

CANOE CLUBS

RCABC	www.bccanoe.com	250-592-4170
Beaver Canoe Club	www.beavercanoecub.org	604-984-8020
Blackwater Paddlers	www.quesnelpaddlers.com	
Borderline Boaters Club	www.borderlineboaters.com	bdodge@selkirk.ca
Columbia Canoe Club - Castlegar	sbport@telus.net	250-365-6065
Cowichan Canoe & Kayak Club	www.cowichansports.com	
Dogwood Canoe Club	www.dogwoodcanoe.com	604-590-5321
Kelowna Canoe & Kayak Club	business.silk.net/kckc/ kcwebmaster@gmail.com	
NW Brigade Paddlers	http://www.paddlepg.blogspot.com/	
Port Moody Canoe Club	www.pmck.org	604-760-1631
RCABC	www.bccanoe.com	sec@bccanoe.com
Victoria Canoe & Kayak Club	www.vckc.ca	250-391-0560
Canoe Kayak BC	www.canoeokayakbc.ca	604-465-5268

WHITewater KAYAK CLUBS

Canoe Kayak BC	www.canoeokayakbc.ca	604-465-5268
Chiliwack Center Of Excellence	ccekayak.tripod.com	
Golden Kayak Club Larry	www.goldenkayakclub.com	larry@canoyonjet.ca
VIU Kayak Club Don	don.cohen@viu.ca	250-714-1175
Paddle Fernie	www.paddlefernie.com	
Vancouver Canoe Polo Club	www3.telus.net/vcpc/ vancouvercanoe polo@gmail.com	
Vancouver Island WW Paddling Society	www.surfkayak.org info@surfkayak.org	
Vancouver Kayak Club	www.vankayak.org info@vankayak.org	

SEA KAYAK CLUBS

Campbell River Paddlers	www.crpaddlers.com	members@crpaddlers.com
Cowichan Canoe & Kayak Club	www.cowichansports.com	
Island Paddlers - Salt Spring Isl		250-537-1116
Kelowna Canoe & Kayak Club	business.silk.net/kckc/ kckcwebmaster@gmail.com	
Comox Valley Paddlers - Comox	www.comoxvalleypaddlers.ca	tmgr@telus.net
Nanaimo Canoe & Kayak Club	www.nckc.nisa.com	commodore@nckc.ca
Nanaimo Paddlers	www.nanaimopaddlers.org	
Nelson Kayak & Canoe Club	www.canoe.kics.bc.ca	cjkolmel@gmail.com
Pacific Int'l Kayak Assn - Langley	www.pikakayak.com	
Sea Kayak Association of BC	www.skabc.org	membership1@skabc.org
Victoria Canoe & Kayak Club	www.vckc.ca	250-479-1380
Victoria Sea Kayakers Network		dspittlehouse@telus.net

FLAT WATER CANOEING ASSOCIATIONS

Burnaby Canoe & Kayak	www.burnabylake.com	604-267-2256
CanoeKayak BC	www.canoeokayakbc.ca	604-465-5268
False Creek Racing Club - Vanc	www.fcrc.com	604 684-7223
Fort Langley Canoe Club	www.fortlangleycanoeclub.com	604-888-0129
Gorge Paddling Center - Victoria	www.gorowandpaddle.org	250-658-6333
Kamloops CKBC	www.kamloopscanoeandkayak.com	250-851-9862
Nanaimo Canoe/Kayak	www.nckc.nisa.com	250-758-4052
Nelson Kayak & Canoe Club	www.canoe.kics.bc.ca	250-352-5665
Ridge CKBC - Maple Ridge	www.rckc.ca	program_coordinator@rckc.ca

