



# YMCA Calgary Camp Chief Hector YMCA Summer Camp

## KANANASKIN 12 AND 13Y – HECTOR LODGE

### PROGRAM OPTIONS

12Y Hike

12/13Y Hike/Horse

13Y Hike

13Y Trip to Gray Jay

13Y Canoe



Campers in the 12 and 13Y Hike or Hike/Horse Programs experience a wide variety of camp activities. Through these activities they will learn new skills, make new friends, and have fun as they gain a new appreciation for the natural world through outdoor adventures. Activities are located a short walk from the Kananaskin tipis as well as from Hector Lodge.

### WHAT TO EXPECT

- Campers will live in tipis near Hector Lodge.
- A wide variety of activities such as archery, waterfront canoeing, the animal game, climbing, arts and crafts, campfires, team building, and high ropes are scheduled throughout their 13 days at Camp Chief Hector.
- Experienced, qualified, and friendly staff members
  - o Wilderness First Aid and/or Advanced Wilderness First Aid
  - o Comprehensive staff training that includes group leadership, wilderness trip experience, and risk management
  - o Prior experience in the region and/or tripping
  - o Canoe and/or hike experience and certifications
- The Kananaskin program builds on both our Mistaya and Yamnuska programs. All Kananaskin Programs run for 13 days.
  - o It is not necessary for campers to have participated in previous years' programs, however some skills, knowledge, and comfort level with outdoor living and learning is always welcome!

Each year campers can expect to review and learn new skills while improving their leadership abilities. Kananaskin campers learn safe cooking site practices, group meal planning, communication with tipi mates, and how to assess risk in an outdoor setting. They will have opportunities to practice their abilities to lead a group of peers, both directly and indirectly. More specific skills, such as hiking or canoeing, are developed in the tripping programs and are transferable to both second year Kananaskin or Pioneer when they turn 14! A basic level of fitness and a positive attitude are key to making this a fantastic experience.

Click for the [Kananaskin packing list](#).

*Building healthy communities*



**KANANASKIN HIKE – 12Y**

Campers in this program will develop their hiking and camping skill set. They will have the chance to practice cooking meals over a stove, learn hiking strategies, as well as navigate and read a map. Campers are expected to share their personal goals and develop group goals for both their backpacking trip and canoe experiences. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group during their backpacking trip.

**3-Day Backpacking Trip**

- Before departing, the group will review risk management practices for backpacking trips. Topics such as wildlife concerns, kitchen practices, identifying and avoiding/managing exposure to heights, rock fall, weather systems, and creek crossings will be discussed.
- These groups depart directly from our site or may take a short drive to Bow Valley Provincial Park, Kananaskis Country or adjacent lands.
- The hikes vary from 2 to 12 kilometers each day, on-trail and off-trail, through forests and along mountain creeks and lakes. Groups may gain between 200 and 600 meters of elevation during a day. Side trips may include a hike up to a local mountain look-out. The overnight sites are situated by mountain forests and creeks, along the shore of Barrier Reservoir, or in mountain meadows.

**Canoe Experience**

- Campers will also have the opportunity to develop their canoeing skills at our waterfront during their stay at camp

KANANASKIN HIKE 12Y FEMALE   \$1265 + GST			KANANASKIN HIKE 12Y MALE   \$1265 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120096	1	Jul 2 - 14	120097
2	Jul 16 - 28	120156	2	Jul 16 - 28	120157
3	Jul 30 - Aug 11	120212	3	Jul 30 - Aug 11	120213
4	Aug 13 - 25	120264	4	Aug 13 - 25	120265

**KANANASKIN HIKE/HORSE – 12-13Y**

Campers in this program will develop their hiking, horsemanship, and leadership skill sets. They will have the chance to practice cooking meals over a stove, learn hiking strategies, map reading and navigation, as well as how to saddle a horse and develop their riding skills. Campers are expected to share their personal goals and develop group goals for both their backpacking trip and horse experiences. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group during their backpacking trip.



