



NorthernEdgeAlgonquin@gmail.com

800-953-3343

NorthernEdgeAlgonquin.com

Adventure Retreat Philosophy

Engaging

Adventure retreats are engaging. You will be encouraged to join in typical activities associated with outdoor camping based on your physical ability on these **Algonquin Park Canoe Trips** and **Ontario Sea Kayaking Trips**. These include: setting up camp, firewood gathering, meal preparation, and carrying gear across portage trails.

Adaptable

Activities are adaptable. Weather conditions and group interest may alter our schedule. Participants should be prepared to spend at least 3 hours a day on the water.

Respectful

Experiences are respectful. Our adventure retreats are designed for responsible adults. Tolerance for diversity in race, creed, colour and orientation is expected.

Transformative

Edge retreats are transformative. The journey is more important than the destination. We provide safety and organization, good gear, great food and facilitated learning experiences so you can benefit from the wisdom of nature and be open to outcome.



More About *The Edge*

The Edge is one of Canada's model eco-tourism destinations at Algonquin Park. Clean, green and dedicated to sustainability, the Edge is located on the edge of Ontario's **Algonquin Provincial Park**, one of the oldest and largest canoe parks in North America, the landscape affords us many opportunities. Ecotourism principles and practices which respect the land ensure long term sustainability.

Our mission lives not just in the events we host, but in our commitment to sustainability: serving up organic, locally raised foods, alongside fair trade goods, and preparing all meals fresh, and lovingly by hand.

We know that travel makes an impact on the earth and we do all we can to minimize our footprint teaching guests about power conservation, recycling, and minimizing our impact both in our lifestyle and on adventures into Algonquin Park by canoe and sea kayaking on Ontario's Georgian Bay.

Book your Ontario Adventure Retreat today! You can check availability online at www.NorthernEdgeAlgonquin.com/planner.html or call us at 705.386.1595.

Northern Edge Algonquin



Rediscover Ourselves,
Empower each other,
Restore our connection
with the Earth

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Quest for Balance Yoga & Sea Kayaking Retreat

What if you could find a vacation experience that posed a fine balance between a **sea kayak adventure** and a **yoga retreat**? If you were guided each day to focus on yoga as an invitation to live its principles, how could you begin, transform or deepen your practice?

With outstanding yoga & sea kayaking facilitators, this balanced personal growth yoga retreat at Ontario's Algonquin Park offers daily yoga in the cradle of our eco-retreat while learning to kayak on a scenic lake. It's a little yin for your yang.

Together with healthy, inviting meals and time to relax, cycle or hike, this quest will stretch your body and soul without stretching your limits.

More About the Edge: Northern Edge Algonquin, our home for **personal growth** retreats and adventures is a beautiful nature retreat built in harmony with the earth, at Ontario's Algonquin Provincial Park. Clean, green and dedicated to sustainability, the Edge is located on the edge of Algonquin Provincial Park, where the landscape affords many opportunities to explore on this retreat.

What to Expect: Our cabin accommodations provide clean, simple comforts and abundant perspectives. Our mission lives not just in the events we host, but in our commitment to sustainability: serving up organic, locally raised foods, alongside fair trade goods, and preparing all meals fresh, and lovingly by hand. Shared dining, retreat and bathing facilities balance modern convenience with ecological principles providing an environment that enriches our personal growth and **yoga retreat** experiences.

Easy to Get to: Our Solar-powered nature retreat is nestled on the Edge of Algonquin Park. Served by bus, train and airport shuttle, we are happy to offer travel advice and driving directions.

Next Steps: We invite you to call us toll free at 1-800-953-3343 in North America or 705-386-1595 local or international (country code 001). You can also check availability of this retreat and other personal growth retreats and adventures online using our webform at www.NorthernEdgeAlgonquin.com/planner.html.

"Daily yoga and sea kayaking helped me reflect on how I meet resistance in my life. It was a personal growth vacation my partner enjoyed as well."

