

# Scheduled Activities:

- **Trail Riding (horseback riding)** – Take a scenic ride in the Omenica valley and along the headwaters of the Omenica River, ride to the tree line of Kettle Mountain. Discover scenic forest trails, secluded pools, and the beauty of this untouched, pristine wilderness from the back of a trusted horse.
- **Hiking** – Take a day journey to Kettle Glacier, located in the world-famous Rocky Mountains. This glorious hike gives you a brilliant idea of how powerful nature can be, and a chance to enjoy its wonders and creations.
- **Campfire Cooking** – A little intimidated about cooking over an open fire? Don't be! Campfire cooking is easy with our tried and true methods. We will show you how to cook easy delicious meals, desserts and bread.
- **Stargazing** – Absolutely no light pollution here. Take in the breathtaking sights with the appearance of the northern lights, or aurora borealis, identify the constellations and view the Milky Way.

# Optional Activities:

- **Canoeing** – The glacier-fed lake is the perfect location to learn and master this ancient form of transportation. The serenity and stunning vitality of Yuen Lake is sure to revitalize you.
- **Equine Assisted Learning (EAL) Activity** – Participate in an activity that will help you develop essential life skills. EAL is an experiential approach to teaching life skills with horses. Work on your leadership, communication or teamwork skills.
- **Freshwater Fishing** – Some of the best freshwater fishing, spin cast or fly-fish. Learn how to tie a hook, clean and prepare your catch. Rainbow Trout, Dolly Varden, and Bull Trout are some fish species in our lakes and rivers.
- **FEEL® Sessions** – The FEEL (Facilitated Equine Experiential Learning)® Approach will facilitate the re-connection of your heart and soul inspiring healing and growth. It is a leading edge modality which involves the horses' willing participation as partners in assisting humans to discover their potential. Interacting on the ground with a horse is a unique time of discovery and reflection which raises consciousness for both humans and horses. Experience; growing awareness, expansion of your heart, increased intuitive abilities, enhanced vitality, and the value of setting boundaries.
- **Birding** – Whether you are a beginner or an experienced birder this vast eco-system has numerous bird species to observe. You will be camped on the same lake as a pair of nesting cranes and a pair of osprey, as well as a vast variety of ducks, loons, and geese. The boreal forest also boasts several species of songbirds.
- **Health & Nature** – We all essentially think that nature must be good for our health and happiness. A recent analysis of a large-scale nature challenge scientifically shows how important feeling part of nature is to our physical and mental health. This adds to a growing body of evidence that shows undeniably that we need nature for our well-being. Be who your truly are in this safe space.
- **Nature Spa** – Take a dip in this glacier-fed lake, smother yourself in the glacier silt and feel your tension wash away. Yuen Lake is shallow and warm during peak summer months. Don't miss this opportunity to rejuvenate.
- **Photography** – Created by nature, captured by you. Take this opportunity to engulf yourself in outdoor photography with endless valleys, magnificent sun rises and sunsets, snow-covered mountains and an abundance of wild animals.
- **Horsemanship** – Learn the five basic concepts of Natural Horsemanship with some of the best mountain horses. Gain the ability to connect and effectively communicate with horses, know how to overcome your fear, frustrations and failures.
- **Wildlife Viewing** – One of the richest viewing locations, commonly seen animals are Grizzly Bears, Black Bears, Moose, Mountain Goats, Cariboo and Wolves. We'll show you where to look, how to glass, all while viewing these animals in their native habitats.
- **Other Fun Camp Activities** – Axe handling, Small Caliber Riflery Marksmanship, Archery.