Mode of Travel | From GR | To GR | Bearing | Distance | Elevation | Time | Route Description |
|---|---|---|---|---|---|---|---|---|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |
| 5 | | | | | | | | |
| 6 | | | | | | | | |
| 7 | | | | | | | | |



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| **Group Details:** | |
|---|---|

An expedition schedule is usually completed in conjunction with the expedition route card. Schedules vary in both detail and length. They can be a detailed, daily schedule organized by time or a broad overview of daily activities without time constraints. The schedule guides participants through the expedition.

| Day _____ | | |
|---|---|---|
| **Timings** | **Tasks / Activity** | **Remarks** |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| Day _____ | | |
|---|---|---|
| **Timings** | **Tasks / Activity** | **Remarks** |
| | | |
| | | |
| | | |



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| Timings | Tasks / Activity | Remarks |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| Day _____ | | |
|---|---|---|
| **Timings** | **Tasks / Activity** | **Remarks** |
| | | |
| | | |
| | | |
| | | |



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| Timings | Tasks / Activity | Remarks |
|---|---|---|
| | | |
| | | |
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**Identify Expedition Route Planning Resources**

| Reference Materials | Organizations / Authorities |
|---|---|
| Ontario Recreation Map | Ontario Parks |
| Topographical maps–Markdale, Collingwood, Goderich, Lucknow, Wingham, Chesley, Walkerton and Wiarton | Saugeen Valley Conservation Authority |
| Canadian Canoe Routes–www.myccr.com | Grey Sauble Conservation Authority |
| Ontario Trails Council–www.ontariotrails.on.ca | Bruce Trail Association |
| *Backroad Map Book–Southwestern Ontario* | Maitland Conservation Authority |
| *A Paddlers Guide to Wilderness Weekend Adventures* by Kevin Callan | |
| *A Paddlers Guide to The Rivers of Ontario and Quebec* by Kevin Callan | |
| MapQuest | |



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**Select an Expedition Location Comparison Chart**

| | Location #1 | Location #2 | Location #3 |
|---|---|---|---|
| | **Walkerton** | **Wingham** | **Thornbury** |
| **What is the distance to and from the location?** | Niagara Falls–231 km<br>Windsor–346.45 km | Niagara Falls–228.07 km<br>Windsor–313 km | Niagara Falls–256.84 km<br>Windsor–444.02 km |
| **How long does it take to travel to and from the location?** | Niagara Falls–3.15 hours<br>Windsor–4.46 hours | Niagara Falls–3 hours<br>Windsor–4.10 hours | Niagara Falls–3.17 hours<br>Windsor–5.35 hours |
| **How long will it take to get to or receive emergency services?** | Hospitals located in Chesley, Walkerton and Hanover. Furthest distance is 15 km.<br>Call 911. | Hospitals located in Wingham and Goderich. Furthest distance is 20 km.<br>Call 911. | Hospitals located in Markdale, Collingwood and Meaford. Furthest distance is 25 km.<br>Call 911. |
| **Is there adequate space at start and end points for drop-off of personnel and equipment?** | Yes. Various points in area for start and end points. | Yes. Various points in area for start and end points. | Yes. Various points in area for start and end points. |
| **Can the distance requirements for mode of travel #1 be met?** | Saugeen River—Walkerton to Paisley–39 km—earlier take-out points available. | Maitland River—Wingham to Auburn–25 km— earlier take-out points available. | Beaver River— Kimberly to Heathcote–25 km— earlier take-out points available. |
| **Can the terrain requirements for mode of travel #1 be met?** | Mostly flatwater, some swifts depending on time of year, lift-overs and sweepers. | Flatwater, some swifts depending on time of year, lift-overs. | Flatwater. |
| **Can the distance requirements for mode of travel #2 be met?** | Brant Tract Trail System— over 25 km of trails. Roads leading to Brant Tract increase distance. | Carrick Tract Trail System— over 13 km of trails. Roads leading to Carrick Tract increase distance. | Kolapore Uplands Wilderness Ski Trails— over 30 km of trails. Roads leading to Kolapore Ski Trails increase distance. |



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| | Location #1 | Location #2 | Location #3 |
|---|---|---|---|
| **Can the terrain requirements for mode of travel #2 be met?** | Novice double- and single- track trails, intermediate single-track trails, dirt roads and paved roads. | Novice double- and single-track trails, intermediate single-track trails, dirt roads and paved roads. | Novice double- and single-track trails, intermediate single-track trails, dirt roads and paved roads. |
| **Are there a number of campsites / rest stops available in the area?** | Two Conservation Area campgrounds and three privately owned campgrounds. | Four privately owned campsites and one Conservation Area campground | Two privately owned campgrounds. |
| **What are the associated costs of using the area?** | Costs for campsites are between $15 and $30 per night. Group rates are available. | Costs for campsites are between $12 and $30 per night. Group rates are available. | Costs for campsites are between $10 and $25 per night. Group rates are available. |
| **What are the procedures to gain access to use the area?** | Contact Grey Bruce Conservation Authority. | Contact Maitland Valley Conservation Authority and Grey Bruce Conservation Authority. | Contact Grey Sable Conservation Authority. |
| **Are there any limitations on group sizes?** | No limits—just dependent on availability of campsites. | No limits—just dependent on availability of campsites. | No limits—just dependent on availability of campsites. |
| **Are there any restricted camping areas?** | Can only camp in designated campgrounds. Rest stops can occur at campgrounds, conservation areas and crown land. No stopping on private land. | Can only camp in designated campgrounds. Rest stops can occur at campgrounds, conservation areas and crown land. No stopping on private land. | Can only camp in designated campgrounds. Rest stops can occur at campgrounds, conservation areas and crown land. No stopping on private land. |

**Chosen location:** _____

_____

**Reasons for choosing location:** _____

_____

_____



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| | | | | | |
|---|---|---|---|---|---|
| **Date:** | 20 Oct 07 / Day 1 | **Platoon / Team:** | Wild Horses | **Location:** | Frontenac Provincial Park |
| **Start Time:** | 0800 hrs | **Est. Finish Time:** | 1600 hrs | **Starting Elevation:** | 260 m |

| LEG | MODE OF TRAVEL | FROM GR | TO GR | BEARING | DISTANCE | ELEVATION | TIME | ROUTE DESCRIPTION |
|---|---|---|---|---|---|---|---|---|
| 1 | Hike | 255 981 | 265 931 | 6350 mils | 4 km | S – 260 m<br>F – 290 m | 60 min | Follow flat terrain, wide paths north, stop at intersection. |
| 2 | Hike | 265 931 | 267 911 | 6100 mils | 4 km | S – 290 m<br>F – 330 m | 90 min | Steep hills, narrow paths, continue north. |
| 3 | Mountain Bike | 267 911 | 315 966 | 1550 mils | 10 km | S – 330 m<br>F – 350 m | 90 min | Some hills, wide gravel road. Go right at fork in the road after last tree. |
| 4 | Mountain Bike | 315 966 | 330 976 | | 2 km | S – 350 m<br>F – 300 m | 30 min | Many hills, narrow and rocky paths with obstacles, stop at bridge |
| 5 | Canoe | 330 976 | 354 970 | | 1.5 km | No change | 30 min | Flatwater. Stay river left of small island. |
| 6 | Canoe | 354 970 | 358 982 | | 1 km | No change | 60 min | Flatwater. Land at third campsite on river left. |
| 7 | Hike | 358 982 | 384 001 | | 3.5 km | S – 300 m<br>F – 250 m | 90 min | Some hills, narrow path, finish at main parking lot. |

| | |
|---|---|
| **Group Details:** | Team has eight members–four females and four males–who all possess a high level of physical fitness. Three members completed Basic Expedition and two members completed Expedition Instructor. |

*Note. Created by Director Cadets 3, 2008, Ottawa, ON: Department of National Defence.*

Figure B-1 Sample Route Card



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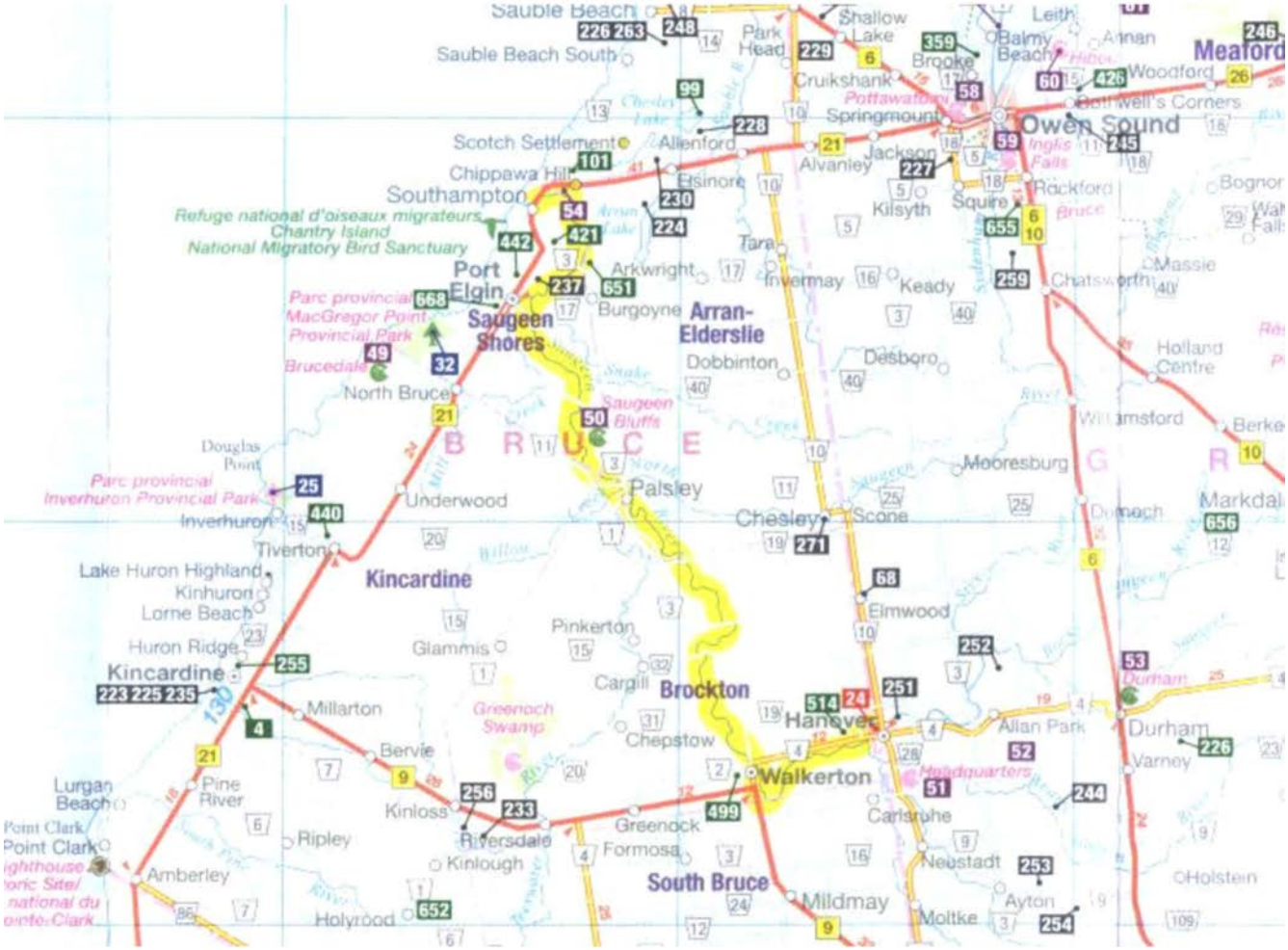
## MAPS




*Note. From Ontario Recreation Map, by MapArt Publishing Corporation, 2005, Oshawa, ON: Peter Heiler Ltd. Copyright 2005 by Mapmedia Corp.*

