

The 2010 Adventure Guide Armchair Series

# Pull Up A Chair



Join us for a series of informative outdoor adventure presentations. Sit back, relax and enjoy a new season of exciting stories about the exploration of new frontiers



## Adventure Guide

The Most Complete Outdoor Store in Southwestern Ontario

## The Wabakimi Project

**Phil Cotton**

January 21, 2010 | 7pm Adventure Guide



The Crown land canoe routes that lie on the Caribou Forest to the west of Wabakimi Provincial Park provide access to the park from paved Highway 599 as well as strategic links to nearby St. Raphael and Albany River Provincial Parks. Volunteers of The Wabakimi Project have spent the past three years exploring, rehabilitating and mapping the canoe routes of this virtually-roadless

area that boasts few visitors, no entry quota system and no camping fees for residents of Ontario. Budget-minded paddlers in search of new routes to explore in uncrowded, pristine wilderness are invited to attend this presentation to learn more about this canoeing destination in Northwestern Ontario.

Our speaker is “Uncle” Phil, a retired music teacher, avid canoe historian, active environmentalist and founder of The Wabakimi Project.



*The  
Wabakimi  
Project*

## Legacy Wild

**Al Pace & Lin Ward**

January 26, 2010 | 7pm Adventure Guide



Canoe North Adventures explored two seldom travelled regions of the Mackenzie Mountains this past summer. Come to hear from trip leader, Al Pace, the story of the historic Canol Heritage Trail that follows ancient aboriginal footpaths from Norman Wells

to the Yukon Border through spectacular mountain valleys surrounded by dazzling peaks, breathtaking views and the spectacular wilderness of the Redstone River that lies in obscurity north of the Nahanni River. This lightning fast river flowing out of the Mackenzie Mountains is a superb white-water challenge and demands both respect and caution. Al talks about his approach to a first descent down a remote and obscure river.

## Canoeing In The Thelon

**Barbara Naylor**

February 3, 2010 | 7pm Adventure Guide



The Thelon Wildlife Sanctuary is a vast wilderness area straddling the boundary of Nunavut and the Northwest Territories. It is a boreal forest oasis that trails the meandering and mighty Thelon River, located partly above the Arctic tree line. The Canadian Government has banned mining, hunting and human settlement for over 80 years and as a result, this thriving ecosystem is unlike any other in the world. Migrating tundra swans and herds of Beverly caribou, wolves and grizzlies inhabit this remarkable area of the country.

Come hear about a two-week paddling adventure - traveling through class 3 rapids where great rock cliffs plunged to the river's edge. In places huge slabs of packed ice clung to the shore. Lakes were vivid blue and the water was safe to drink. In other places, sand dunes snaked along the riverbank. Every night, tents were pitched on high spots above the River with views for miles around.

## The Sustainable Choice

**David Masters**

February 11, 2010 | 7pm Adventure Guide



We all make choices in our daily lives, but with the threat of global warming looming, it's hard to know just what choices to make. You'll be surprised to learn just how easy it can be, and meet some interesting people right in your own back yard who are challenging the four walls of today's modern home and living in a more sustainable way. CEO and founder of Lunatic Adventures Inc and The LUNA Project, David Masters has quickly become an industry leader in low impact sustainable living. Former Toronto corporate exec, David returned to his roots as a wilderness guide and environmental educator in 2002. The adventures that David leads are not just wilderness adventures, but are stepping stones to help bridge strong natural connections in a modern world that could use a little helping hand.

## Peru, The Magical Land

**Kevin Smith & Jenny Truong**

February 16, 2010 | 7pm Adventure Guide



This South American country has desert, mountains and jungle. Its Incan history dates back over 3,000 years and has drawn a great deal of attention worldwide. This was the cradle of the Incas and history abounds in this magical land.



Join us to learn about this fascinating country from an expert. Kevin Smith, who worked and lived in Peru for over two years as a guide and interpreter will take us on a fascinating journey. We'll look at everything from the mysterious Nazca lines, to Machu Picchu, the Inca Trail and the Amazon jungle.

Jenny Truong is a Certified Adventure Travel Specialist at the Travel CUTS travel agency. She worked and lived in Japan for three years and has traveled to South East Asia and Europe.

## Geocaching. What's It All About?

**Ted Spieker**

February 24, 2010 | 7pm Adventure Guide



Never heard of geocaching or wondering what it's all about? It's been around since 2000 and has been gaining popularity ever since. Join Ted (ElectroQTed) for an introduction to this activity that has people scrambling all

around the world looking for hidden caches using GPS technology.

