

Overview

Six day white water canoe trip down Quebec's Lièvre River. Sunday July 5th to Friday July 10th. Drive up on the Sunday. We will have a short paddle to our first campsite on Saturday night. Thereafter we will work our way down the river with plenty of time to play in the rapids either in canoes, a kayak playboat, or on inflatable dinghy/animal. Take out on the Friday. Return to Merrickville Friday evening. The river is located in the territory of the ZEC Normandie.

River Statistics

Total river length	74km	
Total mandatory portage length	800m	(longest possible portage is 650m)
Total rapid length	20km	(27% of river length)
Number of mandatory portages	2	
Number of optional portages	7	(will depend on water level)

The class of the rapids depends on the water level, and some class IV may only be class III for us.

A water level of 100 is ideal for this river. Above a level of 150, the rapids become too dangerous. Below 60, the rapids become quite rocky.

On the maps, in an 'SIV', the 'S' is French for Ledge. I.e. a class IV ledge.

Rapid Class	Number	Total Length	Notes
I	32	3,529m	
II	38	6,824m	
III	14	7,353m	
IV	11	1,941m	Some maybe class III depending on river level
V	1		

Participants

Name	Type	Canoe	Position	Chest	PFD
Sargent, Robert	Adult	1	Stern		Salus M/L w/QRB & pigtail
Yates, Allan	Adult	1	Bow	41"	Salus M/L w/QRB
Catton, Ben	Youth	2	Stern	36"	Salus M/L w/QRB & pigtail
Gale, Jennifer	Youth	4	Bow		Salus S/M
McKay, Alex	Youth	3	Stern	28"	Salus S/M w/QRB & pigtail
Moodie, Bruce	Youth	4	Stern	36"	Salus M/L
Szalai, Adam	Youth	2	Bow		Salus S/M
Taylor, Max	Youth	3	Bow	34"	Salus S/M

QRB = Quick Release Belt

References

ZEC Normandie	http://zecnormandie.zecquebec.com/
Cartes Plein Air	http://www.cartespleinair.org/Canot/04/LievreZecNormandie.pdf
Water Gauge	http://www.cehq.gouv.qc.ca/suivihydro/graphique.asp?NoStation=040624
Trip Report	http://www.myccr.com/SectionForums/viewtopic.php?f=116&t=30085
Trip Report	http://www.myccr.com/SectionForums/viewtopic.php?f=115&t=16789

Qualifications

Name	Whitewater Courses	ORCA	Swimmer	First Aid	Boat Rescue	River Rescue
Sargent, Robert	Canoe I/II	No	Yes	Standard	No	Yes
Yates, Allan	Canoe I/II/III, Kayak I	MW 1	Yes	Standard	Yes	Yes
Catton, Ben	Canoe I/II/III, Kayak I/II	MW 2	Bronze Medallion	No	No	No
Gale, Jennifer	Canoe I/II	No	Yes	No	No	No
McKay, Alex	Canoe I/II/III, Kayak I	MW 1	Yes	No	No	Yes
Moodie, Bruce	Canoe I/II	No	Yes	No	No	No
Szalai, Adam	Canoe I/II, Kayak I	No	Yes	No	No	No
Taylor, Max	Opemikon, Canoe II	No	Yes	Standard	No	No

Directions to ZEC Normandie

From Mont Saint-Michel, travel 4 km on the 309 heading north.

Take Chemain Parent (gravel) on the right. Mileage starts at zero and is usually indicated every 4 km.

Take-out: At km 41.5, the take-out is on the right. A road descends to the river bank (about 500m). The first 100m is a descent that some cars are likely to have problems re-ascending. A safer option is to leave the vehicles at the top of the hill.

Continue on Chemain Parent.

Pass in front of the home of the ZEC Mithcnamécus without stopping.

Take the bridge immediately to the right and stop at the home of the ZEC Normandie; km 52.

Directions to Put-In

Continue on Chemain Parent.

At a place there is a "T" intersection where it is clear that you take the left (to stay on Chemain Parent).

At km 85, take the road to the right which leaves the Chemain Parent. Mileage starts back at zero.

Continue on this road. If in doubt follow the signs for Lake Adonis (or the outfitter of the 100 lakes).

At km 13, take the road on the right that leads to Lac de la Table (1km).

It is possible to depart from Lac Orthès, by taking the road on the right at about km 17, just before the dump. At the end of the road begins a trail of approximately 300m which leads to Lac Orthès.

Route from the ZEC office to Lac à la Culotte will be determined with the ZEC staff on site.

According to the ZEC the road is suitable for cars; four wheel drive is not required.

PFD Sizing

Salus Kayak Guide	Chest Size	Quantity Available
Small / Medium (S/M)	32" - 40"	8
Medium / Large (M/L)	36" - 44"	4
Large / Xtra Large	40" - 48"	None
Xtra / 2Xtra Large	44" - 52"	None

Schedule

Sunday July 5th

Depart Merrickville from the community centre at 8:00am.

416 North, 417 East, exit 121B, Booth North, Alexander-Taché West, Montacalm North, 50 East, 309 North to Mont Saint-Michel.

Drive to ZEC Normandie, 5-6 hours; arrive ~2:00pm

Purchase fishing license.

Depart ZEC ~3:00pm. Drive to put-in, 1 1/2 hours; arrive put-in ~4:30pm

Arrive at south end of Lac à la Culotte. Start paddling ~5:30pm. Paddle 6km across flat-water to first campsite. Arrive campsite ~7:30pm. Beach site, with nice views and chance to scout rapids downstream. Little protection from the wind. Camp at km 328.

Monday July 6th

Paddle distance 12km

3km stretch of rapids, ranging from CI to LIV (L meaning ledge). Portage for LIV is 650m.

Mandatory portage is on river right and hilly.

4km of flat water, Lac Adonis, until a 50m CI and 50m CIII. 1km of flat river. Then CII and lengthy CI. 4Km of flat water until campsite, with e-exit nearby. Camp at km 316.5 on an overhang of sand.

Tuesday July 7th

Paddle distance 18km

CI followed by 2km flat water, Lac Bacon. Then 1.5km CI-CII rapids. 3km flat water. Then 5km of near-continuous rapids, from CI to CII for most part, but at end there's a CIII and (apparently doable) LIV. Otherwise, there is a 50m portage on river left. Next 3km contains five CII. Another 3km of easy CI and CII, with campsite a bit after on Depot Red-Pine at river left. Camp at km 300/299 on left bank or km 298 on right bank (less wild).

Wednesday July 8th

Paddle distance 18km

Begins with 5Km of flat river. 1.5km section of CII. 1Km flat river, then CI, then 1km flat river, and another CI. 7Km of narrow-lake until a 1.5km section of rapids including CIII and LIV. Run river left, or easy portage river left. 2km of river until campsite on river right. Camp at km 279; grand site with interesting decor. Campsite at km 276 has beautiful rocks for swimming; campsite on left at km 273.5 has a good cap rock for swimming.

Thursday July 9th

Paddle distance 11km

Emergency exit at campsite. 2Km of flat water then there is fairly continuous rapids for next 17km to take-out. Begins with CI, then LIII and CI. The next LIII is unsafe because a flip may lead into CIV and LV. There is a wide bedrock shoreline for easy portaging/lining, 200m estimate. After, there is a CIII, CII, lengthy (1km) CIII, and CII. At km 272 there is CIII section, with another at km 270 and km 269. At km 268 there is a very wide CIV which can be ran. Stay river right when entering for access to 650m portage trail. After, there is a campsite we can use in case the day is turning out to be too long at km 268; nice campsite overlooking a bay, sheltered under the trees.

Friday July 10th

Paddle distance 8km. Depart campsite ~8:00am.
 Takes 5 hours for the last 8km. Begins with CII LIV CII in succession, with the ledge portageable on river right. Short portage (50m) likely. After 1km, there is a CII. After another 1km, there is a runnable CIV. Run on river left, or portage (short) on river right. After 2km, there is very long CIII (1.5km). Except for top portion, it is mostly easy standing waves runnable through the centre. 1 more km, and there is the take-out. Arrive at the take-out ~1:00pm.
 Depart take-out ~2:00pm. Drive to Merrickville, 5-6 hours.
 Arrive Merrickville approximately 7:00pm-8:00pm.
 Clean kit at community centre and distribute for drying if necessary.
 Call parents upon arrival in Merrickville or drop kids off at their homes.

Financial Budget

Item	Budget	Actual	Notes
Mileage Truck & Trailer - Allan, 2 x 400km @ \$0.30/km	\$240	\$215	861km
Mileage Truck - Bob, 2 x 400km @ \$0.25/km	\$200	\$258	861km, Bob took trailer
Food - (\$10/pp/day), 6 days, 8 people	\$480	\$408	
Fishing license	\$70	\$33	One student for 3 days
ZEC road map	\$10	\$11	Includes postage stamp
ZEC shuttle, \$85/vehicle	\$170	\$200	
ZEC camping fee, \$5.70/day/tent	\$140	\$102	
ZEC vehicle access fee, \$8.45/vehicle		\$17	
White gas for stoves	\$20	\$0	Already had a can
Meal upon return	\$50	\$0	
Miscellaneous		\$8	Soap
Total	\$1,380	\$1,252	Plus canoe repairs
Total per Venturer (6)	\$228		
Venturer fundraising per person	\$3		For contingency
Total fee per Venturer	\$225		

The fee is higher than planned due to several Venturers dropping out of the trip. The Venturers also set a high fee to ensure the trip doesn't go in the red. Any excess funds from the trip will be refunded directly to the participating Venturers.

Issued Personal Equipment

A PFD and helmet will be issued to every person at the beginning of the trip. These will be marked with the person's name. They are responsible for them throughout the entire trip. Each person will select a paddle of their preferred size. At least one spare of each size paddle will be brought along.

Vehicles

Vehicle	# of Seats (incl. driver)	Make	Model	Colour	License Plate
Allan	7	GMC	Yukon XL	Pewter	AKFA 929
Bob	6	Dodge	RAM 1500	Black	597 2NT
Canoe Trailer		EZ Loader		Grey	D76 3OJ

Bob may take his Suzuki and/or Allan may take his Jetta.

ZEC Normandie

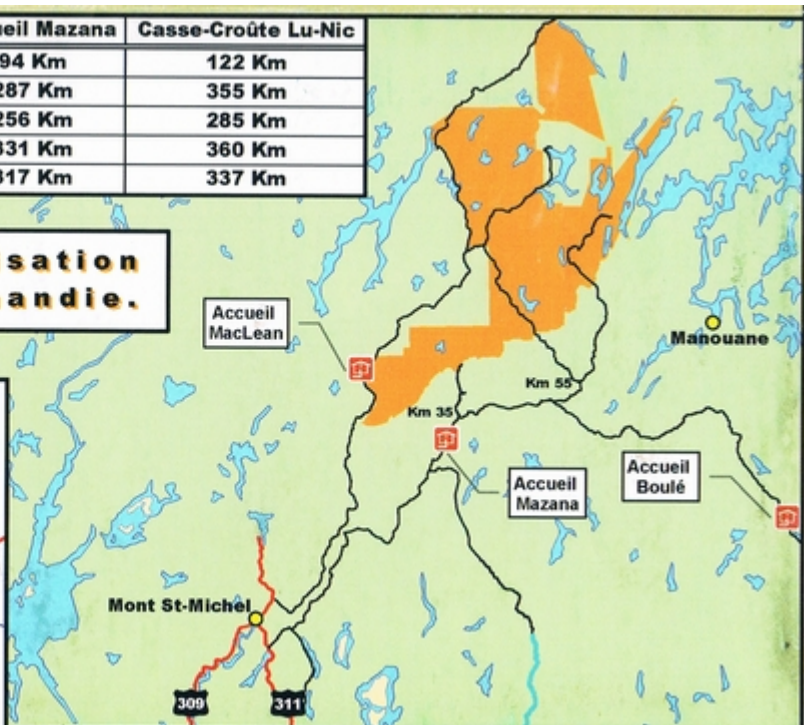
France Perron
 612 de la Madone
 Mont-Laurier, Quebec
 J9L 1S9
 (819) 623-9709
 (819) 587-2620 x26 (Accueil Chute Maclean)

The ZEC publishes a road map of their area for \$10, which we will obtain ahead of time. Their map of the river is no longer in print; however they found a copy and sent it to us at no charge. The lady at the ZEC speaks English, but we conversed in French.



