



# Canoe Trips in Canada

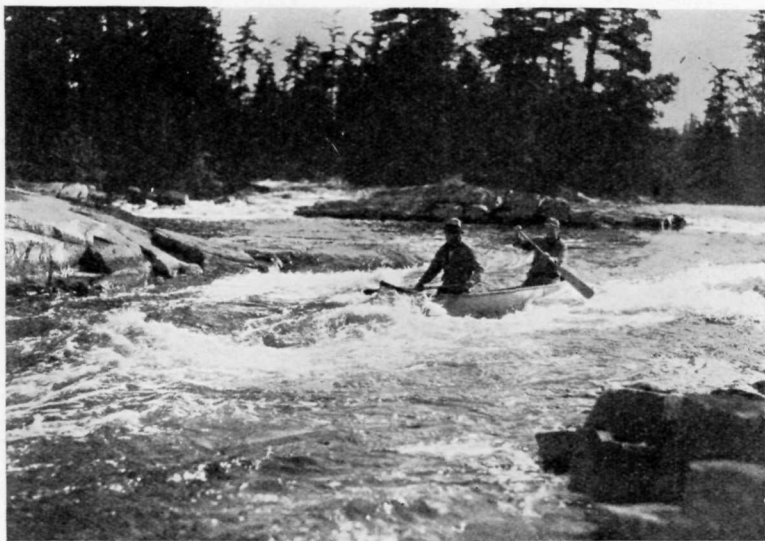
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CANOE TRIPS IN CANADA

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IN

# CANADA



Department of the Interior  
National Parks of Canada  
Ottawa, 1934

## TEN COMMANDMENTS FOR CANOEISTS

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Build your campfires small, close to the water's edge on a spot from which the leaves and moss have been scraped away. Drown it with water when leaving, and stir the ashes with a stick to make sure no live coals are left.

Leave your campsite clean. Bury all rubbish, bottles and cans. Never throw glass or tins in the water where others may bathe.

Learn how to swim, and first aid methods.

Do not sit or lie on bare ground.

Never run a rapid without first making sure that it can be done with safety. Examine it carefully for logs, boulders and other obstructions. Two canoes should not run a rapid at the same time.

Do not make your packs too heavy; about 40 pounds is a good average.

Avoid crossing large lakes or rivers in rough weather.

Make camp before dark. Erecting a tent, or preparing a meal by firelight, is not easy.

Learn how to prepare simple meals over a campfire.

Unless familiar with wilderness travel, never attempt a trip through uninhabited country without competent guides. Charts of the route and good maps of the surrounding country are essentials.

## Canoe Trips in Canada

To those who desire a vacation different from the ordinary, a canoe trip holds endless possibilities, and Canada's network of rivers and lakes provides an unlimited choice of routes. In the developed summer-resort districts there are easy and pleasant trips through placid water every foot of which is charted. In the north the ancient routes of the fur brigades are the same to-day as when travelled by the voyageurs of the Hudson's Bay and North West companies more than 200 years ago. A canoe trip over these routes is America's last challenge to the pioneer spirit. Comfort and even safety will depend on the traveller's own resources and, far from being bothered by crowds, his only contact with civilization will be a stop for supplies at a trading post or a chance meeting with a Mounted Police patrol.



OFF FOR WILDERNESS HAUNTS.

The Canoe is the Key to Forest Waterways.

Between these extremes are innumerable trips of practically every length and degree of excitement and hardship, but all interesting. Lazy paddling along the tree-shadowed shore of a peaceful lake, the breath-taking dash through the white water of wild rapids, the portage trails worn smooth by the moccasined feet of generations of Indians, the evening camp with trout and bacon sizzling over the fire, and the soft bed of fragrant balsam boughs, all help to make a Canadian canoe trip an experience long to be remembered.

Some of these routes have been charted and are briefly described on the following pages. The time needed to complete each route is given approximately as it is seldom that two parties travel at the same speed.

Detailed descriptions of a number of trips, with accompanying charts, have been prepared or are in course of preparation by the National Parks of Canada, Department of the Interior, for the convenience of the tourist. *Those for which detailed descriptions have been issued at date of publication are marked with an asterisk, thus\**

The descriptions have been compiled from information secured from reliable sources and are believed to be correct. Rapids and the condition of portages vary decidedly in the various seasons of the year. Development operations, fires, and other causes contribute their share to alter the conditions of a route from season to season. Taking these factors into consideration, it is impossible to guarantee these descriptions as correct beyond the essential details.

\* \* \* \*

For the canoeist wishing to cruise on uncharted waters there are many routes not included in this list. There are also trips of comparatively short distances leading to beautiful lakes, abounding in fish, and well studded with islands providing excellent camp spots beneath the pines, where one's allotted time may be spent in cruising in the immediate vicinity.

## NOVA SCOTIA

The canoe routes of this province, which is on the eastern seaboard, offer many enjoyable trips through the lake regions for which it is famous. The Dartmouth and Ponhook lakes, lake Rossignol, Bras d'Or lakes, and others in every section, issue their challenge to the fisherman and give solitude and restful quiet to the seeker of a holiday away from the cares of city life.



## CAREFREE DAYS.

Lazy Paddling along Tree-shadowed Shores.

## SHANNON RIVER BRIDGE TO MEDWAY\*

*Sixty-miles—Five days*

The first portion of this trip leads through the lake region of Queens and Annapolis counties, traversing many small lakes connected by short portages. The latter part of the route follows the Medway river down to tidewater. The splendid opportunities this trip affords for enjoying the fishing and hunting in the district are added charms to the scenery en route, which varies from that of civilization to wilderness.

## SHANNON RIVER TO LIVERPOOL\*

*Eighty-two miles—Seven days*

The preceding route is followed for some distance, and then the traveller turns westward through a chain of lakes over to beautiful lake Rossignol and thence down the Liverpool river to the town of that name. The famous "Indian Gardens" is but one of the many interesting spots passed on the way. Salmon and trout with duck and other game in season make the trip attractive to the sportsman as well as to one seeking only a restful holiday.

## SHANNON RIVER BRIDGE, ROUND TRIP\*

*One hundred and seven miles—Nine days*

Following the course described in the preceding trip as far as lake Rossignol and then turning north along the Liverpool river, this route leads through lake Kejimkujik, a former hunting ground of the Micmac Indians, and a chain of smaller lakes, then rejoins the upper Medway river and returns to the starting point.

## HALIFAX TO TRURO\*

*Seventy-four miles—Six days*

Through the picturesque Dartmouth lakes, noble Shubenacadie (or Grand) lake, the Shubenacadie river, and then a run through the tidal waters of Cobequid bay, are the various experiences awaiting the canoeist undertaking this trip. Excellent fishing can be expected along the route and scenic beauties abound.

## SOUTH MILFORD TO JORDAN FALLS

*Seventy-five miles—Seven days*

Cruising down many lakes and streams through a timbered wilderness, with excellent fishing along the way, this route leads to Jordan Falls where the railroad is reached.

## ROSEWAY RIVER

*One hundred miles—Ten days*

The start is made from South Milford and traverses many beautiful lakes and streams to the Tobeatic lakes, where a portage is made over to the Roseway river which is followed down to the sea. Excellent fishing can be enjoyed. The trip ends at the interesting old town of Shelburne.

## SOUTH MILFORD TO YARMOUTH

*One hundred and twenty-five miles—Ten days*

Leaving the Milford Lake region the route passes into the waters of Sissibo river and then into the upper reaches of the Tuskett river and down this fine stream to the sea near Yarmouth. It is an excellent but by no means easy trip, affording a variety of experiences.



## PLACID FISHING WATERS.

Where the Canoeist's Trout Hunger is Appeased.

## TRURO TO MUSQUODOBOIT HARBOUR

*Sixty-five miles—Six days*

An interesting trip can be made down the Salmon river to Cobeguid bay and along the Shubenacadie and up the Gay river until it becomes too shallow, when teams are employed to make the 20-mile "carry" to Elderbank on the Musquodoboit river. The latter river is then followed down to salt water and the journey ended at Musquodoboit Harbour.



## HUBBARD'S COVE TO WINDSOR\*

*Forty miles—Three days*

For a short cruise, the run from St. Margaret bay to the Avon river is one offering many pleasant possibilities. A chain of small lakes are traversed after leaving the Cove, then the long narrow Ponhook lakes give welcome with their rippling waters and usher one into the St. Croix river which is followed along its many windings to the junction with the Avon.

## ST. PETERS TO STRATHLORNE\*

*One hundred and five miles—Six days*

For those who desire lake paddling, a trip through the picturesque Bras d'Or lakes will meet the requirements of the most exacting. Fishing and scenery, combined with many points of interest that call for attention, help to make it attractive. The Bras d'Or (Arm of Gold) lakes form a magnificent sheet of water about 45 miles in length and 20 miles at its widest. The scenery varies from Alpine grandeur to peaceful glades and entrancing waterscapes.

## PRINCE EDWARD ISLAND

The canoeist will find conditions in Prince Edward Island different from those of any of the other provinces. No extended trips are available, but in their stead will be found delightful cruises on tidal inlets, short streams, and rivers where the joys of camping and canoeing can be indulged in in sufficient measure to satisfy the urge for out-door living. These short trips give one the certainty of locating a good site for a camp, where fresh eggs, butter and vegetables can be secured from nearby farms. Luxuries such as these are usually denied to the wilderness traveller.



QUEEN OF A QUIET BAY.

Aquatic and woodland plants add interest to Canadian canoe trails where rare and unique specimens arouse the curiosity of even those not botanically inclined. Stately elms, lofty pines, shivering aspens and the ever beautiful white birches are met as old friends. Lichens, mosses and fungi are there in great variety and enjoyment is added to the pleasure of a cruise by a study of these, also the ferns and foliage plants that line the banks.

## NEW BRUNSWICK

The water trails of New Brunswick range from turbulent streams to peacefully flowing rivers and tree-encircled lakes. Many of the routes are through game-haunted regions, where the waters hide finny warriors ready to engage the angler in contest and test both his skill and his tackle.



RESTING AT FOOT OF A RAPID.

PLASTER ROCK TO BATHURST\*

*One hundred and thirty-nine miles—Twelve days*

Paddling up the Tobique river through a country of small farming districts and lumbering settlements, the headwaters are reached and the divide crossed to the Nipisiguit river. This river runs through a well-timbered, big game country, and along its course are many rapids, furnishing sufficient excitement and sport to satisfy the desires of the so called "white water" canoeist. The general contour of the picturesque country traversed is rugged and mountainous, with peaks rising from 2,000 to 2,700 feet above sea level. These rivers are famous for their salmon and trout, while the Tobique region is one of the favourite haunts of the moose.

The trip ends on the famous Chaleur bay at Bathurst, a thriving town with many manufacturing and lumbering industries.

