

Recreation & Physical Education

- **Archery**
- Grades 4+
- We have archery equipment that can be used out in the **field only!** The coordinator will be happy to train a parent volunteer bold enough to supervise this activity as well as explain the rules to **all participants at the same time!**
- Please allow 1 hr per group.
- **Canoeing**
- There are five canoes (a full class set) and all related equipment at the facility for use on **Cameron Lake only.** The coordinator or another volunteer with a valid **Lakewater Instructor or better certificate** can run canoe lessons with no more than **9 students at a time.** All students must be in **grade 4 or higher,** and we can accommodate **anyone** in a canoe!
- Please allow 1.5-2 hrs per group plus 15 min ‘downtime’ between groups for the instructor!!!
- **Orienteering 1.5-2 hrs**
- Grades 4+
- There are a variety of Orienteering options on a set course on site that can challenge all skill levels or go off the beaten path for a custom made search for your snack or all the items you need to get the flames going in ‘Quest for Fire.’

- **Hiking**
 - **Easy Hikes**
 - Easier hikes to Hidden Lake or just around the trails close to camp can accommodate most preschool – grade 3 students.
 - **Intermediate Hike**
 - Grades 4+
 - Beaver Pond Loop 2.8 km return to camp. Allow 2 hrs
 - **Intermediate to Advanced Hikes**
 - Grades 5+
 - Rocky Mountain View Trail. 3.7 km (7.4km return) Allow 3 hrs
 - Lost Ridge Loop. 8 km if returning on Hidden Lake Trail. 9 km if returning via Beaver Pond Loop. Allow 4-5 hours.

Snowshoeing 1-2 hrs

- Suitable for all grades.
- There is a half class set of snowshoes at the facility (15 pair,) All trails can be used or the students can ‘break’ their own through the woods surrounding the facility... (Adult supervision required...)

Cross Country Skiing 1-2 hrs

- Suitable for all grades
- There is a total 13 km of trails around the facility ranging from novice to intermediate that are groomed and trackset as soon as the weather allows in early winter that last right into April. We have enough equipment to take a maximum of 18 students at a time onto these trails.... (Adult supervision required...)