Ville	Accueil MacLean	Accueil Mazana	Casse-Croûte Lu-Nic
Mont-Laurier	90 Km	94 Km	122 Km
Montréal	322 Km	287 Km	355 Km
Ottawa/Gatineau	252 Km	256 Km	285 Km
Pembroke	327 Km	331 Km	360 Km
Trois-Rivières	365 Km	317 Km	337 Km

Carte de localisation de la Zec Normandie.



Equipment and Food Packing

The equipment and food will be packed on the Saturday before departure. Allan will purchase the food. The Venturers will meet at the tractor trailer at approximately 4:30pm, when the Scouts return from their canoe trip, to pack the equipment. They will then proceed to Allan's house to pack the food. Two barrel bags, one for a 30 litre barrel and one for a 60 litre barrel, have been purchased as a pilot project in barrel contents organisation. All equipment, such as tents and pot sets, will have to be opened up to check their contents are complete. Each person will pick a paddle of their preferred size; at least one spare of each size will be brought as well (total of four spares). Food items, where possible (e.g. UHT milk), will be frozen to provide refrigeration of the meat through the first three days of the trip. The PFDs will be wrapped in large garbage bags during transport to protect them from dust and abrasion.

Equipment Storage

Each canoe will carry the personal rucksack of the two paddlers, along with a maximum of two barrels and a spare paddle. Any fishing rods will be lashed alongside the spare paddle for protection. The two barrels containing the first aid kits and repair kits will be marked with a green cross sticker and stored in separate canoes. For quick access in an emergency, one pruning saw will be in the thwart bag on Ben/Adam's canoe, and one in the day dry sack on Allan/Bob's canoe. Common camping equipment will be stored in one or two 60 litre barrels. Food will be stored across a maximum of six 30 litre barrels. Dry sacks will be used to store the tents and other soft goods. Tent poles will be fastened to the outside of a rucksack. Light weight equipment (such as backpacking stoves) will be used where possible. An kayak playboat, an inflatable animal, and an inflatable dinghy will be brought for playing in the rapids. All meat will be frozen to ensure maximum longevity. Spare paddles will be bungeed to the thwarts.

River Map Legend



Safety Precautions

- A properly fitting personal floatation device will be worn when on the water.
- A helmet will be worn when near rapids.
- Personal floatation devices and helmets will be securely fastened when worn.
- When scouting rapids, each person will wear their PFD and helmet, and bring their paddle for support. Two throw bags will also be brought in the event a rescue is required.
- No participants have mortal allergies.
- All rapids will be scouted before running.
- Strongest paddlers will run rapid first and act as a safety boat for the remaining canoes.
- Option to portage any rapid for any person not comfortable running a given rapid.
- Safety equipment (pin kit, first aid kits, and repair kits) carried on two separate canoes.
- A safety boat will always be used when swimming rapids or running rapids.
- Venturers will be sleeping in tents separate from the leaders.
- All drinking water will be purified using chlorine bleach, at the ratio of eight drops per gallon (two drops per litre) and let sit for 30 minutes.
- All swimming (without PFDs) to be supervised by an adult.
- No food in personal rucksacks.
- Each canoe to be equipped with for/aft float bags, bow/stern grab loops, a bailer, an extra paddle, and a 70' throw rope.
- Food barrels to be stored well away from camp.
- Emergency exit points from the trip identified and noted on maps.
- River Rescue training taken by Allan, Robert, and Alex.
- All participating Venturers have a minimum of two weekends of whitewater training, including the Canoe II course offered through Paddler Co-op and the Venturer Advisors Forum.
- Rucksacks and equipment will be tightly secured to the canoes so equipment is not lost or snagged if a canoe flips.

Fishing

A fishing license is required for all people, regardless of age, in Quebec. Within the ZEC Normandie, a fishing license for non-Quebec residents is \$27.30/day/person, or \$66.30/person for three days, or \$110.50 for three days for a family. We qualify for the family rate. Only kids 12 and under may fish free in the ZEC. According to the brochure there is a 50% reduction for kids under 25, we will need to confirm this onsite.

Lake	Pike (Brochet)	Pickereel/Walleye (Doré)	Brook Trout/ Fountain Char (Omble de fontaine)	Lake Trout (Truite/Touladi)
Lac Bacon	✓	✓		
Lac à la Culotte	✓	✓		✓
Lac de la Table	✓	✓		
Lac Orthès	✓	✓		
Rivière Lièvre	✓	✓		✓

Personal Kit List

- Sleeping bag
- Sleeping pad (optional)
- Torch
- Headlamp (recommended)
- Change of clothes (several)
- Change of footwear
- Trousers
- Long sleeved shirt
- Swim suit
- Towel
- Sweater or sweat shirt
- Sweat pants
- Rain jacket
- Rain pants (optional)
- Pyjamas
- Pillow (optional)
- Wash kit: tooth brush, tooth paste, soap, shampoo, chapstick, etc.
- Shampoo/body wash, no-rinse (astronaut) (optional)
- Mess kit: plate, bowl, cup, knife, fork, spoon in mesh bag
- Water bottle w/carabiner, 2
- Sunscreen
- Insect repellent
- Hat / Baseball cap
- Toque (optional)
- Kleenex
- Gloves, bicycle/paddling/Mechanix/etc (optional)
- Sunglasses w/strap (optional)
- Water shoes and/or booties (optional)
- Pocket knife (optional)
- Sheath knife (optional)
- Camera (optional)
- Multi-tool (optional)
- Compass (optional)
- Fishing rod & tackle (optional)
- GPS (optional)
- Wetsuit (optional)
- Bug shirt/jacket (optional)
- Paddling jacket (optional)
- Technical long underwear (optional)

Optional set of dry clothes and shoes to leave in a vehicle at the take out.

All personal kit must be packed in a rucksack or canoe pack. Everything must be completely waterproof using either dry sack(s) or garbage bag(s). If garbage bags are used, they must be resealed, not discarded every day. Any discarded garbage bags must be packed out by the participant.

Quick dry materials such as polypropylene and polyester fleece are recommended. Wet feet are a given. Open toed sandals are not recommended in the canoe. Plan for one pair of wet shoes for canoeing, and one pair of dry shoes for camp. Glasses should be secured with a strap.

Electronic games/iPods/etc permitted during drive only.

Menu**Sunday**

Lunch

Brown bag from home

Dinner

Sausages (2/pp), sausage buns, onions, mashed potatoes, gravy

Monday

Lunch

Wraps (2pp), sliced ham (2-3pw), lettuce, mustard, cheese, mayonnaise

Dinner

Tacos, ground beef (3lbs), lettuce, tortilla soft shells (large, 2pp), sour cream, onions, taco seasoning, salsa, cheese, carrot sticks

Tuesday

Lunch

Wraps (2pp), roast beef (2-3pw), lettuce, horse radish, cheese, mayonnaise

Dinner

Pizza, pita bread (2pp), pepperoni (2 sticks), cheese (mozzarella), green peppers, onions, pizza sauce, carrot sticks & dip, parmesan cheese

Wednesday

Lunch

Wraps (2pp), turkey (2-3pw), lettuce, cheese, mayonnaise

Dinner

Fettuccini Alfredo, chicken flakes, garlic bread (baguette), parmesan cheese

Thursday

Lunch

Pepperoni (2 sticks), crackers, cheese

Dinner

Macaroni & cheese (PC white cheddar, ½ box pp), Salmon/tuna croquettes

Friday

Lunch

Peanut butter & jam sandwiches, wraps/English muffins/bagels

Dinner

Leftovers

Menu (continued)**Breakfasts**

Oatmeal, variety pack

Lucky Charms

Frosted Flakes

Corn Pops

Bagels

English Muffins

Peanut butter

Jam

Pop tarts

Cream cheese

Snacks

Granola bars

Gummy bears

Peanut M&Ms

Marshmallows

Two bite brownies

Caramels

Beef jerky

Apples

Drinks

Fresh milk (first morning)

Tetra Pak milk (remaining mornings)

Juice crystals

Hot chocolate

Coffee

Desserts

Backpacker's Pantry Wicked Good Brownies

Mud Pies

Cinnamon buns

Toffee cookies

Chocolate cake

Cinnamon toast

Grocery List

Milk, 3.5%, 1 litre
 Milk, 3.5%, UHT, 4 litres (1/day)
 Granola bars, Sweet & Salty, 1 large box
 Granola bars, chocolate covered, 1 large box
 Gummy bears, 1 package
 Peanut M&Ms, 2 large bags
 Marshmallows, 2 regular bags
 Two bite brownies, 1 container
 Caramels, 1 bag? (need 36 for recipe + snacks)
 Beef jerky, 2 large packages
 Cream cheese, spreadable, 1 container
 Hot chocolate, 10 packets (have)
 Pop tarts, 1 box containing 3 small boxes
 Lucky Charms, 1 large box
 Corn Pops, 1 large box
 Frosted Flakes, 1 large box
 Bagels, white, 12
 English muffins, 27
 Peanut butter, crunchy, Kraft, 1 large container
 Jam, strawberry, 1 large jar
 Backpacker's Pantry Wicked Good Brownies, 2 (have)
 Juice crystals, 2kg (have)
 Pepperoni, 4 sticks
 Crackers, Ritz, 1 box
 Cheese, cheddar, 1 large block
 Cheese, mozzarella, 1 large block
 Roast beef, 40 slices
 Turkey, 40 slices
 Ham, 40 slices
 Lettuce, iceberg, 2 heads
 Mayonnaise, squeeze bottle
 Horseradish, 1 jar
 Mustard, packets, 32 (have)
 Sausages, 16
 Sausage buns, 2
 Potatoes, instant, 4 packages (have)
 Gravy, packet, 2
 Fettuccini Alfredo mix, ?
 Fettuccini pasta, ?
 Chicken, flaked, can, ?
 Tortillas, soft, large, 64
 Taco seasoning, 3 packets
 Sour cream, 500mL
 Salsa, 1 bottle
 Beef, ground, 3 lbs
 Onions, 4
 Macaroni & Cheese, White Cheddar, Presidents Choice, 4 boxes

Grocery List (continued)

Carrots. mini, 3 bags
 Pitas, 16
 Pizza sauce, 1 bottle
 Green peppers, 2
 Apples, red, 2 bag
 Vegetable oil, 1 small bottle (have)
 Butter, 1 lb (have)
 Baguette, 1
 Onion soup mix, 1 package
 Rice Krispies, 1 cup (have)
 Corn Flakes, 2 cups
 Salmon, 2 cans
 Dry Milk Powder, whole, ½ cup
 Chocolate pudding mix, instant, 1 box
 Devils Food Cake mix, 1 box
 Tea biscuit mix, 1 ½ cups (have)
 Eggs, 3
 Cinnamon
 Parmesan cheese

Recipes

Mud Pies

2	Cups	White sugar
½	Cup	Milk
½	Cup	Shortening
5	Tablespoons	Cocoa
½	Teaspoon	Salt
1	Teaspoon	Vanilla extract
3	Cups	Quick cooking oats
1	Cup	Fine coconut

Mix first set of ingredients in a large saucepan. Bring to a boil, and remove from heat. Add second set of ingredients. Mix well. Cool a little and drop by teaspoon onto wax paper, and allow to harden 1-2 hours.