Figure C-1 Recreation Map–Saugeen River Canoe Route



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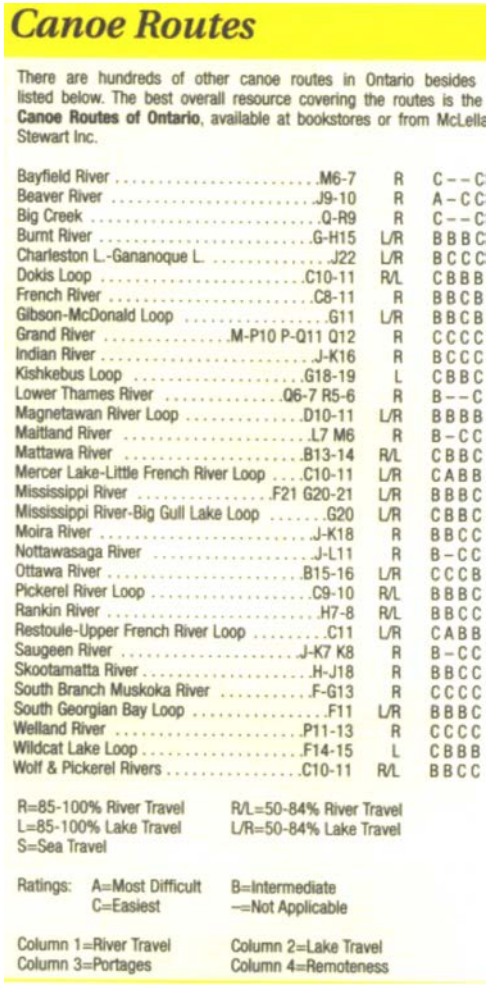

## Canoe Routes

There are hundreds of other canoe routes in Ontario besides listed below. The best overall resource covering the routes is the **Canoe Routes of Ontario**, available at bookstores or from McLella Stewart Inc.

| | | | |
|---|---|---|---|
| Bayfield River | M6-7 | R | C – – C |
| Beaver River | J9-10 | R | A – C C |
| Big Creek | Q-R9 | R | C – – C |
| Burnt River | G-H15 | L/R | B B B C |
| Charleston L.-Gananoque L. | J22 | L/R | B C C C |
| Dokis Loop | C10-11 | R/L | C B B B |
| French River | C8-11 | R | B B C B |
| Gibson-McDonald Loop | G11 | L/R | B B C B |
| Grand River | M-P10 P-Q11 Q12 | R | C C C C |
| Indian River | J-K16 | R | B C C C |
| Kishkebus Loop | G18-19 | L | C B B C |
| Lower Thames River | Q6-7 R5-6 | R | B – – C |
| Magnetawan River Loop | D10-11 | L/R | B B B B |
| Maitland River | L7 M6 | R | B – C C |
| Mattawa River | B13-14 | R/L | C B B C |
| Mercer Lake-Little French River Loop | C10-11 | L/R | C A B B |
| Mississippi River | F21 G20-21 | L/R | B B B C |
| Mississippi River-Big Gull Lake Loop | G20 | L/R | C B B C |
| Moira River | J-K18 | R | B B C C |
| Nottawasaga River | J-L11 | R | B – C C |
| Ottawa River | B15-16 | L/R | C C C B |
| Pickerel River Loop | C9-10 | R/L | B B B C |
| Rankin River | H7-8 | R/L | B B C C |
| Restoule-Upper French River Loop | C11 | L/R | C A B B |
| Saugeen River | J-K7 K8 | R | B – C C |
| Skootamatta River | H-J18 | R | B B C C |
| South Branch Muskoka River | F-G13 | R | C C C C |
| South Georgian Bay Loop | F11 | L/R | B B B C |
| Welland River | P11-13 | R | C C C C |
| Wildcat Lake Loop | F14-15 | L | C B B B |
| Wolf & Pickerel Rivers | C10-11 | R/L | B B C C |

R=85-100% River Travel
L=85-100% Lake Travel
S=Sea Travel
R/L=50-84% River Travel
L/R=50-84% Lake Travel

Ratings: A=Most Difficult, C=Easiest, B=Intermediate, –=Not Applicable

Column 1=River Travel, Column 2=Lake Travel
Column 3=Portages, Column 4=Remoteness

*Note. From Ontario Recreation Map, by MapArt Publishing Corporation, 2005, Oshawa, ON: Peter Heiler Ltd. Copyright 2005 by Mapmedia Corp.*

Figure C-2 Recreation Map– Canoe Route Information



## Conservation Areas

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 10 | A.W. Campbell | O6 | 519-847-5357 | ✔ | ✔ | ✘ | ✘ | ✔ | ✘ |
| 61 | Ainslie Wood | H9 | 519-376-3076 | ✘ | ✘ | ✘ | ✘ | ✔ | ✘ |
| 89 | Albion Hills | L11 | 905-880-4855 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 52 | Allan Park | K8 | 519-364-1255 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 26 | Backus Heritage | R9-10 | 519-586-2201 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 67 | Ball's Falls | P13 | 905-778-3135 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 147 | Baxter | F23 | 613-692-3571 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 81 | Belfountain | L11 | 519-927-5838 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 43 | Belwood Lake | M10 | 519-843-2979 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 5 | Big Bend | R6 | 519-354-7310 | ✔ | ✘ | ✔ | ✘ | ✘ | ✔ |
| 64 | Binbrook | P11 | 905-692-3228 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 93 | Black Creek Pioneer Vill. | M12 | 416-736-1733 | ✘ | ✘ | ✘ | ✘ | ✘ | ✘ |
| 94 | Boyd | L12 | 905-851-0575 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 34 | Brant | P10 | 519-752-2040 | ✔ | ✔ | ✘ | ✘ | ✔ | ✘ |
| 55 | Bruce's Caves | H8 | 519-376-3076 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 97 | Bruce's Mill | L13 | 905-887-5531 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 49 | Brucedale | J7 | 519-389-4516 | ✔ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 138 | Buell's Creek | H23 | 613-546-4228 | ✔ | ✔ | ✔ | ✘ | ✘ | ✘ |
| 32 | Byng Island | Q12 | 905-774-5755 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 4 | C.M. Wilson | S5 | 519-354-7310 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 2 | Cedar Creek Beach | T3 | 519-776-5209 | ✘ | ✘ | ✘ | ✘ | ✘ | ✘ |
| 15 | Charles J. McEwen | P5 | 519-245-3710 | ✘ | ✘ | ✘ | ✘ | ✔ | ✘ |
| 65 | Chippawa Creek | P-Q12 | 905-386-6387 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 73 | Christie | N11 | 905-628-3060 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 96 | Cold Creek | L12 | 416-661-6000 | ✘ | ✔ | ✔ | ✘ | ✘ | ✘ |
| 12 | Coldstream | P6-7 | 519-245-3710 | ✔ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 56 | Colpoy's Lookout | H8 | 519-376-3076 | ✘ | ✘ | ✘ | ✘ | ✘ | ✘ |
| 40 | Conestogo Lake | M9 | 519-638-2873 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 70 | Confederation Park | N12 | 1-888-319-HRCA | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 161 | Cooper Marsh | F26 | 613-347-1332 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 76 | Crawford Lake | N11 | 905-854-0234 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 120 | Crowe Bridge | J17 | 613-472-3137 | ✘ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 84 | D.A. Tiffin | J11-12 | 705-424-1479 | ✘ | ✔ | ✔ | ✘ | ✘ | ✘ |
| 7 | Dalewood | Q8 | 519-631-1270 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 25 | Deer Creek | Q9 | 519-875-2874 | ✔ | ✔ | ✘ | ✘ | ✔ | ✘ |
| 54 | Denny's Dam | J7 | 519-364-1255 | ✔ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 132 | Depot Lakes | H20 | 613-476-7408 | ✔ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 149 | Dickenson Square | F23 | 613-692-3571 | ✘ | ✘ | ✘ | ✘ | ✘ | ✘ |
| 72 | Dundas Valley | P11 | 905-627-1233 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 53 | Durham | K9 | 519-369-2074 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 158 | Eau Claire Gorge | B14 | 705-474-5420 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 87 | Edenvale | J11 | 705-424-1479 | ✘ | ✔ | ✘ | ✘ | ✘ | ✘ |
| 41 | Elora Gorge | M10 | 519-846-9742 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 42 | Elora Quarry | M10 | 519-846-5234 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 105 | Enniskillen | L14 | 905-579-0411 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 62 | Epping Lookout | J9 | 519-376-3076 | ✘ | ✘ | ✘ | ✘ | ✘ | ✘ |
| 63 | Eugenia Falls | K9 | 519-376-3076 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 45 | Falls Reserve | M6 | 1-877-FALLSCA | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 21 | Fanshawe | P7 | 519-451-2800 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 69 | Fifty Point | P12 | 905-643-8833 | ✘ | ✘ | ✘ | ✘ | ✔ | ✘ |
| 131 | Flinton | H19 | 613-476-7408 | ✘ | ✘ | ✘ | ✘ | ✔ | ✘ |
| 143 | Foley Mountain | H21 | 613-692-3571 | ✘ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 46 | Galbraith | M8 | 519-335-3557 | ✘ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 109 | Ganaraska Forest | K15 | 905-885-8173 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 110 | Garden Hill | K-L15 | 905-885-8173 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 88 | Glen Haffy | L11 | 905-584-2922 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 111 | Goodrich-Loomis | K17 | 613-394-4829 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 136 | Gould Lake | J20 | 613-546-4228 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 152 | Gray's Creek | F25 | 613-938-3398 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 98 | Greenwood | L13 | 905-683-2951 | ✘ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 38 | Guelph Lake | M10 | 519-824-5061 | ✔ | ✔ | ✘ | ✘ | ✔ | ✘ |
| 29 | Haldimand | Q11 | 905-776-2700 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 104 | Harmony Valley | L14 | 905-579-0411 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 122 | Harry Smith | K18 | 613-476-7408 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 113 | Hastings | J-K16 | 613-394-4829 | ✘ | ✘ | ✘ | ✘ | ✘ | ✘ |
| 28 | Hay Creek | Q10 | 519-428-4622 | ✔ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 51 | Headquarters | K8 | 519-364-1255 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 90 | Heart Lake | M11 | 905-846-2494 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 103 | Heber Down | L14 | 905-579-0411 | ✔ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 60 | Hibou | H8 | 519-376-3076 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 151 | High Falls | E24 | 613-984-2948 | ✘ | ✘ | ✘ | ✘ | ✘ | ✘ |
| 16 | Highland Glen | P5 | 519-245-3710 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 3 | Hillman Marsh | T4 | 519-776-5209 | ✘ | ✘ | ✔ | ✘ | ✔ | ✘ |
| 78 | Hilton Falls | M-N11 | 905-854-0262 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 160 | Holiday Beach | T2 | 519-776-5209 | ✔ | ✔ | ✔ | ✘ | ✘ | ✘ |
| 117 | Hope Mill | K16 | 705-750-0545 | ✔ | ✔ | ✘ | ✘ | ✔ | ✘ |
| 57 | Indian Falls | H8 | 519-376-3076 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 59 | Inglis Falls | J8 | 519-376-3076 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 162 | Jessups Falls | E24 | 613-938-3611 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 1 | John R. Park Homestead | T3 | 519-776-5209 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 140 | K and P Trail | F20 | 613-259-2421 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |
| 79 | Kelso | M-N11 | 905-878-5011 | ✘ | ✔ | ✔ | ✘ | ✔ | ✘ |
| 114 | Ken Reid | J14 | 705-328-2271 | ✘ | ✘ | ✔ | ✘ | ✘ | ✘ |

*Note. From Ontario Recreation Map, by MapArt Publishing Corporation, 2005, Oshawa, ON: Peter Heiler Ltd. Copyright 2005 by Mapmedia Corp.*