2007 Yoga Retreat Dates

June 29-July 2

July 12-15 (women only)

Aug 3-6

Aug 16-19 (women only)

Aug 31- Sept 3 (women only)

What to Expect

3 nights/4 days at the Edge, our eco-retreat
2-3 hrs sea kayaking/day
2-3 yoga sessions/day

Arrival: 2-4 pm

Departure: 3-5 pm

Prices (before tax)

2007 Special Price:
\$697/person (Save \$47)
with two, save 10% more.

Program: \$320/p

Meals & Accommodation:
from \$106/p/d

Book your Personal Growth Vacation today! You can check availability online at www.NorthernEdgeAlgonquin.com/planner.html or call us at 705.386.1595.

Accommodations at the Edge

Northern Edge Algonquin, a beautiful nature retreat built in harmony with the earth is one of Canada's model eco tourism destinations. The Edge is located on the edge of Algonquin Provincial Park, where our forest and lakefront landscape, indoor and outdoor gathering areas, and forested accommodations provide a tranquil setting for a wide variety of programs. The Edge is exclusively available for scheduled events and group stays (6-32 guests).

Northern Edge Algonquin accommodation packages include: use of facilities, healthy, colourful meals featuring organically grown and fair trade foods, hot and cold drinks and snacks. Stay another day packages are available.

More About Accommodation at the Edge:

Our Solar-powered nature retreat provides warm, clean, simple comforts. Shared dining, retreat and bathing facilities offer modern convenience in balance with ecological principles.

Canvas Cabins: Nestled on a hillside surrounded by the lush greenery of the Algonquin Park area maple forest, these clean and dry wood and canvas structures offer a chance to sleep in the fresh forest air. Our composting toilet is nearby in the forest and flush toilets and showers are located in Points North.

Habitat Cabins: Surrounded by the maple and balsam fir forest these cabins were designed for year round comfort. In winter, these well-insulated buildings are heated. Washrooms and showers for these cabins are a short walk to our Points North building.

Turtle Shell Dormitory: Up to 6 guests stay in bunk beds in this heated space with shared composting toilet. Located near the lake this is the most accessible room for visitors with special needs.

NEW Studio Cabins: These spacious rooms with lofted ceiling sleep up to two guests and feature a small bathroom with composting toilet and running water.

"I came across a jewel this summer, the Edge. Amazing, a complete delight, it more than exceeded my expectations."

Meals & Accommodation

Upgrade Pricing: (when added to inclusive retreat pricing)

Canvas Cabin (twin/double): standard

Canvas Cabin (single): \$28/d

Dormitory (up to 6 bunks): standard

Habitat Cabins (2-4 bunks): \$20/d

Studio Cabin (twin/double): \$37/d

Studio Cabin (single): \$82/d

Meals & Accommodation

Pricing:

Canvas Cabin (twin/double): \$106/d

Canvas Cabin (single): \$134/d

Dormitory (up to 6 bunks): \$106/d

Habitat Cabins (2-4 bunks): \$126/d

Studio Cabin (twin/double): \$143/d

Studio Cabin (single): \$187/d

About your Stay:

Accommodation begins with dinner on arrival day and ends with lunch on departure day.

Phones and Cell phones are not available at our remote location.

Our off-grid facility provides for basic electrical needs, but does not support the use of blow dryers or other electronic devices.

Bring ear plugs if you are a light sleeper.

Smoking is only permitted at the outdoor fire circle.

No pets.

Stay another day. Extend your retreat with an additional day of personal exploration at the Edge. Includes two meals and packed lunch. \$160.

Create Your Own Experience at the Edge

Crafting your own unique experience at the Edge is exciting and easy. Both our Eco Retreats and Adventures can be customized for groups between 4 and 60 people. Themes and programming are co-created with you to fulfill your group goals whether your intent is serious personal growth or serious fun.

Our program approach creates lasting memories for friends, colleagues or family members by blending time in nature, time to reflect, time to explore, time to create and time to dream. If you are interested in charting your own course for adventure, we would like to be your guides.

More About the Edge: Northern Edge Algonquin is a beautiful nature retreat built in harmony with the earth, one of Canada's model eco tourism destinations. The Edge is located on the edge of Algonquin Provincial Park, where our forest and lakefront landscape, indoor and outdoor gathering areas, and adventure facilitation staff have been helping groups like yours achieve their goals for over a decade.