Cinnamon Toast

Toast bread both sides, spread butter on one side, and sprinkle with cinnamon & sugar mixture.

Toffee Cookies

36		Caramels
3	Tablespoons	Cream (light)
2	Cups	Cornflakes
1	Cup	Rice Krispies
½	Cup	Coconut

Put caramels and cream in large heavy saucepan over low heat to melt. Add remaining ingredients. Stir to coat. Drop by spoonfuls onto greased surface. Leave to harden. Makes about 3 ½ dozen.

Salmon/Tuna Croquets

2 - 7 ½ oz		Salmon (or tuna), drained, reserve juice
1		Egg
½	Teaspoon	Salt
1/8	Teaspoon	Pepper
½	Teaspoon	Worcestershire sauce
¼	Cup	Reserved juice
½	Cup	Flour
1	Tablespoon	Baking powder

Combine first six ingredients in bowl. Mix well. Add flour and baking powder. Stir together. Drop by rounded spoonfuls into hot 375F (180C) fat. Brown completely. Makes 16 croquettes.

Dip (for carrots & toasted tortillas)

Mix sour cream and onion soup mix.

Tortilla Crackers

Fry tortillas in oil or toast over a fire. Then break into pieces.

Cinnamon Rolls

Serves:	4
Cooking Time:	20 min.
Equipment Required:	Outback Oven or Reflector Oven
Ingredients:	1 ½ cups tea biscuit mix ½ cup water ¼ cup brown sugar Margarine Cinnamon
Cooking Instructions:	The tea biscuit mix can be purchased in bulk. Mix up biscuit mix with water into firm dough. Roll or press out into a flat rectangle on a cutting board or paddle. Spread a generous layer of margarine over the surface, sprinkle with brown sugar and cinnamon. Roll up into a long cylinder, and then cut into 3/4" slices. Bake for 20 to 25 minutes.

Chocolate Cake

Serves:	6
Cooking Time:	35 min.
Equipment Required:	Pot for mixing Backcountry bake oven
Ingredients:	½ Devil's Food Cake mix ½ package instant chocolate pudding mix ½ c. dry milk powder ¼ c. egg powder (or 1 fresh egg) 1 ¼ c. water 1 cup chocolate chips
Cooking Instructions:	Can possibly substitute 1 ¼ cups of milk for milk powder and water. At home: Mix all dry ingredients in zip lock bag. At camp: In larger pot, add water (and fresh egg if using) to dry ingredients. Mix until smooth. Pour into an oiled and floured bake oven pan. Cover and bake (Bake Zone) for 30-40 minutes. Check after 30 minutes for any burning.

Camping Equipment @ Trailer

Tent, Scout
 Tarp, 9'x12', 2 (Scout tent ground sheet, screen shelter)
 Tent pegs, 16 (includes 2 spare/tent)
 Tent pegs, sand, 8
 Tarp, lightweight, 15'x15', 1
 Barrel, 60 litre, w/harness, 2
 Barrel, 30 litre, w/harness, 6
 Dry bag, 5 litre, red, 2 (day use in canoe)
 Dry bag, 20 litre, yellow, 2 (day use in canoe)
 Dry bag, 35 litre, blue, 3 (tents, screen room)
 Screen room (mesh, fly, poles, guy ropes, 10 pegs)

Kitchen Equipment @ Trailer

Pot set, large, w/ 2 pot grippers
 Pot, large
 Frying pan, 2
 Fuel bottle, MSR, 650mL, 6
 Stove, MSR Whisperlite, 2
 Water containers, collapsible, 2
 Spoon, serving, nylon, 2
 Spoon, wooden, 2
 Spatula spreader, 2
 Spatula, nylon, 2
 Ladle, nylon
 Knife, sharp, w/cover, 2
 Cheese grater/slicer
 Tin opener
 Colander
 Egg carrier, 6 eggs
 Barrel bucket, small
 Barrel bucket, large
 Scrubbing sponge, 2
 Tea towel, 2
 Grill (for cooking hamburgers/etc over fire)
 Cutting board
 Whisk, small
 Tongs

Kitchen Equipment w/Allan

Tinfoil
 Paper towel
 Wax paper
 Outback oven
 Outback oven instructions
 Parchment paper
 Soap, biodegradable
 Scrubbing pad, non-metallic, 3M
 Utensil rollup
 Dish cloth (J cloth), 2

Camping Equipment w/Allan

Hammock, Hennessey, 2
 Shovel, folding
 Newspaper
 Pump, air, manual
 Matches, 100, water tight box, 2
 Toilet paper, 4 rolls
 Hand sanitiser w/Benzalkonium Chloride
 Garbage bags, 5
 Playing cards
 Saw, folding
 Hatchet, Gerber Sport Axe, 35cm
 Paracord, 100', 3
 Paracord, miscellaneous
 Single cup coffee maker
 Coffee filters, #2, 25
 Bleach bottle w/eye dropper, 2
 Welding gloves
 First aid kit, 2
 Repair kit, 2

Pin Kit

Saw, pruning, 2
 Line Across bag
 Rope, static, 150'
 Webbing, tubular, 30', 3
 Sling, nylon, double, 2
 Carabiner, locking, D, 10
 Pulley, prusik minding, 5mm, 2
 Prusik loop, 5mm, 2

Allan's Extra Kit for Truck

Road map, Quebec
 Thermometer, water
 CDs
 Mobile telephone charger
 Inverter
 Shaver cord
 Briefcase
 Weather forecast
 Pump, air, 12V (floatation bags/etc)
 Tow rope, 2
 Air compressor, 12V (flat tire)
 Traction aid
 ZEC map
 Lièvre canoe route map
 Bungees

Equipment w/Alex

Dinghy, inflatable

Paddling Equipment

Dolphin, inflatable
 Canoe, Canyon, 4
 Kayak, Jackson Fun, green
 Kayak skirt, Jackson 2Fun/Fun
 Paddle, kayak, 2
 Paddle, canoe, 12 (includes 1 spare per canoe)
 PFD, Salus Guide, medium/large, w/whistle & knife, 4
 PFD, Salus Guide, small/medium, w/whistle & knife, 4
 Quick release belt, 4
 Pig Tail, 3
 Floatation bags, 4 pairs
 Yoke pads, 4
 Bailer w/rope, 4
 Throw bags, Northwater, ¼", 70', 4
 Maps, river, waterproof, 4 sets
 Map case, waterproof, w/clips & bungees, 3
 Thwart bag, w/map case
 Knife, rescue, spare
 Rope, floating, 1/4", 25', w/carabiner, 8 (for painters & lining)
 Rope, floating, 1/4", 25', 4 (for lashing gear in canoes)

Allan's Extra Kit

Multi-tool
 Thermometer
 Trip plan
 Watch
 Camera (fully charged)
 Camera spare battery, 3 (fully charged)
 Camera SD card, 8G, spare
 Mobile telephone (fully charged)
 Book
 Physical fitness forms
 Tent, 2 man (MEC Gemini), w/poles, 6 pegs, ground sheet
 Headlamp w/spare batteries
 Pelican camera case, w/lanyard & carabiner
 First aid kit
 Truck garbage container w/bags
 Shaver (fully charged)
 Contact lens solution
 Spare contacts
 Thermarest chair
 Notebook & pencil
 Compass
 Carabiner, 4
 Flashlight, spare
 Spare vehicle key for shuttle
 Cheques to pay for ZEC fishing, camping, and shuttle fees
 First aid kit for PFD (band aids, Ibuprofen, chapstick, penknife)

First Aid Kit

Band-Aids, Elastoplast
 SAM splint
 SAM splint, finger
 Diphenhydramine (antihistamine), 12
 Diotame (stomach), 12
 Loperamine (anti-diarrheal), 12
 Glucose (hypoglycemia)
 Almag (antacid), 12
 Gauze pad, 4"x4", 50
 Ibuprofen
 Acetaminophen
 Solarcaine
 Bandage, elastic, 3"
 Bandage, cohesive, 2"
 Gauze roll, 4
 Cohesive bandage
 Ex-lax or mineral oil
 Ointment, triple antibiotic (anti-infective), 12
 Tape, Durapore, 1"
 Safety pins
 Needle
 EMT shears, 7.5"
 Triangular bandage
 Alcohol wipes
 Hand sanitiser
 Tweezers, tick removal
 Tweezers, splinter
 Benzoin swabs, 8
 Eye drops
 Ophthalmic wash
 Anti-fungal cream
 Hydrocortisone cream, 1% (anti-inflammatory)
 Moleskin
 Iodine
 Antibacterial soap
 Thermometer, oral
 Razor, disposable
 Cotton swabs
 Tongue depressors
 Flash cards, Wilderness Medical
 Blist-O-Ban; 2 small, 2 medium, 2 large
 Notebook
 Pen, 2
 Moleskin
 Magnifying glass
 Space blanket
 Rehydration salts, oral, CeraLyte 70, 2

First Aid Kit (continued)

Tegaderm
 Hypafix, dressing retention
 Tongue depressor
 Gloves, nitrile
 Scissors, O.R., sharp/sharp
 Scissors, nail
 Polymem medicated membrane dressing
 Dental module
 Hand sanitiser w/Benzalkonium Chloride
 Dermabond
 Steri-strips (wound closure)
 Butterfly closures
 Syringe, irrigation, 20cc, 18AWG
 Saline solution, 500mL
 Water Jel Burn Gel, 6
 Water Jel Burn Dressing, 2"x6"
 Water Jel Burn Dressing, 4"x4"
 Scalpel, #10
 Cold pack, 2

Dental Module

Oil of cloves
 Dental floss
 Dental mirror
 Temporary dental filling

First Aid Kit (Future)

Repair & Emergency Kit

Patch kit, float bag
 Patch kit, inflatable boat
 Patch kit, inflatable animals
 Patch kit, Thermarest
 Epoxy putty, ABS/Royalex
 Bolt, seat, w/nylock nuts & washers, 4
 Bolt, thwart/splash deck, w/nylock nuts & washers, 2
 Fibreglass repair kit
 Wire, galvanised, 0.041" (18 AWG)
 Screwdriver, multi
 Wrench, adjustable
 Scissors
 Seam sealer
 MSR Whisperlite Expedition Service Kit
 Tent pole repair sleeve
 Hacksaw, 6"
 Cable ties
 File
 Tear-Aid Patch Repair - Type A
 Tear-Aid Patch Repair - Type B (vinyl)
 Gear Aid Ultra Light Gear Repair Kit
 Gear Aid Tent Repair Kit Deluxe
 Alcohol pad, 10
 Shoe lace, 24"
 Cyalume, 12 hour, yellow, 2
 Thread, sewing
 Needles
 Buttons
 Velcro
 Fastex buckle
 Mirror, signal
 Matches, waterproof
 Candle
 Fire starter
 Cord lock
 Flashlight, mini

