

WILD WOMEN
expeditions

GEORGIAN BAY KAYAKING ADVENTURE

5 DAYS

For more information please contact: adventure@wildwomenexpeditions.com or call 1 (888) 993-1222.



EXPERIENCE GEORGIAN BAY

New in 2024, WWE will be providing a shuttle service from 3 locations in Toronto, including near YYZ (Pearson Airport) and a subway stop north of the city (Vaughan).

Your five day adventure officially begins at Snug Harbour on iconic Georgian Bay! There will be a private boat shuttle to our secret island which will serve as our basecamp for four nights. This beloved region is full of panoramas, bird life and quintessential Canadian landscape. The dramatic east side of Georgian Bay is home to the world's largest freshwater archipelago and is a designated UNESCO site. The UNESCO Georgian Bay Biosphere consists of more than 30,000 islands that create puzzle-piece channels, sheltered inlets and deep lagoons to explore. It's designed for the slow and serene pace of a kayak!

To add extra flavour, we'll be joined by Chef Laurie Tester, an enormously talented, classically-trained chef. Born on the east coast of Canada, she studied in both Canada and France. Her specialties are endless, especially when it comes to vegan, vegetarian and gluten-free cooking. Push aside any notion of traditional camping fare like a tin of beans and wieners for dinner! The food prepared by Chef Laurie will be as fresh as the Georgian Bay breeze and plentiful!

As an integral part of this all-natural, wild culinary experience, you will be treated to carefully curated meals created with your dietary needs at the forefront. The opportunity to cook outdoors for five days with the open-kitchen backdrop of Georgian Bay in the company of Wild Women is a true bucket list item for Chef Laurie.

On this trip, our guides Heather and Joedy, will take care of all of our needs on land and water—from the fully-equipped campsite to the kayak cockpit. Both women are skilled Paddle Canada instructors.

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Heather is also a yoga instructor and each day will begin with a yawn-and-stretch yoga class before breakfast. After leisurely breakfasts and second cups of coffee our days will be spent out on the water. Depending on the group's collective experience and confidence, we can head out for a paddle to explore another nearby island or stay closer to learn and trial new skills.

If we experience a day when the weather doesn't cooperate (this is Georgian Bay after all and Mother Nature often has her own agenda), we can learn how to make our own mala necklaces under Heather and Joedy's artistic guidance. Heather is also a watercolour painter and practices meditation. If you're intrigued, she can help you discover a meditation that may resonate with you. There will also be an opportunity to learn the fluid nature of watercolour and create your own truly indelible memory of the area.

This is a unique and intimate opportunity to combine kayaking and camping with outdoor yoga, meditation and creative workshops deeply steeped in nature. Let's not forget the gourmand menu! If you're seeking a rejuvenating, revitalizing experience with a few artsy forays, this is it.

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New in 2024, Wild Women is providing a shuttle from three locations in Toronto (near YYZ and at a northerly subway stop off Hwy 400). Otherwise, you may also arrive by vehicle to Gilly's Marina at Snug Harbour by noon.

A boat shuttle will pick our group up at Snug Harbour at 12:30 PM. Please note that there is an additional parking fee of \$15 (CAD) per day. We recommend carpooling for this reason and will create a private Facebook group for this trip

to help facilitate this.

We will arrive on the island (by boat) in time for our first sumptuous meal prepared by Chef Laurie Tester and become official taste Testers! After lunch, our experienced guides, Heather and Joedy, will share everything we need to know about camp life on the island. It starts with setting up our tents! There are 2-person tents for singles and 3-person tents available for women who would like to share.

Once our camp is erected, we'll have an introduction to water safety and get ready to experience the island by kayak.

Heather and Joedy's unified goal is to ensure that every Wild Woman is comfortable, competent and confident in a kayak by the end of our days together. Exploring the waterways and islands around our camp is a gentle introduction to the big world and endless opportunity that paddling presents.