## UPSALQUITCH RIVER\*

*One hundred and forty miles—Twelve days*

Following the preceding route up the Tobique river and over the divide into Nipisiguit lake, the Nipisiguit river is traversed to Portage brook, where a turn northward leads to the portage into Upsalquitch lake, the source of the Upsalquitch river. Shortly after leaving the lake a series of beautiful cascades is encountered, falling over 400 feet in a distance of less than two miles. Traversing a portion of New Brunswick famed for its plenitude of sport for the hunter and angler, this trip would be an excellent change.

## MADAWASKA AND TOULADI RIVERS

*One hundred and forty miles—Twelve days*

The paddler venturing up the Madawaska river through Temiscouata lake and on along the Touladi river is assured of an excellent outing. The route offers a variety of scenery and sport, and the last portage will be made with regret.

## JUNIPER TO NEWCASTLE\*

*One hundred and twenty miles—Ten days*

Travelling along the southwest Miramichi river, through the centre of New Brunswick, the canoeist will be presented with a panorama of green wooded hills and flats, interspersed with high granite bluffs, which in places rise sheer from the water's edge. Salmon and trout are plentiful and many famous pools are passed on the way, while a number of excellent trout streams flow into the river. The water is fast at several places and calls for skill in handling a canoe. A short distance from the main river are the Fall Brook falls and the Fall Brook cascade, which are among the scenic marvels of New Brunswick. Numerous and excellent campsites are located along the route inviting the voyager to pitch his tent and sojourn in sylvan solitude.

## RESTIGOUCHE RIVER

*One hundred and twenty-five miles—Twelve days*

Detraining at Matapedia, the canoeist launches his craft on one of the finest salmon rivers in the world, and a cruise along its course will be long remembered. The route leads through a wild, mountainous country, and many opportunities are presented for photographing game and picturesque scenes. Nearing the headwaters of the Restigouche, a turn is made at the mouth of the Wagan river and the canoeist proceeds up this river to the Grand river, and thence to the St. John.

## CAINS RIVER

*Sixty-five miles—Five days*

Absence of portages, ideal campsites, excellent trout and early salmon fishing, are some of the inducements held out by this route. The canoeing is unexcelled right from Bantalor down the river to its junction with the Miramichi river near Howard.



MEETING OF THE WATERS.

Confluence of the Restigouche and Matapedia Rivers.

## GRAND FALLS TO SAINT JOHN\*

*Two hundred and three miles—Seven days*

This portion of the St. John river flows through a level, rich farming country, and along its course are many islands which will provide ideal campsites for the cruiser. All along the way are numerous places where one can easily restock a depleted larder.

The mighty Grand falls at the start of the trip are well worth viewing as the waters rush down a six-foot incline, before tumbling over a precipice, and fall with a thunderous roar into a chasm whose rocky walls tower to a height of from 100 to 250 feet. This is the only obstruction to navigation on the river above Saint John.

## MAGAGUADAVIC RIVER

*Sixty miles—Five days*

After exploring Magaguadavic lake, the canoe is pointed for the outlet where a short portage has to be made into the river, which is followed past many fine fishing pools through the heart of the big game country. The first portion of the trip is through a wild country, heavily timbered in places, while other parts are level meadows with dead waters where the lily pads afford succulent tidbits for the lordly moose. Half-way down the river, the Piskahegan district is passed and several farmhouses are located along the river bank where one may purchase supplies. The journey ends near lake Utopia at St. George; many fine lakes can be explored in this vicinity.



A STOP FOR LUNCH.

The Camp Cook Displays his Skill.

## ST. CROIX AND EEL RIVER

*Sixty-five miles—Five days*

After the beautiful Chiputneticook lakes with their splendid beaches, coves and points, this route leads through Grand lake by Monument stream, Eel lake and Eel river down to Meductic on the St. John river. The fishing along the way and in the tributary streams is good, while the scenery has only to be seen to be appreciated.

## LAKE STREAM AND SALMON RIVER

*Eighty miles—Six days*

Following the windings of Lake stream and Salmon river through beautiful scenery and with assurance of splendid fishing, the canoeist eventually reaches the town of Chipman, a few miles distant from the head of Grand lake. Grand lake, with its many arms and bays, can be traversed, a distance of 25 miles, to Gagetown on the St. John river.

## CANAAN RIVER

*Seventy-two miles—Six days*

The first thirty miles of the Canaan River trip are along the northern boundary of the game refuge and afford the nature-lover wonderful opportunities for studying wild life and securing photographs of the denizens of the forest in their native haunts. Salmon, trout, pickerel and perch can be caught as one goes along, and in the hunting season moose, deer and bear present possibilities to the sportsman. After passing Cole island, the river expands into Washademoak lake and is traversed for twenty-five miles down to Hampstead on the St. John river.

## KENEBCASIS RIVER

*Seventy miles—Six days*

The canoeist on the Kenebecasis river is never many miles from civilization, as a railway line parallels his route from the head of the river down to Saint John. Flowing through a fertile valley the river passes many prosperous farms and towns and the last twenty-five miles are on the waters of Kenebecasis bay. Salmon and trout furnish sport for the angler.

## QUEBEC

Ranging from cruises along streams flowing through well populated districts, and trips through the many lakes cradled in the Laurentian hills, to the wilderness routes through the vast, barely explored regions of the far north, the canoeist in the Province of Quebec has a wide variety of trips from which to choose.



POLING UP A RAPID.

Hard Work but Sometimes Easier than Portaging.

### WYKES TO MONT LAURIER\*

*One hundred and thirty-five miles—Twelve days*

For the canoeing expert accustomed to an outdoor life with its mixture of pleasures and discomforts, from Wykes station on the Canadian National Railways transcontinental line, through lake Menjobagus and over the height of land by a short portage, then down the Lievre river to Mont Laurier, is a trip that will appeal. The wild, mountainous country, with its several rough portages along a winding stream that calls for all of the skill at one's command, will give thrills similar to those experienced by the voyageurs of old. Anyone attempting to make this trip should secure the services of experienced guides.



## BOURMONT TO MANIWAKI\*

*One hundred and ninety-five miles—Twenty days*

This route, a familiar one to the employees of the Hudson's Bay Company and the Indians dealing with them, is now accessible to the man looking for new territory. Leaving the railway at Bourmont in northern Quebec, a run of nearly two hundred miles through a beautiful wilderness is made before again connecting with a railway. Winding streams and placid lakes take one over the first part of the journey, and then the rushing currents of the Gens-de-terre and Gatineau rivers provide plenty of white water requiring strenuous work with the paddle. The services of an experienced guide are indispensable for the complete enjoyment of the trip.

## MANIWAKI TO OTTAWA\*

*One hundred and twenty-eight miles—Ten days*

Although the jumping-off place is only about eighty miles from the Capital city, the trip is typical of the many throughout the Dominion in its quick transformation from civilization to wilderness. From Maniwaki the route leads a short distance down the Gatineau river, then swings eastward and down through Thirtyone mile, Whitefish, and many other beautiful lakes for which the Gatineau district is famous. Excellent fishing and inviting campsites intrigue the canoeist into tarrying along the way. After leaving the lakeland portion of the route the Lievre river is entered and followed south to the Ottawa river up which the route leads for seventeen miles to Ottawa.

## LAKE KIPAWA TO MANIWAKI

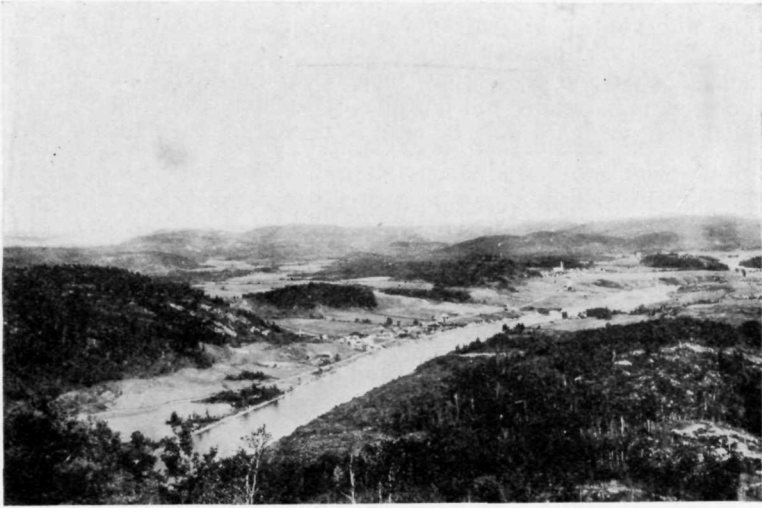
*Two hundred and sixty miles—Twenty-five days*

Leaving lake Kipawa the country is mostly high hills, timbered with hardwood and many stands of virgin pine, but when Grand lake is reached the land is lower, rising again when the Gatineau country is reached. The names of the lakes en route take one back to the days when the moccasined feet of the Indian and the courier du bois marked the hunting trails. The canoeist today can tread these trails without fear of losing his scalp, but wariness is still called for, as the rapids are as savage as in bygone days. Where portages are necessary, they will be found well cut out, plainly marked, and mostly short, averaging 100 to 200 yards in length.

## KIAMIKA LAKE\*

*One hundred miles—Twelve days*

In the Laurentian hills, one mile east of Mont Laurier lies lac des Ecorces, the starting point for an interesting trip through many charming lakes and streams well supplied with trout, pickerel and other fish.



ON THE LIEVRE RIVER.

One of the Water Avenues of the Laurentians.

On the banks of the Kiamika a scattered farming settlement extends for a few miles, but, once passed, the remainder of the journey is through wilderness. Portages are numerous but not difficult. The route follows the winding Kiamika river to Grand Kiamika lake, with its fine sandy beaches, and then on in a northeasterly direction until Brule lake is reached. Here the course swings to the northwest and crosses Iroquois lake and then on to the Lievre river, which is followed back to the starting point. The scenery varies from mountains and rocky cliffs to low sandy beaches curving along the edges of virgin forests.

## LAC NOMINING TO OTTAWA RIVER\*

*Eighty miles—Six days*

An ideal trip is the one through the chain of lakes dropping southward through the Laurentian hills from magnificent lake Nominig, the shore of which is skirted by the Laurentian line of the Canadian Pacific Railway. The shores of these lakes are mostly wooded to the water's edge, and excellent camping spots can be found all along the route. The scenic splendours of this trip will be long remembered by one who views these entrancing tree-girt lakes with their wooded islands apparently floating on the placid waters as lightly as a flock of ducks. Red and grey trout, pickerel and whitefish are plentiful. The connecting streams and portages are mostly short, and a similar parallel chain of lakes may be used in travelling back to the starting point.

## AMOS TO HAILEYBURY\*

*One hundred and fifty-six miles—Twelve days*

One of the many excellent routes leading from the enchanted north is the one up the Harricanaw river and through various forest-fringed lakes to lake Timiskaming. Pike and pickerel may be caught along the way, and in some of the lakes lie the gamy bass. Part-ridge are plentiful in season as well as such large game as moose, deer and bear.