Repair & Emergency Kit (continued)

Twist ties
 Rubber bands
 Pins, safety, 5
 Pen, Rite-in-the-Rain
 Marker, Sharpie
 Garbage bag
 Ziploc bag, 2
 Epoxy, 5 minute
 Whistle, Fox40
 Webbing, 1", 4'
 Tape, electrical
 Tape, Gorilla
 Tape, flagging
 Pliers, locking
 Pliers, needle nose

Repair & Emergency Kit (Future)

Wire, stainless steel, 0.028" (21 AWG)
 Wire, stainless steel, 0.041" (18 AWG)
 Wire, stainless steel, braided
 Compass
 Flashlight, 2AA
 Drill
 Water purification tablets
 Sandpaper
 Multi-tool
 Paracord
 Clamp, small, 2
 Awl
 Fishing line
 Whetstone

Outback Oven Configuration

CONVECTION DOME

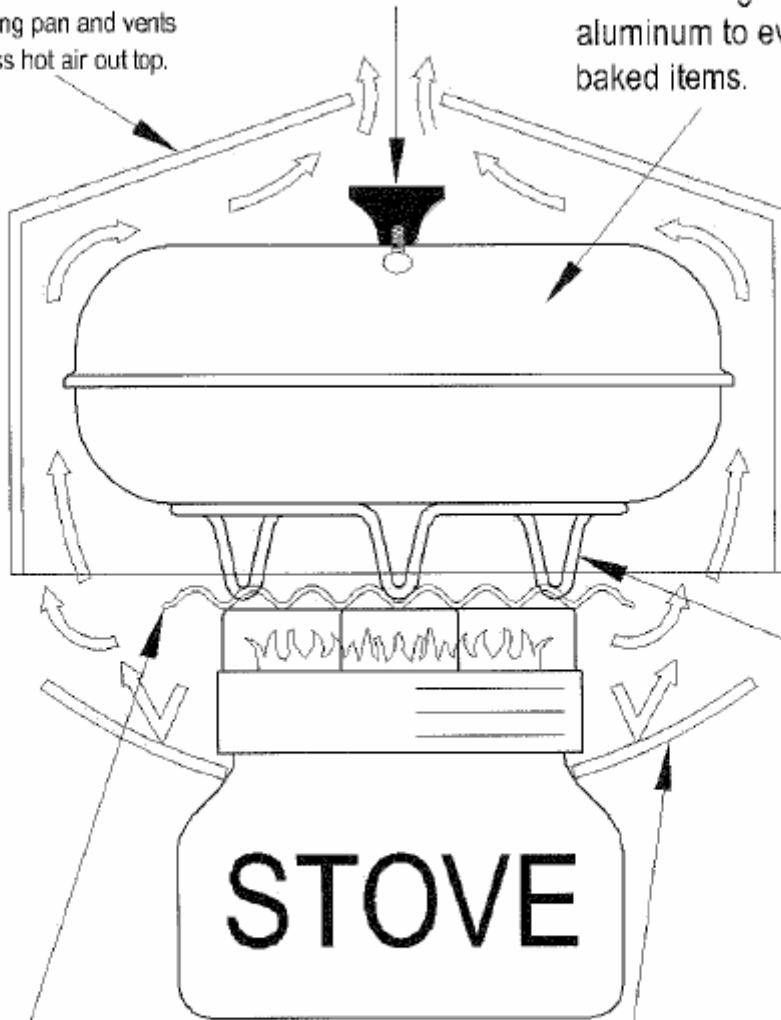
Aluminized fabric dome concentrates heat around baking pan and vents excess hot air out top.

THERMOMETER

Viewed through vent hole to monitor baking temperature.

BAKING PAN

Non-Stick baking pan made with lightweight aluminum to evenly heat baked items.



SCORCH BUSTER

Ribbed stainless steel disk disperses heat and prevents flames from coming in contact with baking pan.

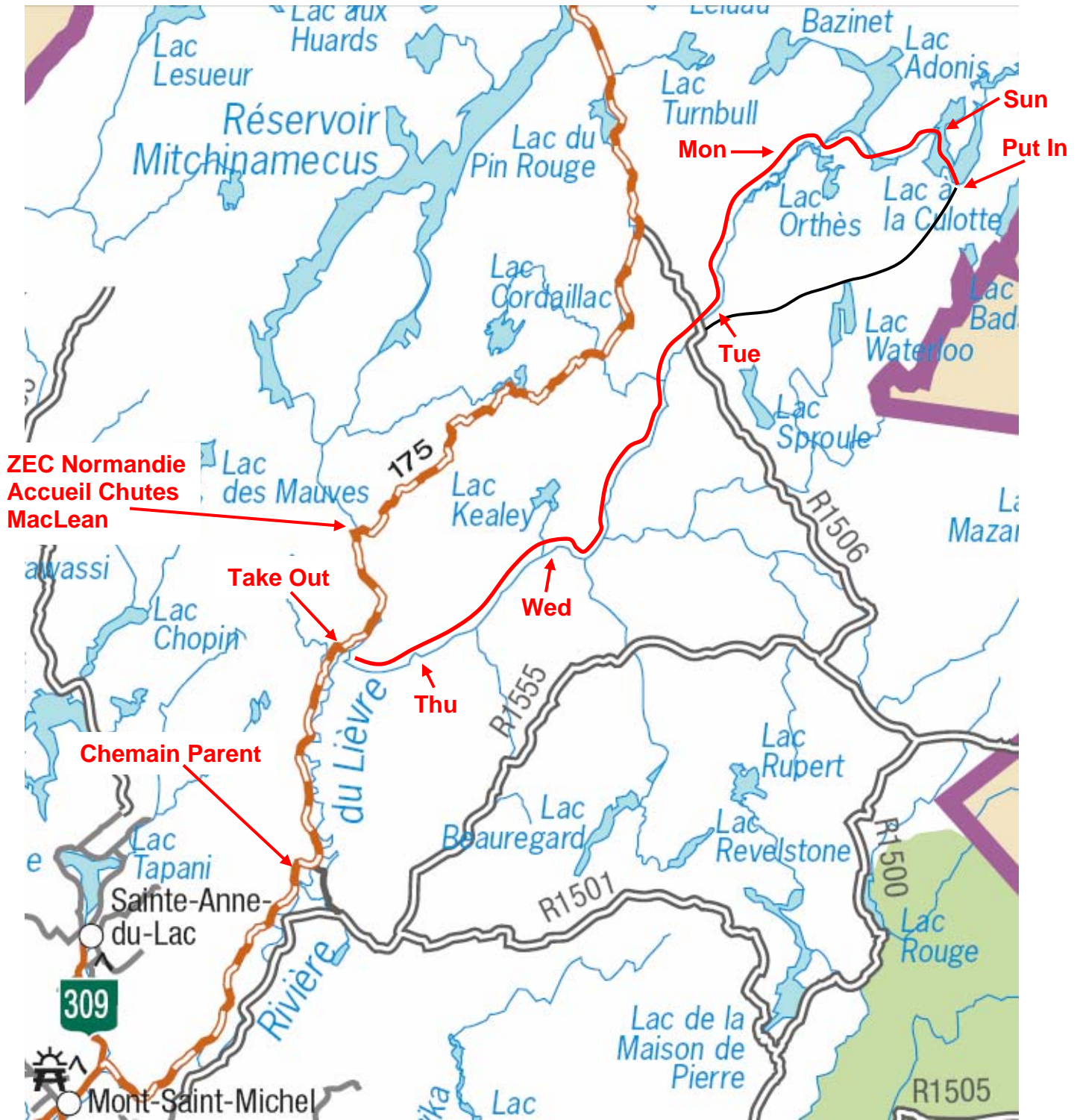
REFLECTOR COLLAR

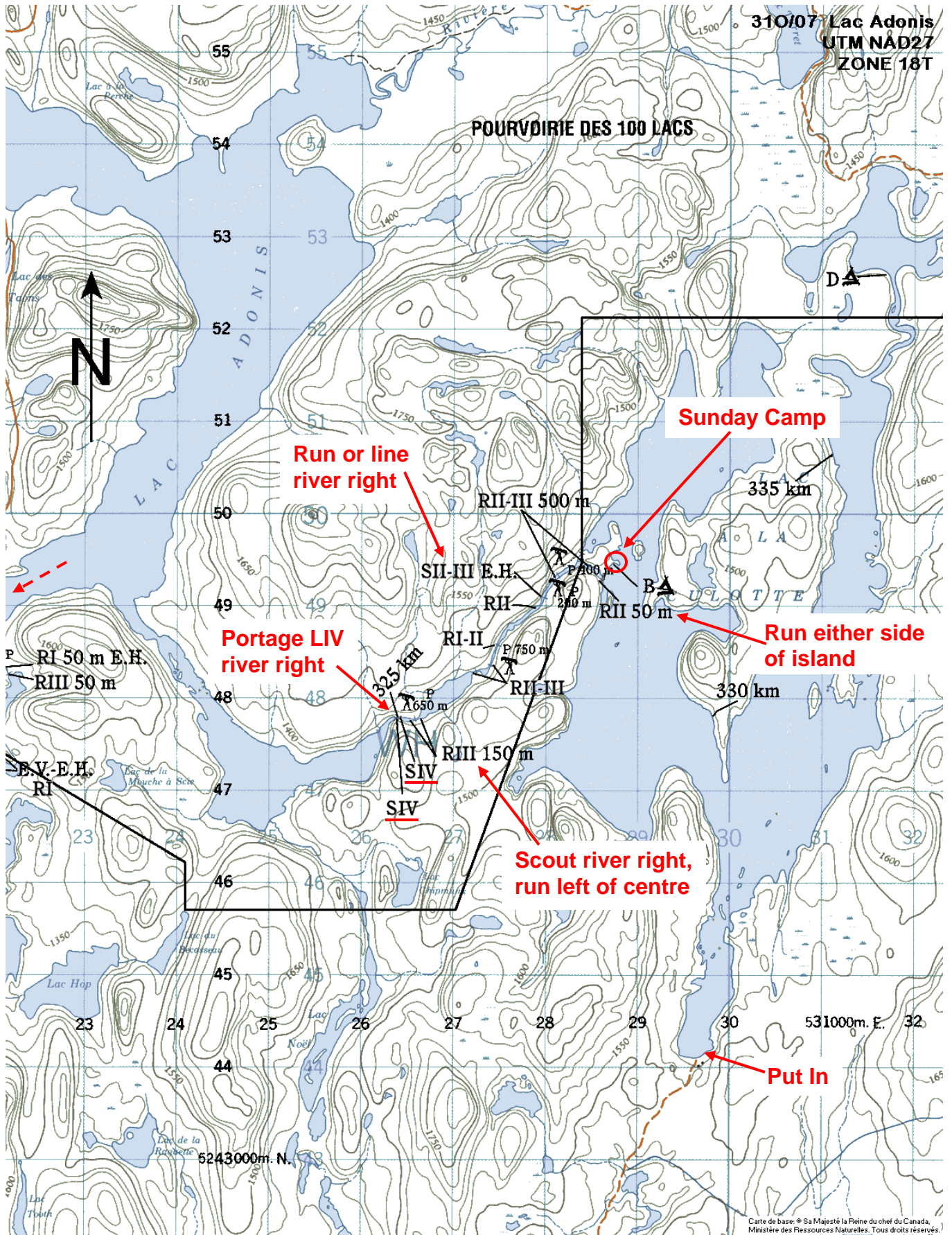
Aluminum collar directs heat upward, boosting efficiency and shielding stove from overheating.