Ted started geocaching in 2003 and found 15 caches that year. Since then, his passion for cachin' has led him to over 5000 cache finds. He is the Waterloo Region rep for the Ontario Geocaching Association and an enthusiastic member of the C.R.E.W. from Waterloo geocachers who organize regular events and outings.

You'll learn the basics of how GPS works as well as the nuts and bolts of geocaching. Come find out more about the game where YOU are the search engine.

## Campers Guide To Astronomy

### Dr. Brady Johnson

March 2, 2010 | 7pm Adventure Guide



Dr. Brady Johnson is co-owner of KW Telescope located at 100 Victoria Street North in Kitchener (corner of Weber and Victoria). Brady will be talking about digital photography using telescopes, spotting scopes and binoculars, and about portable telescopes and spotters ideally suited for campers and hikers.

## WWE Adventure Across Canada

### Beth Mairs

March 9, 2010 | 7pm Adventure Guide



Wild Women Expeditions (WWE) has pioneered adventure travel for women in North America and is Canada's largest and oldest all-women adventure company.

Summer 2010 will mark WWE's 20th Anniversary season with adventures offered in nine provinces plus the Yukon.

What makes all-women adventures unique and different? They are affordable, fun and supportive.

Come meet WWE's Founder Beth Mairs and hear her speak about her vision and the history behind WWE, plus this summer's plans. Beth announced she will be stepping down from directing WWE after this summer and so the company's future following this season is still unknown.

## Sea Kayaking In Atlantic Canada

**Dr. Scott Cunningham**

March 25, 2010 | 7pm Adventure Guide



The rugged coasts where the land meets the sea have always held a special fascination for us. Atlantic Canada has some of the most spectacular coastline on the continent, with its thousands of kilometres of bays, beaches, harbours and headlands. Join Dr. Scott Cunningham in a slide show voyage to the rugged islands of Nova Scotia's Atlantic archipelago, the whale rich waters of the Cape Breton Highlands, the highest tides on earth at the Bay of Fundy, Prince Edward Island's beautiful sand beaches, and the deep fjords and icebergs of Newfoundland.

Scott Cunningham is a biologist and sea kayaker who has explored the Atlantic coast by canoe and sea kayak for over two decades.

## Time For A Spring Tune Up

**Lance Dawson**

March 31, 2010 | 7pm Adventure Guide



Join recognized sports massage therapist Lance Dawson for an informal presentation that will help you take care of details to give you an injury free spring/summer season and get ready for your favorite warm weather activities.

Lance will bring his wealth of knowledge and experience from working with national caliber athletes and pass along tips on how to increase training time and performance. An avid athlete himself, Lance has been a runner for many years, taking part in everything from 5k distances to the marathon. He enjoys competing in triathlons as well, and brings an athlete's perspective to his treatments.

## Leave No Trace

**Mike Allen**

April 6, 2010 | 7pm Adventure Guide



Leave No Trace is an international organization focused on outdoor ethics and best practices.

They have developed seven basic principles to help with the goal of preserving the outside spaces we all use. From front country to backcountry (and everywhere in between) Leave No Trace can help you build the skills and judgment you need to lessen your own impact on the spaces you care about the most.

Mike is a member of Team Adventure Guide in the RIDE TO CONQUER CANCER. Any donations to this worthwhile cause would be gratefully appreciated.

## Be Happy Out There

**Kevin Callan**

April 15, 2010 | 7pm Princess Theatre



Kevin Callan returns once again, this time to show us how to be “happy” out there in the woods. The renowned author (Happy Camper, Wilderness Pleasures) will be presenting camping tips such as erecting a tarp, choosing a good sleeping bag, lighting a

one match fire, dealing with black bears, baking bannock, freezing beer, brewing true-grit camp coffee and buying the best camp gadgets. He will also be sharing trip notes on a number of new lesser-known canoe routes (Island Lake, Magnetawan River, Kirkpatrick Lake) he explored last season. Kevin is both informative and entertaining, and this is a show you definitely don't want to miss.

Kevin Callan is the author of twelve books, including the best selling The Happy Camper, the incredibly popular series of paddling guides, and his latest Wilderness Pleasures: A Practical Guide to Camping Bliss.



At all of this year's presentations, we will be accepting voluntary donations at the door for KidsAbility; a local organization that helps over 3,000 children a year with physical, developmental and communication disabilities.

[www.kidsability.ca](http://www.kidsability.ca)

To reserve a seat at any of our Armchair Series presentations please call Jen at Adventure Guide 519-886-3121 or email [jen @advguide.com](mailto:jen@advguide.com)



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