



Rabaska Canada Inc.

## Preparing for the adventure!

Information to be handed out to client

### Field description

LOCATION	PLACE	FIELD DESCRIPTION
GATHERING POINT:	Canadian Museum of History's shoreline.	<i>Flat surface made of stones.</i>
BOARDING LOCATION:	Rabaska Canada's main dock located on the shore of the Canadian Museum of History.	<i>Mostly grass. Dock (floating flat surface).</i>
LOCATION OF THE ACTIVITY:	Ottawa River.	<i>Because the activity takes place on water, the canoe may experience the effect of waves and wind.</i>
LOCATION OF THE END OF THE ACTIVITY:	Rabaska Canada's main dock located on the shore of the Canadian Museum of History.	Same as boarding location.

### Overview of necessary travels

**Travel by foot :** An about 50 meter walk will be necessary to get to the dock.

**Water travel :** The canoe travel is about 5 km long and is accompanied by a guide who will be in the same canoe as the participants.

### Materials and accessories to bring with you

- A min 500 ml water bottle;
- Sunscreen;
- Sunglasses.

### Clothes

We highly recommend that each participant wears:

- Weather appropriate clothing;
- Closed toe shoes (water footwear isn't mandatory);
- Fast drying clothes.

*\*You may get splashed during the activity.*

For any questions, please contact Rabaska Canada Inc.

[info@rabaskacanada.com](mailto:info@rabaskacanada.com)

(819) 921-9025

[www.rabaskacanada.com](http://www.rabaskacanada.com)



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### Level of difficulty

ACTIVITY	LEVEL OF DIFFICULTY
PREPARATION:	Easy
PHYSICAL EFFORT:	Easy
MENTAL EFFORT:	Easy

### Included services

The canoe activity includes:

- A guide;
- All equipment and materials necessary to the activity (canoe, life jackets, paddles).

### Terms of participation

To take part in the activity, participants must:

- The activity will not be canceled for weather unless the safety of participants or staff is at stake.<sup>1</sup>
- Have paid the amount matching the price of the activity;
- Respect the activity guides' bylaws (hence, those of Rabaska Canada Inc.);
- Have handed in their risk recognition form.

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<sup>1</sup> The Canadian Museum of History store offers visitors the opportunity to purchase rain coats.

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