



YMCA Calgary

Camp Chief Hector YMCA Summer Camp

MISTAYA 10-11Y – HECTOR LODGE

PROGRAM OPTIONS:

Hike

Trail Biking

Trip to Gray Jay



Campers in the 13-day Mistaya programs experience a wide variety of camp activities. Through these experiences they learn new skills, make new friends and have fun as they experience outdoor adventures. Activities are located a short walk from the Mistaya tipis as well as from Hector Lodge.

The Mistaya camps focus on having fun, making friends and living outside. All three options share many of the same camp activities and will cross paths many times throughout the session, such as during evening programs like big group games and campfire.

WHAT TO EXPECT

- Mistaya campers will live in tipis near Hector Lodge. Most program areas are close by.
- A wide variety of activities will be scheduled during their stay at camp, with input from the campers. These in-camp activities include archery, waterfront canoeing, animal game, climbing, arts and crafts, campfire, games, horses and high ropes.
- Experienced, qualified and friendly staff members have these qualifications and support
 - o Standard First Aid and CPR and/or basic Wilderness First Aid
 - o Comprehensive staff training that includes group leadership and risk management
- The Mistaya program options build on either Yamnuska or Chiniquay programs. All Mistaya 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/learn new skills and leadership strategies. Mistaya campers learn their role in risk management, safe cook site practices, communicating with tipi mates and develop their self-confidence. More specific skills, such as mountain biking or hiking skills, are developed in the specific programs and are transferable to both second year Mistaya and the Kananaskin programs once they turn 12!

Read the [Mistaya packing list](#).



MISTAYA 10Y-11Y HIKE

Campers in this program will develop their hiking and leadership skills during their time at camp. Campers will be separated into tipi groups based on friend requests and age. Campers are expected to share and develop goals as a group for their in-camp activities as well as their backpacking trip. Groups are encouraged to challenge themselves and learn more about each other and themselves.

3 Day Backpacking trip:

- Before leaving, groups discuss goals and risk management topics such as wildlife concerns and common camping practices, such as Leave No Trace camping, group travel and what the campsite will look like.
- Campers will leave directly from site and hike a few kilometers to their campsite. They will continue to develop safe camping practices, such as kitchen management, managing exposure to weather and staying together over the course of the 3-day camping experience.
- At the end of their outtrip, campers are welcomed back to share their adventures with fellow Mistaya Campers.

MISTAYA HIKE 10-11Y FEMALE \$1295 + GST			MISTAYA HIKE 10-11Y MALE \$1295 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – 20	134134	1	Jul 8 – 20	134137
2	Jul 22 – Aug 3	134135	2	Jul 22 – Aug 3	134138
3	Aug 5 – 17	134136	3	Aug 5 – 17	134139
4	Aug 19 – 31	134214	4	Aug 19 – 31	134215

MISTAYA 10-11Y – TRAIL BIKING

Campers in the trail biking program will develop their knowledge and skills surrounding mountain bike culture and practice, as well as camping practice and skills. Campers are expected to share and develop goals with their group and will have many opportunities to practice their budding leadership skills. Depending on the skills developed and the interest level, campers may choose to bike to their program locations.

3 Day Backpacking trip:

- Before leaving, groups discuss goals and risk management topics such as wildlife concerns and common camping practices, such as Leave No Trace camping, group travel and what the campsite will look like.
- Campers will leave directly from site and hike a few kilometers to their first campsite. They will continue to develop safe camping practices, such as kitchen management, managing exposure to weather, and staying together over the course of the 3-day camping experience.
- At the end of their outtrip, campers are welcomed back to share their adventures with fellow Mistaya Campers.

Trail Biking Experience:

- Campers will learn basics of mountain biking technique and some simple bike maintenance
- Staff members are trained by certified cycling coaches



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MISTAYA TRAIL BIKING 10-11Y FEMALE \$1295 + GST			MISTAYA TRAIL BIKING 10-11Y MALE \$1295 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – 20	134122	1	Jul 8 – 20	134128
2	Jul 22 – Aug 3	134123	2	Jul 22 – Aug 3	134129
3	Aug 5 – 17	134124	3	Aug 5 – 17	134130
4			4		

MISTAYA 10-11Y – TRIP TO GRAY JAY

Campers in this program will have the opportunity to visit our Gray Jay site, which is approximately a 3-hour drive north-west of Calgary, near Parks Canada's Yaha Tinda Ranch. These groups will spend half of their session at Gray Jay and half at Main-Site. They will take a bus to and from Gray Jay. Campers in this program will have many opportunities to experience new things and visit remote areas without having to carry all of their gear.

A NOTE ABOUT TRANSPORTATION:

Female campers in Mistaya Trip to Gray Jay meet at the new Shane Homes YMCA at Rocky Ridge in NW 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 Mistaya Trip to Gray Jay begin at Main-site and will take a bus from there to Gray Jay mid-way through their session. They will take the bus from the Gray Jay site back to Calgary on the final Friday of their session, where they can be picked up at Shane Homes YMCA at Rocky Ridge.

6-Day Trip to Gray Jay:

- After bussing to Gray Jay, campers will have many opportunities to explore the natural environment, develop a close bond with their group, and contribute to the community by sharing in chores (such as washing dishes or helping to feed the horses)
- Activities are group-initiated and include exploring the local trails, ridges, valleys, creeks and lakes, arts and crafts projects, and both large and small group games.
- Campers will live in a tipi at the Gray Jay site

MISTAYA TRIP TO GRAY JAY 10-11Y FEMALE \$1295 + GST			MISTAYA TRIP TO GRAY JAY 10-11Y MALE \$1295 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – 20	134125	1	Jul 8 – 20	134131
2	Jul 22 – Aug 3	134126	2	Jul 22 – Aug 3	134132
3	Aug 5 – 17	134127	3	Aug 5 – 17	134133
4			4		