

Course Tips

Thank-you for choosing MKC! We've put together this short checklist of things to bring and suggestions on how to get here. Please have a look over this before you set out. We look forward to you joining us! *All the best, —Dirk and Claudia*

OUR RIVERSIDE CHALET IS THE HUB OF ALL ACTIVITY AT MKC. With a stocked library of both old and new paddling literature, fireside lounge-area, and our beautiful dining hall decorated with an array of antique boats, we welcome you to relax and absorb the paddling lessons of the day.

Please Note

Weekend courses are a quick immersion into whitewater. If you want to master the sport, we recommend a 5-day course.

To enter our courses you should be looking for excitement and adventure and be in good physical condition.

Sorry, pets are not permitted.

MKC Riverside Café and River Shop

A unique selection of paddling necessities, as well as the latest in paddling clothes and equipment are always available. We sell all the materials needed to outfit your open canoe and kayak for whitewater.

Before or after your time on the river, step into the office to take advantage of our Riverside Café. Order your favourite hot beverage—there's a choice of coffees, always made with freshly ground Madawaska Coffee Roasters' beans. Enjoy with one of our homemade pastries for a delicious treat!

Special MKC Amenities

- Sauna and natural dipping pond
- Hot outdoor showers as well as a modern washhouse
- Beer and wine fridge to keep your après paddling beverage cool (BYO)
- Wednesday afternoon massage option
- Early morning *Yoga for Paddlers* video in our retreat
- Personal action shots by a professional photographer are available
- Midweek in the 5-day course we enjoy an outdoor barbecue on remote Bark Lake. This is a chance to try new boats, practice rolling or relax in the sun!

CHECKLIST

Dress for the water temperature, not the air temperature!

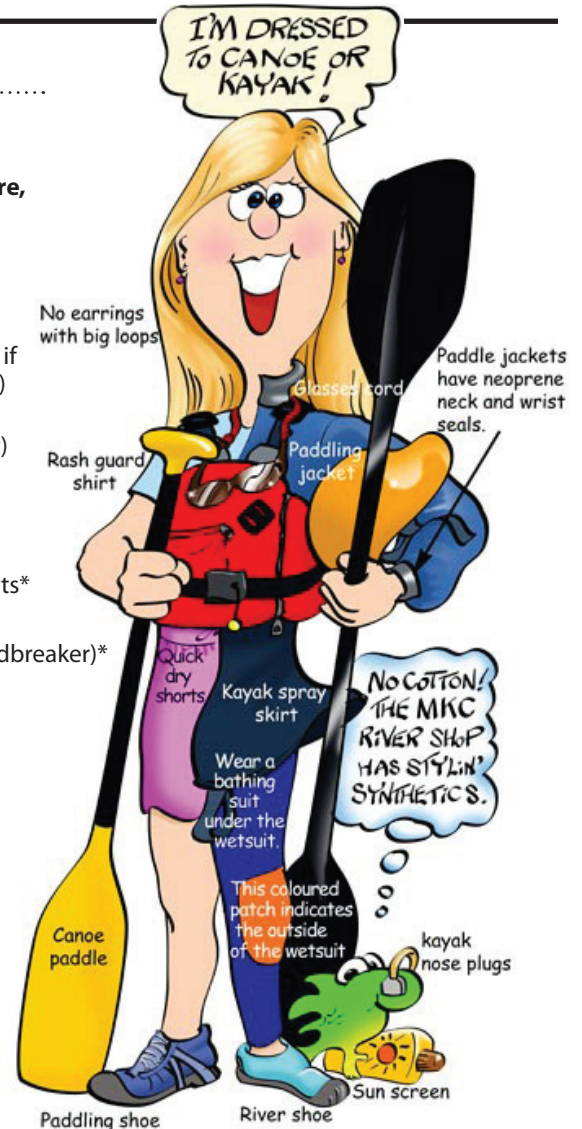
FOR PADDLING

- bathing suit
- t-shirt/tank top (cotton okay if it is going to be HOT outside)
- polyester or synthetic top (fiber that is warm when wet)
- wool sweater or fleece
- sport sandals*
- wool socks
- lycra tights or quick-dry shorts*
- wetsuit (can be rented)
- paddling jacket (or light windbreaker)*
- boating shoes (aqua socks, neoprene booties)*

OTHER

- change of clothes/shoes
- towel*
- insect repellent*
- toiletries
- sunscreen*
- flashlight*
- water bottle*

* Available for sale at the MKC River Shop



If you are providing your own boat, it must be outfitted with the following:

Kayak: stern flotation bags, bow and stern grab loops.

Open Canoe: thigh straps and knee pads, flotation bags (tandem—centre bag, solo—bow and stern bags), bow and stern painters—10 feet long.

ACCOMMODATION

Whether you have chosen to sleep indoors or in your own tent, please take a look at the list below for what we recommend for you to bring:

Plan 1AA **cabañas** or 1A **lodge-rooms:** towel

Plan 1B—**dormitory:** your own bedding, pillow and towel

Plan 1C—**camping with MKC meals:** tent, sleeping bag and mattress

Plan 2—**camping, cooking your own meals:** you need to be self-sufficient for sleeping as well as preparing meals. Please bring your own stove, tarp and cooler. Be aware of wild animals wanting to find your food! Each site has a picnic table and open fires are not permitted but an enclosed pavilion with fire pit is available for dinner time.

