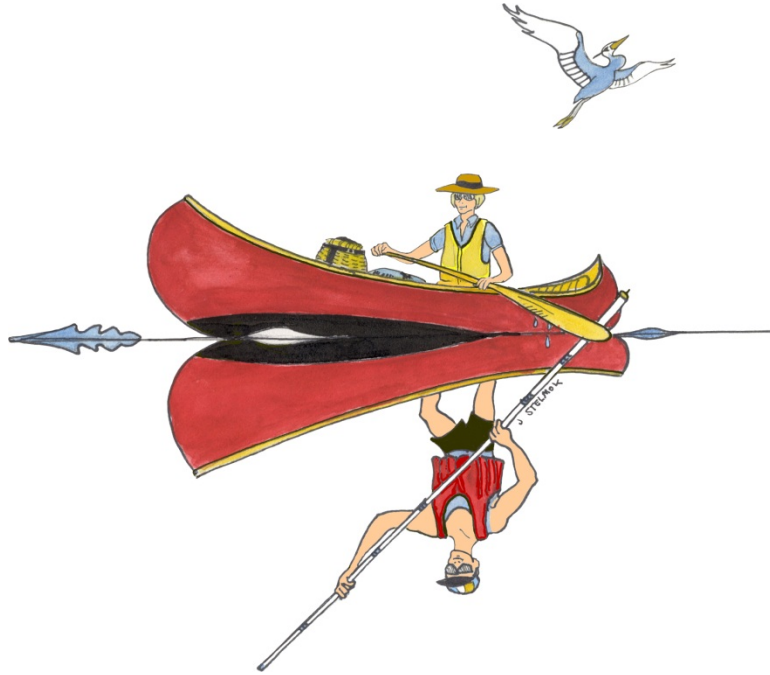


MAINE CANOE SYMPOSIUM 2016



WORKSHOP DESCRIPTIONS

REFERENCE COPY-

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registration area.**

Maine Canoe Symposium

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2016 Workshop Descriptions-FINAL

EVENING PRESENTATIONS BY OUR FEATURED SPEAKERS

Friday Evening: Thoreau-Wabanaki 150th Anniversary Tour" ~Dominic Casserly and Jarrod McCabe

Come and listen to Dom and Jarrod share the journey of the Maine Woods Discovery team during the May 2014 undertaking to commemorate and recreate the 1857 journey of Henry David Thoreau and his Wabanaki guide, Joe Polis, through the Maine Woods. That journey by Thoreau was the basis of his classic work *The Maine Woods*. The 2014 expedition included a team of Maine Guides and Penobscots, who planned the expedition that led journalists, scientists, Thoreau scholars and dozens of others on a 16-day canoe trip filled with 20-mile days, class II-III rapids and muddy portages following Thoreau's original trip.

Saturday Evening: "How to be a Happy Camper"~ Kevin Callan

Kevin (*a.k.a. The Happy Camper*) is going to remind us why we like playing in the woods on the water so much. This entertaining and enlightening presentation is all about how to live life to the fullest out in the wilderness rather than just trying to survive. Kevin is funny and informative. You won't want to miss this one.

ONGOING WORKSHOPS AND DISPLAYS

We are pleased to have the following informational workshops and vendor displays. Please make sure to stop by and visit.

Voyageur Display - Jeff and Lisa DeHart

Stop by throughout the weekend and experience how the early voyageurs camp might have appeared. Voyageur Competition for all who want to participate. Come learn how to start a fire with flint and steel, set a trap and throw a tomahawk. Have fun learning voyageur skills and competing for blanket prizes. Sing songs, paddle canoes and identify animal pelts, at the end every one picks a prize off the blanket according to how they did. Come and learn by doing.

Alder Stream Canvas - Jane Barron

Jane has been making packs, totes, bags and accessories for many years. When she is not teaching paddling, come visit at her display.

Tremolo Paddles – Caleb Davis

Not only does Caleb teach paddling, but he crafts wooden paddles. He will be offering a workshop on making your own paddle, and will have a number on display for sale.