OUTRIGGER and DRAGON BOAT CLUBS

Canadian Outrigger Racing Association (CORA)	www.canadianoutrigger.com
Comox Strathcona Canoe Racing Club	thbutchers@shaw.ca
Delta Outrigger Kanu Association - Delta	www.deltaracingcanoe.com
Dragon Boat Association - Vancouver	www.dragonboatassociation.ca
Dragon Boat Clubs	www.paddlesup.ca
Dragon Zone - Vancouver	www.dragonzone.ca
False Creek Racing Canoe	www.fcrc.com
Gibsons Canoe Club - Gibsons	www.gibsonspaddleclub.ca
Gorge Rowing & Paddling - Victoria	www.gorowandpaddle.org
Jericho Outrigger Canoe Club	www.jerichooutrigger.com
Kelowna Dragon Boat Club	www.kelownadragonboatclub.com
Lotus Sports Club	www.lotussports.com
Nelson Kayak & Canoe Club	www.canoe.kics.bc.ca
Nanaimo Paddling Centre	www.gorowandpaddle.org
Ocean River Canoe Club - Victoria	www.orspaddlingclub.com
Pacific Reach	www.pacificreach.net
Penticton Racing Club	www.pentictonoutrigger.com
Port Moody Racing Club	www.gorowandpaddle.org
Sproat Lake Canoe Club	www.members.shaw.ca/sproatlakecanoecub/
Vernon Outrigger	www.vrcoutrigger.com
Victoria Canoe & Kayak Club	www.vckc.ca

GUIDELINES FOR SAFE CANOEING

There is no replacement for experience and common sense while paddling. Here are a few simple 'rules' that will help ensure that you have a safer trip:

- Paddle with a friend or two
- Never paddle further away from shore than you are prepared to swim
- Carry a bailer or pump, an extra paddle and a sound signaling device
- Wear clothing appropriate for weather and water conditions
- Carry a warm spare set of clothing
- Always carry a repair kit, survival kit, first aid kit and a 15 meter throw line
- Wear a personal flotation device (life jacket) at all times
- Install bow and stern lines
- Let someone know where you are going and when you will return
- Carry extra flotation for canoes on river trips
- On river trips, scout ahead
- Carry a light if you will be out after dark
- Transport Canada Regulations: www.tc.gc.ca/BoatingSafety

Western Canoeing & Kayaking

Western Canada's largest specialty paddling store



• Sales • Lessons • Rentals •

1717-Salton Rd, Abbotsford, BC
Ph: 604.853.9320 TF: 1.866.644.8111

www.westerncanoeokayak.com
westerncanoe@telus.net

2010 Paddler's Information Guide



Your guide to information on paddling adventures, clubs, lessons, demos, racing & much more

Western Canoeing & Kayaking

Phone: (604) 853-9320, TF: 1-866-644-8111

www.westerncanoeokayak.com

Let us help you discover the joys of paddling! We offer a huge selection of gear, as well as a complete line of rental canoes and kayaks. We also offer professional instructional programs to fit everyone's needs. More info at www.westerncanoeokayak.com

Paddling Adventure

BC Ferries has opened up the coast for paddlers. Multi port sailing features visits to small communities along the inside passage. Be advised that there are few amenities available once you disembark. For additional information call: 1-888-BCFERRY. From outside North America call 250-386-3431, www.bcferries.com

Broken Group Islands: Coastal paddling at its best. Camping fees: \$9.80 per night per person are collected by park licensed concessionaires. Visa and MC are accepted. Maximum stay on each island is 4 nights with a maximum of 14 nights in the Islands. Pets are not permitted. For more info please call the Pacific Rim Nat'l Park at 250-726-7721. Email: pacrim.info@pc.gc.ca

Bowron Lake Circuit: Reservations are a must (limited 'walk-on' spaces available) This 116km canoe route is one of the Province's most popular canoeing destinations. Bookings for July & August generally fill up early so make yours at least 2 months in advance. Visit www.hellobc.com for booking information. If you require equipment and/or lodging contact Beckers Lodge at 250-992-8864 or Bowron Lake Lodge at 250-992-2733.

PADDLING EVENTS

April 16-19	RCABC AGM	Hope	www.bccanoe.com
April 17	WCK Demo Day	Abbotsford	604-853-9320
April 17	Clipper Demo Day	Kamloops	250-377-0157
April 18	Clipper Demo Day	Vernon	250-545-9555
April 24	WCK Spring Sale	Abbotsford	604-853-9320
May 14-16	Wooden Canoe Heritage Event	Shelton, WA	604-943-3052
May 15	WCK Demo Day	Abbotsford	604-853-9320
May 30	Clipper Demo Day	Red Deer	403-343-3658
June 5	Victoria Paddle Fest	Victoria	250-381-4233
June 5 & 26	WCK Demo Day	Abbotsford	604-853-9320
June 12	Edmonton Paddle Fest - Clipper	Edmonton	604-853-9320
June 19	Calgary Paddle Fest - Clipper	Calgary	403-262-4327
June 20	Vancouver Paddle Fest - WCK	Vancouver	604-853-9320
July 3 & 24	WCK Demo Day	Abbotsford	604-853-9320
Aug 14	WCK Demo Day	Abbotsford	604-853-9320
Aug 28	WCK End of Summer Sale	Abbotsford	604-853-9320

*WCK Demo Days are FREE. Register online at westerncanoe kayak.com to reserve your spot. Demos are held in Abbotsford. Pre-registration is required.