RISER BAR

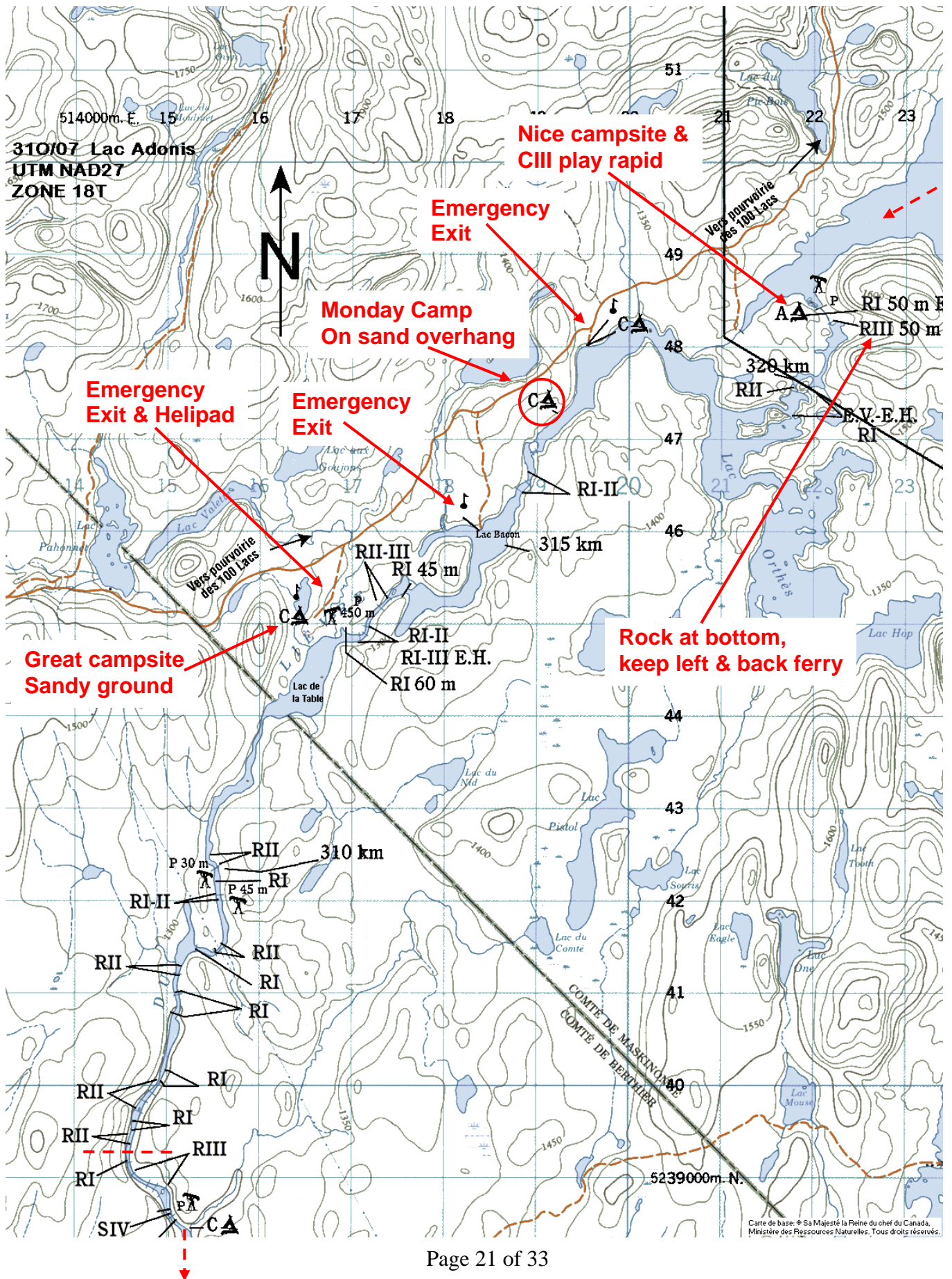
Snaps into Scorch Buster and raises baking pan above heat to prevent scorching.