Figure C-3 Recreation Map– Conservation Area Information



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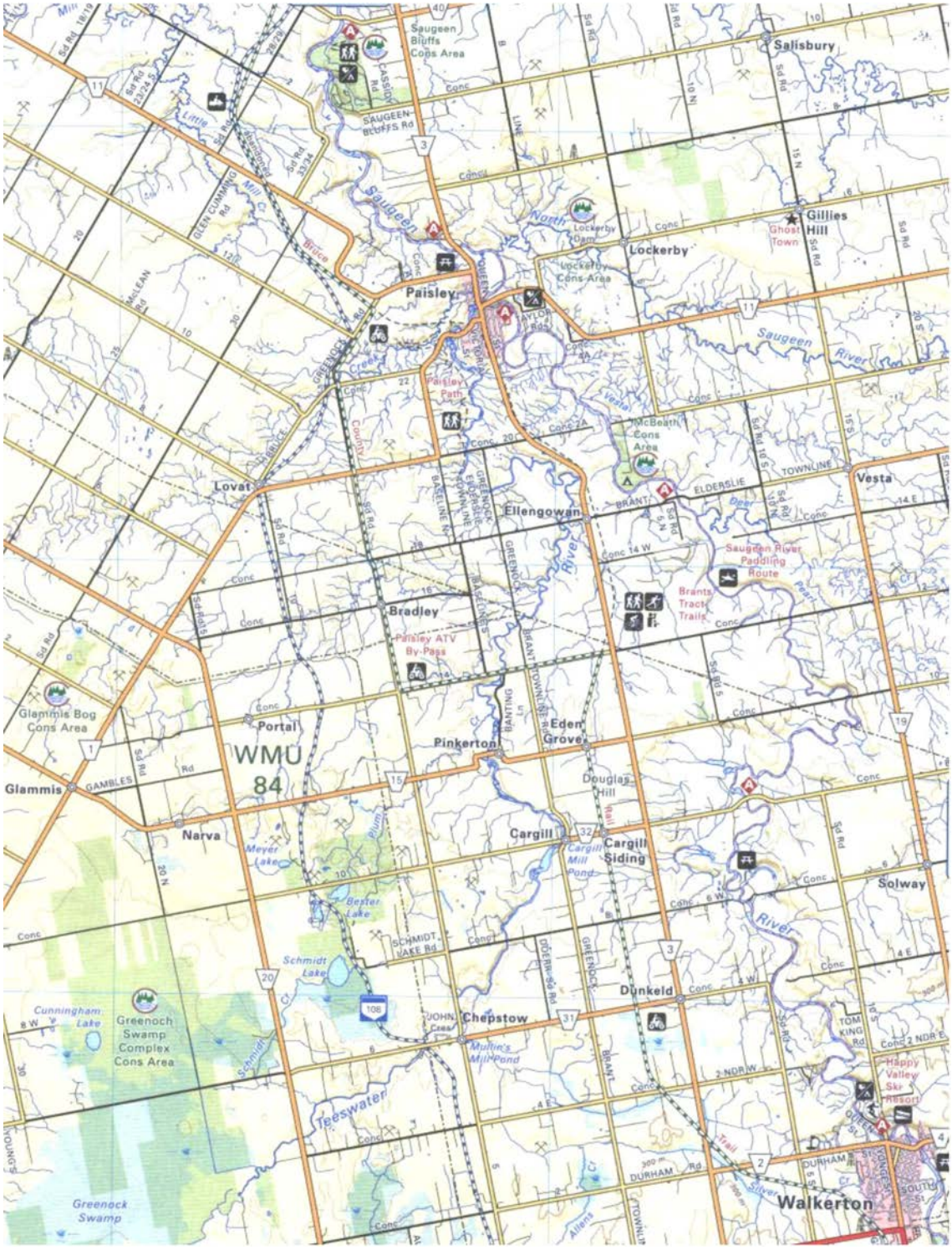


*Note. From Southwestern Ontario: Backroad Mapbook (p. 49), by C. Minutillo, 2008, Burnaby, BC: Mussio Ventures Ltd. Copyright 2008 by Mussio Ventures Ltd.*

Figure C-4 Backroad Mapbook–Walkerton



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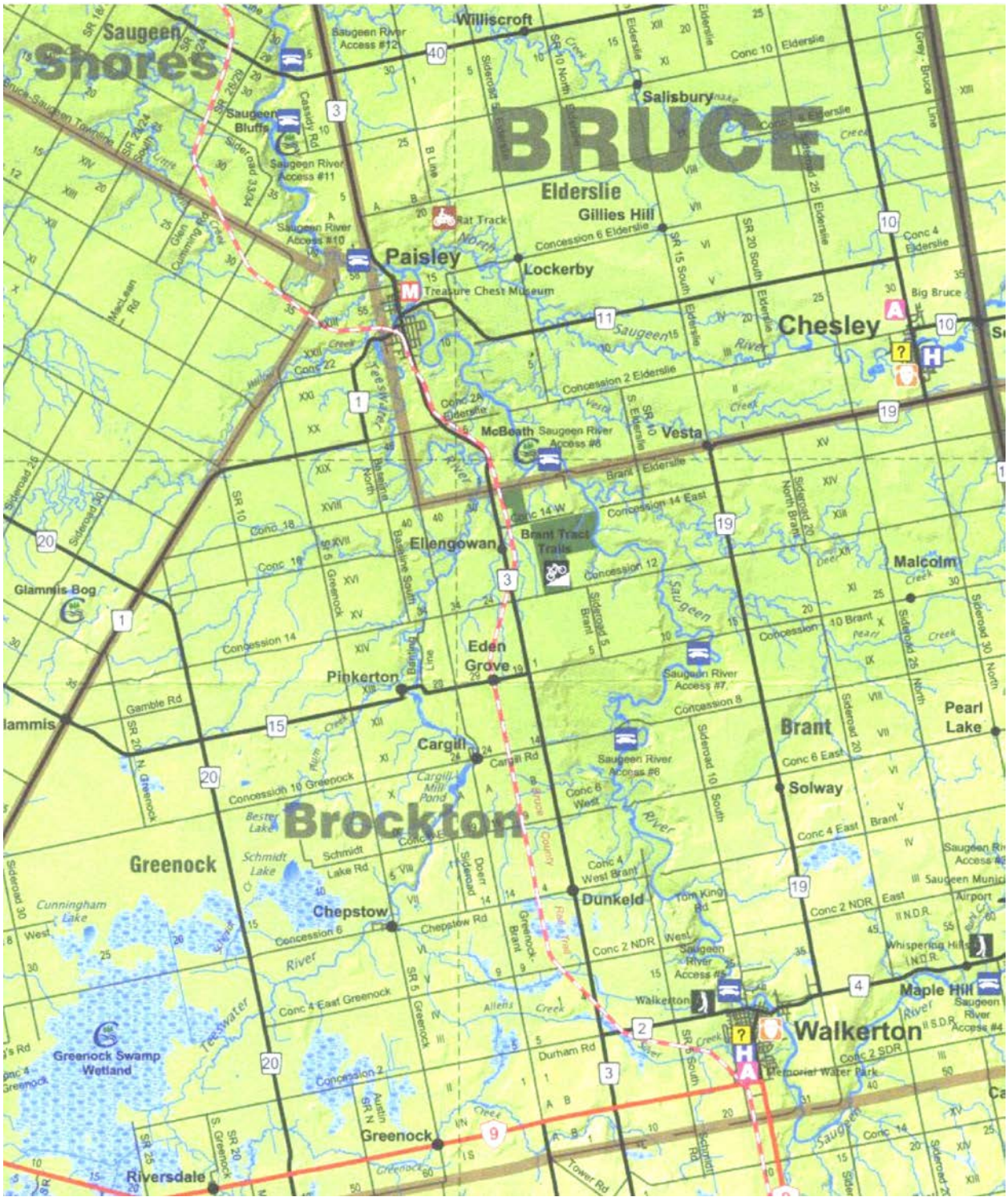


*Note. From Grey-Bruce Official Visitor Map, by County of Bruce, 2008, London, ON: Charterhouse Printing. Copyright 2008 by County of Bruce*

Figure C-5 Grey-Bruce Official Visitor Map



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## CAMPGROUND INFORMATION

| Campground | Location | Rates | General Information / Rules |
|---|---|---|---|
| **Lobies Park** | P.O. Box 850, 20 Hannah Street, Walkerton, Ontario N0G 2V0<br>Tel: 519-881-3435 | Non-serviced sites:<br>• per day $20<br>• per week $110<br>• per month $400<br><br>Group camping:<br>• per night $120 | • Park quiet hours are 2300 hrs–0800 hrs.<br>• Campsite check out time is 1100 hrs; check in is at 1400 hrs.<br>• Campers shall keep their respective site in a clean and tidy order and all pets must be tied and / or on a leash at all times.<br>• Campfires must be controlled in a pit area and supervised at all times. All fires must be extinguished by 0100 hrs. |
| **Rotary Riverside Campground** | 416 Water Street, Paisley, Ontario<br>N0G 2N0<br>Tel: 519-353-5575 | Contact campground for campsite rates and availability. | |
| **McBeath Conservation Area** | 9 km upstream of the Village of Paisley along the Saugeen River.<br>Tel: 519-353-5142<br>Email: kempwelch@bmts.com | Contact the Friends of McBeath for campsite rates and availability. | • Group and family campsites are available for up to 75 people.<br>• This site is accessible only by water. There is no public vehicle access.<br>• The conservation area is designated a glass-free zone. |
| **Saugeen Bluffs Conservation Area** | 132 Saugeen Bluffs Rd, 8 km north of Paisley off Bruce Rd 3.<br>Tel: 519-364-1255 | Non-serviced sites:<br>• per day $27<br>• per week $165<br><br>Group camping:<br>• per person per night $4.50 | • There are over 200 spacious sites within the conservation area.<br>• The campground features two picnic shelters, laundry facilities, a store and a wading pool.<br>• There is a fully developed trail system in the conservation area.<br>• An alcohol ban exists in the park on the May long weekend.<br>• Campers are not permitted to bring their own firewood. |
| **Hidden Valley Camp** | RR #5, Paisley, Ontario<br>N0G 2N0<br>Tel: 519-353-4100 | Contact campground for campsite rates and availability. | |



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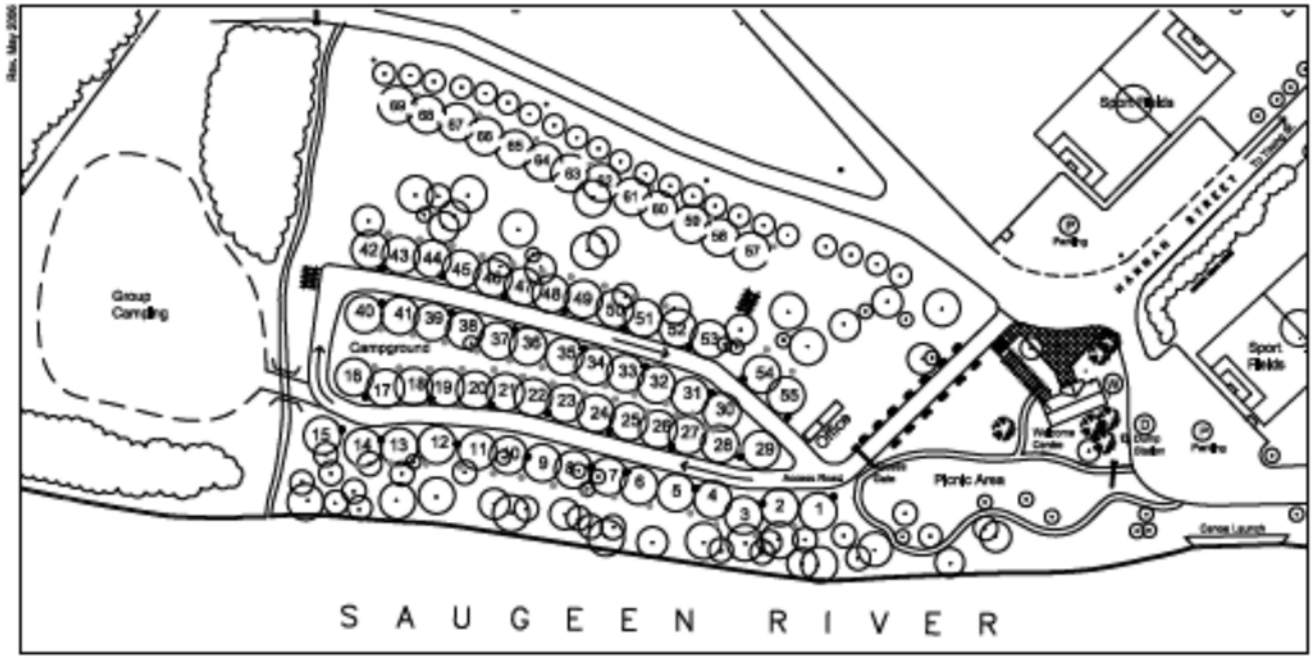