SPECIAL FEATURES and/or NEW FOR 2016

In addition to our core workshops, we are pleased to be able to offer the following for 2016. Some are traditional highlights of the Symposium, some are new this year, and some feature returning presenters.

Kid's and Parent's Orientation Meeting~Paul Faria and Junior Instructors

Kids and Parents orientation meeting right after supper. We will cover info and expectations you will want to know including safety and security. We have multiple offerings at many time slots for a variety of choices and time to paddle, play, and swim. We always offer different activities for the older and younger kids to do separately and for parents and children to do together. We welcome additional adults if you would like to assist with activities. Or please come and participate in some of these fun activities with your children for your own enjoyment.

Canoeing Styles Demonstration - Instructors

Our Saturday morning opening ceremony provides an overview of the breadth of canoesport, as members of the Instructor give brief demonstrations of various paddling and poling styles. Be sure you don't miss this one!

Kids meet at Water Site F at 8:00 SHARP with your paddle and PFD to prep for the Voyageur Canoe demonstration!!

For a review of different paddling styles, and the variety of canoe and paddle designs, check out our *Paddling Styles Primer* at the MCS website, available for download at:

http://www.maine canoe symposium.org/Paddling_Styles_Primer.pdf

Saturday Evening Campfire - Junior Program Instructors

One of the highlights for many each year is the Saturday evening campfire. Held immediately after the evening program, this evening celebration features stories, camp songs and great memories. Often accompanied by loons, this is a great experience to really appreciate the camaraderie of the Symposium.

Voyageur Canoe Race - all are Welcome

Part of the annual closing ceremonies for the Symposium is the voyageur canoe race, featuring a couple of Winona's beautiful 25-foot wood/canvas voyageur canoes. Competition is fierce, rivalries grow with time, and everyone has fun. Come join the fun, cheer the teams and see which captain will earn the Golden Boot.

Star Gazing/Night Paddle - John Meader

Star Gazing/Night Paddle. Join John (a professional planetarium director for more than 25 years) on a late night paddle after Friday night's presentation. We will paddle out into the lake far enough to get a good open view of the skies. From there, we will raft together, lie back and do some star gazing. Come learn a few early summer constellations, see the visible planets, a shooting star, and perhaps even contemplate the meaning of the universe! The late night paddle will be limited to six boats (twelve people) and contingent upon having clear skies. Everyone bring a flashlight, paddle, and a PFD.

ON-LAND WORKSHOPS

When one thinks of a Canoe Symposium, one might assume that it's all on-the-water workshops. At Maine Canoe Symposium, however, we have a rich program of land-based workshops that highlight and explore broader aspects of canoe sport, and we are proud to be able to offer the following.

Morning Sadhana~Claire Dumont

Join me for a gentle morning yoga and meditation practice. You will have the opportunity to ground yourself with breath work (pranayama), stretch your muscles with physical poses (asana), and broaden your awareness with meditation.

Afternoon Relaxation~Claire Dumont

Take some time to rest with a combination of calming practices. Come explore breath work (pranayama), energy systems, restorative yoga, and meditation.

On the Allagash -- a video~Greg Nolan

A short video of six days paddling on the Allagash Wilderness Waterway filmed last September in celebration of the waterway's 50th Anniversary. Film followed by a brief discussion about the Waterway and its history.

Northern Forest Canoe Trail~Jeff McCabe

As the best water trail in North America, the Northern Forest Canoe Trail provides access to the natural beauty of our region. Through quality management and collaborative community partnerships, the trail contributes to the economic resilience of the region and promotes the health of its lands and waters. Current projects and goals: Growing paddling, putting staff in each state, trail projects, education, and the many styles of privies across the trail... A talk and slide with Maine Outreach Coordinator Jeff McCabe of Skowhegan. Bring questions, feedback and ideas.

