



## **MISTAYA 10Y-11Y – Bowfort Lodge and Hector Lodge**

### **6-Day Options:**

The 6-Day Mistaya Section is a great way to live and play in the outdoors while making new friends and trying great activities. Most Mistaya campers who come to camp during sessions A, B, C, D, E, and F will be based out of Bowfort Lodge with the exception of two groups per week that are based out of Hector Lodge. All Mistaya campers who come to camp during sessions G and H will be based out of Hector Lodge. Both lodges include a dining hall, an indoor activity space and an office area. Staff members provide mentorship, assistance and safety directions throughout every Mistaya campers' stay.

PLEASE REFER TO THE CAMP DESCRIPTION AND REGISTRATION INFORMATION TO ENSURE THAT YOU KNOW AT WHICH LODGE YOUR CAMPER WILL BE BASED.

### **6-DAY MISTAYA 10Y-11Y**

#### **HORSE DAY EXPERIENCE PROGRAM – Based at Hector Lodge**

Campers and counsellors visit the corrals, where a member of the Horse staff welcomes them. Together, campers and staff share their experience with horses. The group is introduced to their horses, and the plan of fun and learning for the day is described. Before entering the corrals, the Horse staff helps the group learn to manage the risks associated with horsemanship. The young riders then learn to groom and saddle a horse. The group heads to a riding arena where they mount their horses and ride, learn the basics of horsemanship and get to know their horses. Depending on each group's character, the campers may play mounted games in the arenas, and learn more about the various gaits of horses, or they may leave the arena and explore the local mountain trails on horseback.

<b>6-Day Mistaya Horse Day Experience 10Y-11Y Female   \$585 + GST</b>			<b>6-Day Mistaya Horse Day Experience 10Y-11Y Male   \$585 + GST</b>		
<b>Session</b>	<b>Dates</b>	<b>Barcode</b>	<b>Session</b>	<b>Dates</b>	<b>Barcode</b>
A	Jul 7 – 12	78865			
			B	Jul 14 – 19	78880
C	Jul 21 – 26	78866			
			D	Jul 28 – Aug 2	78881
E	Aug 4 – 9	78867			
			F	Aug 11 – 16	78882
G	Aug 18 – 23	78868	G	Aug 18 – 23	78883
H	Aug 25 – 30	78869	H	Aug 25 – 30	78884



**6-DAY MISTAYA 10Y-11Y**

**OVERNIGHT HIKE PROGRAM – Based at Bowfort Lodge or Hector Lodge**

Mistaya overnight trips are introductory in nature and do not require any specialty equipment aside from a sleeping bag, sleeping pad and backpack. The hike leaves directly from our site after supper, and groups hike approximately 2 - 4 kilometers to reach the tent sites. Before departing, counsellors and campers share group goals and review risk management practices for backpacking trips. Some topics of risk management the group will discuss before setting off include wildlife concerns, food storage, weather and staying together. Each group carries a radio, first aid kit and bear spray. Overnight campouts may be modified due to weather or wildlife concerns and may be relocated to indoor cabin facilities if necessary.

6-Day Mistaya Overnight Hike 10Y-11Y Female   \$585 + GST			6-Day Mistaya Overnight Hike 10Y-11Y Male   \$585 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
A (Bowfort Lodge)	Jul 7 – 12	78856	A (Bowfort Lodge)	Jul 7 – 12	78871
B (Bowfort Lodge)	Jul 14 – 19	78857	A (Hector Lodge)	Jul 7 – 12	78879
B (Hector Lodge)	Jul 14 – 19	78864	B (Bowfort Lodge)	Jul 14 – 19	78872
C (Bowfort Lodge)	Jul 21 – 26	78858	C (Bowfort Lodge)	Jul 21 – 26	78873
D (Bowfort Lodge)	Jul 28 – Aug 2	78859	C (Hector Lodge)	Jul 21 – 26	78933
D (Hector Lodge)	Jul 28 – Aug 2	78931	D (Bowfort Lodge)	Jul 28 – Aug 2	78874
E (Bowfort Lodge)	Aug 4 – 9	78860	E (Bowfort Lodge)	Aug 4 – 9	78875
F (Bowfort Lodge)	Aug 11 – 16	78861	E (Hector Lodge)	Aug 4 – 9	78934
F (Hector Lodge)	Aug 11 – 16	78932	F (Bowfort Lodge)	Aug 11 – 16	78876
G (Hector Lodge)	Aug 18 – 23	78862	G (Hector Lodge)	Aug 18 – 23	78877
H (Hector Lodge)	Aug 25 - 30	78863	H (Hector Lodge)	Aug 25 - 30	78878





**13-Day Options:**

**13-DAY MISTAYA 10Y-11Y**

**TRADITIONAL PROGRAM – Based at Hector Lodge**

**Full day horse experience:** Campers and counsellors visit the corrals, where a member of the Horse staff welcomes them. The group is introduced to their horses, and the plan of fun and learning for the day is described. Before entering the corrals, the group learns to manage the risks associated with horsemanship. The young riders then learn to groom and saddle a horse. The group heads to a riding arena where they learn some basics of horsemanship and get to know their horses. Depending on each group's character, campers may play mounted games in the arenas, and learn more about the various gaits of horses, or they may leave the arena and explore the local trails on horseback.