*Note. From Lobies Campground by Municipality of Brockton. Retrieved March 27, 2009, from http://town.walkerton.on.ca/Municipality/Lobies.html*

Figure D-1 Lobies Campground



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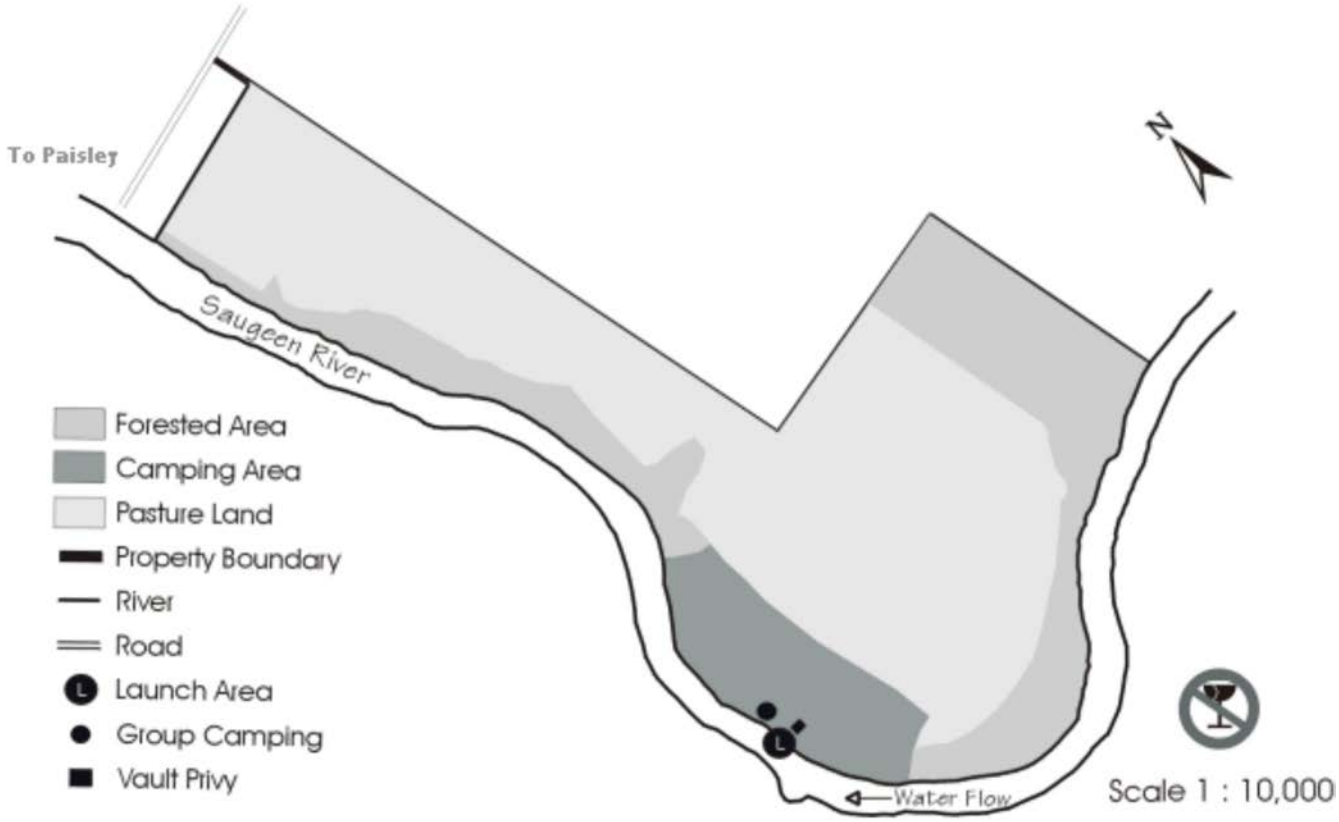


*Note. From McBeath Conservation Area by Saugeen Conservation. Retrieved March 27, 2009, from http://www.svca.on.ca/ca-mcbeath.htm*

Figure D-2 McBeath Conservation Area Map



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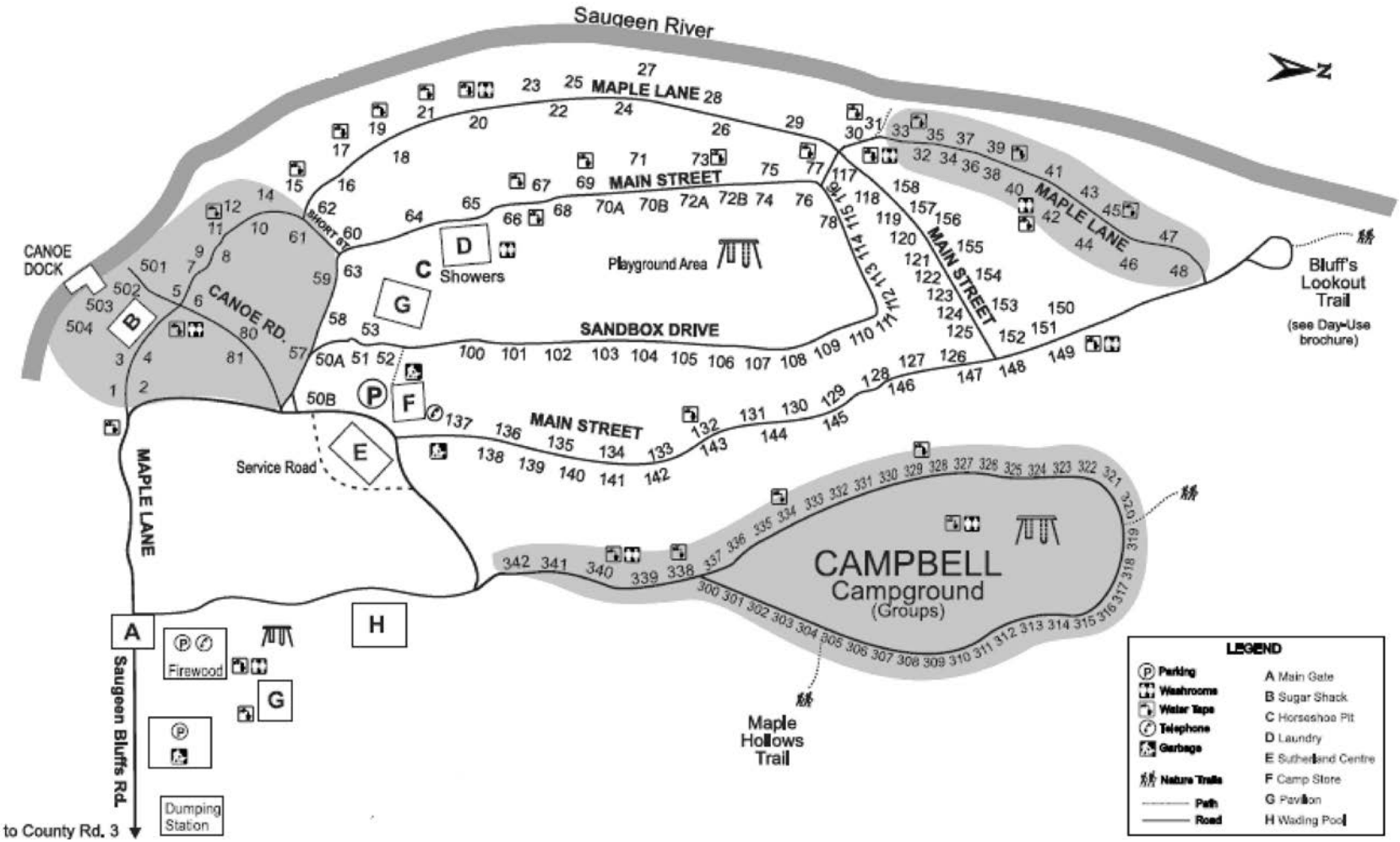


*Note. From Campsite Map by Saugeen Conservation. Retrieved March 27, 2009, from http://www.svca.on.ca/ca-bluffs2b.htm*

Figure D-3 Saugeen Bluffs Conservation Area Campground Map



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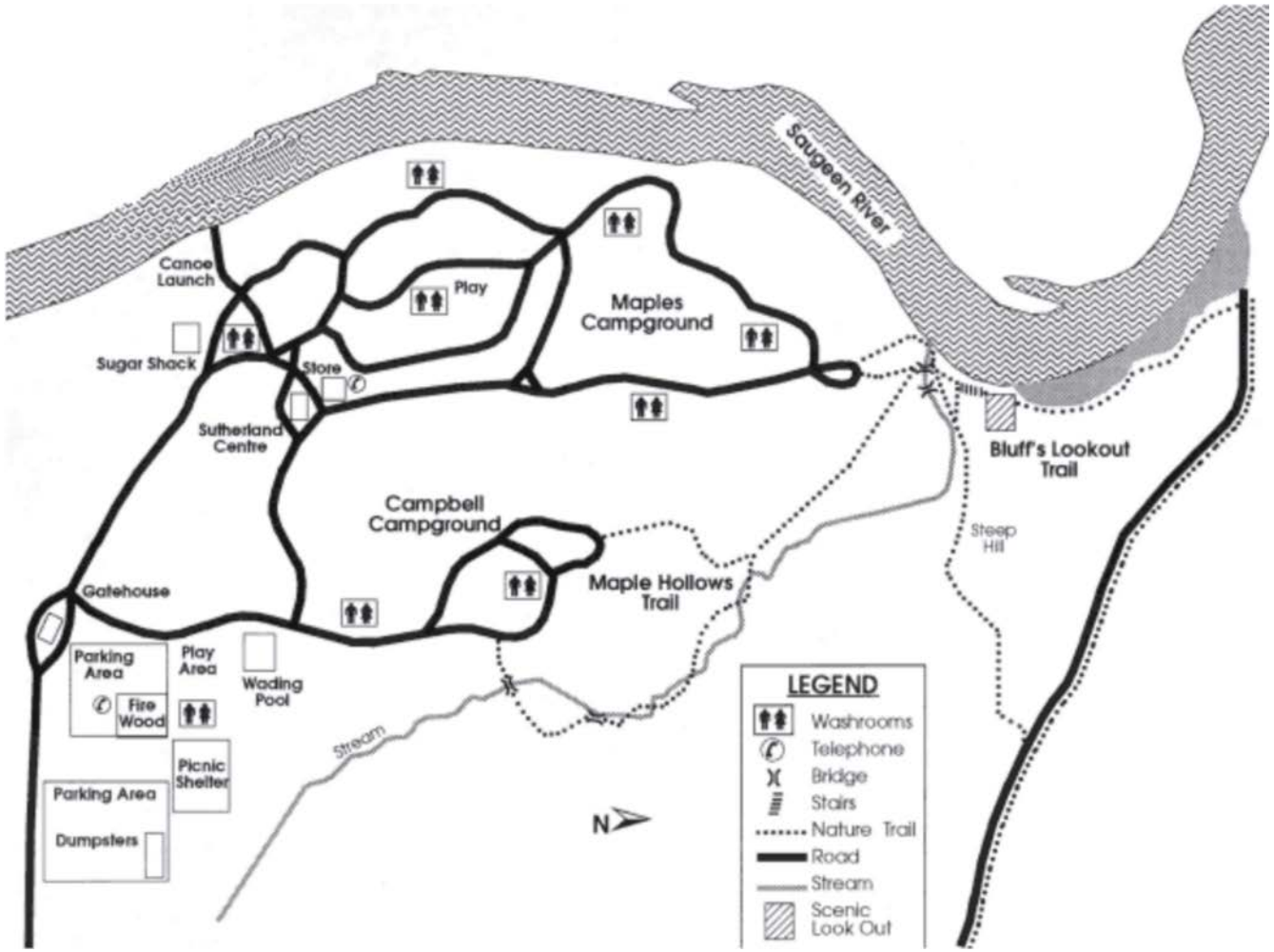