Our Custom Process: We are happy to take care of the details. Our Solar-powered nature retreat provides cabin and canvas cabin accommodations, clean, simple comforts and abundant perspectives. We serve up delicious fresh, organic, locally raised and slow cooked foods. Shared dining, retreat and bathing facilities offer modern convenience in balance with ecological principles. If you would like to head out for an Adventure, we can provide the menu, equipment and adventure retreat facilitators and itinerary to suit your pace and interests whether it's a day on the water or trails, or an overnight Algonquin Park adventure.

Easy to Get to: The Edge is served by bus, train and airport shuttle, we can offer travel advice and driving directions right from your door or ask how you can let the journey be part of the facilitated experience with a Rail Quest package.

Next Steps: We invite you to check availability by email or to call toll free at 1-800-953-3343 in North America or 705-386-1595 local or international (country code 001) to tell us a bit more about your group.

" We had our group retreat at the Edge and found the peaceful surroundings and itinerary inspiring and rejuvenating."

What to Expect

2-7 day retreat stays, adventure retreat outings are 3 day minimum.

Arrival: 2-4 pm
Departure: 3-5 pm

Price Range (inclusive)

Camping adventures:
\$129/person/day plus
Park fees + 8.5% tx.

On-site retreats are hosted at:
\$199/person/night +
8.5% tx. (Discounts for groups with 13-36 guests).

Facilitation of meeting and/or team building elements are also available.

Start planning your experience today. Email us outlining your interests or call 705.386.1595 or toll free: 800 953-3343. Take your group to the Edge!



Big Sky Adventure: Georgian Bay Sea Kayaking

Along the east side of Georgian Bay, Ontario, is a world of pink granite where ten thousand islands create a kayaker's paradise. Come see the maze of islands that other boaters cannot.

This trip starts with a kayak skills progression and sheltered to moderately exposed paddling. There will be plenty of time to camp, find clear sandy swimming spots and lounge afterward on the warm smooth rock as we sea kayak and get to know the area between Byng Inlet and the French River.

If something is resonating in you now, it may be the sound of **Georgian Bay sea kayaking adventure** calling.

Map this Georgian Bay Adventure at <http://www.NorthernEdgeAlgonquin.com>

What's Included: Meals are provided from dinner on Day One to Lunch on departure day. All trip camping gear, equipment, kayaks and safety gear are provided, and your kayak trip will be led by a qualified adventure retreat facilitator.

Who This Trip is For: You are comfortable on the water for 4 hours daily. You have some exposure to sea kayaking and feel more at ease exploring with a guide.

What to Bring: There is no need to purchase special equipment to enjoy this **Georgian Bay Sea Kayaking trip**. Everything necessary is supplied and we provide a short packing list with registration to ensure your personal comfort.

Easy to Get to: We are happy to offer travel advice and detailed driving directions to your trip departure point.

Next Steps: We invite you to call us toll free at 1-800-953-3343 in North America or 705-386-1595 local or international (country code 001). Want some experience before heading out on this sea kayak trip? Join us for Quest for Balance throughout the summer. The four day retreat will help you get comfy in your sea kayak.

"I had no idea Georgian Bay could be so beautiful. The kayak was made for places like this."

2007 Trip Dates

July 19-23

July 30-Aug 3

What to Expect

1 night at Byng Inlet

4 nights/5 days on Georgian Bay, Camping and Sea Kayaking
4-6 hrs kayaking/day

Distance Covered

60 kms

Arrival: 2-4 pm

Departure: 3-5 pm

Prices (before tax)

\$795/person or
two for \$1440

Book this Georgian Bay Sea Kayak Trip! You can check availability online at www.NorthernEdgeAlgonquin.com/planner.html or call us at 705.386.1595.



Grandfather: Killarney Park Sea Kayaking Adventure Retreat

You like the water and you know the world looks better from a kayak. It is time to set a course for adventure on the west coast of Ontario's **Killarney Provincial Park**. The pace starts easily with kayak skills progression and builds to cruising speed.