CANOE LESSONS - to Register Call 604.853.9320

Lower Mainland Discovery Trips

Get to know the paddling gems of the Lower Mainland! Bring your own canoe or we'll bring one for you. Come out yourself or bring the family and friends. There will be a 1-hour canoeing clinic at the beginning to give you the skills to thoroughly enjoy the day. Lunch is provided. Cost is \$90 or \$100

Dates & Locations:	Widgeon Creek(\$90)	Apr 18, May 4, June 5, Jul 10
	Harrison River(\$100)	May 29, June 20, Jul 25
	Indian Arm (\$90)	May 8, May 30, June 13, Jul 24
	Fraser River(\$100)	May 16, June 26, Jul 11

Level 1 Canoeing with CRCA Certification

Pitt Lake, Cost \$90

April 3, May 1, May 23, June 6, June 26, July 10

Voyageur canoe tours are also available. Contact our instructor Dave Wooldridge at 604-250-0744 or dave@ridgewilderness.com

WHITewater KAYAKING LESSONS - to Register Call 604.853.9320

2 Day Introductory Course

In this weekend introductory course you will learn the basic strokes and strategies necessary to progress from the classroom to flat water to moving water while enjoying a safe and fun outdoor adventure.

Instructor: Kay-Uwe Konojacki of Purple Hayes School of Kayaking

Location: Cultus Lake and Chilliwack River

Fee: \$200.00 (equipment included)

Dates: May 8 & 9, May 15 & 16, May 29 & 30, Jun 12 & 13, Jun 26 & 27, Jul 3 & 4 (under 18 class), Jul 10 & 11, Jul 24 & 25, Aug 7 & 8, Aug 21 & 22, Sept 11 & 12, Sept 18 & 19

River Rescue

2 day course designed to teach the fundamentals of rescue and safety, concentrating on boat-based rescues of self and others. We also look at recognizing hazards (and what to do about them). June 5 & 6; Fee: \$200.00

Intermediate Course

Designed for people who have the basics, this course focuses on river reading and running skills. Course content can vary depending on the needs of the students. Fine tuning techniques are common goals. June 8, July 29, Aug 19, Aug 28, Sept 25 Fee: \$50

TOURING KAYAK LESSONS - to Register Call 604.853.9320

Introduction to Sea Kayaking Course

Key components of this course include: Introduction to the kayak and safety equipment, review of Canadian small craft safety regulations, tides/current information, basic paddling strokes and self rescue procedures. This is a great introduction to the fundamentals of ocean paddling. Kayak courses will be arranged outside our listed programs for groups of 4 or more.

7 hr course 9:00 am – 4:00 pm

\$130.00 includes kayak rental, safety equipment, and wetsuit rental.

Available Dates: April 24, May 1, 2, 16, 22, 24 & 29, June 5, 12, 13, 20 & 26, July 11, 17, 18, 24 & 31, Aug 2, 7, 8, 15 & 28, Sept 4, 6, 18, 19, & 25, Oct 2.

Capsize Course

This 4 hour course covers solo and assisted capsize recovery procedures.

The program is designed to build confidence and safety awareness through an understanding of kayak re-entry. The capsize course provides participants with an understanding of the necessary safety gear when paddling and techniques used to support a capsized person.

4 hr Course 1:00 pm – 5:00 pm

\$ 95.00 includes kayak rental, safety equipment, and wetsuit rental

Available Dates: May 30, June 6 & 19, July 18, Aug 1, 14 & 29, Sept 5

Intermediate Course

This four hour course is designed for paddlers who have basic experience and seek to expand their kayaking capabilities. The course is great for those interested in developing skills for rolling. The program will focus on high and low bracing, edging, leaning, hip flicks, sculling and various draw strokes.

Recommended Prerequisite –Intro to Sea Kayak Course and/or Capsize course.

4 hr Course 8:00 am - 12:00 noon

\$95.00 / person plus GST, includes kayak, equipment & wetsuit.