*Note. From Trail Map by Saugeen Conservation. Retrieved March 27, 2009, from http://www.svca.on.ca/ca-bluffs4.htm*

Figure D-4 Saugeen Bluffs Conservation Area Trail Map



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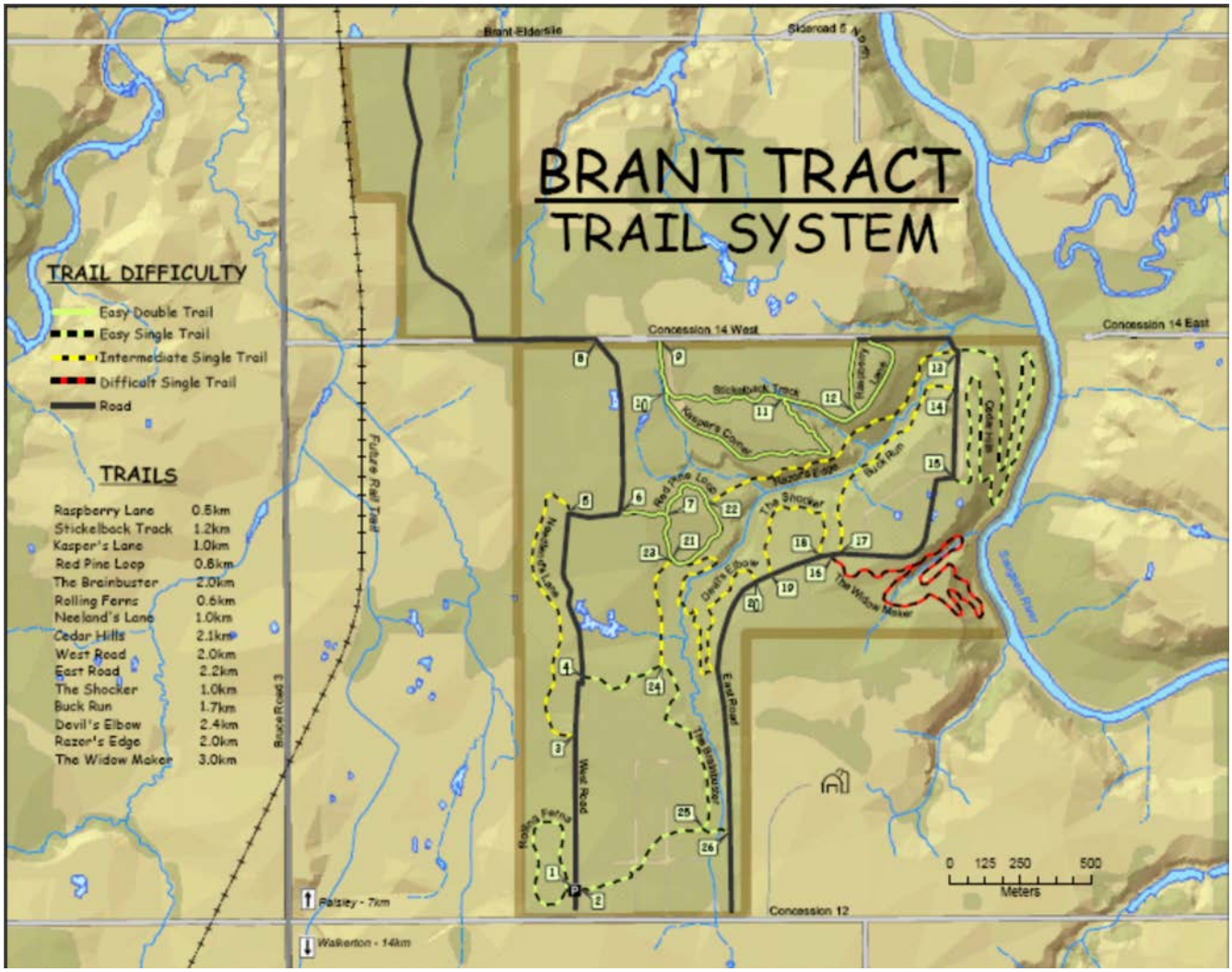
## MOUNTAIN BIKE TRAILS INFORMATION

### Brant Tract Trails

Brant Tract Trails has more than 20 km of hand cut single-track trails. Trails range from tight and technical to open and flowing concepts and can satisfy the beginner to the more advanced mountain biker. The property provides mountain bikers with spectacular views of valleys, wetlands and tower pines.




*Note. From Brant Tract Trails by Mountain Bike the Bruce. Retrieved March 27, 2009, from http://www.mtbthebruce.com/brantusuage.php*

Figure E-1 Brant Tract Trail System



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## CANOE ROUTE INFORMATION

**Saugeen Access Point #5 (Lobie's Park) to Saugeen Access Point #6 (Brant Conc. 8)**

This is the longest section of the Saugeen River uninterrupted by bridges. The river winds out of Walkerton around several islands. In the spring, paddlers may choose one of several channels around these scenic islands but as summer goes on it is wise to stay to the deeper main channel. The Saugeen meanders through a broad valley between densely forested hills. In places, the river actually cuts into these hills, creating tall clay-sand bluffs, which provide a home for thousands of swallows, kingfishers, and other cliff-dwelling birds. Approaching the bridge on the Brant Concession 8, the bluffs diminish and give way to mixed farmland and forest. In this area it is possible to see deer and fox along the banks.

**Saugeen Access Point #6 (Brant Conc. 8) to Saugeen Access Point #7 (Brant Conc. 10)**

As the Saugeen progresses toward Lake Huron, the woodlands and bluffs of the upper areas give way to the rolling farmland of the middle sections. It is common to see cattle, horses and other livestock coming down to the river for a drink. The river slowly meanders through this mixed agricultural and forested land, this mixed habitat is ideal for the deer populations in the area and therefore sightings are common. A set of power lines crosses the river in this section. These mark the halfway point of the Hanover-Southampton portion of the Saugeen River.

**Saugeen Access Point #7 (Brant Conc. 10) to Saugeen Access Point #8 (Brant-Elderslie Town Line)**

This section ventures back in to woodlands, with some spots of agricultural land. The river continues on its slow relaxed pace through several sharp bends before this section comes to an end at a steel covered bridge just outside the hamlet of Ellengowan. This spot makes for an excellent put-in point for paddlers looking for a relaxed two day trip (6 hrs per day) to Southampton as well as a nice lunch spot for those out for a day trip on the middle section of the Saugeen.

**Saugeen Access Point #8 (Brant-Elderslie Town Line) to Saugeen Access Point #9 (Paisley Hose Tower Dock)**

The first section before Paisley passes through more mixed farm and forest. Shortly after the Ellengowan bridge is McBeath Conservation Area. From McBeath, the river takes a winding path to Paisley, coming right up beside the town and then swinging back away before making its way into the village. Several canoe docks line the river as it travels through the heart of the town. One of these is the Rotary Park: a scenic campground in downtown Paisley. For those looking for a lunch break, a canoe dock is situated just below the restored Fire Hose Tower, before the set of bridges in Paisley.

**Saugeen Access Point #9 (Paisley Hose Tower Dock) to Saugeen Access Point #10 (Bridge North of Paisley)**

Proceeding past this dock and under the bridge, paddlers will note the Teeswater River flowing over a dam and joining the Saugeen. Shortly downstream, the North Saugeen also joins the main river. Finally upon exiting Paisley, paddlers will pass under Bruce County Road 3 and come to a popular canoe launch at the north end of Paisley.

**Saugeen Access Point #10 (Bridge North of Paisley) to Saugeen Access Point #11 (Saugeen Bluffs Conservation Area)**

After leaving this canoe launch behind, the Saugeen picks up speed slightly and winds its way down to the Saugeen Bluffs Conservation Area. Through this trip, paddlers will notice the river's banks becoming progressively higher until they peak at about 100–115 ft. at the Saugeen Bluffs. The Saugeen Bluffs Conservation Area is a good place to spend the night or have a lunch break. The Conservation Area offers several canoe launch sites beside the river for canoe trippers for a reasonable fee.



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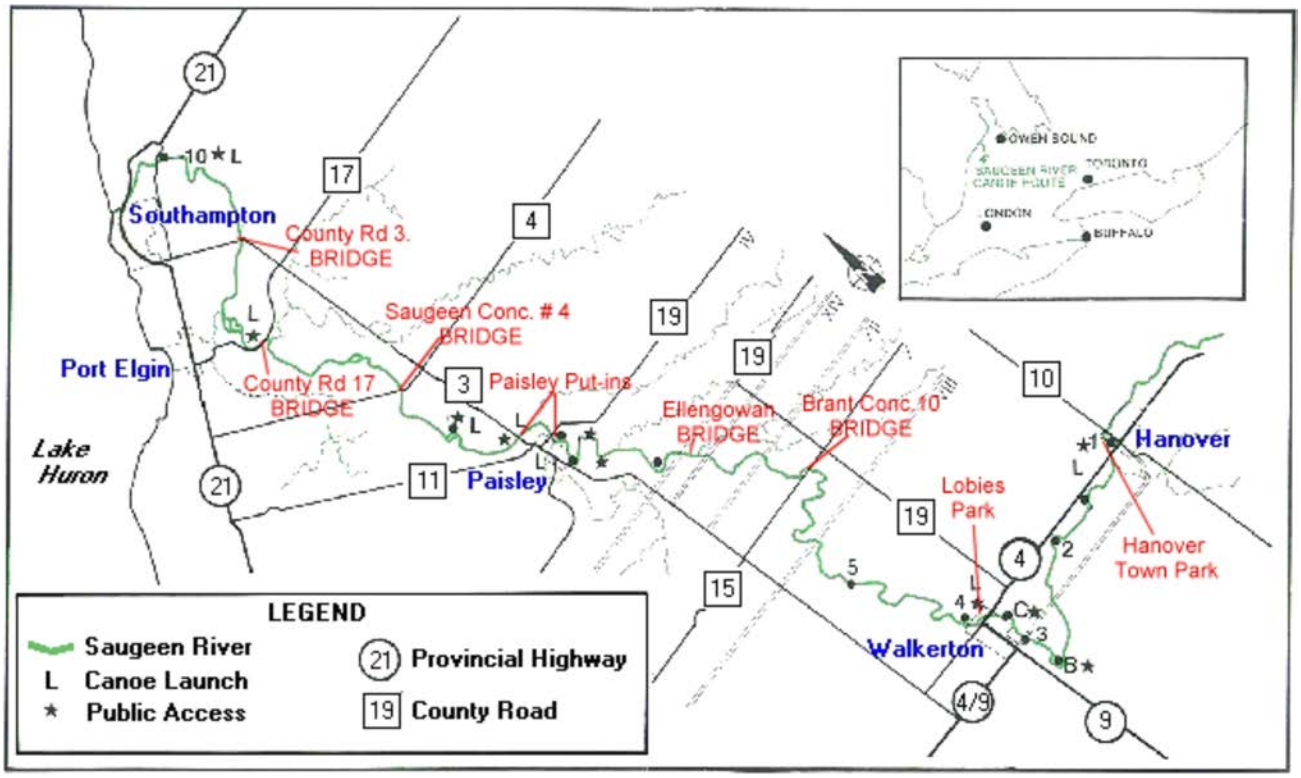


*Note. From Saugeen River Canoe Route by Thorncrest Outfitters, Copyright 2005 by Thorncrest Outfitters. Retrieved March 27, 2009, from http://www.thorncrestoutfitters.com/images/saugeenriver1.gif*

Figure F-1 Saugeen River Canoe Route



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*Note. From Saugeen River Canoe Route Map by Saugeen Conservation. Retrieved March 27, 2009, from http://www.svca.on.ca/canoeroutes/map.htm*

Figure F-2 Saugeen River Canoe Route Access Points



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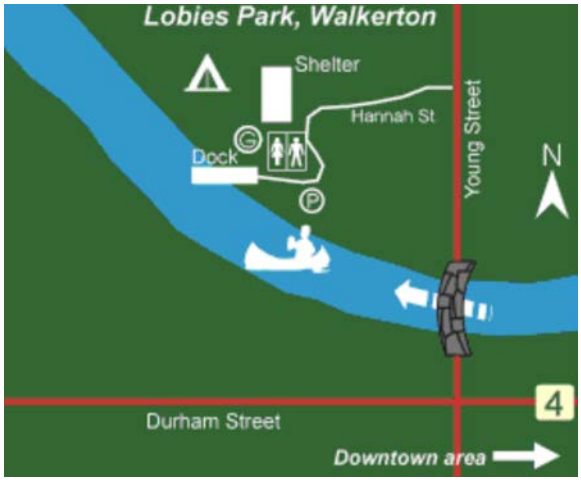
*Note. From Saugeen River Canoe Route by Thorncrest Outfitters, Copyright 2005 by Thorncrest Outfitters. Retrieved March 27, 2009, from http://www.thorncrestoutfitters.com/paddling/maplegend.htm*

Figure F-3 Saugeen River Canoe Route Map Legend

**Location:** Along the west side of Young Street, north of Durham Street.

**Facilities:** Dock, parking, flush toilets, group camping and picnic shelters.

**Description:** There is a dock and a floating dock at the river access point. Parking is available at the campground. There are no signs to mark the facility.




