



Harbourfront Adventures presents:

WINTER WONDERLAND 2010

Fun in the snow... and so much more!

Date	February 5-12, 2010 (8 days)
Tour Cost	\$ 1375 Cdn + GST (\$1443.75)
Trip Difficulty	ALL LEVELS
Max # Participants	14

GENERAL DESCRIPTION:

Don't hate winter- embrace it! Come on out and enjoy the wonders of the season in our National Capital Region and the nearby hills of Gatineau Park! This trip will prove to be a perfect blend of winter activities. Whether it's skating the 7.8 kilometers of ice on the Rideau Canal Skateway, snowshoeing the forests surrounding our chalet, or exploring the 200km of cross-country ski trails that crisscross the hills of Gatineau, there will be plenty of time to enjoy the season. With a multitude of optional activities, it is possible to customize this trip into a relaxing getaway, athletic pursuit, or artistic retreat.

HOW THIS TRIP IS SET-UP

This trip is lodging-based and our home for these 8 days will be at the Pine and Birch Ranch and Retreat (www.pineandbirch.ca) near Wakefield, Quebec. This trip will provide ample opportunity to ski, snowshoe, and skate the various trails in the Gatineau region. Every morning we will depart from our lodge to partake on a new adventure. There is always an option for participants to stay at the lodge to relax or explore the property.

In the following pages you will find the itinerary of activities for this trip. We reserve the right to alter this schedule to ensure the most enjoyable experience for all participants. Please note that more details will be provided at our standard pre-trip meeting (date to be announced) at the Harbourfront Sailing and Powerboating members' lounge. If you are unable to attend, a phone call will be arranged to discuss the items of the meeting.

We look forward to sharing this adventure with you!

All the best ,

Your guides Deanna and James, and the rest of the *Harbourfront Adventures* Crew

ITINERARY

Day 1- Travel to Pine and Birch Ranch and Retreat

We will travel by van to the beautiful town of Wakefield, Quebec to our Ranch House nestled on a 50 acre estate in the heart of Gatineau Hills- this will be our home and base camp for the week. There will be time to settle-in and relax. For those anxious to enjoy the snow, we can strap on our skis/snowshoes and begin exploring the area. Or we can lace up our skates and enjoy the frozen lake at our doorstep!

More information on the Pine and Birch Ranch and Retreat: <http://www.pineandbirch.ca/>

Meals provided: Dinner

Day 2 and 3- Winter Exploration

Time to explore the region! As a group, we will travel to the northern entrance of Gatineau Park (a short drive away) for cross-country skiing and/or snowshoeing (with 200 km of trails zig-zagging the park, why not do both!). Instruction is available for newcomers to the sport.

More information on the park can be found at: www.canadascapital.gc.ca/gatineau/

Meals provided: Breakfast, Lunch, Dinner

Day 4- Winterlude

No winter is complete without a trip to one of the largest festivals dedicated to the season- Winterlude! We will spend the day in our nation's capital to take in the sights, sounds, and flavours of the event. Skate the Rideau Canal, marvel at the ice sculptures, or shop at the vendors along the canal- there is no doubt that Winterlude has much to offer!

Ottawa is not only home to a fantastic winter festival, but it also boasts many museums and galleries; in fact, Ottawa has the highest concentration of museums in Canada! This is a free day- so let your personal interests guide you through the city.

Meals provided: Breakfast

Day 5 and 6- More winter exploration

Lace up those boots! We are heading back to the trails for more skiing and snowshoeing. This time will be exploring other sections of Gatineau Park as well as some local trails.

Meal s provided: Breakfast, Lunch, Dinner

Day 7- Choose your own adventure

Our lodge is not only located close to fabulous trails, but it is also close to the town of Wakefield- a town rich in history and culture. With such a diverse town, there are many optional activities that are available to us:

How about a morning at the spa? Relax those muscles with Hot Stone Therapy or a massage or choose from a wide variety of other spa treatments at Le Moulin- Wakefield Mill Inn and Spa! Feel like exploring your more creative side? Join in on a pottery class hosted by Carrie at Mud Pies Pottery. Perhaps you want to shop at some of the boutiques or just relax and watch the world go by at one of the trendy local cafes. Of course, wherever we turn, there are opportunities to skate, ski, and snowshoe so if you haven't had enough fun in the outdoors- there is time for more! With all these options, it is no wonder that Day 7 is aptly referred to as a "Choose your own Adventure".

More information on optional activities (including additional costs as well as websites for reference) can be found below.

Meals provided: Breakfast, Dinner

Day 8- The journey home

This marks the end of our adventure. With kilometres of trails behind us and memories to last a lifetime, we will head home.

Meals provided: Breakfast

ADDITIONAL INFORMATION

OTHER ACTIVITIES:

Please note that the cost of optional activities is not included in the price of the trip. Should you choose to participate in an optional activity, this will be an additional cost.