## LA SARRE TO ANGLIERS

*One hundred and ten miles—Ten days*

The trip down the Duparquet river and connecting lakes to lac des Quinze necessitates few portages and even these are short. With the exception of ten miles at each end, the route lies through an enchanting wilderness, inhabited only by woodland denizens, and in much the same condition as when travelled by the woodsmen of the French regime.

## VILLEMONTEL TO ANGLIERS

*One hundred and fifty miles—Twelve days*

Following the Kinojevis river from Villemontel, this route parallels the preceding one through a district well stocked with fur, fin and feather. Good camping spots are available all along the way, and a minimum of portages are among its charms. Before the journey's end at Angliers, the scenery will have varied from towering cliffs to tree-girt shores and the many entrancing vistas which the wilderness alone can display.

## MANUAN AND VERMILION RIVERS\*

*One hundred and twelve miles—Fourteen days*

The district around La Tuque in northern Quebec is famous as a sporting centre, and the canoeist deciding to cruise through a portion of this game region will have no cause for regret. Winding rivers, rushing rapids, roaring falls and, by contrast, quiet lakes mirroring the serrated shorelines, are some of the features that make this trip enjoyable, while superb fishing and hunting are not lacking. Lordly pike, huge lake trout and beautiful speckled trout are all plentiful and are fit subjects for displaying one's culinary skill over the open campfire. Moose, deer, bear and other game abound and afford wonderful opportunities for the hunter with gun or camera. This route covers an interesting region, as the Manuan river, Sassawatisi lake, the Mandonak lakes and Vermilion river all contribute from their store of pleasures. A few years ago this district was "back of beyond" but railway construction has made it possible to reach this wonderful hunting ground in a few hours from Montreal.

## MANUAN AND NEMIKACHI LAKE\*

*One hundred and fifty-four miles—Ten days*

One hundred and sixty miles due north of Montreal, the St. Maurice river from the north, the Ribbon river from the west, and the Manuan river from the south meet near Manouan station on the trancontinental line of the Canadian National Railways. This is the starting point for an interesting route which first ascends the Manuan and Mondonak rivers, then turns westward by a series of typical northern lakes to Nemikachi lake. The return journey is made by leaving Nemikachi lake at its northern end and portaging to Dore lake, then to Tobacco bay, one of the many arms of sprawling Kempt lake, or as formerly called Wabaskoutyunk lake. A marine railway solves the problem of the mile and a half portage to Manuan lake, then the Snake portage is crossed to Sassawatisi lake and the starting point reached by paddling downstream on the Manuan river.

Fishermen are warned to use their largest troll and strongest line as the pike in the rivers, and the trout in the lakes run quite large. The hunter should have good sport in the fall as this route is through a section especially good for moose.



SPECKLED TROUT FOR BREAKFAST.

Almost Too Beautiful to Eat.

## PERIBONKA RIVER

*One hundred and twelve miles—Seven days*

The Peribonka river is famous for the monster ouananiche and trout that are found in its upper lakes, and for the enormous pike that roam its waters. With good guides the trip may be comfortably made, and it is one of deepest interest to the woodsman and paddler. Many chutes and falls are encountered before lake Tschotagama is reached. Lofty mountains almost entirely enclose that beautiful body of water which hides in its depths ouananiche, trout and pike. There are many noted fishing waters in the vicinity that may be easily reached.

## LAKE EDWARD AND BOSTONNAIS RIVER

*Seventy-five mile—Six days*

Lake Edward is the hub from which many canoe trips radiate through virgin forest dotted with enchanting lakes, whose waters hide speckled trout and other species of game fish. Many guides' camps are scattered throughout the district, consequently the portages are well marked and clear.

## LAKE ST. JOHN TO LAKE MISTASSINI\*

*Three hundred miles—Forty-two days*

This route is well known to the Cree Indians who come down annually for their winter supplies, and is also familiar to many trappers and prospectors, but the outsider would be well advised to secure competent and experienced guides. The trip makes a never-to-be-forgotten holiday, as it traverses the Ashuapmuchuan river, whose waters are as difficult as its name, and many charming mountain lakes and streams before the height of land is crossed. After threading the maze of islands in lake Obatogamau and on into lake Chibougamau, the range of hills appear behind which lies lake Mistassini. The return may be made by File-axe lake and the riviere du Chef.

## LAKE MISTASSINI TO HUDSON BAY\*

*Three hundred and eighty miles—Forty-five days*

A continuation of the preceding route offers the ne plus ultra so far as adventurous canoeing is concerned. From lake Mistassini the course of the Marten river is followed through a chain of lakes connected by stretches of river. Many a portage and rapid will test the brawn of the traveller before the junction with the Rupert river is made. From here onward the current is faster and the route then crosses Nemiskau lake and follows on down river to Rupert House.

## RICHELIEU RIVER—SOREL TO LAKE CHAMPLAIN

*Seventy-five miles—Four days*

Three hundred years have elapsed since the Richelieu river entered into the making of Canadian history. In 1609 Champlain ascended the river with a party of Montagnais and its current since that has borne the birch barks of Indian war parties and the batteaux of French and English contenders. Fortresses were built and at Chambly the canoeist may see the imposing ruins of Fort Chambly. On Ile-aux-Noix, ten miles from the international border, is the equally interesting Fort Lennox.



ON THE MATAPEDIA RIVER.

Sentinel Hills Silently Guard its Course.

The river in great part flows through a beautiful pastoral country, where quaint scenes and old customs remain, and the inhabitants till their fertile fields in peace and safety. Even the few rapids in its course have been tamed by the construction of canals.

The cruiser continuing his trip beyond the border may reach New York by this route.

## OTTAWA RIVER—HAILEYBURY TO MATTAWA

*Ninety miles—Six days*

The canoeist looking for adventure will find that this route calls for brawny arms and sturdy legs. The Long Sault rapids extend about six miles below the foot of lake Timiskaming, and as the railway is convenient, this method of travel should be utilized to avoid the dangers of the river. Fourteen miles of paddling down Seven League lake is followed by river travel broken at three places by dangerous rapids.

## OTTAWA RIVER—MATTAWA TO PEMBROKE\*

*Ninety-five miles—Eight days*

For fifty miles below Mattawa, the Ottawa river is a series of quiet stretches broken at intervals by heavy rapids which are passed by more or less lengthy portages. The Des Joachims are the final obstruction and below this the steamer channel is followed for the remaining forty miles to Pembroke. For the greater part of the route the river flows between steep slopes of the Laurentian mountains, and the scenery partakes of the ruggedness of these hills.

## OTTAWA RIVER—PEMBROKE TO OTTAWA\*

*One hundred and ten miles—Ten days*

From Pembroke the route leads through the Culbute Channel and down along the northern channel past Calumet island to Portage du Fort. This portion of the route necessitates many portages past rapids and is in distinct contrast with the remainder of the trip. Lac des Chats is an expansion of the river and as one proceeds down stream numerous towns and summer resorts are passed. Below Arn-prior the lake contracts to river width and in this stretch are several islands through which the route leads to the power dam at the Chats Falls over which a portage is made and the canoeist reaches lake Deschenes at Fitzroy Harbour. Leaving the falls, the run down the lake is a delightful one as many picturesque points and bays afford excellent campsites. The Laurentian hills parallel the route on the north for a considerable distance before the Deschenes rapids, about five miles above Ottawa, bar further progress.

## OTTAWA RIVER—OTTAWA TO MONTREAL\*

*One hundred and twenty miles—Eight days*

To the canoeist whose fancy demands a trip with long stretches of clear paddling between camps and a minimum of portaging, this portion of the Ottawa river provides just such a route. Winding amongst islands and through expanses of the river forming charming lakes,



the route offers little difficulty to the average paddler. The rapids about midway on the journey are the only obstruction, and these are easily overcome by the Grenville canal. Many historic spots and charming scenes lie along the way, while prosperous towns and farms conveniently situated close to the river provide all necessities that may be required.

OSKELANEO TO LAKE CHIBOUGAMAU AND MISTASSINI\*

*Two hundred and eight miles—Twenty days*

The building of the transcontinental line of the Canadian National Railways and prospecting activity in the Chibougamau area have brought into prominence an interesting route leading north from Oskelaneo. Lakes, streams, and but two short portages take one over the first ten miles of the trip north from the railway, then follow sixty miles through a connected chain of lakeland waterways without portages. Beyond this lakeland, the route passes through a heavily wooded country where there are charming lakes not too large to cross in windy weather and where all but the easiest rapids are passed by portage trails. Sites for camps are usually located at the portages owing to the density of the forest growth. Streams, ponds, portages, and all the essentials of an enjoyable canoe trip are found in journeying north to the height of land, across which a portage leads to Obatogamau lake with its intricate bays, long, crooked points, and multitude of islands. A few miles onward lake Chibougamau is reached, then lake Wakonichi is traversed, a few portages made and the canoe glides into lake Mistassini. Moose and bear are found throughout this region and the waters have pike, pickerel, and lake trout.

OSKELANEO TO SENNETERRE

*Two hundred and thirty-five miles—Twenty-one days*

Large lakes, small lakes, winding rivers, and streams, good rapids and swift currents to shoot, plenty of fish and game, and a picturesque and little travelled country is the description which applies to the canoe route which runs north of the transcontinental railway between Oskelaneo and Senneterre. Westward from the Gouin reservoir the route crosses the height of land and follows an interesting chain of waterways to the St. Cyr river and on to the Migiskan river. Much of the route is well marked by fire patrol signs but in the seventy miles which lie between Obiduan post and the St. Cyr river the cruiser will have to depend on his woodcraft and sense of direction to get through. Notwithstanding the number of lakes and streams on this route there are but twenty-one portages where duffle has to be carried over and most of these are fairly short.

## MCGREGOR LAKE AND BLANCHE RIVER

*Sixty miles—Four days*

In the foothills of the Laurentian mountains, not more than twenty miles in a straight line northeast of Ottawa, lies McGregor lake and a cluster of other beautiful lakes threaded together by alluring waterways. The scenery is wonderful although the hills are not high. In the region are many lakes offering exceptional opportunities



WHERE WHITE TENTS GLEAM.

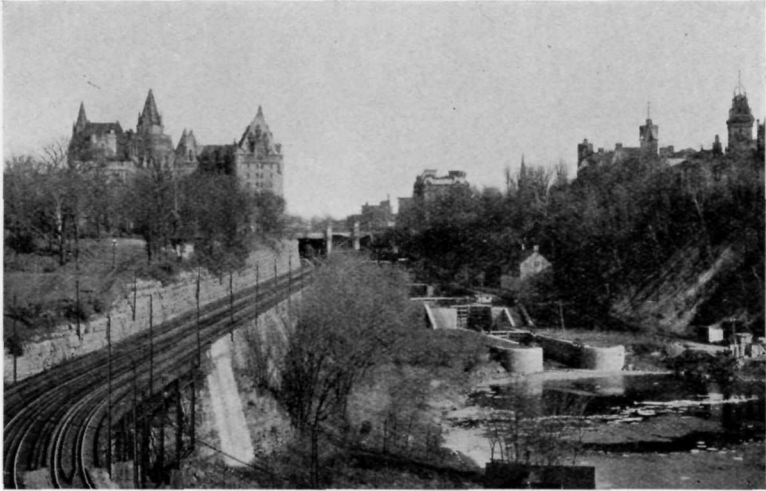
In Spots like this the Cares of City Life are Forgotten.

for small-mouth black bass fishing, while in others speckled trout lie ready to take the fly. In the pools of a number of streams are brook trout which add variety to the piscatorial offerings of the region.