*Note. From Saugeen River Canoe Route by Thorncrest Outfitters, Copyright 2005 by Thorncrest Outfitters. Retrieved March 27, 2009, from http://www.thorncrestoutfitters.com/paddling/saugeenmap3.htm*

Figure F-4 Saugeen Access Point #5–Lobies Park Campground



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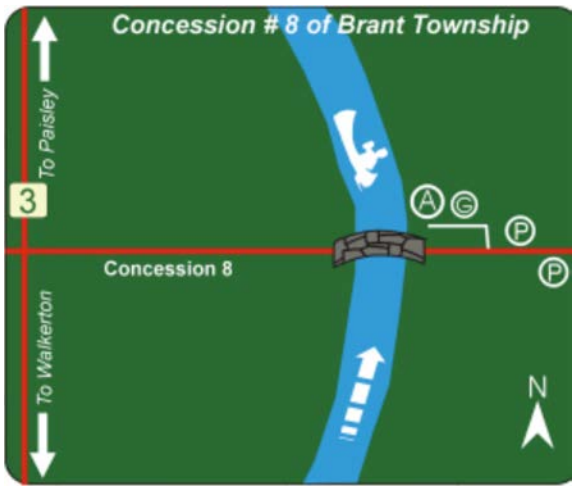
**Location:** Brant Concession #8 is located 0.2 km west of Sideroad #10 or 2.5 km east of Bruce Rd #3.

**Facilities:** River access, parking and garbage cans.

**Description:** River access is 80 m from the parking area. There is a 3 m high bank on the northeast side of the bridge. Roadside parking is on the east side of the bride.



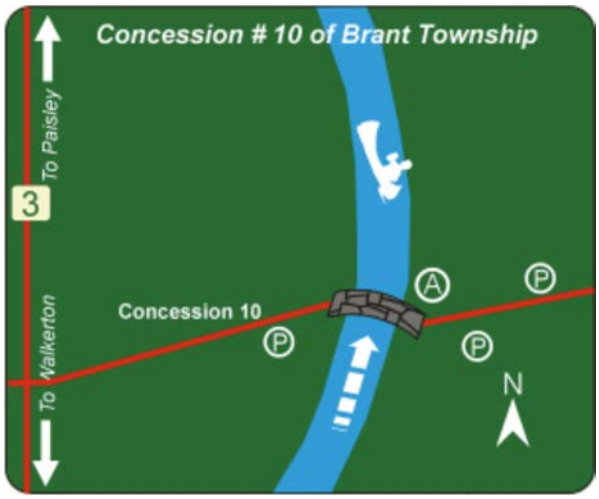

*Note. From Saugeen River Canoe Route by Thorncrest Outfitters, Copyright 2005 by Thorncrest Outfitters. Retrieved March 27, 2009, from http://www.thorncrestoutfitters.com/paddling/saugeenmap4.htm*

Figure F-5 Saugeen Access Point #6–Concession #8 of Brant Township

**Location:** Brant Concession #10 is 1 km west of Bruce Rd #19 or 5 km east of Bruce Rd #3.

**Facilities:** River access and parking.

**Description:** River access is 75 m from the parking area at the northeast side of the bridge. Roadside parking is east of the bridge or southwest of the bridge.




*Note. From Saugeen River Canoe Route by Thorncrest Outfitters, Copyright 2005 by Thorncrest Outfitters. Retrieved March 27, 2009, from http://www.thorncrestoutfitters.com/paddling/saugeenmap5.htm*

Figure F-6 Saugeen Access Point #7–Concession #10 of Brant Township



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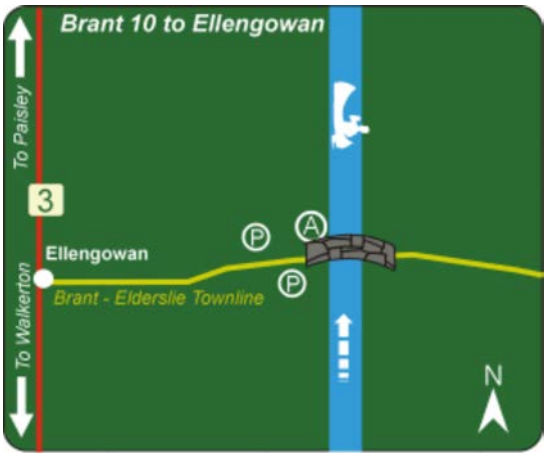
**Location:** The Ellengowan bridge is located 2 km east of Bruce Rd #3 on the Elderslie / Brant Townline.

**Facilities:** River access, parking and garbage cans.

**Description:** River access is northwest of the bridge. The bank is 20 m high and the shore can be slippery. Parking is on the west side of the bridge. The Saugeen Valley Conservation Authority has a destination sign under the bridge.




*Note. From Saugeen River Canoe Route by Thorncrest Outfitters, Copyright 2005 by Thorncrest Outfitters. Retrieved March 27, 2009, from http://www.thorncrestoutfitters.com/paddling/saugeenmap6.htm*

Figure F-7 Saugeen Access Point #8–Ellengowen Bridge - Elderslie / Brant Townline

**Location:** The access point is located behind the old fire station, next to Thompson Brother's Furniture, on Water Street, east of Queen Street.

**Facilities:** River access, parking, garbage cans and picnic area.

**Description:** River access is 15 m down the bank to the floating dock. Roadside parking is limited, however there is a town parking lot behind the old hotel.




*Note. From Saugeen River Canoe Route by Thorncrest Outfitters, Copyright 2005 by Thorncrest Outfitters. Retrieved March 27, 2009, from http://www.thorncrestoutfitters.com/paddling/saugeenmap7.htm*

Figure F-8 Saugeen Access Point #9–Paisley Downtown



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**Location:** The bridge is located north of Paisley on Bruce Rd #3.

**Facilities:** River access, parking, garbage cans and picnic area.

**Description:** River access is 50 m down a gentle slope to the rocky shore. A County of Bruce sign is at the side of the road.

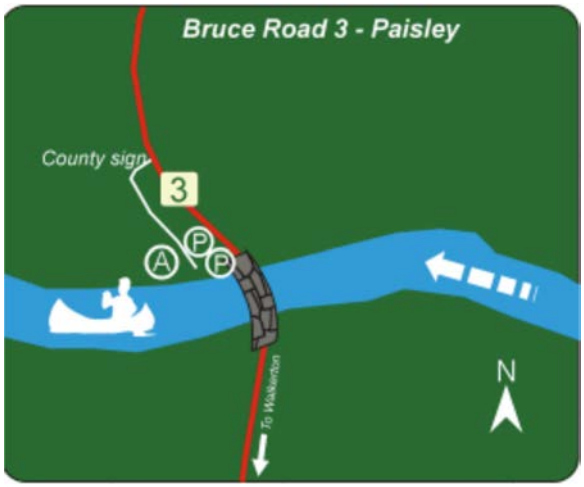


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Figure F-9 Saugeen Access Point #10–Paisley North End



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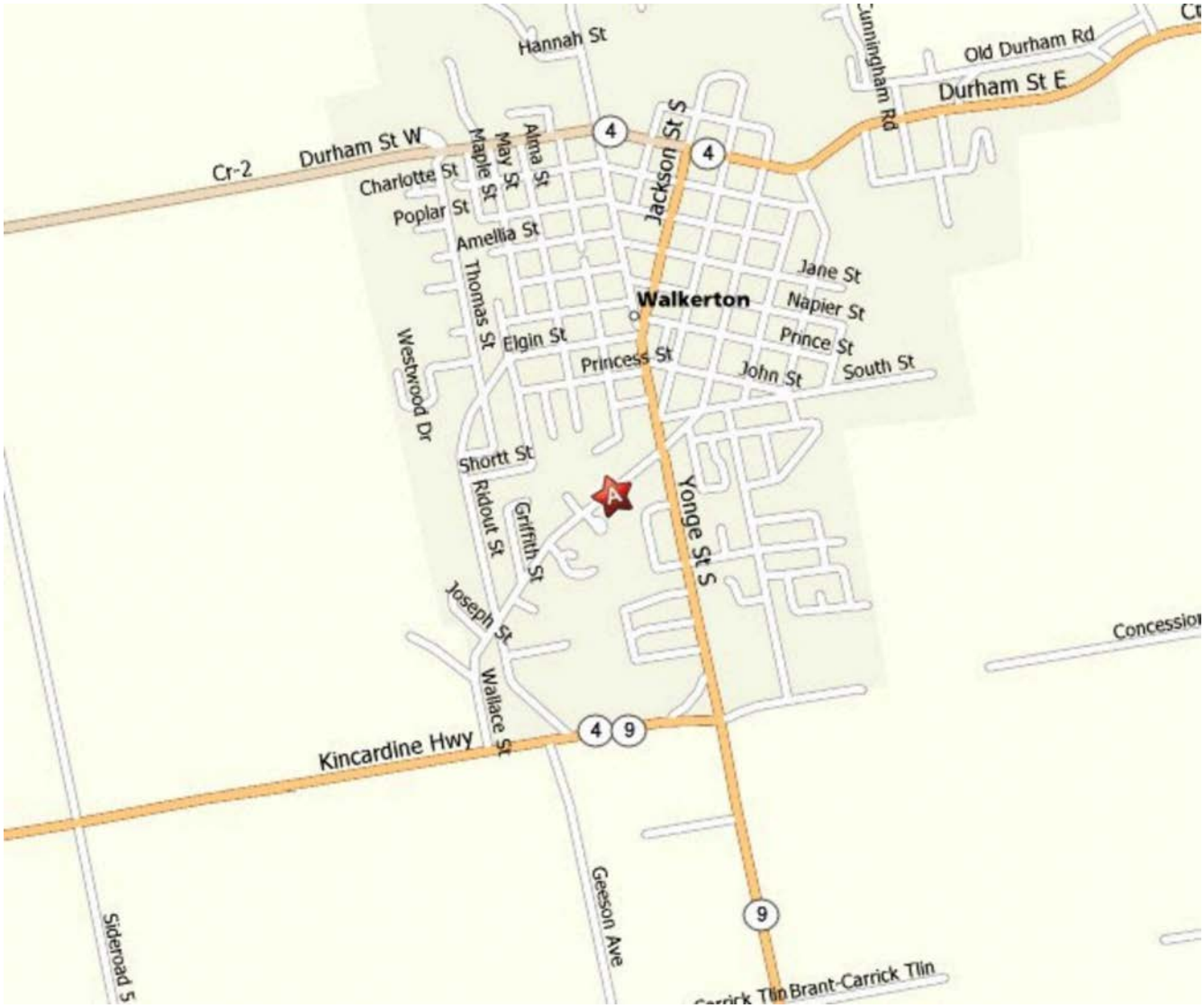
**HOSPITAL INFORMATION**