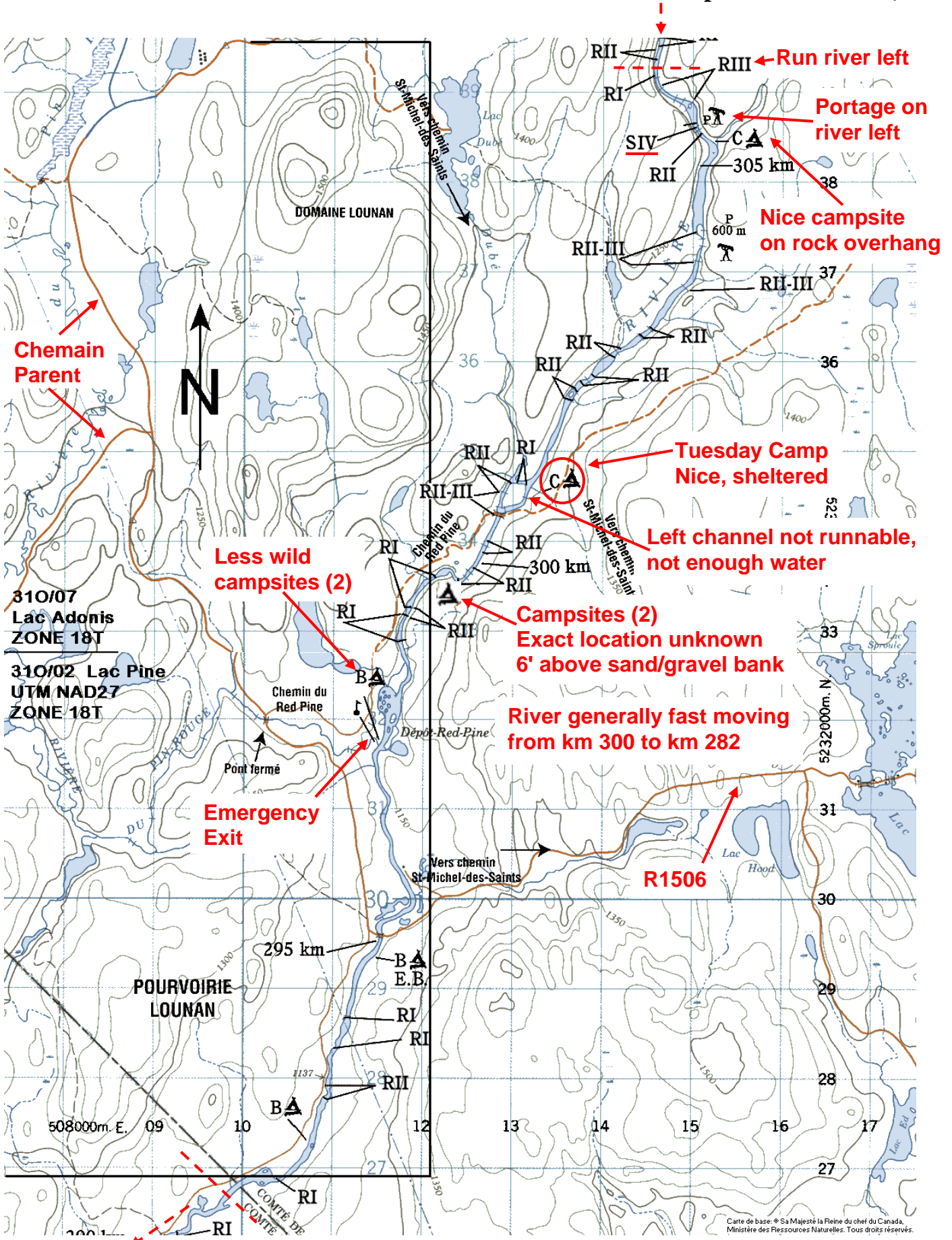
Overview Map

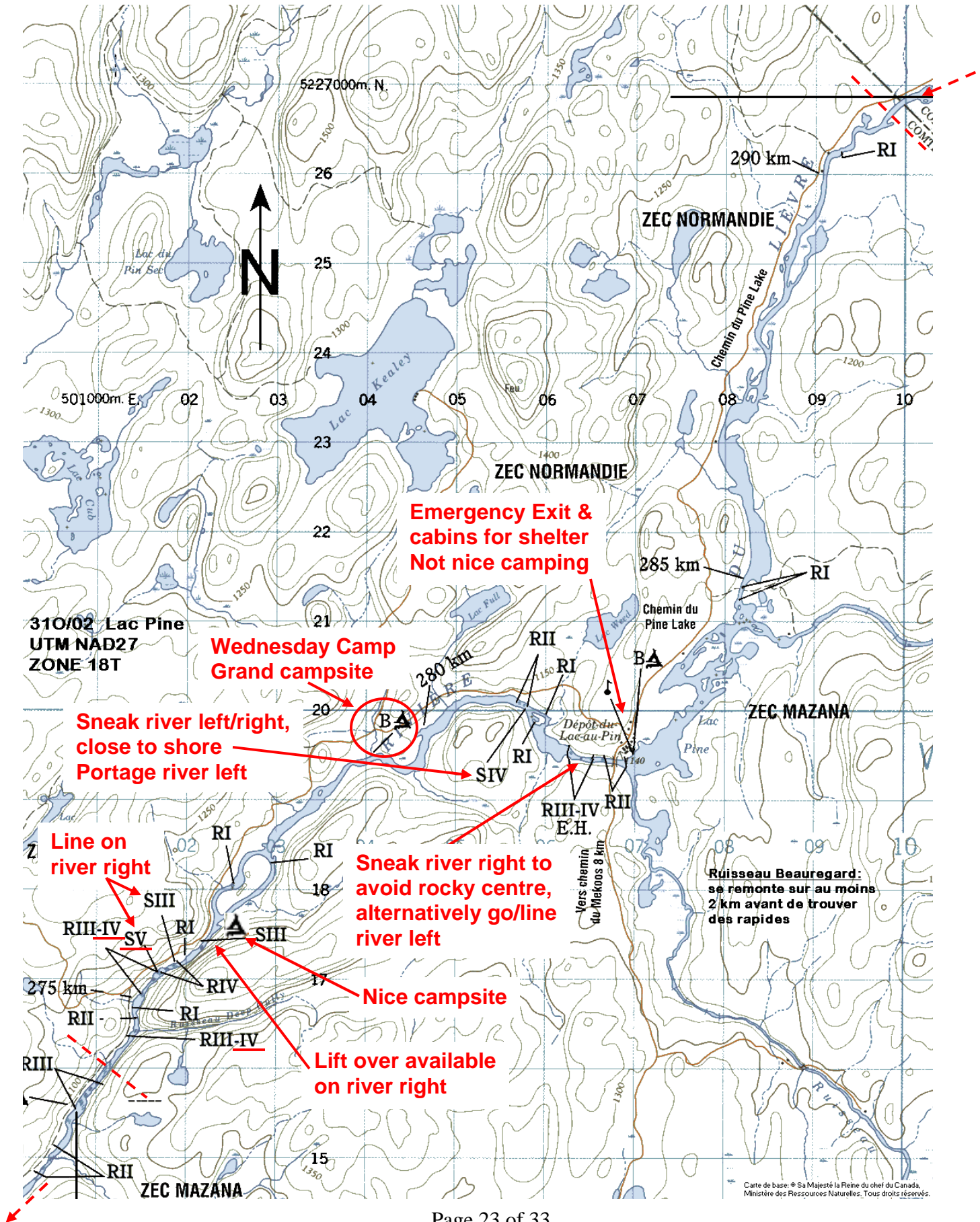


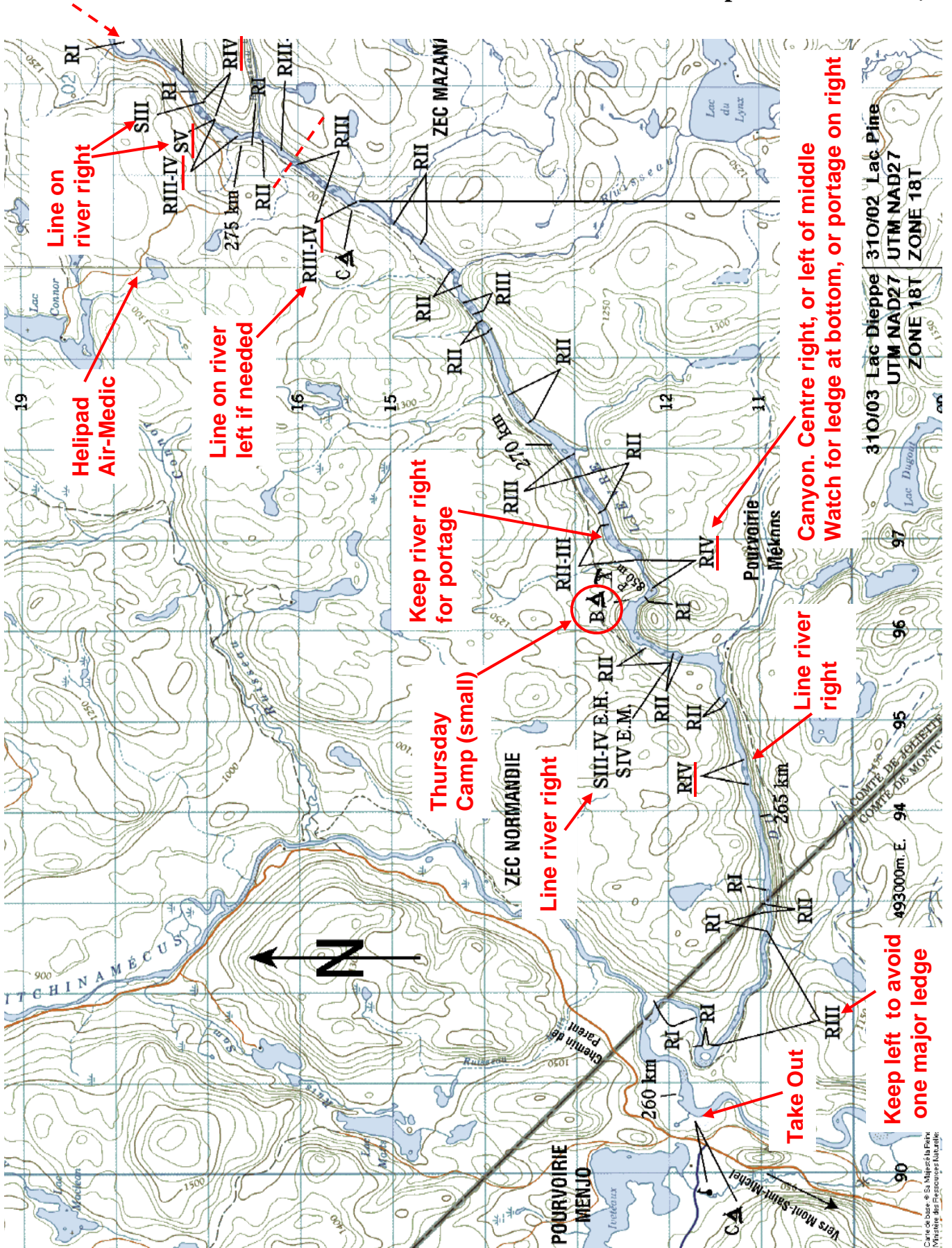


Carte de base: © Sa Majesté la Reine du Canada, Ministère des Ressources Naturelles. Tous droits réservés.









Report

I think we can safely say that everyone had a good time on the trip. There was no shortage of excitement and challenges for both our novice and experienced paddlers. Some of the Venturers are already talking about where they want to go next year.

Most of the Venturers got together with Bob and Allan on the Saturday at 4:30pm to pack up the equipment and food. We had to wait to the last minute due to the Scouts being out the week prior to us with some of the equipment we would require (specifically the canoe barrels and tents). The tents were completely soaked due to the rain during the Scout trip, but that was a known possibility. Everything else was waiting nicely for us in the tractor trailer. We packed all the equipment and then headed to Allan's house to pack the food which Cheryl (Allan's wife) had purchased based on the Venturer menu and grocery list. The food was packed in barrels. After some debate, two barrels were replaced with dry sacks. The thinking was that once some of the food had been consumed, the dry sacks could be packed and we would have fewer items to carry around. While this reasoning was sound, this turned to not work so well in implementation. We finished around 8:30pm.

We met at Allan's house at 8:00am on the Sunday, loaded the barrels into Bob's truck, and departed at 8:30am. The directions to the ZEC Normandie office were good, and we arrived there at 1:30pm. On the way to the ZEC office, we passed the take-out (km 260 on the river), so we stopped to have a quick look. There is a nice parking lot just off the road. A track good for four wheel drive vehicles only leads down to a nice flat area by the river.

At the ZEC office we purchased our vehicle entry permits (\$8.45 each), our camping permits (\$28.25/week/tent), and a fishing license. Only Ben planned to fish, so we got him a three day student license for \$33.15. We picked days Tuesday-Thursday for the license as the ZEC said that better fishing was to be had lower down the river, but we figured we wouldn't have any time on the last day. We also paid for our shuttle. While both Ben and Allan had talked to the ZEC and been quoted \$85/vehicle, the price had jumped to \$100/vehicle when we arrived. We paid up. Only one person in the ZEC office spoke English, but Allan chatted away with them in French for practice.

Only one shuttle driver was available at that time, so he hopped in Bob's truck and we went off to the put-in at Lac a la Culotte. The driver mentioned that most people put-in lower down the river, but the upper put-in spot was become more popular. While the shuttle driver planned to come up later in the week to get our vehicles, we convinced him to come up with us so we would have a navigator. We departed the ZEC office at 2:10pm and arrived at the put-in at 3:40pm. The road was absolutely terrible. It is very doubtful if a car would have made it. We passed numerous vehicles and camps, it appears to be quite a popular area for hunting, fishing, and trapping. There are a lot of logging roads, and lots of logging on going. The lakes are actually quite well signed on the road. On arrival at the put-in, we quickly tossed all the equipment out of the trucks so the driver could leave. We asked him to put Allan's truck by the river at the take-out to save us the walk up to the parking area.

We loaded the canoes and set off across Lac a la Culotte for our first night's campsite. We hit the water at 4:30pm and arrived at the campsite at 5:45pm. We setup camp, and found that Bob had packed a chair! Allan just had a Thermarest chair, but Bob had the whole folding deal. He offered to let anybody sit in it, as long as they were willing to carry his pack the next day! It became quite the tradition to be chasing Alex out of both of the chairs :) Ben and Adam decided they wanted to sleep in the screened in shelter, and since that wasn't in the plan, we didn't have a ground sheet for it, so we had a bit of improvising with a rain fly we had brought.

The Venturers then cooked our supper of sausages, mashed potatoes (instant), and gravy. Supper was served at 7:30pm as a three course meal; most of the potatoes had been eaten by the time the gravy was made :) Bruce said the potatoes tasted great, but had the consistency of something else. Tongs would have been nice for handling the sausages in the frying pan. Only one of the frying pans was used. We brought two frying pans, as last year we only brought one and wanted two. The reverse this year... Though I guess sausages don't take up as much space as hamburgers, and the sausages were pre-cooked.

After supper the Venturers were antsy, so they took the kayak playboat we brought, and canoed to the first rapid of the trip (a class II); only a two minute paddle away from the campsite. Ben ran the kayak down and did some surfing. Adam, Max, and Alex then gave it a try. Adam and Alex had taken the introductory whitewater kayaking course this spring, and were anxious to give it another try. Adam flipped the kayak and just managed to save the kayak and paddle from heading down the next rapid and out of sight. Only one kayak paddle had been packed even through the equipment list called for two; so we had no spare. We then decided to bring a canoe down the rapid to act as a safety boat. Alex was up next. After a little surfing, he flipped too and had a minor pin of the kayak on the other side of the river. I can't remember exactly what happened next, but I think Ben and Max took the canoe across the rapid to rescue Alex. Max got out to help Alex, then Ben got pinned a bit too. When Ben got the canoe out, he was swept back across the rapid to our side. He wasn't strong enough to solo the canoe back, so we sent Adam swimming down to Ben, and the two of them paddled the canoe back across to Alex and Max. It was getting darker now, so we wanted to retrieve everybody without any further mishaps. We had thought to place all four Venturers in the canoe, and tow the kayak back, but Ben was worried about the canoe stability (and maybe wanted another go in the kayak), so he brought the kayak back separately and the other three brought back the canoe. We then headed back to the camp.

There were remains of an old dock or something near the campsite, perhaps from some logging operations. It was so old and overgrown, you felt like you were walking across the skeleton of an old ship in a jungle. The timbers, 8" thick, were so rotten that your feet would often break through. Kind of neat.

Our weather forecast indicated no rain until at least sometime on the second day, so naturally it rained overnight. What dry gear we had was now wet. We threw away the forecast :(At least it was sunny when we arose on Monday morning. After our breakfast of cereal and UHT milk (I had forgotten our litre of fresh milk in the fridge at home), we took down the camp. Ben found he had punctured a couple of his dry sacks, so he did a repair job on those. We had well stocked repair kits with us on this trip, so all the patching materials were at hand. We were on the water at 10:00am. Teenagers just don't like to get up early...

The first couple of rapids were pretty easy, and then we had a class III at km 325 just before a class IV ledge (something you don't want to run). We scouted the rapid and it was quite straight forward. There was a nice pool at the start of the portage around the class IV ledge. Ben and Adam ran the rapid successfully. Then came Max and Jen. They ran the rapid successfully, but caught a submerged rock at the tail end and were swamped. Their luck went downhill from there as the canoe wrapped around the rock and the yoke was ripped out. It was actually quite funny to watch, as Max was still paddling when the canoe was pinned to the rock, then they climbed on top the canoe, raised their hands in the air, and yelled "what do I do?". Bob and I were so happy; we were going to get to practice our rescue skills!

We had Max and Jen swim to shore. Then we had Ben and Adam bring the remaining canoes down through the rapid so we had all our equipment in one place. When they came down, I was yelling to them to watch where they were going, as they were more interested in looking at the wrapped canoe :) They actually canoed right over it. We kept Ben and Adam for canoeing during the recovery operation, and set the rest of the Venturers portaging the other canoes and equipment.

The first step was to secure the long rope from our pin kit to the canoe. Ben and Adam ferried Bob out to the wrapped canoe. I had appointed myself official photographer :) Bob got on the canoe easily, and started fastening a sling (tubular webbing) around the canoe. Rope, for pulling, can't be attached directly to the canoe if large forces are expected, as the canoe would be torn apart. Our 150' static line was then fastened to the sling, and the rescue canoe started bringing the line to shore.

