



**Hello Educator:**

Established in 1994, Naturally Superior Adventures is an ecotourism-based adventure company focused on the heritage, ecology and environment of the Michipicoten and North of Superior region. During summer we offer mostly adult based programs including instruction and trips by sea kayak, tandem and 36 ft Voyageur Canoe.

- **During the spring and fall we offer a variety of outdoor programs designed primarily for school groups and clubs.**

We're located on "Rock Island" a 7-acre peninsula on Lake Superior in Michipicoten Bay at the mouth of the Michipicoten River, about 5 km from Wawa and 210 km North of Sault St. Marie. This location is adjacent to the abandoned Hudson Bay fur trading post, Driftwood Beach, Lake Superior Provincial Park and the Great Lakes Heritage Coastline; the longest undeveloped stretch of shoreline on the Superior coast. It's a diverse outdoor environment with forest, beaches, dramatic geology, Michipicoten River and Lake Superior waterfront.



Our facility includes a large heated indoor program room with kitchen, outdoor geodesic dome, approx. 15 sea kayaks, 13 stand-up-paddleboards, 6 tandem and one 36ft Voyageur Canoe. Our staff is a mix of seasoned professionals and summer students mostly drawn from the Outdoor Education Programs of Lakehead University, Algonquin, Sir Sanford Fleming and Sault Colleges.

## Educational Programs:

Our outdoor educational programs are designed for Grades 4 - 8 with flexible program content and timing. We believe in creating opportunities for first-hand experiences, using innovative activities, which grab students' attention and make learning interesting and fun. Our emphasis is on doing rather than lecturing, although each activity has clearly defined learning objectives.



### 1. Voyageur Canoe Program:

Students will learn about Canada's Voyageur history, how to paddle the Voyageur Canoe (including the Voyageur's salute), then paddle up the Michipicoten River visiting the site of the Hudson Bay trading post, one of the three major stops at the height of the fur trade, as well as other on-river historic sights. Note the river is wide, slow flowing and well protected from Lake Superior. The canoe is 36 feet long, 5 feet wide and very stable. **Ratio: 1 or 2 guides to 16**

**students.**



### 2. Introduction to Compass Work

Students will be given a basic introduction to using a compass including parts of a compass, how the compass works and how to set, take and follow a bearing. Students will learn pacing then following a variety of triangular bearings exercises reinforcing the newly learned skill. The culminating activity of this program will be the creation and completion of a "Compass Word Puzzle", where students design an obstacle course for their peers to complete. **Ratio: 1 instructor per 8 students.**



### 3. Discovering Maps

Maps are great tools for creating an understanding of space and relationships, and encouraging students to understand their surroundings. In today's world of Apple Maps and Google Earth, using maps is a bit of a lost skill. Students will be introduced to 1:50:000 topographic maps of the local area. Using these maps they will learn to measure distances, find coordinates, and plan routes. Time permitting, the map can be integrated with the compass knowledge to follow bearings and practice navigation. **Ratio: 1 instructor per 8 students**



### 3. Wilderness Survival ~ Lost! and Found

Getting lost in the Northern bush can be a terrifying and deadly experience for children and adults. This special program prepares students for the possibility of getting lost. Students will learn about hypothermia, key points of wilderness survival (shelter, water, signals, and attitude), and then work as small teams (3 - 5) to build small debris survival shelters. Students will tour completed shelters to learn how other students have approached shelter construction. **Ratio: 1 instructor per 8 students.**



### 4. Traditional Campfire Making

Students will first learn the basics of making a fire including the fire triangle - fuel, heat & oxygen; fire and appropriate Leave-No-Trace campfire principles. They then have an opportunity to try starting a fire using traditional techniques including, flint and steel and a friction fire. Finally, they will learn and try more modern fire starting techniques including fire-steel and scraper. We are excited to offer this program following teachings from a Peruvian Medicine Man in spring of 2017.

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Naturally Superior Adventures & Rock Island Lodge

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### 5. Tandem Canoe Instruction:

Canoeing is a great pastime that is safe, fun and challenging. From our sheltered beach, students will learn coast guard regulations, parts of a canoe and paddle, practice basic strokes and maneuvers and time/skill permitting take a brief canoe tour. **Ratio: 1 instructor per 5 canoes (10 students)**



### 6. Sea Kayak Instruction:

Students will learn coast guard regulations, parts of the sea kayak and paddle, how to hold a paddle, fitting and getting in the boat, on water balancing, basic forward and turning strokes. Time permitting a short tour on the Michipicoten River will follow. For younger paddlers, this program will be done using double sea kayaks, which are very stable.

**Ratio: 1 instructor per 6 sea kayaks (6 students).**



### 7. Medicine Cave and Silver Falls Hike:

Students will hike approximately 2 km (return) from our site to the Medicine Cave, a sacred native site, and up Silver Falls, the mouth of the mighty Magpie River. The tour will include presentation of native history, glacial history of the area, local plants and tree identification as well as a scenic lookout at the waterfall. This experience may be subject to the availability of a Michipicoten First Nation Elder who leads Medicine Cave interpretation. **Ratio: 1 instructor per 10 students.**



### 8. Stand up Paddleboard

Stand up Paddling or SUP for short is a rapidly growing water sport where an elongated paddle is used while standing up on a modified, often enlarged, surf board. Though some balance certainly helps, no experience is necessary, making it a fun sport that appeals to a broad range of ages and physical fitness levels. From our sheltered beach, students will practice basic strokes and maneuvers and time/skill permitting take a brief SUP tour. **Ratio: 1 instructor per 6 SUPs.**



### 9. Wilderness Cooking \*NEW\*

Students will learn the basics of cooking while camping. This includes operation and maintenance of MSR Dragonfly stoves, safe food storage and handling, kitchen safety and sanitation. Students will prepare a 'loaded' grilled cheese lunch and apple crisp dessert with the possibility of cooking over an open campfire – great to pair with the Traditional campfire making program. The meals can be adjusted to accommodate dietary needs/preferences. **Ratio: 1 instructor/supervisor per 6 students**

### 10. Custom Designed Programs

If you have specific learning objectives for your students we can help design a program to meet those objectives including:

- Overnight programs including hiking, tenting, wilderness survival, and other outdoor activities.
- Day and overnight programs by sea kayak, tandem and voyageur canoe.
- Instructional programs offering Paddle Canada sea kayak and canoe certifications.