*Note. From Maps by MapQuest, Copyright 2009 by MapQuest Inc. Retrieved April 1, 2009, from http://www.mapquest.com/maps?city=Walkerton&state=ON& address=21+McGivern+St.+W.%2C+*

Figure G-1 County of Bruce General Hospital, Walkerton, Ontario



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Figure G-2 Chesley and District Hospital, Chesley, Ontario



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**COMPLETED SECTION 2 OF THE EXPEDITION PLANNING BOOKLET**

**IDENTIFY EXPEDITION ROUTE PLANNING RESOURCES**

| Reference Materials | Organizations / Authorities |
|---|---|
| Ontario Recreation Map | Ontario Parks |
| Topographical maps–Markdale, Collingwood, Goderich, Lucknow, Wingham, Chesley, Walkerton and Wiarton | Saugeen Valley Conservation Authority |
| Canadian Canoe Routes–www.myccr.com | Grey Sauble Conservation Authority |
| Ontario Trails Council–www.ontariotrails.on.ca | Bruce Trail Association |
| *Backroad Map Book–Southwestern Ontario* | Maitland Conservation Authority |
| *A Paddlers Guide to Wilderness Weekend Adventures* by Kevin Callan | |
| *A Paddles Guide to The Rivers of Ontario and Quebec* by Kevin Callan | |
| MapQuest | |



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## IDENTIFY FACTORS TO CONSIDER WHEN SELECTING AN EXPEDITION ROUTE

### Selecting an Expedition Location Comparison Chart

| | Location #1 | Location #2 | Location #3 |
|---|---|---|---|
| | **Walkerton** | **Wingham** | **Thornbury** |
| **What is the distance to and from the location?** | Niagara Falls–231 km<br>Windsor–346.45 km | Niagara Falls–228.07 km<br>Windsor–313 km | Niagara Falls–256.84 km<br>Windsor–444.02 km |
| **How long does it take to travel to and from the location?** | Niagara Falls–3.15 hours<br>Windsor–4.46 hours | Niagara Falls–3 hours<br>Windsor–4.10 hours | Niagara Falls–3.17 minutes<br>Windsor–5.35 minutes |
| **How long will it take to get to or receive emergency services?** | Hospitals located in Chesley, Walkerton and Hanover. Furthest distance is 15 km. | Hospitals located in Wingham and Goderich. Furthest distance is 20 km. | Hospitals located in Markdale, Collingwood and Meaford. Furthest distance is 25 km. |
| **Is there adequate space at start and end points for drop-off of personnel and equipment?** | Yes. Various points in area for start and end points. | Yes. Various points in area for start and end points. | Yes. Various points in area for start and end points. |
| **Can the distance requirements for mode of travel #1 be met?** | Saugeen River—Walkerton to Paisley–39 km—earlier take-out points available. | Maitland River—Wingham to Auburn–25 km—earlier take-out points available. | Beaver River—Kimberly to Heathcote–25 km—earlier take-out points available. |
| **Can the terrain requirements for mode of travel #1 be met?** | Mostly flatwater, some swifts depending on time of year, lift-overs and sweepers. | Flatwater, some swifts depending on time of year, lift-overs. | Flatwater. |



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| | Location #1 | Location #2 | Location #3 |
|---|---|---|---|
| **Can the distance requirements for mode of travel #2 be met?** | Brant Tract Trail System— over 25 km of trails. Roads leading to Brant Tract increase distance. | Carrick Tract Trail System—over 13 km of trails. Roads leading to Carrick Tract increase distance. | Kolapore Uplands Wilderness Ski Trails— over 30 km of trails. Roads leading to Kolapore Ski Trails increase distance. |
| **Can the terrain requirements for mode of travel #2 be met?** | Novice double- and single- track trails, intermediate single-track trails, dirt roads and paved roads. | Novice double- and single-track trails, intermediate single-track trails, dirt roads and paved roads. | Novice double- and single-track trails, intermediate single-track trails, dirt roads and paved roads. |
| **Are there a number of campsites / rest stops available in the area?** | Two Conservation Area campgrounds and three privately owned campground. | Four privately owned campsites and one Conservation Area campground | Two privately owned campgrounds. |
| **What are the associated costs of using the area?** | Costs for campsites are between $15 and $30 per night. Group rates are available. | Costs for campsites are between $12 and $30 per night. Group rates are available. | Costs for campsites are between $10 and $25 per night. Group rates are available. |
| **What are the procedures to gain access to use the area?** | Contact Grey Bruce Conservation Authority. | Contact Maitland Valley Conservation Authority and Grey Bruce Conservation Authority. | Contact Grey Sable Conservation Authority. |
| **Are there any limitations on group sizes?** | No limits - just dependent on availability of campsites. | No limits - just dependent on availability of campsites. | No limits - just dependent on availability of campsites. |
| **Are there any restricted camping areas?** | Can only camp in designated campgrounds. Rest stops can occur at campgrounds, conservation areas and crown land. No stopping on private land. | Can only camp in designated campgrounds. Rest stops can occur at campgrounds, conservation areas and crown land. No stopping on private land. | Can only camp in designated campgrounds. Rest stops can occur at campgrounds, conservation areas and crown land. No stopping on private land. |

**Chosen location:** Location #1

**Reasons for choosing location:** Location #1 provided the best area to meet the goals, objectives and guidelines of the expedition. There are a variety of campgrounds in the area that will accommodate larger groups. The Brant Tract Trails will provide an excellent area for mountain biking. Many resources exist to assist with planning the route.



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| | | |
|---|---|---|
| **Length of the expedition:** | **2 nights / 3 days (Friday Evening to Sunday Afternoon)** | **2 nights / 3 days (Friday Evening to Sunday Afternoon)** |

**DEVELOP AN EXPEDITION ROUTE**

| | Route #1 | Route #2 |
|---|---|---|
| **Drop-off point and campsite.** | Saugeen Access Point #5, Lobie's Park, Yonge Street North, Walkerton, ON (GR 877 868).<br><br>Campsite at Lobie's Park, Yonge Street North, Walkerton, ON.<br>GR 877 868 | Saugeen Access Point #11, Saugeen Bluffs Conservation Area, North of Paisley, 1 km west off Bruce Rd 3 (GR 748 109).<br><br>Campsite at Saugeen Bluffs Conservation Area, North of Paisley, 1 km west off Bruce Rd 3 (GR 748 109). |
| **Mode(s) of travel day #1.** | • Canoe the Saugeen River from Saugeen Access Point #5 (GR 877 868) to Saugeen Access Point #6 (845 947).<br>• Mountain bike to Paisley Rotary Campground (GR 782 059) along the road and the rail trail. | • Mountain bike from Saugeen Bluffs Conservation Area (GR 748 109) to Brant Tract Trails (GR 822 982).<br>• Mountain bike from Brant Tract Trails (GR 822 982) to Paisley Rotary Campground (GR 782 059) along the road. |
| **Mode of travel change point(s) for day #1, if required.** | Saugeen Access Point #6–Concession 8, Brant Twp, 2 km East of Hwy 3. | None. |
| **Possible lunch locations for day #1.** | • Picnic area along the river - North of Concession 6 (GR 843 928).<br>• Saugeen Access Point #6 (GR 845 947). | • Saugeen Access Point # 9, Paisley Hose Tower dock, east of Bruce Rd 3 and Bruce Rd 11 intersection (GR 782 059).<br>• Brant Tract Trails (GR 822 982). |



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| | Route #1 | Route #2 |
|---|---|---|
| **Possible rest-stop / re-supply locations for day #2.** | • Bruce Rd 19 and Concession 18 (GR 867 024).<br>• Brant Tract Trails (GR 822 982). | • Saugeen Access Point # 10, bridge north of Paisley, west side of Bruce Rd 3 (GR 777 073).<br>• Hidden Valley Camp, north of Paisley, approximately half way to Saugeen Bluffs (GR 756 083). |
| **Evacuation route(s) for day #2.** | Chesley and District Hospital, 39-2nd St. SE, Chesley, ON (GR 926 051). | Move to nearest road access takeout and then proceed to Chesley and District Hospital, 39-2nd St. SE, Chesley, ON (GR 926 051). |
| **Pick-up point.** | Brant Tract Trails, 6 km south of Paisley on Concession 12, 1 km east of Bruce Rd 3 (GR 822 982). | Saugeen Access Point #11, Saugeen Bluffs Conservation Area, North of Paisley, 1 km west off Bruce Rd 3 (GR 748 109). |

| | | |
|---|---|---|
| **RATING** | 2nd Choice | 1st Choice |



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**Route Card - Day 1**

| | | | | | |
|---|---|---|---|---|---|
| **Date:** | **5 Oct (Day 1)** | **Team:** | **Spartans** | **Location:** | **Walkerton** |
| **Start Time:** | **0800 hrs** | **Estimated Finish Time:** | **1700 hrs** | **Starting Elevation:** | **210 m** |

| Leg | Mode of Travel | From GR | To GR | Bearing | Distance | Elevation | Time | Route Description |
|---|---|---|---|---|---|---|---|---|
| 1 | Mountain Bike | 748 109 | 767 106 | | 1.3 km | Start (S) - 210 m<br>Finish (F) - 240 m | 6 min | West on Conc. 10 Elderslie until it intersects with Bruce Rd 3.<br>Loose surfaced road. |
| 2 | Mountain Bike | 767 106 | 782 059 | | 5 km | S - 240 m<br>F - 220 m | 15 min (+15 min break) | South on Bruce Rd 3, pass Conc. 8, down big hill, over bridge and into the town of Paisley. Hard packed, main road.<br>Break / water resupply at Paisley Hose Tower. |
| 3 | Mountain Bike | 782 059 | 781 055 | | 500 m | S - 220 m<br>F - 220 m | 2 min | South on Bruce Rd 3, turn west onto Bruce Rd 1 until it is crossed by the Rail Trail. |
| 4 | Mountain Bike | 781 055 | 809 011 | | 5.5 km | S - 220 m<br>F - 250 m | 16 min (+15 min break | Follow the Rail Trail south until it intersects with Conc. 14 W. There are some hills along the route - mostly flat ground. Rail Trail will cross Bruce Rd 3 after 2 km.<br>Break / water resupply at this point. |
| 5 | Mountain Bike | 809 011 | 812 986 | | 2.6 km | S - 250 m<br>F - 250 m | 8 min | Continue South on the Rail Trail until it intersects with Bruce Rd 3. |
| 6 | Mountain Bike | 812 986 | 814 981 | | 500 m | S - 250 m<br>F - 250 m | 2 min | South on Bruce Rd 3 until it intersects with Conc. 12. Some hills, hard packed, main road. |



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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | Mountain Bike | 814 981 | 822 982 | | 800 m | S- 250 m<br>F - 250 m | 3 min (+1 hour break) | West on Conc. 12 to the entrance to Brant Tract Trails (West Road) parking lot on the north side of the road. Loose surface road. Lunch. |
| 8 | Mountain Bike | 822 982 | | | 11.5 km | various | 60 min | Brant Tract Trail system trails will be run in the following order:<br>Rolling Ferns, The Brainbuster, Devil's Elbow, The Shocker, Buck Run, Razor's Edge, Red Pine Loop and Neeland's Lane. |
| 9 | Mountain Bike | 822 982 | 784 975 | | 3.8 km | S - 250 m<br>F - 260 m | 11 min (+ 15 min break) | West on Conc. 12 to intersection at Baseline Rd N. Will cross Bruce Rd 3, cross Greenock-Brant Townline Rd, go down big hill, cross bridge and causeway. Hard packed, main road. Break/water re-supply. |
| 10 | Mountain Bike | 784 975 | 782 059 | | 9.4 km | S - 260 m<br>F - 220 m | 45 min | South on Baseline Rd N (becomes Bruce Rd1) to the Paisley Rotary Campground.<br>Loose surface road, multiple hills throughout the leg. |