Back Country Medicine-Basic First Aid~Jon Tierney

Simple fixes for simple problems from insects to earaches. This presentation will address many common problems encountered on backcountry trips and in the woods of Maine. Such things as treating blisters, small wounds, nosebleed, ticks, purifying water options etc. to the use of over the counter medications. Suggestions for what to carry in your first aid kit will also be discussed.

Wild Med Theater~Jon Tierney

Refresh those wilderness medical skills or learn new skills! Participants will work in small teams to respond to simulated accidents ranging from simple non-serious backcountry problems to more serious traumatic or medical issues. Each scenario is designed to focus on overall accident leadership, assessment, wilderness medical guidelines and rescue actions. Groups will then compare responses and receive appropriate feedback based on observation. This workshop is open to both medically trained and non-trained individuals. Bring your medical questions and scenarios to share if you'd like.

Staying Upright ~Glenn Bruno

We will learn about the importance of honing and maintaining good balance, for paddling and fitness. There will be the opportunity to try out several balance boards one specifically designed for surfing and SUP.

Dutch Oven Campfire Cooking~ Moe Auger

Going camping but tired of hot dogs and store bought cookies? This workshop will offer ways to make your next trip memorable. Dutch oven cooking is simple and delicious. From savory to sweet, you will not go on another trip without making room for this handy kitchen tool! Recipes included.

Planning and Packing for an extended canoe trip~Lani Love

Lani will review where to start and how to make sure your next canoe trip is not spoiled by poor planning. There is an art to having everything you need but not so much it doesn't fit well in your canoe.

Tips and Tricks to Shoot Like a GIANT! ~ Jarrod McCabe & Dom Casserly

An Outdoor Adventure Photography Workshop.

Group Dynamics~Kevin Callan

Who you're paddling with can be more important than where you're going. Kevin Callan, youth at risk wilderness instructor, will show some issues that might happen amongst group dynamics and how to solve them. Be prepared to have fun...and be enlightened.

Paddling Ontario~ Kevin Callan

Kevin Callan, author of several paddling guide books, will help you choose your next paddle route in Ontario, from a week in Algonquin to a twenty-day expedition in Woodland Caribou. He'll also show some tips and tricks on how to pack light, make great food, navigate, and travel safe while on an extended wilderness trip.

Getting Back into Shape~Shawn Burke

At one point you were twenty years old, and able to hike, paddle, and perhaps run all day. Then this thing called Life happened. Now you wonder what happened to that earlier you, and how to get (at least some of) that person back. How do you start? In this workshop we'll discuss concrete steps you can take to get back into shape: how to start, how to improve, and how to stay there. Not surprisingly, paddling can play an integral part. Come ready to take notes!

Get More from Your Maps~Ben Meader

How do you navigate with a topo? How do you find good maps, and what scale is good for paddling? How do I know what to trust on a map? When he's not paddling, Ben works as a cartographer - he is excited to share the insights he's found for where his profession and paddling obsessions overlap.

Build Your Own Collapsible Reflector Oven~Nicole Grohoski

Enjoy fresh bread and other baked goods on your next paddling trip! Each participant will make a Kraiker's Baker oven using provided materials, including sheet metal and a clothes hanger. Tools will be provided - we will use tin snips, vises, and hammers to make this nifty oven. Nicole has taken her baker on many trips and enjoyed back-country bannock, pizza, brownies and more! (limited to 8 people- sign up)

Identifying Old Wooden Canoes~ Benson Gray

The "Identifying old wood canoes workshop" will be an interactive session to help people research the history of their canoes. I will have my laptop with a copy of the Old Town, Carleton, and Kennebec serial number records that can be used to provide more information about these canoes. Other builder's catalogs will also be available electronically to help identify wooden and more modern canoes. Other topics may also be covered depending on the interests of the participant.

