

FREQUENTLY ASKED QUESTIONS

How many hours/what distance can I expect to paddle daily while on the expedition?

The time and distance the group will cover will depend on the weather conditions and the wishes and abilities of the group. On average, we will paddle 4-6 hours per day - usually a maximum of 10 NM / 20 KM daily. There will be opportunities to go on additional paddling trips from the campsites and explore the islands for those looking for more of a challenge, while others can put their feet up and relax.

What type of camping is it?

We will be camping in the wilderness with tents. The group will change locations each day, packing their personal gear and tents in the morning and setting up a new campsite each night. Sleeping on a thermarest on the ground in a tent may be new to many, but we'll make sure it's an experience to remember!

What type of meals do we have on the expedition? How are they prepared?

On the trip, the team prepares the meals fresh. The menus are put together according to the nutritional needs of the group, which we ask for when you register. For example, you can eat granola, oatmeal, eggs and bacon for breakfast. The instructors supervise the preparation of the meals and clean up while each group member does their part.

What gear is included? Do I need to bring my own gear for the expedition?

We provide all camping and paddling equipment. If you wish, you can bring your own gear (e.g. sleeping bag, thermarest, PFD, favourite paddle, etc.), but this is not mandatory. We will send you a packing list with the personal items you need to bring, such as clothing, and some optional items.

How do we get from the airport to the expedition's starting point?

A shuttle will take you from Gander to Cottlesville on June 16 and back to Gander on June 23.

