

Nakkertok Adventure Program DRAFT Seasonal Plan

Below are listed some of the fun activities that we include in Adventure Program! Please consult the One-Stop Workbook for Dates and Locations (contact Neil for access to the workbook).

September Sessions

- Training and Games
- Lac Philippe Adventure Program Adventure Race and Lusk Caving
- Nakkertok Adirondacks Hiking Trip
- Gatineau Park Hike

October

- Intro to Biathlon Session
- Training and Games
- Adopted trail workday (from lac Lundy to lac St. Amour)
- Orienteering Intro
- Capture Heartbreak Hill (Nakkertok North)
- Backcountry Safety Clinic
- Fall Cool Camping Weekend (Nakkertok South)
- Halloween Amazing Games and Relay Races

November

- Fitness and balance testing
- **FALL FUN RUN** (Nakkertok South)
- Yoga, Nutrition, Hip Hop
- Hills, agility, balance, upper body
- Gatineau Park Hike (Lusville to P19)
- Re-Capture Heartbreak Hill (Part II)
- Ski and waxing clinic (Fresh Air Experience)
- Poker Derby (Nakkertok North)

December

- On-snow training: skate and classic clinics and skis
- Friday or Saturday night potluck movie / ski-over
- Chinese Gift Exchange
- Boxing Day Burn-off
- Night ski P10 to Keogan

January

- Family Ski Day – Scavenger Hunt
- Biathlon on snow (pending availability)
- Winter Camp and Classic Ski Tour (Nakkertok North)
- Intro to Telemark
- Optional Saturday skis, e.g. Lac Lundy to Nakk S
- Long skis, skate and classic
- Classic ski technique & night tour
- Skate technique and hills

February

- Ski Nakk N to S or long loop at NS – classic
- Great Canadian Ski Marathon
- Ice Skate and Beavertails (Rideau Canal)
- Gatineau Loppet 10k skate event
- Skate Ski Olympics
- NAKKERLOPPET

March

- More skate games
- Spring Trip – Papineau Labelle
- T-shirt Ski
- Clip'n'Climb (Altitude Gym)
- End of Season Potluck – Archery, slack line, relays
- For the love of skiing... keep on skiing until the snow's gone!