Something happened here; perhaps they hit a little ripple or got too much drag from the rope, but the rescue canoe flipped at this point. As it was so calm they were able to rescue themselves, but we were worried that our pin kit bag had been lost. Luckily it was found safe, still in the canoe.

Bob coiled the rope; he was still standing on the wrapped canoe, and threw the rope to shore. Adam, with a dive into the water, managed to grab the end before it was swept away. With a few people pulling from shore, and Bob prying in the river, we were able to get the canoe off the rock. We didn't need to use any of our mechanical advantage equipment. Often it is just the right direction of pull that is needed.

As the wrapped canoe headed back to shore, the Venturer tent (in it's blue dry sack) broke free from the canoe. It must not have been tied in well. It started heading downstream for the class IV rapid. There were wild shouts to save it. Bob and Ben were in the rescue canoe at that point, so they paddled furiously after it. Now Bob had forgotten that he had tethered himself (via his quick release belt) to the wrapped canoe, just in case the sling came off when the canoe was unpinned and he needed to try and direct it into shore). So just when Ben was about to grab the tent, Bob came to the end of his tether, and the canoe shuddered to a stop! It was hilarious! More shouts for Bob to dump his quick release belt, which he did, and they were able to save the tent.

Once the canoe was back on shore, and was emptied of equipment, we were able to examine the damage. The yoke had broken free, a seat was slightly buckled, a gunwale was broken, and there was a huge buckle in the hull. The key was to pop it back in. We tried jumping on it and positioning it over a rock and jumping on it, but no luck. Eventually, Bob and Ben jumped together on the buckle and it popped back into place perfectly. The canoe was now in good enough shape for the flat water jaunt to the next campsite. We had lunch (roast beef wraps) at the end of the portage, and it was Allan's introduction to Horseradish; I'd never had it before! It was pretty good :)

As recovering the wrapped canoe took about two hours, we decided to stop at an earlier campsite, and make up the lost time the next day. This turned out to be a good idea, and the campsite we used, at km 321, was much nicer than the planned one at km 316. We arrived at the campsite at 5:00pm

During the evening, Bob and Allan worked on the repair of the canoe. We had brought two fully stocked repair kits on the trip. We could have fixed a canoe even if it had been torn in half! We forced epoxy putty into the broken gunwale and where chunks of the yoke had been ripped out. We need to add gloves to the repair kit for kneading the epoxy putty; we used some from the first aid kit. Then we used a new bolt to fasten the yoke back in place, with a large washer top and bottom. It was a pretty sweet repair. It was still solid at the end of the trip. Alex inflated the dinghy and dolphin during this time, Ben went fishing with Adam, and Bruce & Max had a nap.

On Tuesday, other than a little flat water at the beginning of the day, it was pretty much continuous heavy rapid running. Ben was prime on the river navigation (with Max helping him along at times). They missed a short cut on this day, so Bob and Allan had about a 20 minute rest waiting for the Venturers to catch up :) There was one class IV ledge to portage around. We didn't unload the canoes, but manhandled them fully loaded up and over a short portage through the bush. We had lunch at the end of this portage. The original canoe partners were Ben/Adam, Alex/Max, and Jen/Bruce. The Venturers figured out themselves this was not working optimally, and swapped it to Alex/Jen and Max/Bruce; this worked better. Supper was Fettuccini Alfredo. Water had got in the noodles, so they were slightly congealed, and some of the noodles now looked like worms :)

Wednesday was a bit more relaxing, but we got off at 9:30am. There was a long section of flat water, but we were now in the river proper, and it was running fast. Even without paddling, we drifted along quite quickly. For lunch we just rafted the canoes together, and ate as we drifted. Alex made sandwiches, and we passed them around. Bob had us set up a sail when the wind picked up, but there was not quite enough wind to make it work. We came to a bridge and of course some of the kids wanted to jump from it. Bruce actually climbed up from his canoe onto the bridge as they passed underneath. Ben, Adam, Jen, and Alex got out of their canoes at the shore and went onto the bridge the "normal" way. Bruce, Ben, Adam, and Jen all jumped into the river (it wasn't actually that high); Alex just wanted to count and say "go" :) There was a section of class III/IV rapids that only Ben/Adam and Bob/Allan were willing to run. There was no portage, so we had to bushwhack our way down to scout the rapids. Then we went back up to run our canoes down, then back up again to run the other pair of canoes down. Then we had a class IV ledge to all line around before making our campsite.

Thursday was probably the most exciting day. We didn't get going until 11:00am; the kids just did not want to move that morning. The first challenge was a class III rapid, as shown on our map. However, part way down, the waves grew so big, we figured it was now a class IV rapid. We had never seen waves so big. The great part is that all the canoes made it through fine. They were all full of water, but all still upright. This was amazing! Around this time, Jen and Alex managed a minor pin; the same canoe that was wrapped earlier in the trip! We attached a couple of painters to the bow, and with everybody pulling at the right angle; we were able to get it free quite easily. Right before our campsite, there is a long section of class II/III rapid, followed by a class IV canyon. There is a portage around the class IV section, which we intended to use if the canyon wasn't runnable. Everything was going according to plan, until Max and Bruce swamped in the rapids above the canyon and thus weren't able to make the take-out for the portage; they went down the canyon backwards in their swamped canoe. We quickly ran along the portage, and Bob, by swimming out to a rock, was able to see they were in good shape a little lower down the river. Ben and Adam, after scouting the canyon, said they would run the remaining three canoes through it. They got them all through successfully, though their line got off a little on the last run and they came down side ways :) They said those were the biggest waves they had ever canoed, about 6', and it was the hardest paddling they had ever done. We then continued on to pick up Bruce and Max and found they had bailed their boat, continued to the campsite, and already had a nice big fire going.

Friday was our earliest start. We had discussed, the night before, trying to start early so we weren't still cleaning gear at midnight when we got home. Allan was checking his watch in the morning, and realised it said 8:45 and nobody was even up yet! I jumped out of my tent and started waking everybody up. I even kicked Bob out of bed, and he had always been the first one up each day. Bob and I were chatting while the kids were getting moving, and he mentioned that his watch wakes him up at 7:00am. I wasn't really paying attention, but then his watch alarm went off. He said, "see it would have woken me up on time". With a confused look on my face, I took another look at my watch. It was on the stop watch function rather than the time of day. I had been timing the brownie baking the night before, and had not shut off the stopwatch; it had been running for 8 hours and 45 minutes. I had just kicked everybody out of bed at 6:45am thinking it was actually 8:45am! I laughed so loud, this was hilarious :) Ben actually told me later in the day he was glad I had got us going early; though he didn't look too pleased at the time :)

The first major obstacle this day was a class III/IV ledge. Bob and Allan, and Alex solo, tried running this, but it was just too steep and the canoe bows buried in at the bottom and we both flipped. The other two canoes were lined down. We then had a class IV rapid that we all lined; though Ben took the kayak down it. The final major rapid was a 1.5km class III rapid. The challenge here is that the canoes ship so much water that you have to find places to stop and bail your canoe. We all ended up swamped at some point during this run. Alex and Jen probably did the best; they got out at an early eddy and bailed. Bob and Allan came into an eddy with their gunwales under water. Ben and Adam missed that eddy and went over a small ledge chasing the kayak which had sprung loose from its lashing on their canoe. Max and Bruce flipped their canoe, and it ended up pinned against some rocks. Bob and Allan hung around, on the other side of the river to ensure they got free. When they weren't making progress, we ferried across the river to lend a hand. Just when we got there, they freed it; Bruce pried the canoe off with a stick. However, they had not tied the canoe up and it went happily sailing down the river without them. They now had a long walk/swim ahead of them; the canoe grounded out on a sand bar about 1-1.5km downstream. Once we saw everybody here was in good shape, we went to look for this canoe as well as Ben and Adam. Alex and Jen had already found Max/Bruce's canoe and were bailing it out. We left them to it, and went to pick up Adam and Ben whom we could see from there. They were sunbathing and doing kayak sea launches from half way up a huge sand cliff. We picked them up and continued to the take-out, about 1 km away, to start the packing process.

Half the group reached the take-out at 12:30pm and the other half arrived at about 1:00pm. To our surprise, neither of our trucks had been left by the river. So Adam and Allan hiked up to the parking area, switched the canoe trailer from Bob's to Allan's truck, and drove back down. The canoes and equipment were all loaded up, and we departed at 2:00pm after a quick lunch of leftovers, and swapping the canoe trailer back to Bob's truck. We stopped just outside Mont Laurier for gas, and to let the kids purchase junk food; Allan treated himself to an ice cream bar :) We arrived back in Merrickville at 6:30pm, for a total driving distance of 861km. The Venturers cleaned all the equipment at the community centre, and we had it all stored in the tractor trailer by 8:15pm. A few wet items were sent home with the Venturers for drying.

Ben and Adam were always on the lookout for potential cliff jumping sites. As we crossed one lake, they spotted a promising location on the other side of the lake. They set off to check it out, Bob and I just waited, we weren't going to do any extra paddling if we could avoid it. They reached the cliff and did one jump. When they caught back up they said the cliff was actually quite low when they reached it.

It is impossible to describe each rapid, there are way too many and they don't even have names. Also, since we all ran many of them ducky style (one canoe immediately after another), we weren't able to get photographs of the best rapids. Photographs never do rapids justice; the waves never appear as big or as violent in the photographs.

The bugs were quite bad throughout the trip, especially the black flies. Everyone was well bitten. Naturally, they were the worst around the rapids where we had to stand around scouting (and photographing/videoing!). Ben brought a bug jacket, which he really liked. Bob had a head net that he used periodically, and rented out to the Venturers. Due to the bug situation, the screened shelter was used for cooking dinner and hanging out in the evening. It was very welcome to not have to continually swat at flies.

Other than fly bites, the only injuries requiring treatment were a couple of small cuts from rocks on the feet. Povidone-iodine for cleaning, triple antibiotic ointment, and a band aid and all was better. A couple of the kids tried After-bite (ammonia) on their fly bites.

About half the group had neoprene booties, and the other half had regular inexpensive water shoes. Some of the water shoes didn't last too long, with the toes bursting out. The booties also provide nice ankle protection when scrambling around the rocks while scouting rapids or lining canoes. The portages were very mucky. You could easily disappear up to your knee, and closer to your thigh when carrying a canoe. The booties were nice here as they are held securely to your feet and didn't pull off in the muck like regular water shoes; they also washed off nicely.

The kayak got a lot of usage on many of the rapids. It was well worth bringing along. Ben ran quite a few rapids, with Alex doing a few as well. As there were no portage trails for most of the rapids, Ben had to find someone to solo a canoe down the rapid if he wanted to kayak it. Alex did a lot of soloing for Ben, and he did it very well. Ben owes Alex big time. It seemed Alex was getting into the kayak at every opportunity to practice surfing.

Neither the inflatable dinghy, nor the inflatable dolphin, got any use. I think there are a few reasons for this. Firstly, the Venturers were more interested in the kayaking, which they didn't have last year. Secondly, we weren't camped beside any decent play rapids like last year, and only a couple of rapids had portage trails. We were also ending each day quite late.

Bob turned out to be a real gunwale grabber. While we never caught it on video, since he is in Allan's canoe, we have several eye witnesses that he was grabbing the gunwale even before entering a hydraulic! Once Bob and Allan were giving Adam a lift down a rapid, and Adam lay on top of the gear facing backward; he said he was amazed and the gunwale grabbing going on :)

We saw aluminum runabouts all over the place on the river and on the lakes. We wondered how the owners got them there. But from looking at the patches on the hulls, we think they were just tossed down the rapids, and the pieces put back together at the bottom.

