

# NARWAL *Adventure Training & Tours 2009*

**LEARN TO PADDLE SAFELY & WITH CONFIDENCE: CALL 873-6443**



**NARWAL (Northern And Remote Wilderness Adventures Ltd)** is a small, friendly, northern owned and operated family business. Our reputation as a competent, safety-conscious outdoor adventure school is well established. NARWAL's founder, Cathy Allooloo, has been teaching paddling since 1977. Her experiences include a stint on Canada's Whitewater Kayak Racing Team. Family team members include Titus, Tiffany, Devon, Kayley and Kenny, aboriginal northerners with extensive outdoor experience. Since its incorporation in 1987, NARWAL has provided quality instruction to well over 4,500 participants. Our instructors are carefully selected based on accreditation, personality and experience. See the flip side of this flyer for a sampling of our more popular programs. Detailed course outlines are available on request. Prices include boats and equipment.

#	PROGRAM	DATES/TIMES	Length	Price
1	<b>Eskimo Roll (kayak)</b>	Pool: May 23, June 6 & 13, 9-10:30pm	7.5 hrs	\$150
2	<b>Lake Canoeing</b>	Pool: June 20, 9:30 am - 12:00 noon; Lake: June 22 - 26, 7:00 pm - 9:30 pm	16 hrs	\$375
3	<b>River Canoeing</b>	Theory/Lake July 9&10, 7:00 pm - 9:00 pm; River July11&12, 9:00 am - 5:00 pm	20 hrs	\$425
4	<b>Lake Kayaking</b>	Pool: June 13, 9:30 am - 12:00 noon; Lake: June 15 - 19, 7:00 pm - 9:30 pm	16 hrs	\$375
5	<b>Lake Kayaking</b>	Pool: July 11, 9:30 am - 12:00 noon; Lake: July 13 - 17, 7:00 pm - 9:30 pm	16 hrs	\$395
6	<b>River Kayaking</b>	Theory/Lake July 9&10, 7:00 pm - 9:00 pm; River July11&12, 9:00 am - 5:00 pm	20 hrs	\$425
7	<b>Canoe/Kayak Day Tour</b>	Prep: July 18, 7:00 pm - 9:00 pm; Tour: July 19, 9:00 am - 5:00 pm	10 hrs	\$165
8	<b>Canoe/Kayak Day Tour</b>	Prep: Aug 8, 7:00 pm - 9:00 pm; Tour: Aug 9, 9:00 am - 5:00 pm	10 hrs	\$165
9	<b>North Arm Tour</b>	Prep: July 25, 9 - 11 am & July 26, 7 - 9 pm; Trip: July 27 - Aug 2	7.5 days	\$1100
10	<b>Kid's Paddle Day Camp</b>	Pool: July 18, 9:00 am - 12:00 noon; Lake: July 20 - 24, 9:00 am - 5:00 pm	5.5 days	\$425
11	<b>Youth Paddle Camp</b>	Pool: Aug 15, 9 am - 12 noon; Lake: Aug 17 & 18, 9 am - 5 pm; Trip: Aug 19 - 21	5.5 days	\$595
12	<b>Camp Cooking</b>	June 3 & 4, 7:00 pm - 9:00 pm	4 hrs	\$75
13	<b>Standard First Aid</b>	<i>Call us to arrange date/time and rate for your group (minimum 6 people)</i>	12.5 hrs	
14	<b>Wilderness First Aid</b>	<i>Call us to arrange date/time and rate for your group (minimum 6 people)</i>	16 hrs	
15	<b>Voyageur Canoe Tours</b>	<i>Call us to arrange date/time and tour length for your group (minimum 6 people)</i>		
16	<b>Private Lessons</b>	<i>(Minimum. 2 hrs per session) Private: \$50/hour. Semi-private: \$40/person/hour</i>		

**ALSO: TAILOR MADE PROGRAMS & TOURS TO SUIT THE NEEDS OF YOUR GROUP**

Canoe & Kayak Rentals	After 5pm	1 day	2 days	3 days	4 days	5 days	6 days	7 days	Add /day	30 days
	\$30	\$45	\$75	\$105	\$130	\$155	\$180	\$200	\$20	\$750

**Business hours are flexible, but please call ahead to make your reservation**



**KAYAK ESKIMO ROLL** Learn how to safely capsize and right your kayak without having to 'bail'. Other useful self and team rescue techniques are also covered.

