

## **BACKPACKING TRIP - INTERMEDIATE LEVEL**

- Proposed Date: August 13 to 16, 2001
- Location: Frontenac Provincial Park
- Driving Time: 2 hours from Ottawa, ½ hour north of Kingston
- Reservations: Call (613) 376-3489 and request "Qualifying Youth Group" rates. These are discounted rates and are only available for 2 groups per week. Early reservations are recommended.
- Group Size: 6 youth and 2 leaders
- Campsite Clusters: Each campsite cluster has between 2 and four tent sites. Each tent site can accommodate 2 small tents per site, four people per site. Most campsite clusters have a privy toilet.

### **Youth Skills:**

1. Basic camping skills including pitching tents, cooking over lightweight stoves and care for the environment
2. Lightweight menu planning
3. Introductory first aid (cuts and scrapes, burns, dehydration, sun protection, blisters)
4. Physically fit
5. Map and compass

### **Leader Skills:**

6. Competent backpacker
7. Standard First Aid
8. Wilderness survival skills
9. Map and compass
10. Trip planning experience
11. Leadership skills

### **Pre-Training Requirements:**

12. Make individual survival kits
13. Practice packing
14. Menu planning, food preparation and recipe trials
15. Day hikes (10 to 20 km) with boots and full pack

5. Standing camp including the following:
- test equipment
  - living in close quarters
  - use of lightweight stoves
  - use of water filters
  - co-ed considerations

**Costs (from Ottawa):**

For the purposes of expensing, assume 6 youth and 2 leaders (total 8 people).

Gas 2 cars @ \$20.	\$40.00
Parking 4 days x 2 cars x \$8.50	68.00
Camping fees 2 adults x 3 nights x \$8.	48.00
6 youth x 3 nights x \$3.25	58.50
Park Trail Routes and Topo Map	6.95
Food 8 people x 4 days x \$10.	<u>320.00</u>
Total Estimated Cost	\$ 541.45
Per Person Cost (youth)	\$ 90.00

Note: Camping and parking fees will be approximately half if registered as a “qualifying youth group”. This would reduce the per person cost to \$75.00

**Equipment:**

- 8 backpacks
- 4 2-man tents
- 4 lightweight stoves with fuel
- dishes, cooking equipment
- 4 water filters

Note: Be prepared to rely on stoves for cooking as fire bans are in effect at certain times due to weather conditions. Be sure to allow for sufficient fuel.

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### Itinerary:

1. Leave Ottawa at 9 a.m.. Arrive at Frontenac Park at approximately 11 a.m.
2. Enter the park at the Trail Centre off Big Salmon Lake Road. Register at the Trail Centre and check on current conditions.
3. Prepare lunch and view the exhibits at the Trail Centre. Fill water bottles.
4. **Day 1:** Hike to campsite 8 on Birch Lake (approx 10 km - view of Moulton Gorge, mature bush, scenic lookout).
5. **Day 2:** Proceed via Clearwater Lake, Crab Lake, Lynch Lake and Little Clear Lake to the Green Homestead. Lunch Stop. Explore the remains of the green Homestead and 'Old Thor', an abandoned truck. After lunch, continue to Black Lake and the north shore of Big Salmon Lake to campsite 4. This day's trip will take you past several ruins and abandoned mica mines. The mine area near Lynch Lake is particularly interesting. Total approximately 20 km.(easy terrain).
6. **Day 3:** Proceed past Mink Lake Lookout Hill to Slide Lake. When the trail branches, take the route to the east of Slide Lake. Take time to enjoy the spectacular views from this ridge along Slide Lake. If the weather is warm, you are sure to want a swim after all the climbing you will do today. Stop at campsite 1 overlooking Buck Lake. Total about 8 km but classed as the most rugged part of the park. Be sure to check out the old log slideway en route.
7. **Day 4:** Follow the trail past an old feldspar mine and 2 abandoned farms to where it meets the Rideau Trail. Continue on the Rideau Trail, past Flagpole Hill and back to the Trail Centre. Total about 10 km. Be sure to stop in at the Trail Centre and let them know you have completed your route. They would be pleased to hear about any wildlife sightings and any problem areas on the trail.