**3-Day Backpacking Trip:**

- Before departing, the group will review risk management practices for backpacking trips. Topics such as wildlife concerns, kitchen practices, identifying and avoiding/managing exposure to heights, rock fall, weather systems, and creek crossings will be discussed.
- The mountain trips depart Camp Chief Hector YMCA by bus, mini-van or truck and travel to hiking trails within Banff National Park, Kananaskis Country or adjacent lands. Daily, the hikes vary from 2 to 12 kilometers, on-trail and off-



# YMCA Calgary

## Camp Chief Hector YMCA Summer Camp

trail, through forests, and beside mountain creeks and lakes. The groups may gain anywhere from 200 to 600 meters of elevation along the way. Camping sites are situated by mountain forests, creeks or lakes. Side trips may include exploration of viewpoints, mountain passes, waterfalls or hike-approached summits.

### Horse Experience

- Counsellors for this group are especially experienced with horsemanship and will help the group determine their levels of comfort and own experience with horses.
- The riders learn and review how to groom and saddle a horse.
- As the session progresses, the group will spend time in a riding arena where they learn the basics of horsemanship and get to know their horses. The campers play mounted games in the arenas, learning more about the various gaits of horses. They will go on a trail ride and explore the local forests. At the corrals, these campers help to care for their horses and learn about equine risk management, training, feeding, first aid, and horse behaviour.
- NOTE: this program is an extended version of our former Jr Shotungwa program – the adaption to a 13-day session will allow for campers to spend more time developing their knowledge and skills surrounding horses, while also providing them the opportunity to gain comfort with overnight hiking to help them progress with future program options.

KANANASKIN HIKE/HORSE 12/13Y FEMALE   \$1370 + GST			KANANASKIN HIKE/HORSE 12-13Y MALE   \$1370 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120437	1		
2	Jul 16 - 28	120438	2	Jul 16 - 28	120435
3	Jul 30 - Aug 11	120439	3		
4	Aug 13 - 25	120440	4	Aug 13 - 25	120436

### KANANASKIN HIKE – 13Y

Campers in this program will develop their hiking and leadership skill sets. They will have the chance to practice cooking meals over a stove, learn hiking strategies, map reading and navigation. Campers are expected to share their personal goals and develop group goals for their backpacking trip. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group during their backpacking trip.

### 5-Day Backpacking Trip:

- They review hiking/camping risk management and share comfortable hiking tips. Some topics of risk management the group will discuss include wildlife concerns, kitchen practices, identifying and avoiding exposure to heights, rock fall, snowfields, weather systems and creek crossings.
- The mountain trips depart Camp Chief Hector YMCA by bus, mini-van or truck and travel to hiking trails within Banff National Park, Kananaskis Country or adjacent lands. Daily, the hikes vary from 2 to 12 kilometers, on-trail and off-trail, through forests, and beside mountain creeks and lakes. The groups may gain anywhere from 200 to 600 meters of elevation along the way. Camping sites are situated by mountain forests, creeks or lakes. Side trips may include exploration of viewpoints, mountain passes, waterfalls or hike-approached summits.

### Canoe Experience

- Campers will also have the opportunity to develop their canoeing skills at our waterfront during their stay at camp



# YMCA Calgary

## Camp Chief Hector YMCA

### Summer Camp

KANANASKIN HIKE 13Y FEMALE   \$1265 + GST			KANANASKIN HIKE 13Y MALE   \$1265 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120099	1	Jul 2 - 14	120102
2	Jul 16 - 28	120159	2	Jul 16 - 28	120162
3	Jul 30 - Aug 11	120215	3	Jul 30 - Aug 11	120218
4	Aug 13 - 25	120267	4	Aug 13 - 25	120270

### KANANASKIN TRIP TO GRAY JAY – 13Y

The Campers in this program will have the opportunity to visit our Gray Jay site, which is approximately a 3-hour drive North-West near Yaha Tinda Ranch, and will take a bus to and from Gray Jay. All Campers will end back at Hector Lodge. Campers in this program will have many opportunities to experience new things and visit a remote area without having to carry all of their gear for the duration of a hike. They will have many chances to develop their hiking skills as they participate in various day hikes. Campers will also develop their horsemanship and riding skills during their time spent at our main site in Kananaskis. Campers are expected to share their personal goals and develop group goals for their overall experience, as well as their horse experience.