**STANDARD FIRST AID** Learn how to effectively manage the scene of an emergency, including how to administer first aid to a person who is not breathing and whose heart has stopped beating. The St. John Ambulance curriculum is covered, with particular emphasis on paddling-related accidents and injuries.

**WILDERNESS FIRST AID** Learn how to deal with medical emergencies in a wilderness setting, including extended care, evacuation, and basic survival skills. The St. John Ambulance Wilderness First Aid Curriculum is covered, with special emphasis on paddling-related injuries and illnesses. A current St. John Ambulance Standard First Aid certificate is an essential prerequisite to this program.

**LAKE CANOEING (Tandem & Solo)** Learn how to select suitable equipment; safety, rescue (in the swimming pool); navigation; and how to efficiently paddle on flat water and in wind and waves, in the bow, stern, and solo, in a straight line and around obstacles. Learn how to safely prepare for a one day paddle excursion. The Paddle Canada curriculum, Introductory and Intermediate levels (and more!) will be covered. By popular demand, this course has been lengthened by one evening and solo paddling included.

**LAKE KAYAKING** Learn how to select suitable equipment; safety, rescue (in the swimming pool) and navigation, and how to efficiently paddle on flat water and in wind and waves, in a straight line and around obstacles. Learn how to safely prepare for a one day paddle excursion. The Paddle Canada curriculum, Introductory Level and Level 1 (and more!) will be covered. By popular demand, this course has been lengthened by one evening. An essential prerequisite for those interested in pursuing either sea (lake) or river kayaking.

**CANOE OR KAYAK DAY TOUR** Learn how to safely prepare for and undertake a one-day paddle tour. One pre-tour evening session covering equipment needs and location planning is followed by a one-day guided tour on one of Yellowknife's many scenic paddle routes. Boats and shore lunch are supplied.

**RIVER CANOEING OR KAYAKING** Learn how to select suitable river paddling equipment; common river hazards and how to avoid them; self-rescue and boat assisted river rescue techniques; river maneuvers including ferries, eddy turns, down-river paddling, lining, and tracking on class 1-2+ water. Lake Canoeing or Kayaking Levels described above are a firm prerequisite.



**KIDS' PADDLE DAY CAMP** Youth 8 to 12 years learn self and team rescues in the swimming pool, and basic boat maneuvers on the lake. Both canoeing and kayaking skills will be introduced. Time will also be spent learning shelter building, knots, and voyageur canoeing.

**YOUTH PADDLE CAMP** Youth 12 to 15 years learn self and team rescues in the swimming pool, and basic boat maneuvers on the lake. Both canoeing and kayaking skills will be covered. This fun yet intensive training is followed by a 3 day / 2 night paddle camping trip.

**NORTH ARM TOUR** Learn how to safely and adequately prepare for an extended wilderness paddling tour. Two planning sessions are followed by a 7 day tour by canoe or kayak along the beautiful North Arm of Great Slave Lake. Paddling equipment and food are supplied. Lake Canoe or Kayak Levels described above are a prerequisite to this tour.

**VOYAGEUR CANOE TOURS** Our magnificent 29 foot canoes with their traditional form and exceptional stability will allow you to experience the thrill of canoeing in a pristine northern environment without the need for intensive prerequisite training. A unique outdoor adventure for birthday or office parties, school groups or visiting friends and family. All ages welcome!

**CAMP COOKING** Tired of wieners and beans when camping? Learn how to prepare nourishing and varied camp menus, including quantity estimation, preservation, packing and cooking techniques.

