

Trips and Courses Canoeing & Kayaking

Flatwater Trips

Saturday, April 3

An e-mail will be sent out to all canoe and kayak section members the week before reminding them of the trip and suggesting a destination. This trip is open to all paddlers who have passed the Paddle Canada Introductory course for kayakers or the basic tandem course for canoeists.

Contact Alan Thomson at 3135thom@islandnet.com or 250-592-4170

If some one is available to lead it, another Flatwater trip later in April is possible; Alan and Linda are fully committed all other weekends with various paddling events – it is a busy month and May doesn't look much better.

Running of the Cows

The 9th annual running of the Cowichan River from Lake to Bay will take place on the weekend of May 1 and 2. This is a two day trip with camp set up on Friday night at the Horseshoe Bend group camp site on the Cowichan River. Cost of camping is \$10 per tent per night to cover the reservation fees for the group site.

Saturday's run will go from the Lake to Stoltz Pool; Sunday's from Stoltz to the last bridge. Keeners can start early on the Sunday and re-run the Canyon, joining the others at Stoltz.

Members of the Beaver and Dogwood Clubs are invited to take part.

Note: All paddlers must have passed the tandem canoe Moving Water course. Canoe must be properly out-fitted for river running – airbags, throwbags, etc – and helmets, plus wet or drysuits are required.

Contact Alan Thomson 250-592-4170; 3135thom@islandnet.com or Tom Staebell 250-655-7131; thestaebellfamily@shaw.ca if you plan to come on this great annual event.

Frost-Free Weekend

The club's annual season-starting camping trip will take place on the Mother's Day weekend. A three day trip is planned - Friday, May 7 – Sunday May 9. The trip will be combined with the tripping portion of the Ocean Paddling course (See Courses section). At the time of writing, a destination has not been finalized, but it will be somewhere on the outer Gulf Islands between Gabriola and Saturna Islands.

The trip is not restricted to those taking the course: it is open to all Club members, kayakers and canoeists. The Club canoe or a voyageur will be taken if needed to accommodate members who don't have their own boat or lack ocean paddling skills.

Contact Alan Thomson at 3135thom@islandnet.com or 250-592-4170.

Lake Water Advanced Tandem and Solo (Level 3 & 4)

Saturday, April 10, 2010 (Level 3)

Sunday, April 11, 2010 (Level 4)

Lake Water Basic Tandem and Solo (Level 1 & 2)

Saturday & Sunday, June 5 & 6, 2010

Thursday, June 3, 6:00–8:30 pm for registration and classroom session.

Costs are \$25 for each Lake Water course (\$50 for the Lake Water 1 & 2 which we are offering as a package). In addition to the course cost, Lake Water 1 & 2 students will have to pay \$10 each to cover the costs of pool rental.

Moving Water course fees are \$150 per weekend and include the use of a club canoe and transportation costs.

To register for any of the above courses or for more information, please contact canoe@vckc.ca.

Advanced Paddler (Skipper) Big Canoe Course April 24 and 25

Cost \$100 for members; \$140 for non-members

This RCABC course is intended to provide the skills to stern a voyageur canoe and manage the team of paddlers. Pre-requisite courses are Lakewater 1 (Basic Tandem) and Paddle level Big Canoe. Lakewater 3 (advanced tandem) is preferred. Experience with paddling in the voyageur canoes can substitute for the Paddler level Big Canoe course. The course will be taught by Lyle Dickieson, an RCABC Master Instructor and the author of the Big Canoe course. This course is likely to be mandatory for anyone wishing to stern the Club voyageurs: the previous course last October was well attended and very useful.

Contact Alan Thomson by e-mail 3135thom@islandnet.com or phone 250-592-4170

Ocean Canoeing Course - Level 4

April 27, 29 and May 3 (evening Classroom sessions); May 7 - 9 tripping.

Cost is \$100 for Club members; \$140 for non-members. The costs of charts, tide tables, etc. and of any travel for the tripping component are additional.

This RCABC course covers ocean tides and

currents, charts, navigation and weather, plus camping topics. Pre-requisite is completion of the Lakewater Basic tandem canoe course.

The three classroom sessions will be held at the Clubhouse on the evenings of Tuesday and Thursday, April 27 and 29 and on Monday, May 3.

The paddling and camping component of the course will be held in conjunction with the Club's annual Frost Free weekend on the weekend of May 7, 8 and 9 (3-days, 2 nights). Members who have taken the course before are welcome to sit in and take the classroom sessions as a refresher for free. Kayakers are welcome to attend the classroom sessions and the paddling trip; but I am not qualified to award kayakers any certificate!

Minimum number of students is 4; maximum (for the tripping component is 9. Please register by Friday April 23rd at the latest so that I can send you a list of the materials needed for the course.

Call or e-mail Alan Thomson if you are interested in taking this course - e-mail: 3135thom@islandnet.com or phone 250-592-4170.