While we saw a few boats on the lakes, and a few camps on the river, there were no other canoes or campers to be seen. It was very peaceful. The scenery was also very picturesque.

Ben only made it fishing once, and that was on the second evening. All the other days we were getting off the river quite late (cause the kids got up so late!) and it was raining most of the time. No live fish were caught. They found a dead fish in the river at one point, and Bruce flipped it into Ben and Adam's canoe! They were too grossed out to pick up and toss it out. They kept trying to get it with a paddle and pouring water into their canoe to flush it from under their gear :) Eventually Allan had enough, and dug a finger under its gill and tossed it out. I threw it backward and both Ben and Bruce ducked as they thought it was going to land on them :) Lucky for them my aim was pretty good.

Overall the food quantities were good. The salmon croquettes went down very well. Cheryl added those to the menu as she decided Kraft Dinner wasn't enough for dinner. I thought Ben cooked them better than Cheryl does at home :) I didn't think the Fettuccini Alfredo was as good as the homemade version I normally get, so I lodged a complaint with Cheryl that I want the proper recipe next time and not the packet version. We ran out of milk. Notwithstanding the litre of fresh milk we forgot to bring, we didn't allow enough for cooking in addition to cereal. We also ran out of both cheese and lettuce. Too many snacks, a lot didn't get eaten until the drive home. The cookies (toffee cookies and mud pies) and brownies baked on site went down well. We didn't get around to baking the chocolate cake. Horseradish went great on both the roast beef sandwiches and on the summer sausage and crackers (in place of cheese). The Tortilla wraps worked much better than the bread we brought last year. While we thought the Pitas were incorrect without the pocket, when Cheryl purchased them, she assumed the pizzas would be made on top of them like a normal pizza. I dare anybody to tell her she was wrong :) We also ran out of juice crystals two days before the end of the trip; next time the leaders are planning on packing an emergency supply for themselves. One roll of Ritz crackers per person was perfect. Food should be split out of its original packaging (like Kraft Dinner boxes) and placed in zip lock bags to avoid water contamination. Extra zip lock bags should be brought as well. Ben tried to pack a couple of boxes, but I told him that they wouldn't be needed. I had to put up with a lot of "I tried to pack them" every time they would have been useful :) About twice as many bagels and English muffins as we needed.

Allan had nice water proof match boxes, but the sandpaper strikers didn't work very well. Bob had a couple of lighters, including a butane torch one that was sweet. Perhaps we should go the lighter route in the future rather than matches. We just had to keep Alex away from Bob's lighter :)

We managed with two stoves and six bottles of fuel. We could have done with a third stove with one meal, to get everything ready at the same time. 2-3 bottles of fuel remained at the end, and some of the fuel had been used as an accelerant. The grill didn't get packed, it was too large and dirty, but it would have been useful for the pizzas.

A colander would have been good for straining the two meals with noodles. One was on the list, but none of the ones we had an available fitted in a barrel. A lid for big pot would have been beneficial. The carrots were hardly touched. If items like jam and salsa had been transferred from their original glass containers to plastic containers, we would have saved some weight. A couple of spreaders for jam, peanut butter, cream cheese, etc would be a good addition to the utensil rollup. The utensil rollup worked quite well.

Adam and Ben appointed themselves cooks for the week. They handled all the dinners during the trip. I think they figured this way they would get fed quickest, rather than waiting for someone else to take the initiative each day, and it also got them out of dishes :) They did a great job, the meals were well done. They even baked brownies on two nights. Allan did Toffee cookies and Mud Pies (cookies) on two other nights.

The plastic laminated colour maps (with all our markups) worked like a charm. Even though we have water proof map cases in each canoe, enough moisture gets in when they are opened to change pages that paper maps quickly get soggy. It was much nicer this year. We should have laminated copies of the menu as well and carried that in a couple of the food barrels. The hooks and small bungees we added to the map cases made fastening them to the canoe much more secure.

The Venturers didn't always do a good enough job of lashing gear to the canoes. A number of times when a canoe flipped, we would see a barrel or a pack hanging over the side. We are thinking of having a mandatory session on this before the next trip. Also ropes were not always fastened in securely and ended up trailing the canoe. Some trippers use bungees on the bow and stern decks to hold the painters, perhaps we should give that a try. Both bungee cords and ropes work, different people have different preferences.

Additional tie down points in the canoes, just a little fore and aft of the current tie down points would be helpful.

Our barrel organisation still leaves something to be desired. The Venturers were terrible when it came to packing the barrels properly each day, and even not closing them up at night to keep the rain out. The barrel buckets we tried had possibilities, but the Venturers were more interested in tossing things in where ever they would fit rather than being logical. They were supposed to have a lunch barrel each day, but that never completely worked. Sometimes they forgot to include some (or all!) of the food, sometimes they forgot to include the knives to cut the pepperoni, and sometimes they forgot which barrel it was! I think every lunch they needed to unlash and open nearly every barrel to find everything they needed. The dry sacks instead of a couple of barrels didn't work well. The Venturers didn't fasten them properly so the contents got wet, and the soft goods in them got battered around. Some type of zippered pouches would be good for small kitchen cooking and washing items.

The day use dry sacks per canoe worked well, though the red five litre ones were a little small.

We were very lucky with the water level; see the chart at the end of the report. While the river had been getting quite low, with all the rain (during the Scout canoe trip!) we started at a level of 140 and finished the week at 100. A level of 100 is considered optimal for this river. Below 60, there are a lot of rocks exposed. With the high water, some of the small class rapids were washed out, but the high class rapids generally got bigger. We had one class III that turned into a class IV.

This was a more advanced river then the Noire River we ran last year. The rapids are much more numerous and are a lot longer. There are also runnable sections of class IV. The river started off mild, with the Venturers saying "the rapids were bigger last year"; and they ended the week with "I've never run such large rapids in my life!". It made for a nice progression; everybody's skill level will have improved over the week. The trip went by very quickly, as the days were long and full of rapids. The week was over before we knew it.

We have been thinking about making some type of river safety course mandatory for the canoe trip participants each year. Not everybody needs to know how to setup a Z-drag, but anything related to safety and people rescue would be beneficial. I.e. drilling into the Venturers the dangers of strainers, how dangerous it is to leave loose ropes around, and throw bag work.

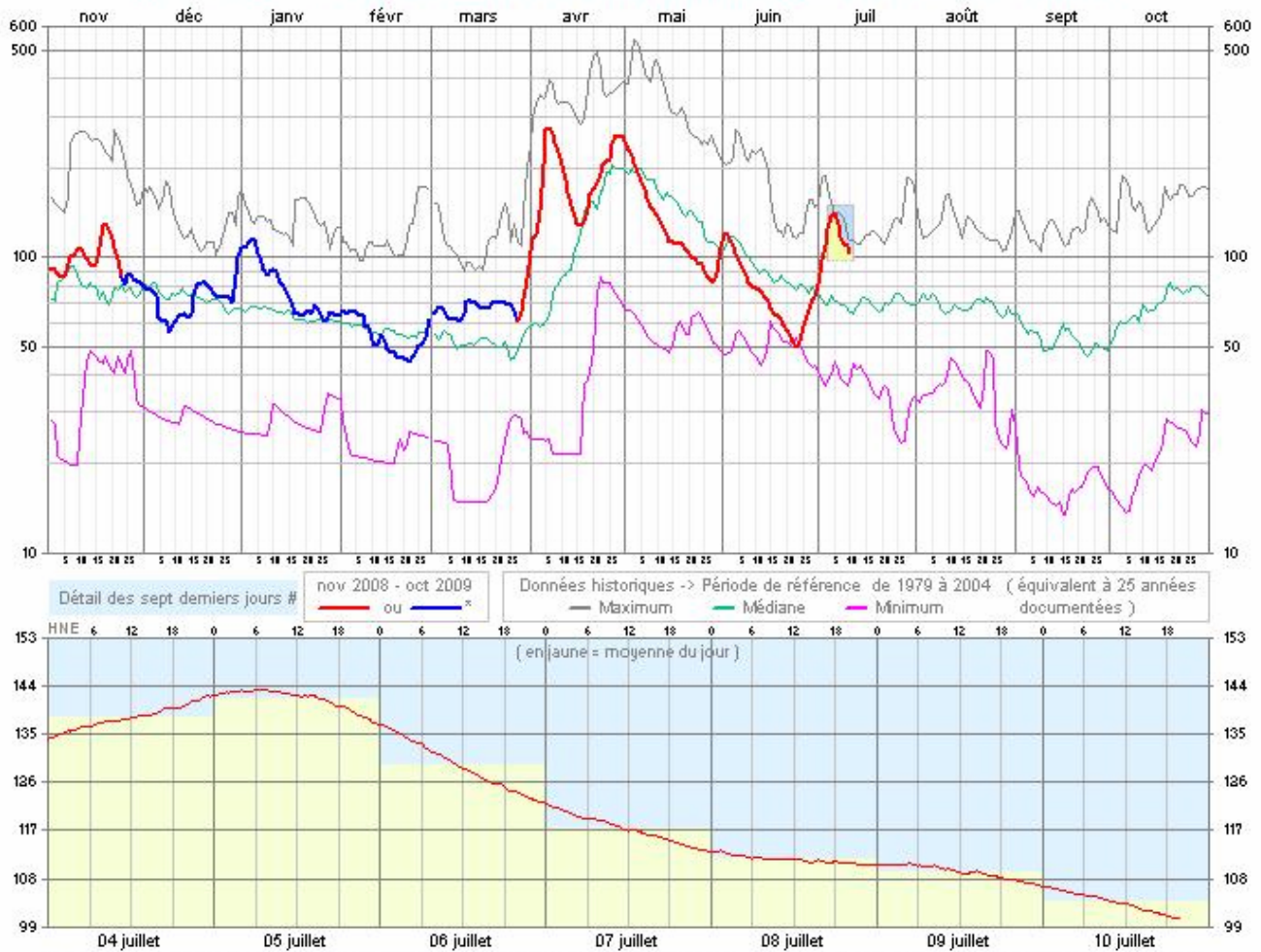
Radio communication for rescue and recovery situations would be very valuable on a river like this where canoes and people quickly drift out of sight. In addition to FRS radios, we have thought about marine VHF radios. They are legal for ship-to-ship and ship-to-shore, and canoes would count as a ship. They would give much better range, especially through trees. However, battery life, for any radio type, would have to be managed during a week long trip.

We had rain on and off for the first three paddling days. While beginning one of the portages, we actually had hail coming down. The last two paddling days were nice and sunny, and this allowed us to get most of our gear dry.

Other than the damage to the wrapped canoe, we also broke off portions of three bow skid plates and lost four paddles. We were down to no spare paddles after the last rapid.

Overall, we came in \$112 in the black on the trip. However, that is before replacing the lost paddles and repairing the canoes. Those tasks will take the balance of funds from the trip and probably the remaining Venturer funds. While no commercial operator offers regular trips on the Lievre, a week long whitewater canoe trip is typically priced from \$1,000-\$1,500, so our cost of \$225 remains quite low.

Station : 040624 - Du Lièvre - à 2,2 km en amont du pont-route 311 à Lac-Saint-Paul (Débit moyen en m³/s)



Note : Les données récentes sont préliminaires et sujettes à modification après validation. # Données lissées (moyenne mobile centrée sur 1 heure)

* Les débits sont, soit corrigés pour effet de refoulement, soit estimés.

Produit le 2009-07-10 à 21:56