Where to Find Us

MKC is located on the Madawaska River, just south of the town of Barry's Bay. All our courses are based out of this location. We use several local rivers all within an easy drive.

CHECK-IN

2-Day Weekend Courses: Friday evenings between 7 pm and 10 pm**

5-Day Week Courses: Sunday evenings between 7 pm and 10 pm**

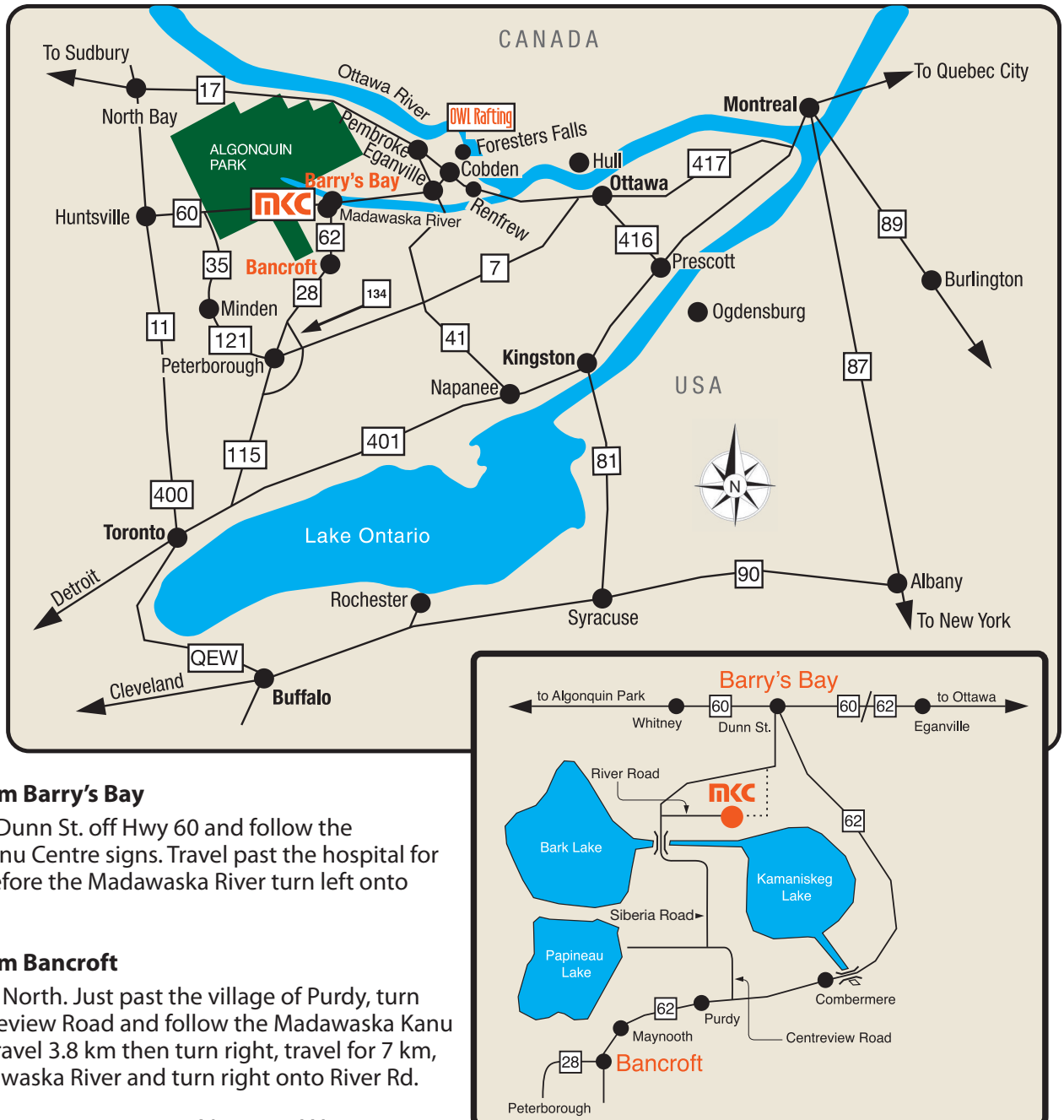
** If you arrive after 10 pm, a note will be left outside the office door regarding your room number or campsite. Please call ahead to let us know you will be late!

COURSE COMPLETION

2-Day Weekend Courses: Sunday afternoon at 4 pm**

5-Day Week Courses: Friday evening at 7 pm**

** Staying an additional night with breakfast can be arranged upon arrival (space dependant).



Directions from Barry's Bay

Turn south on Dunn St. off Hwy 60 and follow the Madawaska Kanu Centre signs. Travel past the hospital for 14 kms. Just before the Madawaska River turn left onto River Rd.

Directions from Bancroft

Follow Hwy 62 North. Just past the village of Purdy, turn left onto Centreview Road and follow the Madawaska Kanu Centre signs. Travel 3.8 km then turn right, travel for 7 km, cross the Madawaska River and turn right onto River Rd.

Our GPS coordinates are: 45.41 N, 77.78 W

but please note that **your GPS may not be reliable for our location!** Many people have been led astray with the GPS recommended routes! We suggest you input Barry's Bay or Bancroft, then follow our written directions from there.