Essential Knots~Harry Rock

Ever wonder how to properly tie a canoe onto a roof rack so it doesn't fly off and hit the car behind you? Ever wonder how to tie two pieces of rope together? Ever wonder how to shorten and tighten a piece of rope without cutting it? Well, this basic knots class is for you. We will cover the square knot, bowline, half hitches and slipknot as starters with others to be added based on class time. We also cover how to properly position a canoe on a canoe rack and how to tie it down to prevent it from shifting sideways in the wind and even worse, becoming a poor example of an airplane as it leaves your rack in the highway due to being improperly secured. Everyone needs this basic class for tying canoes to cars and docks, and how to tie up tarps and tents. You will have fun and learn a lot as well!

Introduction to Photography~ Patrick Groleau

How did photography evolve? What is photography? What are the "basics" of photography? How do I define photography for myself? Without buying anything how can I improve the images I create? What are some ways I can share my photography?

Choosing and Outdoor Camera—How to Decide! ~ Patrick Groleau

What are my choices? What are the merits/disadvantages of various types of cameras and camera systems? When picking a camera what should my "long term" thoughts be? Are there really "better" cameras? "Grey market," what is it? How important are "megapixels?" Features-features-features ... help! Is film still a viable choice? What are the merits/disadvantages of various editing programs? "Money=Better Images," is that true?

Fun with Fire~Nikki Calhoun and Jeff DeHart

Come join us as we play with matches and other traditional ways of making flames roar. Of course we will need to go walk-about to gather tinder and kindling. And because you are sure to need refreshment after all your hard work we will be brewing up a tasty tea with ingredients we gather in the forest."

Campfire Talk--Old Timer Questions & Answers~Gil Gilpatrick and Ray Reitze

An informal question and answer session with two Master Maine Guides with over 100 years of combined of outdoor experience. Ray Reitze and Gil Gilpatrick have been friends for more than 40 years, but their outdoor experiences are as widely varied as their outdoor interests. So, a variety of topics might be discussed, depending on the wishes of the questioners.

Rocket Stoves~Jesse Cottingham

Want to build a free, portable, wood powered camp stove? Tin can rocket stoves are fun to build, use up to 100% recycled / free materials and provide a useful, reliable alternative to expensive fossil fuel powered stoves. They are much more efficient than an open fire, and safer as well, especially in windy conditions. Each participant will build their own stove and take it home!

The Versatile Camp Tarp~Dave and Lynne Lewis

Whether used for shelter from wind, rain or sun, a tarp or two is a vital part of the canoe-travelers' equipment. We will discuss strategies for erecting a tarp quickly for varying conditions, and practice a few of the knots you should know how to use. We will set up tarps in as many different configurations as possible, and perhaps have some good-spirited competition.

Portages and Tumplines~Dave and Lynne Lewis

Portages can be an inevitable part of your canoe trip. In this hands-on workshop we will talk about and practice some strategies for portaging your gear and equipment safely, efficiently and in relative comfort-from canoes to wannigans. We will also be working with tumplines—an ancient, and highly efficient, means of carrying (or helping carry) loads.

Reflector oven History, Design and Use~Dave and Lynne Lewis

Reflector ovens have been in use since Colonial times, whether for roasting meat in front of a fire or baking up a batch of biscuits. In this workshop, Dave will bring his extensive collection of ovens for demonstration and discussion, and will talk about their history and use. Please share your questions, experiences, recipes.....

Paddle Making – Extended workshop~Caleb Davis

Here's a great opportunity to make your own traditionally shaped canoe paddle. Something you can admire and use for years to come. The action of this paddle using traditional canoeing technique is smoother in the water and less stressful to the paddler than in using a wider bladed paddle. Each participant will select a cherry one-piece traditionally shaped blank. All blanks are splined to promote paddle lightness and strength. Instruction, and hand carving and finishing tools are provided (non-electric). It usually takes 7-8 hours to complete. The completed paddle is ready for varnish or polyurethane. The fee is \$110-\$125 per paddle.

ON-WATER WORKSHOPS

The weather in Maine is highly variable and the safety of participants is our priority. In the event of thunder, on-water workshops will be cleared immediately and remain cleared until 30 minutes after the last thunder, in accordance with National Weather Service recommendations. In the event of wind or rough water, workshop leaders may, at their discretion, cancel the on-water session or move it to land. In the event of delayed or cancelled on-water workshops, please visit one of our many on-land offerings.