Tonight will be spent learning more about the onyx sky and constellations glittering above us. This peaceful, unscheduled time is perfect for meditation, chatting with new friends or snuggling up in your sleeping bag for a solid night's sleep after a "busy" day on the water. To protect the fragile UNESCO Biosphere, a large portable campfire pit will be shuttled out with the boat so that we can enjoy the snap, crackle of a safe, forest-friendly fire together. All of the wood used is brought from the mainland to prevent unnecessary harvesting on the island. It's a feel-good fire!

Meals Included: Lunch, Dinner

Tonight's Sweet Sleep: Camping Tents



Each day, after salutations to the sun and a bright and filling breakfast, we'll head out for a day of discovering and navigating the shorelines by kayak. There are endless islands where we can stop for an impromptu picnic lunch if we decide to head out on a longer day trip. We typically return to camp around 3 PM so there will be ample time to relax, swim, read a few chapters or sit in on a painting class with Heather.

Georgian Bay's time-chiselled and weather-worn rock faces, gnarly cedars and rugged isles inspired the Group of Seven for a lifetime. Heather has been painting on these islands for years too, and will share her techniques and artistic insights. A boat shuttle will bring all the supplies needed to paint our own watercolour with Heather's guidance.

The island is also a wonderful sanctuary to explore on foot. Birders should be on high alert for pileated woodpeckers (they will always give themselves away with their maniacal laugh), cedar waxwings (they are the true bird whisperers!), red-breasted nuthatches (listen for the tinny "honk"), green herons, great crested flycatchers, American bitterns, black-and-white warblers, brilliant indigo buntings and red-shouldered hawks. Bald eagles and osprey are frequent fliers in this area as well as sandhill cranes!

Each evening, we will wind down weary paddling muscles with a peaceful sunset yoga session. Evening practice capitalizes on all the day's movements with lengthening stretches. We'll work together to improve abilities and finish with a calming Vinyasa flow and meditation.

Heather will be available to help each of us develop a personal yoga practice that best suits the individual demands put on our bodies. Joedy and Heather can also help us work on particular kayaking skills and techniques. This is a pleasure trip that revolves around self-directed goals for each Wild Woman. There is no formal kayaking instruction but our guides are eager to help and coach us in any area!

Our adventure will end (sigh) mid-afternoon on Day 5. After lunch (be sure to have seconds!) we will be picked up by our boat chauffeur and returned to Snug Harbour, where we launched the trip just days before. From there you will either head home in your personal vehicle, or grab the shuttle back to Toronto and you will be dropped off at the same spot you were picked up.

Meals Included:

Day 2 - 4: Breakfast, Lunch, Dinner

Day 5: Breakfast, Lunch

Tonight's Sweet Sleep:

Day 2 - 4: Camping Tents

Day 5: None

ITINERARY DISCLAIMER

Wild Women Expeditions and our local partners intend to adhere to the described itinerary. This is only a general guide to follow on your tour of the region. Our itineraries are subject to change, as we cannot predict the weather or other environmental conditions. We are continually striving to make improvements to all our trips based on feedback from Wild Women members, guides, partners, and other research. We reserve the right to alter itineraries based on the above at any time.

*Itinerary version as of October 5, 2023.

IS THIS TRIP RIGHT FOR ME?

This is an active adventure, sea kayaking mini expedition intended for beginner to experienced paddlers. We would like you to be comfortable with the following:

- Paddling loaded/unloaded single and/or double kayaks for 4-6 hours per day
- Carrying kayaks and gear
- Being in and on the water as there may be unexpected swims
- Not comfortable swimming in water? Please let us know!
- Camping and yoga experience an asset
- Physical Rating: 3 of 5. Moderate > A good level of fitness is required.

WHAT'S INCLUDED

- A classically-trained chef who will prep unforgettable meals from lunch Day 1 to lunch Day 5
- Two female certified kayak guides
- Daily yoga instruction
- Private boat shuttle to and from the island site
- 4 nights accommodation in spacious 2 or 3-person tents (Thermarests and sleeping bags not included)
- High-end touring solo kayaks
- All necessary paddling gear including PFD's, sprayskirts, paddles and required safety gear
- All necessary group camping gear
- An en plein air watercolour painting session on the island
- A mala necklace workshop with meditation
- Optional shuttle from Toronto (at pre-set locations)