**Logistics:**

- To create a daily program, teachers typically choose two programs, each two hours in length or three programs, each one and a half hour each. Programs may be shortened or lengthened to meet specific needs.

2 hour program option  
 Program 1: 9:30 am – 11:30 pm  
 Lunch: 11:30 am – 12:30 pm  
 Program 2: 12:30 pm – 2:30 pm

1.5 hour program option  
 Program 1: 9:30 am – 11:00 am  
 Program 2: 11:00 am – 12:30 pm  
 Lunch: 12:30 pm – 1:00 pm  
 Program 3: 1:00 pm – 2:30 pm

- Students are normally dropped off at our “Rock Island” site (not really an island) at approximately 9:15 am and picked up at 2:40 pm. There is plenty of turn around room for the bus. Our staff will meet the bus at the drop-off, and walk the group on-site for a short briefing and orientation.
- Maximum number of students for our regular programs is normally 30, and the minimum is 10. Classes with more than 15 students should come divided into two equal working groups.
- Lunch is brought by students or may be provided by Naturally Superior Adventures. When we provide lunch it’s usually hot soup with hot dogs, vegetable sticks and bannock which students cook over a carefully supervised fire. Hot chocolate and fruit juices are also served. Meals for overnight programs are more substantial.

**Example Programs:**

Full Day

8:30	All	Arrive, welcome, site tour and washroom facility, set up tents
9 am	Group 1	Wilderness Survival program –
	Group 2	Flint/fire starting activity
10:30	Group 1	Flint/fire starting activity
	Group 2	Wilderness Survival program
12:15	All	Lunch at beach pergola – meat/cheese PB & J sandwiches, fruit, juice
1:15	all	Reading maps activity
2:00	All	Hike to Medicine Cave – 1.5 km & Interpretative experience with MFN Elder
4:30	all	Dinner at medicine cave with Michipicoten Elder (tbd) or at NSA beach
5:30	all	Depart home

Overnight Program: 15 students and 3 adults & 2 NSA Guides/Instructors

June 1	11:30	Arrive, welcome, site tour and washroom facility, set up tents Students would be divided between our Geo-Dome and 4 person, 3 season tents
	12:30	Lunch at beach pergola – meat/cheese PB & J sandwiches, fruit, juice
	13:30	Wilderness Survival program – details below (2 groups)
	16:00	Learn how to use a compass (and map ) exercise (2 groups)
	17:30	Dinner at beach pergola – Campfire hot dogs, salads, juices
	20:00	Campfire – marshmallows & hot chocolate
June 2	8:30	Breakfast – pancakes with maple syrup, fruit, juice & hot chocolate Take down tents, pack sleeping bags
	9:30	Ecology educative activity - Medicine Cave interpretative hike (1.5 km)
	12:00	Lunch at beach pergola – warm soup & sandwiches, cookies, fruit juices
	13:00	Making survival fires with flint & steel – the fire triangle
	14:00	Depart for Home

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**Safety:**

Safety is the primary consideration in all Naturally Superior Adventures programs. Our staff are certified in Advanced Wilderness First Aid and trained to consider safety first in all activities. Teachers/supervisors also have an important role to play in ensuring students are prepared for the day's activities and informing NSA staff of any potential medical concerns. We also have a full liability insurance program in place for your peace of mind.

**Supervision:**

Students must be accompanied by a minimum of 1 teacher/adult supervisor for every 10 students. It is the responsibility of the supervisor to help maintain discipline (as required by NSA staff), and ensure students are prepared for participation in the program.

**Student Preparation:**

Students must be dressed for spending the day outdoors in a variety of weather conditions. Footwear should be sturdy shoes, running shoes or boots (no sandals please). For fall and spring programs, we recommend each student bring an extra layer for warmth (sweater/jacket) and a rain jacket, regardless of the weather - things can change quickly. Also recommended is a hat and gloves for cool weather.

**Budget:**

- Typical Day program cost is \$35 - \$55 per student with no charge for adult supervisors.
- Overnight and custom programs: While each program will be specifically designed for your objectives typical options range from \$70 - \$90 per student.
- Meals: Budget approx \$8 for breakfast/lunch and \$12 per student for dinner with no charge for adult supervisors

**Cancellation**

We will need 24-hrs notice for program change or cancellation. Cancellation due to poor weather or unforeseen circumstances is left to the discretion of the group's teacher/supervisor (we will run a program rain or shine). We do reserve the right to cancel any program due to unforeseen circumstances, and will make every effort to notify the indicated teacher/supervisor or school of such cancellation no later than the day prior to the program.

**Information, Contact & Registration:**

Since each program is designed specifically to meet your needs, start by calling and telling us what you would like to do, approximately when you want to do it and your approximate budget. We'll prepare a proposal for your consideration.

Warm regards,

*David Wells and crew,*

Naturally Superior Adventures