Whitewater Playboats~Ben Meader

Are you excited by whitewater but getting wet in an Old Town Tripper? Wouldn't you prefer *not* to sit down in a cramped little kayak? Come saddle up in a solo whitewater canoe and get a feel for how wonderfully agile (and tippy!) they are. We'll explore how the chine, flare, rocker, and tumblehome of a hull can effect boat performance; work on offside strokes and different braces to flesh out your repertoire; and hopefully get to try an open canoe roll or two.

The Whole Body Paddler~Shawn Burke

Learn to engage the major muscle groups of your core, in all canoeing styles and strokes, for smooth, efficient paddling. We'll start on land to go over the fundamentals, and then move onto the water where we'll have you skimming across Moose Pond with efficiency, style, and grace.

Paddling Tune-Up~Shawn Burke

In this workshop we'll review common problem areas with paddle strokes – Why is my draw ineffective? Why does the canoe bob and surge when we paddle? Why can't I make the boat go straight? – then provide targeted feedback so paddlers can get “tuned up.” We'll use a demo / practice format, where the instructor (1) demonstrates the problem on water, (2) shows how to fix it, then (3) provides on-water coaching so everyone gets tuned up.

Flatwater Skills and Drills to Improve Your Whitewater Paddling~Rory Matchett

Description- This solo workshop will focus on using flatwater practice time on turning strokes, power strokes, and maneuvers with the objective of enhancing your whitewater skills. If you want to become a great moving water paddler you should take advantage of your local flatwater lakes and ponds to really perfect the skills you will need for when you get to the river. As a bonus takeaway skill you will also learn the majestic, stylish, one-handed pry turn (sure to impress your friends with that one!!).

Perfect Your Paddling Skills with the English Gate~Rory Matchett

Come and learn how the English Gates (just two buoys on a small section of water) can be used as a practice routine to really improve your tandem paddling skills by perfecting and honing precision strokes and maneuvers. Within this short routine you will be able to perform inside circles, outside circles, reverse paddling, controlled stops, forward paddling. Whether you are a novice team or expert you can benefit from learning the routine. This will be of interest to all levels of paddling skills and disciplines of flat water, moving water, tripping. etc. You will have the opportunity to receive constructive feedback from Pro Staff that allows you to advance your paddling skills. There will be sessions for both tandem and solo canoes.

Modern Poling~Harry Rock/Lani Love

Canoe poling teaches the canoeist what a fun and practical sport poling is for exploring remote streams and rivers. Standing up in a canoe pushing a 12-foot pole is a unique and effective means of moving upstream into inaccessible areas where road access is very limited or non-existent. It is also a wonderful way to enjoy rivers in low water conditions where there is still enough water for the canoe but not deep enough to paddle without pushing off the bottom. This canoe discipline allows the boater to eliminate the need for shuttles as the put-in and the take-out are one in the same on a river or lake. While breaking the rules of never standing up in a canoe, the canoeist quickly learns how easily balance is acquired and that standing is more stable than sitting. The symposium workshop not only covers many shallow water techniques; it also focuses on maneuvering and power strokes in deep water. Proper body positioning in the canoe as well as hand positions on the pole is covered. This a beginner level class so prior poling experience is not required. You are guaranteed to have fun so sign up and become part of a truly "upstanding group" of canoeists who stand tall and carry a big stick!

Building Canoeing Confidence for Women~ Lani Love and Nicole Grohoski

In this class, Lani and Nicole will go over the skills needed to have the confidence to embark on single to multi day canoe trips. From plotting your adventure, packing, and paddling & poling skills. Get information that will help you become a leader of your group.

Women in the Stern~Polly Mahoney and Bonnie Pooley

Women make great stern paddlers! And men great bow paddlers! Sit & Switch paddling is ideally suited to put the strongest member of the canoe pair in the bow, where (his) muscles can motor you through the water and the woman in the stern, can finesse and fine-tune the course direction. Come learn more about bow and stern responsibilities, tandem teamwork, and why, for many couples, this arrangement makes the most efficient and pleasant paddling.