The trip is usually made by ascending the Lievre, turning westward through the lakes, then south down the Blanche to the Ottawa river.

## ONTARIO

It would be difficult to place one's finger on a map of Ontario without its being in proximity to a good canoe route. Provincial parks, canal systems, rivers large and small, rapids, falls, lakes, still-waters and all the pot-pourri for a memorable canoe trip are here waiting the devotee of the paddle. Whether it be a cruise through a well settled region or an adventurous journey through the wilderness, or to Hudson bay, the canoeist will find in this province a vast and varied store of lakes and streams.



ENTRANCE TO RIDEAU CANAL AT OTTAWA.  
Junction of Rideau and Ottawa River Routes.

The building of railways and the opening of roads have made numberless canoe routes easily accessible. Many beautiful lakes hitherto hard to reach are accessible to the motorist who may carry his duffle and canoe past obstacles to navigation and emerge directly upon the shores of lake or river.

## KINGSTON TO OTTAWA\*

*One hundred and twenty-six miles—Seven days*

For those whose desires encompass a trip through a lakeland region where touch with civilization may at all times be maintained, if desired, the Rideau route is one of the many popular ones which in Ontario falls into this category. The course follows the military canal built in earlier days by Colonel By, but the evidence of the man-made channel is not mainly apparent except at the locks. The larger part of the route is through many charming lakes where campsites abound in hidden nooks, where one may be in privacy even though civilization does lie just beyond the bend. Many fertile farms and thriving towns are situated along the way, making supplies easily available. Fishing, bathing, tennis, golf, sailing, and hunting are some of the attractions of this romantic waterway where the scenery of itself is sufficient inducement. Excellent accommodation is furnished by hotels and boarding houses conveniently placed.

## MISSISSIPPI RIVER

*Seventy miles—Five days*

One of the less strenuous trips may be taken on the Mississippi river and will provide an ideal holiday with enough exercise to keep one in trim. Farms and towns along the way will supply one's larder with all the luxuries of home, which are unattainable if a route through the wilderness is chosen.

## TRENTON TO LAKE SIMCOE\*

*One hundred and eighty miles—Nine days*

A very popular trip, somewhat similar in nature to the Rideau route, is through the Trent canal and the heart of the Kawartha Lakes region. Many old towns are passed en route and the hydraulic lift locks at Kirkfield and Peterborough are very interesting to see. The route winds through many lakes where the fishing is excellent, past prosperous farms and sparsely settled districts, and eventually leads to lake Simcoe. Many hotels and boarding houses along the way provide excellent accommodation.

## NEWMARKET TO WAUBASHENE\*

*Ninety-two miles—Four days*

The pleasures of the Trent Waterways trip from Trenton to lake Simcoe usually fill one with a desire to continue to the end of the system. The country around lakes Simcoe and Couchiching is highly cultivated and there are numerous hotels and summer resorts where excellent accommodation is assured. Those who live under canvas will find ideal camping spots and conditions peculiarly adapted to make their trip enjoyable. Beyond Washago the country is more rugged and the trip ends at the popular fishing and camping resort of Waubashene on Georgian bay.

## CEDAR LAKE TO PEMBROKE\*

*Eighty miles—Seven days*

A run down the Petawawa river will give the white-water canoe-man ample opportunities for displaying his skill. The scenic splendors and other inducements make this trip well worth while for the adventurous.

## NORTH BAY TO MATTAWA\*

*Fifty miles—Five days*

A splendid holiday trip may be enjoyed cruising from lake Nipissing eastward, by lake Talon and along the Mattawa river to its junction with the Ottawa. Excellent fishing and many picturesque and interesting spots combine to prevent one from hastening over the route.

## ALGONQUIN PARK—CACHE LAKE TO CEDAR LAKE\*

*Fifty-six miles—Five days*

The deep and beautifully clear lakes of Algonquin Park have cast their charm over the many canoeists lucky enough to have dipped a paddle in their rippling waters, and every year these enthusiasts return along with a host of initiates to this enchanted region. When one thinks of the high rocky shores with their verdant cover, which screen these gems of lakes from high winds, the connecting channels obviating portages between many of the lakes, the gamy trout thriving in the clear cold waters, the wild life of the region living in security and therefore not too shy, the invigorating fir-laden breezes and the general atmosphere of a wilderness which seems to welcome instead of holding aloof, then one understands the popularity of Algonquin Park.

## ALGONQUIN PARK—CEDAR LAKE TO LONG LAKE\*

*Seventy-eight miles—Seven days*

As an independent trip or as a return route in conjunction with the preceding, one may look forward to interesting days journeying southward to Whitney station. Several pretty falls are passed as the course circles down to lake Lavielle and on to Big Crow lake. The angler will test his tackle to the utmost while the lover of natural beauty will be well rewarded on this cruise. Opeongo lake, one of the largest in the park, offers a cruise in itself, with many large arms and bays awaiting exploration. The last stages of the journey follow Whitefish and Rock lakes in close proximity to the railway.



ISLAND LAKE.

One of the Many Beautiful Lakes in Algonquin Park.

## ALGONQUIN PARK—CEDAR LAKE TO MCCRANEY\*

*Eighty-one miles—Eight days*

To the paddler who wishes to be completely cut off from communication with the outside world, this route through the more remote portion of Algonquin Park will appeal. Turning westward from Cedar lake and following a chain of large lakes, Cauchon, Mink, Kiosh Koqui, Manitou and Tea, the route then develops into a series of streams, small lakes and portages leading southward to the railway crossing the southern portion of the park. To repeat in order the names of the dozens of lakelets traversed on this stretch of the journey would make a good memory test.

## HUNTSVILLE TO ALGONQUIN PARK\*

*Forty-nine miles—Four days*

While no motor road leads in to Algonquin Park itself, one can reach Huntsville quite easily by automobile or by rail and continue the journey by an interesting canoe trip into the heart of that wonderful playground. The route touches the famous lake of Bays, follows the Oxtongue river and crosses several lakes into the centre of the southern portion of Algonquin Park. Excellent fishing can be looked forward to on this route as well as splendid scenery.

## PORT PERRY TO ALGONQUIN PARK\*

*One hundred and thirty miles—Ten days*

Launching one's canoe in lake Scugog and steering northerly, many interesting and picturesque sights will greet the traveller before reaching his destination. From the point of departure the route leads through a portion of the Kawartha Lake region and by a network of lakes and streams into the heart of Algonquin Park. The portages are not numerous and are mostly easy to travel. The angler will find employment for his skill, the nature student subjects galore, and the camera enthusiast will run out of films before exhausting the possibilities of this trip.

## BURK'S FALLS TO BYNG INLET

*Seventy-nine miles—Six days*

The Maganatawan river is one of the many flowing into Georgian bay that call to the canoeist. Leaving the railway, the river is followed through lakes Cecebe and Ahmic and on down past numerous rapids to Georgian bay. The country traversed furnishes excellent sport both for the fisherman and hunter, while numerous splendid campsites are available.

## FRENCH RIVER—LAKE NIPISSING TO GEORGIAN BAY\*

*Eighty-four miles—Seven days*

Leaving North Bay the run across lake Nipissing to the mouth of the French river is made by steamer, as the lake is too large to allow of its safe navigation in a canoe. This route is a portion of that taken by the traders and trappers in the journeys from east to west, and, while there are several rapids to negotiate, little difficulty need be experienced on the trip. The usual thrills, scenery and sport necessary to complete the enjoyment of a cruise are here offered without stint.

## WOLSELEY AND MURDOCK RIVERS

*Sixty-four miles—Six days*

The waters of these rivers drain a large territory north of the French river and are yearly becoming more popular with canoeists as their many charms are known.



RESTING AT THE PORTAGE.

## PICKEREL RIVER

*Sixty miles—Six days*

Closely paralleling the French river, with which it joins forces and flows into Georgian bay, the Pickerel river takes one over an enchanting water route into a wilderness replete with the things dear to the heart of the out-of-doors man or woman. It is the key to many peaceful lakes, murmuring streams, thunderous rapids, and deep pools where the gamest of the finny tribe await the angler's lure.





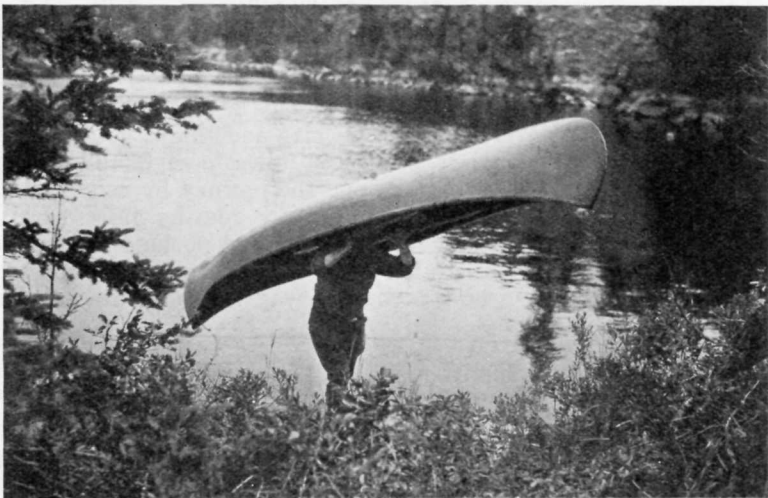
READY TO PORTAGE.  
Note Paddles Lashed to Thwarts.



THE ROLL UP.  
Preliminary Steps in Portaging.



THE SWING OVER.  
Easy When You Know How.



ON THE WAY.  
The Last Step, and Sometimes the Longest.

## LAKE HURON TO TIMAGAMI\*

*One hundred and fifty miles—Twelve days*

The diversity of routes through the country north of lake Huron is well shown by the itinerary of the canoeist who cruises along the Whitefish river, Long lake, Wanapitei river and lake and thence across a network of lakes and streams to lake Timagami. Wonderful experiences and material for future campfire tales are in store for the one who paddles this route.

## TIMAGAMI FOREST RESERVE\*

*One hundred and twenty miles—Six days*

The very name of Timagami arouses the spirit of adventure in anyone seeking a holiday away from the convention of civilized settlement. Here in this fairyland of beautiful forests, lakes, and streams, one may lose himself for an indefinite period and regret the approach of the day marking the end of his vacation. One of the many routes leading through this wonderland, opens up the mysteries of lake Timagami and displays the beauties of Lady Evelyn lake before following the marshy Matawabika river and on through Animanipissing lake back to the starting point. Thousands of islands, splendid fishing and good campsites furnish many pleasant memories after the canoe and paddle are stored in winter quarters.

