Quest & GAP

**A Wilderness Canoeing Experience in Frontenac Park for Grade 7 & 8 Graduates**

Quest and GAP are 8-day introductory outdoor camping/canoeing courses, featuring a 5-day canoe trip in Frontenac Provincial Park. Quest is a co-ed program and GAP (Girls Adventure Program) is for girls only. No previous experience is necessary to enrol in our Quest or GAP programs.

The first 3 days are spent at Gould Lake preparing for the canoe trip, learning skills such as: canoeing, portaging, low-impact camping, swimming, team building, basic first aid, and much, much more. This course also explores challenges faced by students as positive members of society and focuses on personal growth and confidence.

Bus transportation is provided to and from Gould Lake each day, as well as to and from Frontenac Park. All food and equipment (i.e. canoes, paddles, tents and packs) is provided for the 5-day canoe trip in Frontenac Park. Students are required to bring their own PFD (lifejacket), sleeping bag and personal gear, as well as lunches and drinking water for the 3 days of day-camp (“Barn Days”) spent at Gould Lake.

For more information on our programs, staff qualifications and registration, please visit [www.gouldlake.ca](http://www.gouldlake.ca) or give us a call, 613.376.1433.

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**Quest & GAP 2017**

**GAP:**
- July 29-August 5

**Quest:**
- Session 1: July 2-9
- Session 2: July 23-30
- Session 3: August 6-13
- Session 4: August 20-27

Cost: $360 (taxes included)

Credit: PAD1O (0.5 credit, PHE)

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**Registration Starts December 1st, 2016!!**

Applications will be accepted online at [www.gouldlake.ca](http://www.gouldlake.ca) Please refer to our website for registration details. Feel free to call our office should you have any questions or concerns, 613.376.1433.