Introduction to Tandem Paddling~David Butler & Jesse Cottingham

Intro Paddling will give you the basic skills needed to propel a boat where you want it to go. You will learn how to get into and back out of a canoe – and stay dry in the process! You'll cover the strokes that form the foundation of canoeing. Learn the lingo of a paddler, what are all those canoe and paddle terms that I keep hearing those seasoned paddlers saying? You will learn how to move your boat forward and also how to turn and spin it. Additional topics; fitting a PFD, paddle selection and sizing, why there are so many paddling strokes, and more. Even if you've paddled a canoe before, the Intro class will help you brush up on what you know before taking a more advanced class, correct a bad habit, or even teach you something new. Come learn a little and have some fun too!

Introduction to Solo Paddling~ David Butler

Can't find a partner to paddle? Frustrated with your tandem partner? Get on the water and paddle solo. This workshop while provide confidence building skills that will allow you to head out on your own and experience solo paddling. We'll go over the parts of the paddle, canoe and basic paddling strokes with a focus on solo paddling, and dealing with wind as a solo paddler. Our goal will be to paddle a canoe in a straight line and feel confident that you can return to shore on your own.

Intermediate Skills Development~David Butler

So, you have taken the intro to paddling course and you are starting to feel good about handling a canoe! Now what? Let's continue to develop those paddling strokes. What is working for you and what do you want to improve? Solo and tandem boater welcome to come and receive individual attention to take your paddling to the next level. We will also go over how to select a paddle that is just right for the type of a paddling you expect to be doing. And we can talk about canoe options that best fit the paddling you will be doing. And what is a class III river? Come and find out and have some fun!

Dealing with Wind and Waves for Solo and Tandem Teams~Kim Gass

The class will go on if there is wind! It will be cancelled if there is a small craft advisory. We will do a little shore discussion first then go out on the water.

Topics will be safest approach to wind, dealing with headwinds, stern winds, wind ferries and loading for best control

Introduction to Solo Paddling~ Kim Gass

If you have never paddled your own boat come sample single blade solo canoeing in a boat built for one! When you are solo you are both the master and the mate and the learning comes quickly. If your J stroke isn't working, there is no one else to blame. The workshop is open also to those who have a good J stroke and are working on more advanced Freestyle maneuvers, utilizing weight shift and static strokes. Feel free to bring your own solo boat.

Sit & Switch - Jim & Lisa Lisius & Nicole Grohoski

Also known as North American Touring Technique, this is the most efficient style of paddling and the basics are easy to learn. So if you want to go fast, or just further without as much effort, come learn about bent shaft paddles, improved forward stroke dynamics, seated paddling with foot braces, eliminating dragging strokes that slow your momentum, and steering primarily by switching the paddle from one side of the canoe to the other. Teamwork is key, and when you and your partner get this technique down, you will be gliding effortlessly across the water the way life is supposed to be.

Stand-Up-Paddling on a Paddleboard~Moe Auger

Mainers have a long tradition of standing up and paddling and poling canoes. Far, far to the west, the Hawaiians have a long tradition of standing up on boards and riding the waves of the ocean. What most may forget is that the Hawaiians are expert canoe paddlers as well having crossed thousands of miles of open ocean in canoes to reach their island homes. It was only a matter of time before someone stood up on a board and used a paddle to go exploring. Stand up Paddle boarding (SUP) is one of the fastest growing water sports in the country because of its relatively quick learning curve, excellent core work out, and the fact that it is just way too much FUN.

These workshops will introduce participants to the history, equipment, techniques, and safety considerations for those ready to get up off of their butts and do a little hiking on the water.