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| | |
|---|---|
| **Group Details:** | There are six cadets on the team—four male and two female. Three of the six cadets completed Basic Expedition during this past summer. All six cadets have a high level of physical fitness. |

**Route Card - Day 2**

| | | | | | |
|---|---|---|---|---|---|
| **Date:** | **6 Oct (Day 2)** | **Team:** | **Spartans** | **Location:** | **Walkerton** |
| **Start Time:** | **0800 hrs** | **Estimated Finish Time:** | **1500 hrs** | **Starting Elevation:** | **220 m** |

| Leg | Mode of Travel | From GR | To GR | Bearing | Distance | Elevation | Time | Route Description |
|---|---|---|---|---|---|---|---|---|
| 1 | Canoe | 782 059 | 777 073 | | 2.5 km | | 37 min (+ 15 min break) | Break / water resupply at Saugeen Access Point #10—bridge, river left. |
| 2 | Canoe | 777 073 | 756 083 | | 2.8 km | | 42 min (+ 15 min break) | Break / water resupply at Hidden Valley Camp, river left. |
| 3 | Canoe | 756 083 | 748 109 | | 3.8 km | | 60 min | Some obstructions along the centre of the river, stay river left. Arrive Saugeen Bluffs Conservation area, river right. |



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| | |
|---|---|
| **Group Details:** | There are six cadets on the team—four male and two female. Three of the six cadets completed Basic Expedition during this past summer. All six cadets have a high level of physical fitness. |

**CREATE AN EXPEDITION SCHEDULE**

| **Friday** | | |
|---|---|---|
| **Timings** | **Tasks / Activity** | **Remarks** |
| | Collect Expedition Skill / Experience Assessment Form | Expedition centre staff must read and tabulate scores from Expedition Skills / Experience Assessment form. Place cadets in teams of varied skill levels. |
| | Issue all personal and group expedition equipment | Expedition centre staff. |
| | Set up campsite | Expedition centre staff to rotate to ensure that cadets know how to set up tents, organize equipment, light lanterns, etc. |
| | Initial briefing / divide cadets into teams | To include: activities, expectations, safety, timings, dress, meals, rules, etc.<br>Cadets will be introduced to their team instructor. |
| | Navigation review | Completed as required, time permitting. |
| 2300 hrs | Lights Out | |



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| **Saturday** | | |
|---|---|---|
| **Timings** | **Tasks / Activity** | **Remarks** |
| 0600 hrs | Reveille / Ablutions | Cadets will pack all personal equipment prior to eating breakfast. |
| 0630 hrs | Breakfast | Supply Officer to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc. |
| 0730 hrs | Campsite tear down | Under direction of TI each team will tear down all components of the campsite, organize personal and group equipment for transport to new campsite. |
| 0800 hrs | Start Expedition | Mode of Travel #1—Mountain Bike to Brant Tract Trails - from Brant Tract Trails to Paisley Rotary Campground. |
| 1200 hrs - 1300 hrs | Lunch | Lunch will occur at a Brant Tract Trails parking lot. |
| 1600 hrs | Arrive at camp site # 2 | Teams will set up their campsites, with the TI providing feedback as required. |
| 1730 hrs | Supper | Preparation of supper will be incorporated into the teams campsite set up routine. |
| 2000 hrs | Evening Activities | Cadet will make one entry in their expedition journal. |
| 2200 hrs | Lights out | |



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| **Sunday** | | |
|---|---|---|
| **Timings** | **Tasks / Activity** | **Remarks** |
| 0600 hrs | Reveille / Breakfast / Tear down campsite | Teams will be required to complete daily routine activities. |
| 0800 hrs | Continue expedition | Mode of travel #2—Canoe from Paisley to Saugeen Bluffs Conservation Area. |
| 1200 hrs | Lunch | Lunch will occur along the canoe route—teams will be required to bring lunch with them. |
| 1330 hrs | Arrive at Saugeen Bluffs | Teams will complete the de-kitting process under the direction of the expedition centre Log O. |
| 1430 hrs | Debriefing | All cadets will be required to: fill out an expedition centre activity critique and complete a journal entry about their experiences during the weekend. |
| 1500 hrs | Depart | |



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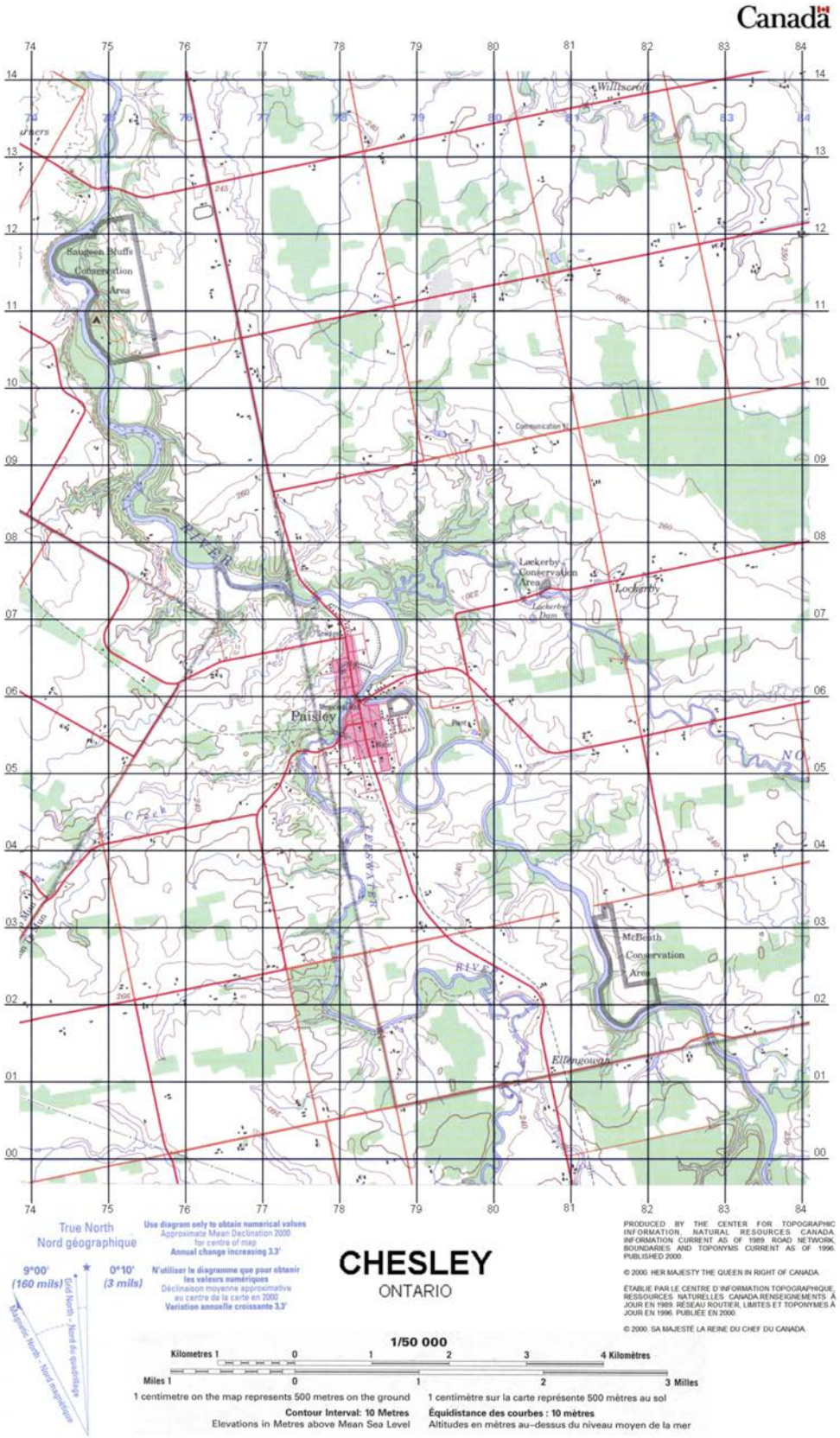




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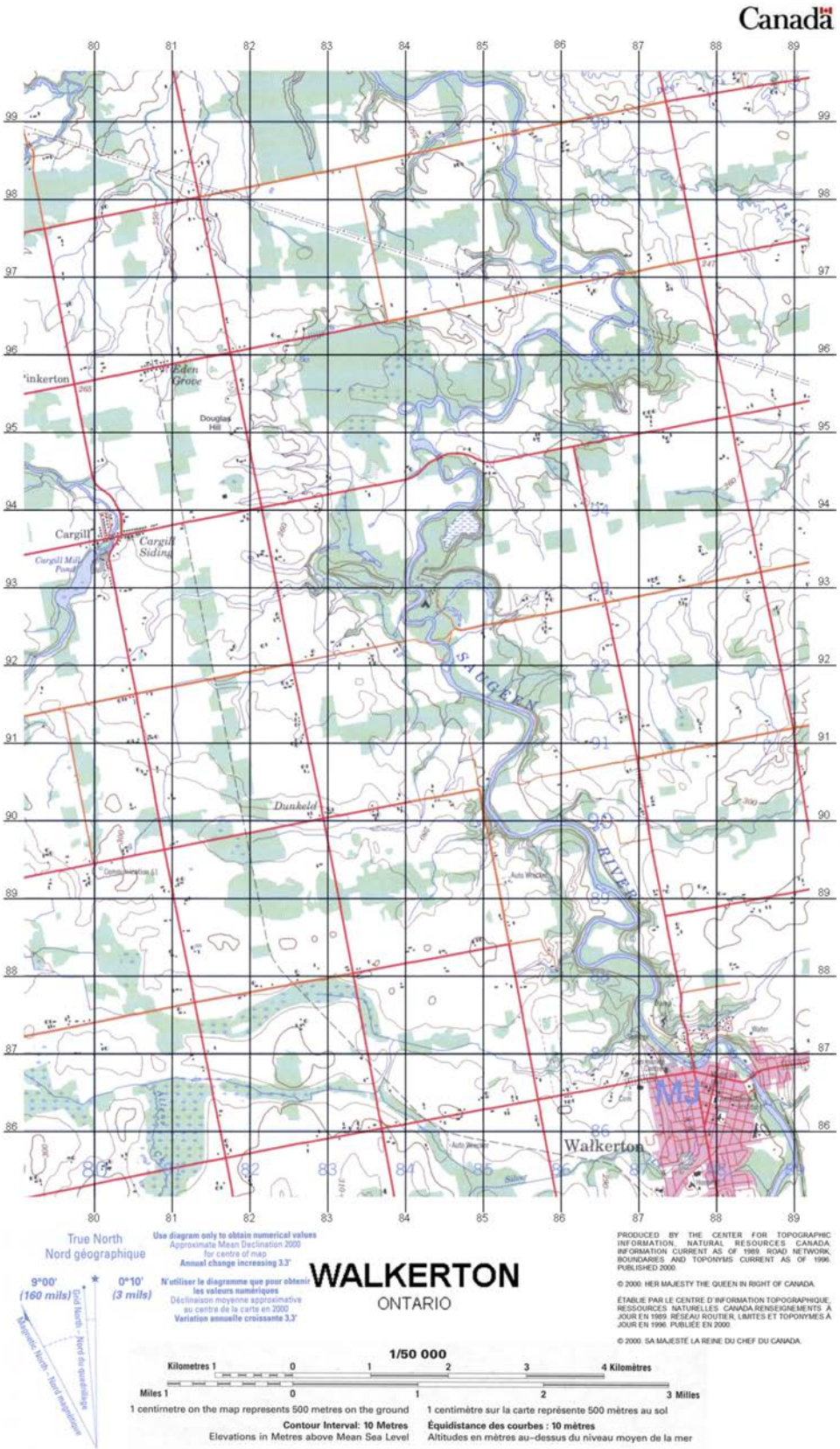
Verify against the official publication.



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