**Female campers in Kananaskin Trip to Gray Jay** ride the bus from the Crowfoot YMCA in Calgary on the first day of camp and travel directly to the Gray Jay site from there. This camp ends at our Main-site.

**Male campers in Kananaskin Trip to Gray Jay** begin and end at our Main-site.

### Trip to Gray Jay, including Horse Experience:

- Campers will arrive at Gray Jay and will be greeted by the staff, including the Gray Jay Section Director.
- Campers will be toured around site and made familiar with our tripping outpost for when they are packing lunches for their day hike experiences. They will eat both breakfast and dinner at Gray Jay dining hall.
- Campers will also explore along local creeks, hike up the nearby hills, and be free to self-initiate many games and activities such as arts and crafts, Frisbee, or animal tracking.
- The groups ride during two days of their session at main site:
  - o Horse staff will greet them and learn about their levels of experience and comfort with horses.
  - o The horse staff help each member of the group learn to manage the risks associated with horsemanship.
  - o The young riders learn various skills such as grooming and saddling a horse as well as the basics of horsemanship through mounted games in the arena.
  - o When the group has demonstrated a level of comfort with the fundamentals of riding, they ride out to explore the local mountain trails on horseback.

KANANASKIN TRIP TO GRAY JAY 13Y FEMALE   \$1265 + GST			KANANASKIN TRIP TO GRAY JAY 13Y MALE   \$1265 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120100	1	Jul 2 - 14	120103
2	Jul 16 - 28	120160	2	Jul 16 - 28	120163
3	Jul 30 - Aug 11	120216	3	Jul 30 - Aug 11	120219
4	Aug 13 - 25	120268	4	Aug 13 - 25	120271



**KANANASKIN CANOE - 13Y**

This program will have campers developing their canoeing and camping skills as they learn paddle strokes, canoe-rescue skills, as well as setting up camp and cooking meals over a stove or small fire. Campers are expected to share their personal goals and develop group goals for both their canoeing trip and other camp experiences. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group during their canoe trip. Campers are expected to feel comfortable in and around water. They will also spend some time in our pool so their counselling staff can assess their comfort level in a controlled, low stress environment.

**5-Day Canoe Trip:**

- Groups start by heading down to our waterfront to have fun in canoes while they will review/learn paddling and canoe-rescue skills.
- Groups discuss river hazards such as changes in weather, entrapment in shoreline vegetation or equipment, foot entrapment and ways to reduce these hazards.
- Tipi groups travel by minivan, truck or bus to and from the Lower Red Deer River or another age and skill appropriate river.
- The canoe trip explores between 10 and 35 kilometers of the river each day. The river typically flows in this section at a grade 1 or 1+ rate. At their shoreline campsites, groups may hike into the Badlands, finding adventure in the eroded mud mazes, canyons and hills that parallel the river. The paddlers finish their eventful trip at a rural road take-out along the river, upstream of Drumheller.

KANANASKIN CANOE 13Y FEMALE   \$1265 + GST			KANANASKIN CANOE 13Y MALE   \$1265 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 14	120098	1	Jul 2 - 14	120101
2	Jul 16 - 28	120158	2	Jul 16 - 28	120161
3	Jul 30 - Aug 11	120214	3	Jul 30 - Aug 11	120217
4	Aug 13 - 25	120266	4	Aug 13 - 25	120269