This trip is one of the best ways to view some of the best Ontario has to offer in the white quartzite mountains of Killarney and the waters of Georgian Bay. Paddle the bold path of the grandfathers and immerse yourself in the wisdom of the ancients.

Check out our map of this adventure on our Adventure retreat maps at <http://www.NorthernEdgeAlgonquin.com>

What's Included: Meals are provided from dinner on Day One to Lunch on departure day. All trip camping gear, equipment, kayaks and safety gear are provided, return transportation from Grundy Lake Provincial Park and your kayak trip at Killarney Provincial Park will be led by a qualified adventure retreat facilitator.

Who This Trip is For: You have kayaked before and you enjoy physical activity. You feel more at ease exploring with a guide.

What to Bring: There is no need to purchase special equipment to enjoy this **Ontario sea kayak trip**. Everything necessary is supplied and we provide a short packing list with registration to ensure your personal comfort.

Easy to Get to: We are happy to offer travel advice and detailed driving directions to your trip departure point.

Next Steps: We invite you to call us toll free at 1-800-953-3343 in North America or 705-386-1595 local or international (country code 001). You can also check availability online using our convenient webform at www.NorthernEdgeAlgonquin.com/planner.html.

If you desire a bit of practice in a sea kayak prior to this trip, consider joining us for Quest for Balance 4 day retreat.

"Dad and I did this together. We went out as father and son and came back as friends."

2007 Trip Dates

August 19-25

What to Expect

1 night camping at Grundy Lake Provincial Park

5 nights/6 days sea kayaking at Killarney Provincial Park
4-6 hrs kayaking/day
Exposed kayaking

Distance Covered

60 kms

Arrival: 2-4 pm

Departure: 3-5 pm

Prices (before tax)

\$995/person or
two for \$1795

Book this Killarney Park Sea Kayak Trip on Georgian Bay! Check availability online at www.NorthernEdgeAlgonquin.com/planner.html or call us at 705.386.1595.



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Quest for Balance II Yoga & Sea Kayaking Adventure Retreat

NEW! For those who like to see and try new things, we combined a **sea kayaking adventure** in Georgian Bay with daily **yoga** practice in nature to create a beautiful balance.

For those with some kayaking experience, this adventure retreat starts with a sea kayak skills review and sheltered to moderately exposed paddling. In addition to daily guided yoga with Stephanie Aykroyd, there will be plenty of time to camp, find clear sandy swimming spots and lounge afterward on the warm smooth rock as Trae Robinson leads us on adventures by sea kayak in the area around Byng Inlet along the East side of Georgian Bay.

Map this Yoga Adventure Retreat at:
NorthernEdgeAlgonquin.com

What's Included: Meals are provided from dinner on Day One to Lunch on departure day. All trip camping gear, equipment, kayaks and safety gear are provided, and your trip will be led by skilled yoga and kayak facilitators.

Who This Adventure Retreat is for: You enjoy the idea of practicing gentle **yoga in nature**. You are comfortable on the water for 4 hours daily. You have some exposure to kayaking and feel more at ease exploring with a guide.

What to Bring: There is no need to purchase special equipment to enjoy this sea kayaking trip. Everything necessary is supplied and we provide a short packing list with registration to ensure your personal comfort.

Easy to Get to: We are happy to offer travel advice and detailed driving directions to your adventurous yoga retreat departure point.

Next Steps: We invite you to call us toll free at 1-800-953-3343 in North America or 705-386-1595 local or international (country code 001). Haven't sea kayaked before? Consider joining us for a Quest for Balance four day retreat offered throughout the summer.

"We enjoyed Quest for Balance so much and now we want go out paddling! Can you make a Quest for Balance II?"

2007 Trip Dates

August 22-26

What to Expect

1 night at Byng Inlet

4 nights/5 days camping on Georgian Bay islands
3-4 hrs sea kayaking each day.

Practice yoga 2-3 times/day depending on group interest.

Distance Covered

30-40 kms

Arrival: 2-4 pm

Departure: 3-5 pm

Prices (before tax)

\$795/person or
two for \$1440

Book your Yoga Retreat Sea Kayaking Adventure today! Check availability online at www.NorthernEdgeAlgonquin.com/planner.html or call us at 705.386.1595.