## MISSISSAGI RIVER\*

*Two hundred and seventy-five miles—Fifteen days*

The first part of this alluring trip threads a maze of picturesque pine-rimmed lakes of every conceivable size and shape, and then the route follows the Mississagi river for 150 miles to Slate falls. Here a portage is made to Basswood lake and the journey by canoe ended. Amongst the attractions this trip offers are roaring falls, surging rapids, placid lakes, well cut and clearly marked portages, which are mostly short, and a forty-mile rapid which can be run without stepping out of the canoe. The fishing along the way has been described as wonderful.

## FRENCH RIVER TO SAULT STE. MARIE\*

*Two hundred and twenty-two miles—Twelve days*

The major portion of this route lies along the northern shore of lake Huron and while an exciting and enjoyable one, if made with an outboard motor, it is liable to be fairly strenuous and is not recommended to the canoeist depending upon a paddle alone.

## STEEL RIVER\*

*One hundred and seventy-five miles—Ten days*

An interesting trip covering virgin territory originates at Jackfish on the line of the Canadian Pacific Railway skirting the north shore of lake Superior. The route affords splendid fishing, exceptional scenic attractions, and unusual opportunities for wild-life photography. Short portages lead northward through a chain of narrow, island-dotted lakes to a final run of twenty-two miles to the end of Steel lake, where the route swings over to Makwa lake. The return journey leads through a mountainous country, down the Steel river to the starting point.

## JACKFISH TO OGAHALLA

*One hundred and fifty miles—Twelve days*

From the north shore of lake Superior, by lake, stream and portage, the canoeist reaches the height of land. Then comes fifty-six miles of paddling on Long lake, which has an average width of two miles. The scenery is beautiful, especially at the upper end of the lake, and the fisherman will be rewarded by catches of lake trout from 5 to 30 pounds, also pickerel and whitefish. Most of the small streams flowing into Long lake are full of speckled trout averaging from  $\frac{1}{2}$  to 5 pounds. On reaching the end of the lake the Canadian National railway is reached, and the Kenogami river is then followed to Pine lake and on to the entraining point, Ogahalla.

## KENORA TO SIOUX LOOKOUT

*One hundred and thirty miles—Ten days*

The Lake of the Woods region on account of its bracing air and many other attractions is yearly becoming more popular. From this lake-land the route runs northward along the Winnipeg and English rivers to lac Seul and down to Pelican lake. The trip is one for the adventurous as it runs through the outskirts of civilization.

## MINAKI TO EAGLE RIVER

*One hundred and eighty miles—Fifteen days*

Variety in scenery and fishing, the characteristics of the waterways traversed, numberless side trips to adjoining lakes or tributary streams, and the several points at which the trip may be started or completed, all conduce to make this an interesting route. Leaving the railway in the Lake of the Woods region, the first waterway travelled southward is the Winnipeg river, then the canoe glides across many lakes and streams northward to the English river and circles east, then south by Wabascong lake, to the Wabigoon river, and the railway.

## FORT FRANCES TO ATIKOKAN

*One hundred and forty miles—Eight days*

From Fort Frances, on the international boundary just across Rainy river from International Falls, Minnesota, one can embark on several routes to far away Hudson bay. Crossing Rainy lake this route follows smaller lakes and streams, through a country seemingly made especially for the benefit of the canoeist, to the Canadian National railway at Atikokan, 143 miles west of Port Arthur. The fisherman will find trout, pike, and pickerel in plentiful supply.



FALLS ON THE NIPIGON.

Where Nature's Alchemy turns Blue Water to White.

## ATIKOKAN TO IGNACE

*Ninety-six miles—Six days*

Extending north from the Minnesota-Ontario boundary the lakes of the Rainy River district provide many canoe trips of long or short duration and by linking several of these they form a complete route over which one can travel to Hudson bay. From Atikokan, this route, serving as a second link in the chain, follows the Atikokan river and many lakes and streams to Agimak lake and Ignace, a station on the Canadian Pacific railway, 150 miles west of Fort William. Clearwater and White Otter are the largest lakes on the route, but a score or more of smaller lakes add interest to the waterway. Good fishing and hunting are points which incline the sportsman to favour this region.

## IGNACE TO SIOUX LOOKOUT

*Ninety miles—Six days*

From Ignace the route leads northward and forms the next-to-last link in a route leading from the Minnesota-Ontario boundary through a region of lakes and streams famous as the haunts of fish and game, to the Albany river and Hudson bay. After leaving Ignace the route traverses several fine lakes; then the English river is followed to beautiful Minnitaki lake with its numerous islands. After passing the chutes into Abram lake the railroad is reached at Sioux Lookout.

## SAVANT LAKE TO OMBABIKA\*

*Three hundred and seventy-five miles—Thirty days*

Paddling northward from Savant lake, on the Canadian National transcontinental line, the canoeist is immediately claimed by the wilderness and journeys through a region that is a vast network of lakes and streams, many of these being unnamed or uncharted. The only contacts with civilization, after leaving the railway, are made at isolated posts, until the end of the journey is accomplished at Ombabika. The canoeist may go by the Albany river, or by the Ogoki river, the latter route being shorter by 125 miles. The course leads northward by many lakes and streams, east by either river, then southward up over the height of land and down the Ombabika river to the railway.

## NAKINA TO CAVELL

*One hundred miles—Seven days*

The Nipigon region has long been famous for its trout, and the canoeist travelling over this route, paddling through practically untouched country northeast of lake Nipigon, will no doubt return with many pleasant memories and a good stock of fish stories. Leaving the railway at the Twin lakes, the course leads northward by the Drowning river to the mouth of the Wababimiga river, which enters from the west. This river is followed to Wababimiga lake, and then several smaller lakes lead to beautiful Esnagami lake and back to the railway.

## FORT FRANCES AND HUNTER ISLAND\*

*Three hundred and forty-seven miles—Twenty-one days*

An enjoyable and popular trip is the one through a portion of the Rainy Lake district and Quetico Park, following the international boundary, then looping Hunter island and returning to Fort Frances.

The route may be shortened by about 100 miles if the course is changed near Sturgeon Narrows and a chain of lakes followed northerly to the railway at Kawene. This trip offers much in the way of sport and adventure, as the scenery is picturesque, game is much in evidence, fish are plentiful and the portages are kept well open.



WHITE WATER ON FRENCH RIVER.

Coolness and Quick Action Needed for this Work.

FORT FRANCES TO SIOUX LOOKOUT\*

*One hundred and fifty-six miles—Eight days*

Fort Frances is the gateway to many enjoyable canoe trips threading the waterways of the Rainy Lake district. The route suggested follows an interesting chain of streams and lakes—Sphene lake, Pickerel, Manitou, Minnitaki and many others offer excellent campsites on islands and headlands. Lake trout and black bass can be caught en route and many enchanting spots tempt the angler to linger. Exploratory side trips reward the fisherman with the discovery of many lakes that afford excellent sport. Guides, canoes, and camp equipment can be secured at Fort Frances or at Sioux Lookout if the canoeist wishes to reverse the route.

## RAINY RIVER TO PIPESTONE LAKE AND RETURN\*

*Two hundred miles—Sixteen days*

The Lake of the Woods region is a vast network of lakes, and it is a problem for the canoeist to select one trip from the many excellent ones available. One route leads to Sabaskong bay and Nestor's falls and on eastward to Pipestone lake where still can be seen the quarries from which the Indians procured stones for pipes. The course turns north from this lake to lake Rowan, then west to Whitefish bay in lake of the Woods, then to Sabaskong bay where the route is retraced to Rainy river. Wilderness scenery and deep lakes with gamy bass, maskinonge, and trout haunting their clear waters are some of the inducements which tempt one to pitch his tent on a few of the many fine camping spots that this route affords.

## SIOUX LOOKOUT TO RED LAKE AND RETURN\*

*Three hundred and seventy-eight miles—Twenty days*

Adventure, sport, and the pursuit of wealth have all had their share in drawing men to the region north of lac Seul and the English river. This route traverses lac Seul from end to end, then follows the English river down past Ear falls to the Chukuni river which is ascended through Pakwash, Gullrock and Keg lakes to Red lake. Here one may see all the activity of a new mining district and then turn aside by the Medicine-stone and Long-legged lakes to Wilcox lake on the English river. From this point the route turns eastward by the Manitou falls and on to lac Seul where the route used coming in is retraced to Sioux Lookout. The region abounds in game including moose, deer, and bear for the sportsmen intent on the larger animals. Goose, duck and partridge are also abundant, and the angler who cruises through this district will long remember the wonderful sport it offers. Innumerable lakes lie beyond the course of the route outlined which is through a well wooded country. The trip offers many interesting and novel features.

## SIOUX LOOKOUT TO FORT ALBANY\*

*Five hundred and eighty miles—Thirty days*

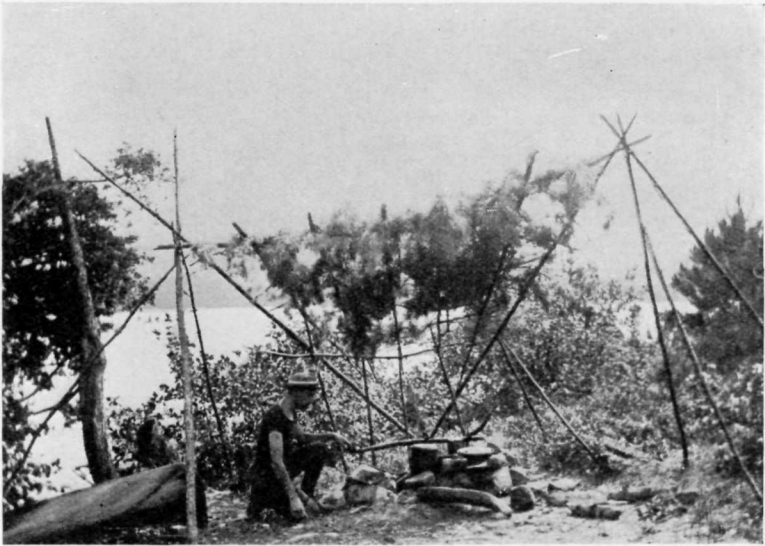
The variety of routes offered by the Province of Ontario ranges from civilization to wilderness, and this one, through the northern part of the province, falls in the latter class. Leaving the scattered settlements along lac Seul and lake St. Joseph the first half of the journey is accomplished by many portages along the river which is a series of expansions forming long narrow lakes. At Martin falls the last portage is made, and the remainder of the run down the river to Fort Albany, a distance of 250 miles, is negotiated without difficulty. Fish and game are plentiful along the route.



