

MIND ON MINDEN  
2019-20

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# CANADIAN ADVENTURE CAMP

SUGGESTED ITINERARY

**DAY** **01**

- 9:30 AM ARRIVE TO BARK LAKE  
Welcome, meet your guides!
- 10:00 AM SURVIVAL SKILLS  
Ecology & Fire-Building!
- 12:00 PM LUNCH  
Enjoy your first meal, overlooking the lake
- 1:00 PM GO CLIMBING!  
Climb 30ft into the air!
- 3:00 PM PADDLE BARK LAKE  
Learn some paddling techniques and explore!
- 5:00 PM DEPARTURE  
Good-bye!



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**FOR MORE  
INFORMATION:**

Contact Bark Lake at:  
1-888-517-9999  
inquiries@barklake.com  
www.barklake.com



**BARK LAKE**  
LEADERSHIP AND CONFERENCE CENTRE

**COST: \$95 +HST MINIMUM OF 10 PEOPLE**