

# Men's Wilderness Retreat

This year we will be travelling through the Tonquin Valley in Jasper National Park. This will be an intermediate 4 day hike. Our first and last days will take the majority of the hiking while the middle days will be used for small day hikes, resting and enjoying amethyst lakes and the incredible mountain views. The Tonquin Valley is very unique and has a large caribou, bear, mosquito and biting black fly population due to the season the mosquito and fly's should not be an issue and because of our group size and bear safety guide lines we will follow we will be the safest hikers in the valley!

We will be limiting our group size to 15 registered participants and Men 16 years and older. Participants should be in good physical shape free from major health issue's. If you lack the equipment we will provide you with a list of venue's which you can rent items such as backpacks and sleeping bags. Participants should be aware that though this will be an amazing experience full of fun and adventure there is always some risk. With that said we will be planning this trip to minimize the risk and make sure everyone is well cared for. All food, route and equipment planning will be done by the leaders and instruction given to the participants.

## Our Schedule

### *Day 1*

We will leave CBBC at 1pm or you have the option of meeting us at our campsite in Jasper national Park. We will gather get organized as a group go over our map and divide into smaller groups. We will be staying close to our launch point for night at either a local campsite or wilderness hut. Details of this location will be sent out when we book our accommodations.

### *Day 2*

Our hike begins Up Macarib Pass and into the Tonquin Valley. Our destination for this night will be Macarib Camp site which is on the North side of Amethyst Lakes. This should take us roughly four hours giving us the afternoon to play and rest.

### *Day 3*

We will hike 6km moving our camp to the south side of Amethyst Lakes. We will have some different activities planned such as fishing (Park fishing pass required), a day hike and/or scramble, and of course some down time.

### *Day 4*

This morning will be filled with a few more activities before we pack up our gear and head out of the wilderness after lunch. This will be roughly 4 hour hike. We will leave for home or CBBC around 5pm.

## Food

All food and meals will be provided by CBBC. All snacks, plates fork, spoon, knife, will be provided by you. As the group registers we will see what we have for cooking gear (ie. Backpackers camping stove, pots pans and water filtration systems). What the group lacks in cooking gear CBBC

will provide.

## **Pack and cook groups**

We will divide our groups into 3-5 so that we can share cooking gear and tents and share the loads so that no one is over packed.

## **Safety**

Though this type of activity has more risk than many activities it is still a very safe and enjoyable activity. Here are some things you may want to think about bringing and/or sharing on the trip. Sunscreen, bug spray, mole skin, trekking poles (optional). CBBC will be providing a light first aid kit, bear spray, map and compass for each pack group.

Most common injury on hiking is from our boots or shoes. If you are planning on buying boots for this trip or if you have new ones. Wear them lots and break them in. Hiking 20km on rough trail is far different than wearing the new boots around the house so take some time to break them in so that you are not stuck on the trail with tooney size blisters! Second a pack that is improperly packed or a pack that just doesn't fit properly can rub you raw, or make you really off balanced. When packing your pack, heavy stuff at the bottom and middle of your pack with lighter stuff on the sides and top. Try and balance each side and keep the things you need on the trail accessible. There are no fires allowed in the Tonquin Valley.