## MCDUGALL MILLS TO VINCENT LAKE AND SIOUX LOOKOUT\*

*One hundred and sixty-three miles—Fourteen days*

Lying to the east of lac Seul and between lake St. Joseph and the main line of the Canadian National railway is a region of hundreds of lakes which in the majority of cases run to length instead of breadth. Unspoiled and uninhabited, yet so easy of access by canoe from the railway it is a wonder that this district has so far escaped being overrun by vacationists. For several years, however, the canoeist may feel that he has in this area a virgin field for cruising, where the lakes are connected by streams or short portages, and where there is very little difficult water to navigate.



CAMP CHEF AT WORK.

An Important Member of Every Party.

New maps of this area, developed from aerial photographs, show myriad lakes and connecting waterways covering the blank spaces on maps of comparatively recent issue. The route through Marchington, Stranger, Kimmewin, Fairchild, and Hooker lake to Vincent lake, and return to the railway at Sioux Lookout through Ghost, Spirit, Raggedwood, and other lakes is only one of the many possible routes through this region.

The fishing for pike and pickerel is excellent throughout the trip. The game consists of moose, deer, bear, and a few caribou, and amongst the wildfowl are duck.

## MORRISON RIVER\*

*Seventy miles—Seven days*

Leaving the railway near Shekak, the river is followed northerly, encountering several rapids and portages to the junction with the Nagagamis river, which is then followed to Nagagamis lake. Many excellent fishing pools and picturesque falls will have been passed before reaching that lake, which possesses many scenic attractions and fine campsites on its shores. Several small lakes form a connecting link with the Nagagami river which flows northward to the rail-



ON THE RIDEAU.

Cozy Nooks are not Hard to Find.

way, near Ameson. Several portages are necessary on the latter stretch, all of which are short, with the exception of one which is a mile in length.

If desired, the southern route may be followed from the Nagagami river. This leads up the river to Nagagami lake and along the Obakamiga river, rejoining the railway at Tondern. No hotels or accommodation are available and it is necessary therefore to carry tents and supplies.

## ISLAND FALLS TO MOOSONEE\*

*One hundred and forty-eight miles—Twelve days*

For the adventurous canoeist, the trip down the Abitibi river to its junction with the Moose and on to Moosonee, (formerly called Moose Factory), on James bay offers many thrills to compensate for

the difficulties it entails. The condition of the water, high or low, has considerable effect on the nature of the trip and as to whether or not the main river should be followed or detours made by small connecting lakes. Experienced guides are essential for the trip, and because of the discomfort of flies earlier in the season, September is the month recommended.

JACKSONBORO TO MOOSONEE\*

*One hundred and eighty-eight miles—Fifteen days*

Paralleling the preceding route and a short distance west, a trip of similar nature is the one down the Mattagami river to Moosonee. The same remarks are applicable to either course.

MICHIPICOTEN TO MISSINAIBI\*

*Fifty-nine miles—Four days*

From lake Superior this route follows the Michipicoten river and on through a chain of lakes ending at Dog lake near the height of land. Several picturesque rapids and falls are passed, giving the canoeist an introduction to the north country for which this route serves as a gateway.

MISSINAIBI TO MATTICE\*

*One hundred and forty-seven miles—Ten days*

Six miles above the railway the end of Dog lake is reached and the short portage made over the height of land into Crooked lake. The route then follows along Missinaibi lake and river through virgin forest where the fishing and hunting are exceptionally good. Numerous rapids are encountered before the end of the journey, but the portages are all well cut.

MATTICE TO MOOSONEE\*

*Two hundred and three miles—Twelve days*

The Hudson's Bay Company uses this route for transporting goods between Moosonee and points to the south. The condition of the water for travelling is best in the spring or early summer, for then the water is high; during this season the route is the easiest one to James bay.

WINNIPEG RIVER—KENORA TO WINNIPEG

*Two hundred and forty miles—Fourteen days*

There is a fascination in following the old fur-trade routes and the Winnipeg river has much to offer in historical, romantic, and legendary interest as well as much fine scenery and excellent sport. Along this river passed Sieur de la Verendrye, Sir Alexander Macken-

zie, Sir John Franklin, and other well-known explorers. On its current in 1870 were borne the boats and canoes of "The Red River Expedition," under the command of the late Lord Wolseley. Along its shores were built the posts of the traders from New France, the Hudson's Bay Company, and its rival the North West Company. Since the advent of the railroad the Winnipeg river has fallen from its greatness as a transportation route but it still is a medium of travel for the hunter and fisherman. In recent years it has been the scene of great hydro-electric activity.

The river flows north and westward from lake of the Woods to lake Winnipeg, expanding into lake-like bodies of water with little or no current, and again narrowing into congested channels forming rapids and falls of greater or less turbulence. There is fishing en route, deer and bear can be seen from the canoe, and at night the long drawn howl of the timber wolves impresses upon the canoeist that he is in the wilderness. The scenery, rugged in places, calls for the inclusion of a camera in one's equipment. There are rapids to run and beaten portage trails past unrunable water.

## MANITOBA

To the north and east of lake Winnipeg, will be found many water trails leading to seldom visited lakes and every variety of country, from open prairie to rock and water and heavily forested areas.

## CROSS LAKE TO CROW DUCK LAKE AND RETURN

*One hundred miles—Seven days*

Tucked away in the southeast corner of Manitoba lies an interesting route running north from Ophir, on the Canadian National railway, by Cross lake and the Whiteshell river to the Winnipeg river. Turning eastward it touches the Ontario boundary and continues southward by Crow Duck lake and Whiteshell lake back to the starting point. The traveller over this route will discover that the rushing streams of Manitoba are not all confined to its grain elevator chutes, and besides rippling wheat fields the province also possesses many rippling lakes.

## LAKE WINNIPEG TO GODS LAKE AND ISLAND LAKE

*Three hundred and fifty miles—Thirty days*

Eastward from the northern extremity of lake Winnipeg a series of lakes and streams take the canoeist through a barely explored region extending to the Ontario boundary. The route leads along Playgreen lake to Norway House and on by the Echimamish river to Oxford House on the lake of the same name. From this point the course turns southward to Gods lake and on to well named Island lake, where the surface is dotted with thousands of islands of various sizes and forms. So numerous are these islands that it has been estimated they approximate in area that of the water.

## BERENS RIVER TO PORT SEVERN\*

*Seven hundred and fifty-miles—Fifty days*

Adventure and romance are linked with the name of Hudson bay and it is the mecca to which the venturesome canoeist turns when looking for a trip out of the ordinary. The routes leading to it are varied and approach it from the east, south, and west. An interesting one from the latter direction is via the Berens and Severn rivers. From lake Winnipeg the Berens river is followed to a chain of lakes and streams extending some hundreds of miles eastward from the Ontario boundary. Many of these lakes are large; at least three of them are

over forty miles in length. The upper Severn river is followed to Severn lake where the route detours by Trout lake and the Fawn river, rejoining the Severn lower down and following it to Fort Severn. The route leads through a wilderness region where game and fish abound but portages are numerous and one needs to be well equipped for the strenuous journey.



THE ROAD TO THE WILDERNESS.  
Canada's Waterway's provide an Unlimited Choice of Routes.

#### NORWAY HOUSE TO YORK FACTORY\*

*Three hundred and seventy-five miles—Twenty-five days*

The Hayes river, which this route follows, has been the avenue of communication between the northern part of Hudson bay and the interior. By it the Hudson's Bay Company brought from the bay annually the great quantity of goods used for the fur trade of the whole interior country, and it is still used for the more limited communication that is maintained between lake Winnipeg and the bay.

From lake Winnipeg the route follows the Nelson river to the Echimamish river which is then followed eastward to Oxford lake and island-studded Knee lake. Ten miles beyond is Swampy lake, a narrow strip of water and the last lake on the route. Beyond this lake the river is a labyrinth of islands for nearly twenty miles, and the current is broken by a great number of rapids, all of which, however, may be run by boats. The trip ends at York Factory on Hudson bay.

## THE PAS TO PORT NELSON\*

*Six hundred and forty-four miles—Thirty-two days*

The last link in a canoe route from the far side of the Rocky mountains to Hudson bay, takes one through a region formerly occupied by Indian trappers and hunters. The discovery of copper and gold ores has attracted many prospectors to the district and evidence of their operations are particularly evident in the vicinity of Wekusko lake. Pike and pickerel may be caught while the hunter enjoys good sport with both large and small game. Experienced guides are indispensable for a trip of this nature.

The route leads through Reed, Sandy, Wekusko, and many other lakes before junction is made at Split lake with the Nelson river which is then followed down to Port Nelson.

## SASKATCHEWAN AND ALBERTA

The great rivers of Western Canada offer much of interest and novelty and at the same time, routes which can be made long or short as fancy dictates. Portages past rapids and falls are just frequent enough to provide a change of exercise and prevent monotony.

## JASPER TO ATHABASKA LANDING\*

*Three hundred and fifty miles—Twelve days*

The canoeist who follows the Athabaska river from Jasper to Athabaska Landing will graduate from the novice class if he has not already done so. The first part of the journey is through the mountains and foothills, then follow long clear stretches of river and portions where the islands are thickly dotted, splitting the current into many channels. There are quite a number of rapids but these are of a character that need cause no alarm to careful canoeists. Several sizable streams are tributary to this portion of the Athabaska and open up a way to regions of excellent fishing and sport.

## LOVETT TO ENTWISTLE

*Two hundred miles—Ten days*

The Pembina river carries the canoeist through a region wooded with jack pine, spruce, and poplar. Trout, grayling, and jackfish are plentiful, also goose, teal and mallard. No portages, good campsites, and unsurpassed scenery add to the enjoyment of this trip.

## ROCKY MOUNTAIN HOUSE TO EDMONTON

*Two hundred and fifty miles—Ten days*

Those who have taken the trip down the Saskatchewan river, report that while it is an enjoyable trip it is also strenuous.

## PEACE RIVER TO MCMURRAY

*Seven hundred miles—Twenty days*

The Peace river carries the canoeist northward past Fort Vermilion and Red River Post, then along the southern boundary of Wood Buffalo Park and on to lake Athabaska. Crossing this lake the Athabaska river is ascended southerly to McMurray.



## MCMURRAY TO THE PAS\*

*Seven hundred and sixty-three miles—Thirty-six days*

Following the Churchill river and a string of lakes and streams, the canoeist passes through many waterways and treads many of the trails worn by the fur traders and Indians for hundreds of years. The route crosses the northern parts of Alberta, Saskatchewan, and Manitoba, and though it was once well travelled it is now difficult to secure guides that are familiar with the route from end to end. The most satisfactory procedure is to make the trip in stages, engaging guides from post to post.



PEACE RIVER.

Flowing by Mountain, Wood and Prairie.

The Clearwater river is first followed, then the Methy portage is crossed to Methy lake. The Methy river is followed to Peter Pond and Ile-à-la-Crosse lake, then the Churchill river with its many lake-like expansions forms the course for the next two hundred miles. The route leaves the Churchill at Frog portage and enters a chain of lakes and streams leading to Cumberland House and the Saskatchewan river which winds down to The Pas.