**Three-Day Backpacking Trip:** This hike leaves directly from our site, hiking approximately 2 to 6 kilometres each day, on-trail and off-trail, through forests and prairies of the Canadian Rockies. Groups may gain on average 200 to 600 metres each day while hiking. Overnight sites are situated by forests, Barrier Reservoir, or the Kananaskis River. Before departing, counsellors and campers share group goals and review risk management practices for backpacking trips. Some topics of risk management the group will discuss include wildlife concerns, kitchen practices, identifying and avoiding exposure to heights, rock fall, weather, creek crossings and staying together. Groups arrive at their campsites and set up their tents. That afternoon and evening, groups can explore the area around their campsites. The second day, groups head out to enjoy a day in the backcountry: following creeks, building forts, cooking up food, and enjoying their friendships. On day three, groups return to the Camp Chief Hector YMCA where they share their adventures with fellow Mistaya campers.

**Our overnight camping trip goals:**

- Make the overnight camping trip a safe and comfortable experience
- Provide a sense of adventure that suits Mistaya-aged campers

13-Day Mistaya Traditional Program 10Y Female   \$1105 + GST			13-Day Mistaya Traditional Program 10Y Male   \$1105 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 7 – 19	78838	1	Jul 7 – 19	78847
2	Jul 21 – Aug 2	78839	2	Jul 21 – Aug 2	78848
3	Aug 4 – Aug 16	78840	3	Aug 4 – Aug 16	78849

13-Day Mistaya Traditional Program 11Y Female   \$1105 + GST			13-Day Mistaya Traditional Program 11Y Male   \$1105 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 7 – 19	78841	1	Jul 7 – 19	78850
2	Jul 21 – Aug 2	78842	2	Jul 21 – Aug 2	78851
3	Aug 4 – Aug 16	78843	3	Aug 4 – Aug 16	78852



**MISTAYA 13-DAY 11Y**

**TRIP TO GRAY JAY SITE PROGRAM – Based at Hector Lodge**

**Gray Jay Trip:** This option begins and ends at our Mainsite and includes a 4-Day adventure to our Gray Jay site in Yaha Tinda. The Gray Jay site is a rustic place where campers and staff come to be responsible for much of their experience. The site has treated water which is drawn from a nearby creek and delivered to the main lodge and taps in the wash shack. Propane powers our freezers and refrigerators and solar power helps to charge the satellite telephone and internet connection. A back-up generator provides power at any time. Our two neighbours at Gray Jay are the Provincial Backcountry Patrollers and the ranch staff at Parks Canada’s Yaha Tinda Ranch. Sundre, the nearest town (a one hour road travel time), has a hospital, RCMP detachment, and an Alberta Forestry office. The Mistaya Gray Jay Trip option provides campers with the opportunity to creatively play in the natural environment. Campers explore the local creeks, hills, forests and trails while playing games, building forts, enjoying picnic lunches and assisting in the daily Gray Jay duties like feeding horses.

**Horse Experience:** Back at our main site, campers and counsellors visit the corrals, where a member of the Horse staff welcomes them. Together, campers and staff share their experience with horses. The group is introduced to their horses, and the plan of fun and learning for the day is described. Before entering the corrals, the Horse Staff helps the group learn to manage the risks associated with horsemanship. The young riders then learn to groom and saddle a horse. The group heads to a riding arena where they learn the basics of horsemanship and get to know their horses. Depending on each group's character, the campers may play mounted games in the arenas, and learn more about the various gaits of horses, or they may leave the arena and explore the local mountain trails on horseback.

13-Day Mistaya Trip to Gray Jay Site 11Y Female   \$1105 + GST			13-Day Mistaya Trip to Gray Jay Site 11Y Male   \$1105 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 7 – 19	78844	1	Jul 7 – 19	78853
2	Jul 21 – Aug 2	78845	2	Jul 21 – Aug 2	78854
3	Aug 4 – Aug 16	78846	3	Aug 4 – Aug 16	78855