Le Moulin- Wakefield Mill Inn and Spa

Website: www.wakefieldmill.com

Cost (please note that this is not the complete list of treatments available; please refer to the website above for more information):

\$ 95- 60 minutes Swedish massage

\$ 135- 60 minutes of Hot Stone Therapy

\$ 195 for a half-day spa package

Pottery Class (Hosted by Carrie at Mud Pies Pottery)

Webstie: <http://www.mudpiespottery.ca/default.htm>

Cost: \$35/person for 2.5 hours (materials and firings for 2-3 pieces of pottery included)

Harbourfront Adventures (a division of Water Travel Inc.)
1474 Heartland Blvd. Oshawa, Ontario, L1K 2P3
ask@harbourfrontadventures.com
416. 203.2277 www.harbourfrontadventures.com 1.800.960.8886

Tico Registration # 50015204



TOUR COST INCLUDES:

- Transportation to and from the Pine and Birch Ranch and Retreat
- Transportation to daily activities
- Lodging
- Guides
- All park/trail admission fees
- All included meals (see table below)

Summary of Included Meals

Day	Breakfast	Lunch	Dinner
1			√
2	√	√	√
3	√	√	√
4	√		
5	√	√	√
6	√	√	√
7	√		√
8	√		

TOUR COST DOES NOT INCLUDE:

- 2 lunches and 1 dinner (as indicated in table above)
- Optional activity costs (outlined on previous page)
- Items of a personal nature
- Ski and snowshoe rentals (for those participants who do not own or have access to cross-country skis and/or snowshoes, it will be necessary to rent this equipment in Toronto. Please contact us for a list of rental options.)

HOW TO REGISTER:

Please contact us (info@harbourfrontadventures.com) for the registration forms.

Great times await!

Harbourfront Adventures and Harbourfront Canoe and Kayak Centre

www.harbourfrontadventures.com

info@harbourfrontadventures.com

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Full Name _____ Date of Birth: ____/____/____
mm dd yyyy

Address _____

City _____ Province _____ Postal Code _____

Contact # (_____) _____ Email _____

Ontario Health Insurance # (if traveling within Ontario): _____

Out-of-Province Health Insurance is strongly recommended. Trip Cancellation Insurance should be purchased at your discretion.
To purchase Out-of-Province Health and/or Trip Cancellation Insurance, contact CAA Travel at 1-866-740-6422 or CAA.ca

I have purchased or decline Trip Cancellation Insurance. I have purchased or decline Out-of-Province Health Insurance

Out-of-Province Health Insurance Info: Company Name: _____

Policy #: _____ Phone #: _____

EMERGENCY CONTACTS

Contact #1 _____ Contact # 2 _____

Relationship _____ Relationship _____

Contact # _____ Contact # _____

Alt. Contact # _____ Alt. Contact # _____

Please list any physical, emotional and/or medical conditions we should be aware of (use back for more space):

Please list any and all allergies to Food and/or Medications (use back for more space):

Trip Name: Winter Wonderland - Feb 5-12, 2010 (8 days)
Deposit Due with Registration: \$500

Total Trip Cost: \$1,443.75
Balance of \$943.75 due Dec 5, 2009

Please charge my: VISA MC # _____ Expiry: ____/____/____

Name on Card: _____ Signature: _____

OR: **My Cheque is Enclosed** (Please make Cheque payable to 'Harbourfront Canoe & Kayak Centre')

Cancellation Policy: Up to 60 days prior to departure: Deposit is fully refundable.

Canceling 60-20 days prior to departure: Full refund less 20%. Canceling less than 20 days prior to departure: Full refund less 30%.

New - An Opportunity to Offset your Carbon Imprint!

For more information about Carbon Offsetting, please visit www.harbourfrontadventures.com

Yes, I would like to offset my Carbon Imprint for this trip by donating (choose one or more and add to your trip cost):

Forest Restoration - BC = \$20

Tire Recycling - QC = \$25

Landfill Gas - ON = \$30

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1. In consideration of The Harbourfront Canoe and Kayak Centre and Harbourfront Adventures (a division of Water Travel Inc.), Dave Corrigan, and the other leaders accepting my registration, I hereby release and forever discharge Water Travel Inc, their officers, directors, servants and employees for any liability whatsoever arising as a result of my or my children's participation in these programs and I declare that this release is binding upon me, my heirs, executors, administrators as assigned.
2. I also realize that the aforementioned are not liable for any theft from vehicles or otherwise and may alter a trip due to interruptions in government services, weather conditions, abilities, or other uncontrollable events without penalty to the organizers. Alterations to plans can and do occur but reasonable attempts to complete an adventure as described will be made.
3. I am aware that certain activities can be physically demanding and that I must be in adequate health and reasonably fit. If at any time I question my ability or my physical comfort I will let the group leader know and may withdraw from any activity before participating. By participating in new activities in new surroundings I realize I must be extra cautious of slippery conditions, leaving the group leaders' company, etc.
4. Furthermore, I am aware most activities will be conducted in the outdoors in all kinds of weather and there will be dangers and hazards which cannot be foreseen; as well as complications due to inaccessibility of medical facilities. I acknowledge they may result in loss or damage to personal property and injury or fatality to the person. I take full responsibility of my health and leaders and fellow participants may give the diagnosis and treatment for any ailments that may arise no matter what advise.
5. I also acknowledge that Travel/Health and Cancellation Insurance are recommended and confirm that I have this or willfully decline coverage.
6. I confirm that I have had sufficient time to read and understand the items in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on my Legal Representatives and myself

REMINDER: THIS IS A LEGAL DOCUMENT, PLEASE PRINT CLEARLY, COMPLETE IN FULL AND RETURN WITH YOUR REGISTRATION FORM	
<i>Participant Name (please print)</i>	
<i>Participant Signature</i>	<i>Signed this _____ day of _____ 20____</i>