Many interesting spots are located on this route and trout, pike, and pickerel may be caught. Game and wild-fowl may also be had in season.

LITTLE TROUT, CREAN, AND HEART LAKE ROUTE, PRINCE ALBERT  
NATIONAL PARK\*

*Seventy-five miles—Six days*

The ideal canoe trip is hard to define, but the canoeist who is fortunate in having an opportunity to cruise through the Prince Albert National Park in Saskatchewan, will be in an excellent position to give an opinion as to what the main features should be. The park is reached by way of Prince Albert, which is on the Canadian National railways and is the principal outfitting point for northern Saskatchewan.

At Primeau Landing on Waskesiu lake the canoe is launched and the south shore followed to the Narrows where spruce sentinelled points thrust out to meet birch and poplar crowned counterparts. Long sweeping beaches invite one to tarry but the mystery of the unknown draws one on to further exploration and the forestry cabin at the head of the lake.

A mile and a half beyond is Kingsmere lake and here again sweeping beaches greet one. Not wishing to miss any of the pleasures of the cruise, a side trip is made across two short portages and a small lake to the southern end of a lakelike bay extending from midway of the western shore of the main lake. Little Trout cabin is passed at the northern extremity of the lake and the course continued down the eastern shore to another cabin and the trail to Crean lake, which lake stretches eastward for ten miles. Circling this lake, poking into numerous inviting bays, the return journey is made by Heart lake and a 500-yard portage to Waskesiu lake. A five-mile paddle from this portage bring one back to the dock where the trip started.

Prince Albert National Park covers over one thousand, three hundred square miles, is largely covered with green timber and contains many beautiful lakes in addition to the ones touched by the foregoing cruise. The lakes abound in fish and the timber areas constitute excellent breeding ground for game. The carrying of firearms in National parks is restricted and this makes "shooting" with a camera more certain of successful accomplishment.

PELICAN RIVER AND LAVALLÉE LAKE ROUTE, PRINCE ALBERT  
NATIONAL PARK\*

*One hundred miles—Ten days*

An extension of the Little Trout lake trip is open to the canoeist wishing to see more of the beauty spots in Prince Albert National Park. From Primeau Landing the former route is followed to the forestry cabin at the north end of Kingsmere lake. Six portages, two of which are long, and five intervening small lakes lead the way to

Lavallée lake. The direct course cuts across the southern end of this lake to the Paquin Lake portage, but time should be taken to explore this nine-mile lake.

From Paquin lake the course is westward to the fork of the Pelican river where a turn southward is made along a shallow, willow-lined stream, which old timers state is navigable by canoe until low water time in the fall. This stream leads to Whitefish lake, from which a portage leads to Blade lake. A series of short portages and



THE NARROWS, WASKESIU LAKE.

One of the Entrancing Lake Vistas in Prince Albert National Park.

small lakes form that portion of the route which leads back to Kingsmere lake. Here the former route is rejoined and the route retraced to the dock at Waskesiu lake.

Other and longer routes are available starting from Primeau Landing and it is possible to extend the Lavallée Lake route northward to Smoothstone lake and beyond to form a junction at Snake lake with the canoe route from McMurray to The Pas via the Churchill river. Another route to the Churchill leaves Waskesiu lake at its eastern end, crosses Montreal lake and follows the Montreal river to lac la Ronge and the Churchill river.

## BRITISH COLUMBIA

The canoe routes of British Columbia provide many features that are novel and characteristic. The mountains, no doubt, contribute largely to this and provide picturesque scenery for many of the trips. Cruises are open to the traveller wishing to stay in civilization, as well as to the one desiring a holiday on lakes where the paddle of the white man has as yet rarely been dipped.

## PRINCE GEORGE TO PEACE RIVER\*

*Five hundred miles—Twenty-five days*

Cruising from Summit lake down the Parsnip and Peace rivers to the interesting town of Peace River, while a long trip, is accomplished with a minimum of labour. The first stage of the journey is covered by freighting canoe and outfit thirty-two miles to Summit lake. Crooked river, McLeod lake, the Pack and Parsnip rivers are all traversed before junction with the Peace river is effected at Findlay Forks. The journey down the Peace takes one through the heart of the Rockies and many interesting spots may be visited a short distance from the river in addition to those passed as the descent of the stream is made.

From the head of Rocky Mountain canyon a portage by wagon road leads to Hudson Hope a distance of fourteen miles, where the journey on the river is resumed. A few miles below Hudson Hope, "The Gates" are reached and farewells may be said to the rocky walls of the mountain section. During the remaining two hundred miles of the run that lies between Hudson Hope and Peace River, the old Hudson's Bay Company's settlements of Fort St. John and Dunvegan are passed.

Good fishing for trout, pike, and whitefish may be enjoyed on the way.

## OOTSA LAKE\*—(ROUND TRIP)

*Two hundred miles—Fifteen days*

The charm of British Columbia scenery is well displayed to the canoeist travelling over the route which circles through Whitesail, Eutsuk and Tetachuck lakes and the Intahtah and Ootsabunkut rivers back to the starting point. Leaving Burns lake on the railway the outfit is transported by motor truck to Ootsa lake. No settlements are encountered but the wilderness welcomes one and, as the canoe glides through the clear waters, provides snowcapped mountains, glaciers, and heavily timbered areas for entertainment. Deer, moose, bear, caribou, and goat, duck, goose, ptarmigan and grouse are some of the subjects offered to the sportsman. On Whitesail lake, swan are plentiful but enjoy strict protection.

## STUART, TAKLA AND BABINE LAKES\*

*Five hundred and sixty-four miles—Twenty-one days*

Journeying up the Stuart river from its junction with the Nechako, and on into Stuart lake, one passes the historic Fort St. James built over one hundred and twenty years ago by the Hudson's Bay Company. Six miles across the lake, a limestone peak towering several thousand feet above the water, rewards the energetic climber with a wonderful panorama of lakes, forests, and snow-capped mountains. Many islands in the lake provide shelter and campsites. Interesting Indian villages are situated on the eastern shore and at the end of the lake. The route leads on through Trembleur lake, Middle river (which has been called the sportsman's paradise) and on to Takla lake. This mighty lake is over seventy miles in length, and many interesting days may be spent travelling along the eastern shore and returning by the western.



UNVEILED BY MORNING MISTS.

The Canoeist is Not Always First to Reach the Water.

From the lower western end of Stuart lake a portage leads to Babine lake, which is over 100 miles in length and varies from two to eight miles in width. The scenery throughout the district is remarkably beautiful, and with the excellent fishing and hunting to be found offers considerable attraction to the pleasure seeker.

## BOWRON AND SPECTACLE LAKE

*One hundred and sixty miles—Twelve days*

To the party looking for a district with excellent hunting and fishing possibilities and that has not been over-run by vacationists, the route through Bowron, Spectacle, and Isaac lakes offers an opportunity. The country traversed is mountainous and the scenery fascinating. Few settlers have located in this region, consequently the canoeist will find virgin territory for exploration.

## TORPHY RIVER

*One hundred miles—Ten days*

Leaving Dome Creek on the Fraser river, a ten-mile run takes one into the Torphy river whose windings are followed past many riffles where trout and salmon lie, to a small creek leading into Pass lake. The return to the starting point is made over the same route.

## PRINCE GEORGE TO QUESNEL

*One hundred miles—Ten days*

As one progresses on this trip the hills get higher and the river narrower and many interesting canyons are passed. Scenery, fishing, and thrills await the canoeist at every point.

## QUESNEL LAKE TO 100-MILE HOUSE

*Two hundred miles—Sixteen days*

The Quesnel Lake region is an excellent one for the fisherman and hunter, while the scenery is also very interesting. The lake is Y-shaped with arms running north and east. At the western end the hills rise only a few hundred feet but as one approaches the north or east arm they rise to seven or eight thousand feet. From the end of the last arm a portage leads to Hobson lake, from which a portage leads to Clearwater lake. The Clearwater river is then followed to Bridge creek which is followed through Mahood lake and beautiful Canim lake to the journey's end.

## MABEL LAKE AND SHUSWAP RIVER

*One hundred miles—Five days*

Surrounded by high mountains Shuswap lake offers a variety of scenery. Excellent fishing may be enjoyed, especially at the mouth of the Adams river and in the neighbourhood of Sicamous. Trolling for trout gives good results. The main lake divides into three long arms, all affording enjoyable exploration trips. Portaging into Adams lake, which is about 40 miles in length, similar good fishing and scenery greet the explorer.

## CANAL FLATS TO UNITED STATES BOUNDARY

*One hundred miles—Six days*

A splendid scenic route leads from Columbia lake southward to the United States boundary. There are many camping spots and few portages on the way. Many unusual and interesting sights greet the paddler as his canoe rounds the bends of the river.

## FIELD TO CANAL FLATS

*One hundred miles—Seven days*

The route along the Kicking Horse, Beaverfoot, and Kootenay rivers provides enough thrills to satisfy the most exacting canoeman. The scenery is unsurpassed and campsites and trout fishing are available all along the line.



THE BIRCH BARK CANOE.

Centuries of Woodlore are in its Gummy Seams.

## CANAL FLATS TO GOLDEN

*One hundred and twenty miles—Ten days*

From Columbia northward through beautiful lake Windermere, this route follows the Columbia river. The scenery is beautiful as one travels through low foothills backed by the Rockies on one side and the Selkirks on the other. Many camping spots are available and hotels convenient for those who do not wish to sleep under canvas.

## GOLDEN TO REVELSTOKE

*One hundred and ten miles—Eight days*

Following the Columbia river the canoeist will encounter many canyons and a great deal of white water. The country traversed is mountainous and while wild fowl are plentiful on the river and the many sloughs, fish are not.

## COWICHAN LAKE AND RIVER

*Thirty miles—Three days*

An enjoyable short trip which is best taken during May or June is the one through Cowichan lake and down the river to the sea. Indians and their canoes are usually secured at Duncan and the journey is made by road or rail. The claim has been made that the Cowichan is the most beautifully wooded, flower and fern bedecked river known to anglers, and is not anywhere excelled either from a scenic point of view, or for the gameness of its trout.



