

Special Extended Friday Workshops 2009 Maine Canoe Symposium

These workshops are offered by the respective workshop leaders during the day on Friday in conjunction with--but not part of--the regular Maine Canoe Symposium. Please register directly with the workshop leader(s) offering the workshop(s) of your choice.

Intro to Solo Paddling

Kim Gass, Registered Maine Guide
40 Crescent Shore Drive, Raymond, ME 04071
phone: 207-627-4429, email: jgass1@maine.rr.com

\$50 per person (\$40 with your own equipment). Preregistration is required.

Have you ever wanted to learn how paddle a solo canoe or how to paddle one better? Come enjoy a day of fun on the waters of Moose Pond. By the end of the day beginners will be able to go wherever they want with no fuss; while those with some experience will have learned some advanced quietwater techniques to travel with ease and efficiency!

This is an all day workshop and you need to bring a PFD that fits you, and spare clothes and lunch. For more information, please call 207-627-4429. Cost is \$50 per person and canoes and paddles will be provided, \$40 with your own equipment.

Afternoon Paddle on the Ossipee River

David Butler, Registered Maine Guide
Maine Path & Paddle Guides,
5 Easter Avenue, Windham, ME 04062
phone: 207-892-3121, email: davidb@canoemaine.com
www.canoemaine.com

\$30 (\$20 with your own canoe). Preregistration is required

This seven mile paddle is quickwater with some class I, II rips. It's a wonderful scenic paddle past farms and forests to the Saco River. Maine Path & Paddle will provide transportation from Winona Camps, canoes, PFDs, paddles, and a snack. Depart after lunch and return before supper.

Moving Water Poling for Women

Lisa DeHart, Registered Maine Guide
West Gardiner, ME
207-582-7178
email: acacanoepoler@aol.com

\$40.00 per person Class limited to 5 participants.

The best way to enjoy poling is with current! Come a day early to the Maine Canoe Symposium and enjoy some beautiful poling on the soft current, with just the girls! Maybe we will pole down river; maybe we will just find the perfect spot and work the heck out of it, and the kinks out of us. Come with good footwear, no sandals or vibram soled shoes (too slippery). Bean boots are good and any shoe you can walk on a smooth wet surface in. You will be happier if you bring a hat with a brim, polarized sunglasses, a rainsuit, neoprene gloves and knee pads. Also bring a change of clothes in case you need it...luck favors the prepared. I will be able to waterproof what you bring if you need it.