Traditional Solo Paddling~Caleb Davis

If you've ever seen Becky Mason paddle at previous Symposiums and said, "I want to learn how to do that!" this course is for you. Traditional solo is a paddling style seen more commonly in Canada, practiced by such notables as Omer Stringer and Bill Mason. In traditional solo, the paddler kneels amid ship in a tandem canoe, tucks their knees into one side of the hull, and heels the boat to the paddlers side until the gunwale is close to the water. This lifts the bow and stern out of the water, effectively creating a shorter canoe that turns more easily.

Traditional Flat-water Tandem Paddling~Caleb Davis

Tandem paddling is teamwork. Two people working together to accomplish the same goal, move across the water to the same destination at a mutually agreed upon rate of speed. Sounds simple enough? But, why is it that this simple task has the potential to generate so much discourse? Even to the point of breaking up a happily married couple. Communicating and working together will facilitate good tandem paddling, add good technique and the tandem paddlers will glide across the water like a well-oiled machine.

Canoe Sailing~Benson Gray

Before there were any "one-designed" sailboats such as the Sunfish, Laser, etc., canoes were commonly converted into sailboats. Back in 1880 the American Canoe Association was founded and its first competitive event was a sailing canoe regatta held at Lake George, NY. This activity has been going on ever since. The Maine Canoe Symposium will have four sailing canoes with sails of 45 to 100 square feet. Everyone who signs up will have a chance to sail one (weather permitting) even if you have never sailed before.

Women's Poling~Lisa DeHart

In a small class of 5 learn the basics of choosing a boat and pole, where to stand and very basic maneuvering. How to turn right and left, push off nice and straight, how to stop and sideslip. Women teaching women, learn from someone with your sized arms, your upper body strength and plus I know how your brain works! We're not building a rocket ship, just having a blast on the water, so come and play.

Skill Building for Women~Polly Mahoney and Bonnie Pooley

Polly and Bonnie will go over parts of the paddle, canoe and basic paddling strokes in the bow and stern. We will practice sideslips, turning and paddling in a straight line. Come learn in a supportive environment!

Northwoods Paddling~Jane Barron

A variation on the "slicing J" (or "Canadian" stroke in Bill Mason's lexicon), true Northwoods paddling uses a narrow-bladed beavertail paddle at a fast stroke rate, a slight bob to the torso to engage the abdominal muscles, and a slicing underwater recovery to cover a lot of miles with less effort. And if all that sounds like mumbo jumbo, take the class to learn a traditional paddling stroke used by Maine Guides to Paddle all day, and not get tired. A working knowledge of the J-stroke is helpful.

Recreational Poling~Kevin Silliker

The program will introduce beginners to the art standing in a canoe and controlling its movement and direction with a 12 foot, black spruce pole; in the style of the river guides of Maine and New Brunswick. Topics to be demonstrated and practiced include: stances, grips, balance, turning the boat, propulsion (forward and backward) and stopping. Come surprise yourself with how quickly your comfort and confidence builds when standing in a canoe!

Canoe Safety~Kevin Silliker & Rory Matchett

In this workshop you will learn and have the opportunity to practice safety skills for canoeing. You should be prepared to get wet but whether you want to participate in the wet session will be up to you. Your friendly Instructors are the only ones that will have to get wet. We will review and practice with throw ropes, canoe over canoe rescues, general canoe safety, and new for this year the parallel canoe rescue.

Family Voyageur Canoe Paddle~Jim and Lisa Lisius

All ages welcome to join us as we take out one or two newly restored voyageur canoes for a paddle down Moose Pond. We will take a short coffee/tea/hot chocolate break before heading back to Camp Winona. So take this opportunity to experience the easy flow and comradeship of voyageur canoe travel.

Double Blade Paddling~Geoff Burke

This workshop is about the sizing, selection and use of a double paddle in a canoe. Double paddles and canoes will be available to try.

MCS Mission Statement

Established in 1986, the Maine Canoe Symposium is a volunteer-run, nonprofit weekend event held annually at Camp Winona on Moose Pond in Bridgton, Maine.

The Symposium allows participants of all ages to develop an understanding and appreciation of the diversity of North American canoeing heritage and to develop canoeing and related skills through educational workshops, presentations, and hands-on instruction.