## YUKON TERRITORY

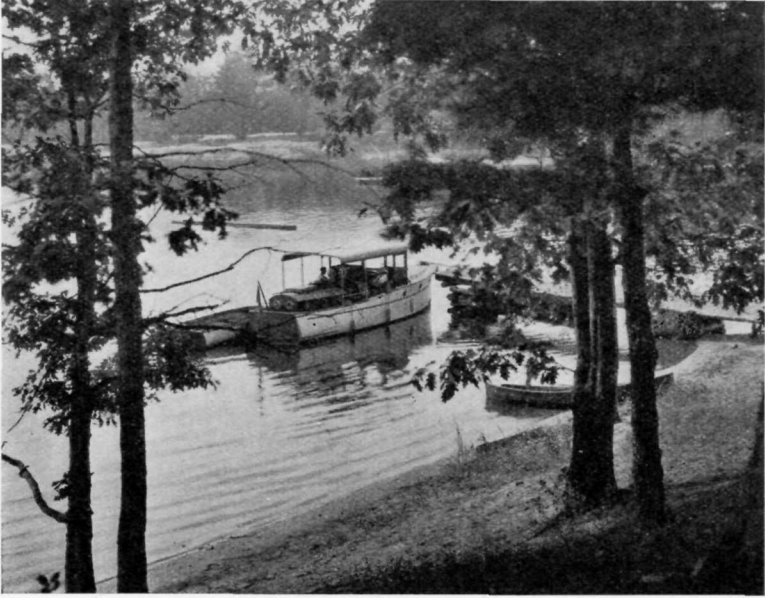
MCPHERSON TO FORT YUKON, ALASKA\*

*Six hundred miles—Thirty days*

Paddling within the Arctic Circle is not one's usual idea of the far north. The route from the Mackenzie river to Fort Yukon offers this new and novel experience without undue dangers. Planning for a trip of this nature demands more than ordinary care, however, as the whole route is well out of contact with settlement. Edmonton is the outfitting point and all needed supplies should be secured before embarking, as no other sources can be depended on en route, although staple supplies can be obtained at Crow River and Rampart House, midway on the journey. The exigencies of the trail call for condensed provisions and a minimum outfit; all unnecessary weight and bulk should be eliminated from the supplies.

The journey from Edmonton to McPherson is accomplished by rail and steamboat, and as the steamers only make the trip during the midsummer months, the dates of sailing should be ascertained well in advance.

From McPherson, the first thirty miles of the journey is down stream to the delta and on to the mouth of the Rat river, where the course turns to the west, and for the next sixty miles ascends the Rat river, then leads over McDougall pass. The balance of the route, mostly on the Bell and Porcupine rivers is down stream. Guides are necessary from McPherson to Bell river, as the ascent of the Rat river from Destruction City (the name given the rapids where serious obstacles to progress caused the Klondike stampeders to abandon great quantities of supplies) to McDougall pass, is difficult. On reaching the Bell river, the guides may be permitted to return overland as any other swift water or rapids can be navigated by careful canoe-men. The trip ends at Fort Yukon, just a short distance north of the Arctic Circle, and from this point the return is made by river boat, rail, and coastal steamer.



### MOTORBOAT AND OUTBOARD CRUISES

While the canoeist has a greater range of country through which he may travel, not his alone are the delights of Canadian waterways. Some of the routes outlined on the preceding pages are also excellent cruises for the possessor of a motorboat or craft powered with an *outboard motor*. In addition to these are the tidal waters of the Maritime Provinces, inland lakes too large for navigation by canoe, and the sheltered inlets, straits, and passages between the countless islands of the British Columbia coast. There are also the innumerable smaller lakes the pleasures of which can be shared by canoeist and motorboat owner alike.

One interesting route by which craft south of the border reach Canadian waters is up the Hudson river to lake Champlain and down the Richelieu river to the St. Lawrence. This route, the old "Grand Pass" of early days, has much to offer of scenic and historical interest. There is Fort Lennox just within the Canadian border, a massive old fortress standing in quiet dignity on the southern end of

Ile-aux-Noix. The moat, sally port, barracks, and crumbling walls recall the days of the French occupation of the Richelieu territory. A few miles northward stands Fort Chambly on stones of which two and a half centuries have cast a mantle of veneration. These fortresses are now under the care of the National Parks of Canada.

The rapids of the Richelieu river, as savage as were the natives who roamed the river's banks, have been tamed and are passed by canals. The canal at Chambly and the locks at St. Ours are the only interruptions to navigation between lake Champlain and the St. Lawrence river which is reached at Sorel. Minimum depth of the Richelieu canals is  $6\frac{1}{2}$  feet.

On reaching Sorel the cruiser has the choice of turning east or west. If the former direction is chosen the route leads down past the ramparts of Quebec city to the Gulf of St. Lawrence, or at Tadoussac on the north shore the St. Lawrence can be left for a seventy-mile cruise up the famous Saguenay river with its fiord-like scenery.

Turning westward from Sorel the St. Lawrence is ascended to Montreal and beyond to Kingston at the foot of lake Ontario. An optional route on reaching Montreal is to ascend the Ottawa river for one hundred and twenty miles to Ottawa and there turn south by the Rideau canal and lakes to Kingston. The triangular route between Montreal, Ottawa, and Kingston is by rivers, lakes, and canals through a country rich in scenic and historic interest, and where the angler will find exceptional sport in the charming Rideau lakes. The canals of the Rideau route have a minimum depth of five feet.

From Kingston the north shore of lake Ontario is followed into the bay of Quinte and on to the town of Trenton, eastern gateway to the Trent Canal system. The Trent waterway is a popular cruise for the canoeist and motorboat owner and leads through the picturesque lake district between Peterborough and lake Simcoe known as the "Kawarthas." Beyond lake Simcoe there are uncompleted locks where marine railways permit of through navigation to Georgian bay. The minimum depth of the Trent system is about six feet for the completed portion, and the marine railways carry boats up to four feet draught.

On the Bras d'Or lakes of Cape Breton, 'mongst the Thirty Thousand islands of Georgian bay, traversing the ninety-four hundred square miles of lake Winnipeg, or cleaving the waters of other lakes and streams in western, central or eastern Canada there are happy days afloat awaiting the mariner.

## CANOE CRUISE OUTFIT

The ideal canoe outfit is light and compact, and these features are usually attained by avoiding duplicate articles and non-essentials when selecting its various parts. The following suggested outfit, an adaptation of ones used by canoeists who have covered many miles of Canadian water trails, may be altered to suit the needs of each party and the character of the trip undertaken. The outfit as listed is seemingly a large one, but by making a careful selection of each article the whole can be packed in a surprisingly small space and should not be excessive in weight.

Dunnage bags and pack sacks are best for packing and make for easier portaging. Boxes and loose bundles are troublesome on a long carry.

## CAMP OUTFIT

- |   |   |
|---|---|
| 1 Canoe—Not under 16 feet.                                  | 1 Ground Cloth.   |
| 3 Paddles.  | 1 Camera and Films.   |
| 2 Kneeling Cushions.  | Waterproof cover for camera and films.  |
| 2 Tracking Ropes.   | Mosquito netting and dope.  |
| 1 Axe.  | Map of route (keep in section of auto or bicycle inner tube, tied securely at both ends.) |
| 1 Candle Lantern.   |   |
| 4-6 blankets.   |   |
| 2 Flannelette Sheets.                                       |   |
| 1 Tent—7' by 7', preferably silk, water and mosquito proof. |   |

## COOK OUTFIT

(For two persons)

- |   |                         |
|---|-------------------------|
| 1 Coffee Pot.                           | 2 Knives.               |
| 3 Saucepans or Pails and covers to fit. | 2 Forks.                |
| 1 Frying Pan.                           | 1 Large Knife and Fork. |
| 1 Can Opener.                           | 2 Tins of Matches.      |
| 3 Plates.                               | 2 Candles.              |
| 2 Cups (Granite).                       | 1 Bar Laundry Soap.     |
| 2 Deep Saucers or Small Bowls.          | 1 Dish Cloth.           |
| 3 Tea Spoons.                           | 1 Dish Towel.           |
| 2 Dessert Spoons.                       | 1 Large Cooking Spoon.  |

## FIRST AID KIT

Bandages, Adhesive, Ointment, Quinine Capsules or other personal remedies.

## REPAIR KIT

Can Marine Glue.  
Canvas Patches.  
Few Tacks and Nails.

Coil Fine Wire.  
Twine.  
Pliers.

## SEWING KIT

Needles—Large and Small.  
Thread and Yarn.

Buttons, Safety Pins.  
Small Scissors.

## FOOD SUPPLIES

(Two Persons for five days)

This list will bear modification according to the locality selected for the trip, and individual tastes. For a longer trip increase the quantities accordingly and add dry beans, cured meats, etc.

5 Loaves Bread.  
1 lb. Butter.  
1 lb. Lard or Cooking Oil,  
1 lb. Oatmeal or Rolled Oats.  
 $\frac{1}{2}$  lb. Coffee.  
 $\frac{1}{2}$  lb. Tea.  
3 lbs. Sugar.  
5 Small Cans Condensed Milk.  
1 Bottle Pickles.  
1 lb. Rice.  
1 lb. Dried Apples, Peaches or  
Apricots.  
1 lb. Prunes.  
2 lbs. Bacon.

1 lb. Cornmeal.  
2 lbs. Flour.  
 $\frac{1}{2}$  lb. Baking Powder.  
1 Jar Honey or Jam.  
1 pkge. Pancake Flour.  
1 Tin Maple Syrup.  
 $\frac{1}{2}$  lb. Salt.  
1 Small Tin of Pepper.  
6 Soup Tablets.  
 $\frac{1}{2}$  Peck Potatoes.  
2 Tins Sardines.  
2 Small Cans Beans.  
 $\frac{1}{2}$  lb. Raisins.

Waterproof provision bags should be used for all foods and these safely packed in waterproof dunnage bags as an added precaution.

## PERSONAL EQUIPMENT

1 Felt Hat.  
1 Sweater or Mackinaw.  
1 Rubber Sheet or Poncho.  
1 Pair Duck Trousers.  
1 Pair Wool Trousers.  
1 Wool Army Shirt.  
1 Khaki Shirt.  
1 Suit Light Underwear.  
1 Suit Wool Underwear.  
2 Pairs Heavy Socks.  
1 Pair Leather Boots.  
1 Pair Canvas Shoes, rubber soles.

3 Handkerchiefs.  
1 Pocket Knife.  
1 Waterproof Match Safe.  
1 Compass.  
Shaving Brush and Soap, Razor,  
Comb and Brush, Talcum, Mir-  
ror, etc.  
1 Bar Toilet Soap (floating).  
2 Towels.  
Fishing Rod and Tackle.  
Tobacco, Pipe and Cigars.  
1 Flashlight.

The above outfit should be duplicated by every member of the party—part to be worn and the balance packed in waterproof dunnage bags.

All dunnage bags should be packed so that the most used articles are on top, and in loading the canoe the cook outfit and provisions should be easy of access without disturbing the rest of the duffle when stopping for lunch.

The carefree, take-it-easy life on a Canadian canoe trip is a splendid tonic for worn nerves and minds numbed by cares of office, mart or study. At most of the "starting in" points are located outfitters who can arrange for competent guides, suitable canoes, equipment and provisions, and assist by many ways in relieving the cruiser, be he old campaigner or tyro, of much of the preparatory details.

The fisherman, the hunter, and the man who cherishes a wholesome love of canoe travel will find a route through Canada's many waterways which will make a long-remembered holiday.

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***Inquiries regarding Canada's holiday Attractions will receive prompt attention if directed to "The Commissioner, National Parks of Canada, Department of the Interior, Ottawa, Canada."***

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