Available Dates: May 30, June 6 & 19, July 31, August 1, 14 & 19, Sept 5

Kayak Rolling

Under the guidance of an instructor, explore the techniques necessary for successful and consistent rolling. Kayak rolling is taught using a one on one approach, which is beneficial for the first time roller to those interested in enhancing their roll. Participants should have a thorough understanding of strokes and capsize procedures.

\$35/person, equipment rental extra

Call Howard for details at 604-535-7985

Specially designed classes for CRCA, Refresher, Kids Only, and Private Instruction available.

Forest Service Maps: Information about campsites can be found on the BCFS website at: http://www.tca.gov.bc.ca/sites_Trails/ or by contacting the Forest Practices Branch -- 250-387-1946

To sign up for our free “e” newsletter go to www.westerncanoe kayak.com and join our mailing list.

Watch our website for more in-house events, winter pool sessions, and paddling seminars.

ADDITIONAL CANOEING & KAYAKING COURSES

Additional canoeing & kayaking courses & private instruction may be available. Check our website for additional course dates or contact Western canoeing and kayaking for further information at 604-853-9320 or westerncanoe kayak.com/lessons.php

**Need to rent a canoe or sea kayak?
Call us at 604-853-9320 or Toll Free: 1-866-644-8111**

RACES, RODEOS and FESTIVALS

F=Flatwater WW=Whitewater Kayak or Canoe D=Dragon Boat
M=Marathon K=SeaKayak O=Outrigger-OC6 R=Relay

O	Apr 10	Wake up the Gorge	www.vckc.ca
M	Apr 11	Kelowna Ski 2 Sea	www.ski2sea.ca
M	Apr 25	Mt Washington Snow to Surf	www.snowtosurf.com
WW	Apr 30-May 2	Chilliwack River WW Festival	www.vankayak.org
O	May 1-2	Brotchie Reach Offshore Outrigger Races	www.gorowandpaddle.org
M	May 2	Enderby Spring Marathon Canoe Clinic	marathon@telus.net
WW	May 2	Chilliwack River Throwdown	info@purplehayes.bc.ca
M	May 8	BC Classic Spring Marathon Canoe Race	rawstron@shaw.ca
O	May 15	PRCC Duel in the Desert	www.pentictonoutrigger.com
DB	May 22	Gorge Super Sprints - Victoria	www.gorowandpaddle.org
WW	May 28-30	Puntledge River Festival	www.surfkayak.org
O	May 29-30	16th Annual Jericho Iron Classic	www.jerichoutrigger.com
R	May 30	Ski to Sea Race Bellingham	www.skitosea.com
O	June 10-11	Island Iron	www.orspaddlingclub.com
WW	Jun 19	Chilliwack River Throwdown	info@purplehayes.bc.ca
M	June 19-20	Prince George Marathon Canoe Race	idkchad@aol.com
DB	June 19-20	Alcan Dragon Boat Festival	www.adbf.com
DB	Jun 26	Nanaimo Paddle Fest	www.gorowandpaddle.org
O	July 3-4	Lotus Iron Race - Burnaby	www.lotussports.com
O	July 9-11	HSOR Gibsons Outrigger	www.clippercanoes.com/outrigger
DB	July 9-11	Nanaimo Dragon Boat Festival	www.nanaimodragonboat.com
DB	Jul 17	Richmond Dragon Boat Festival	www.gorowandpaddle.org
DB	Jul 24	Harrison Dragon Boat Festival	www.harrisondragonfest.com
O	Jul 31	Vernon freshwater Challenge	www.vrccoutrigger.com
WW	July 30-Aug 1	Clearwater Kayak Festival	www.clearwaterkayakfest.com
M	Aug 6-8	Nationals Marathon, Wpg, Manitoba	jerome@sport.mb.ca
DB	Aug 7	Gorge Fest	www.gorowandpaddle.org
WW	Aug 14	Chilliwack River Throwdown	info@purplehayes.bc.ca
O	Aug 15	Canadian OC6 Iron Championships	www.canadianoutrigger.com
DB	Aug 13-15	Victoria Dragonboat Festival	www.victoriadragonboat.com
WW	Aug 13-15	Kananaskis WW Festival	www.calgarykayakclub.com
K	Aug 28 & 29	Moutcha Bay Kayak Fishing Derby	http://moutchabay.com
WW	Sept 3-5	Lytton River Festival	www.riverfestival.ca
O	Sept 11	Delta Sprints	www.deltaracingcanoe.com
DB	Sept 11-12	Penticton Dragon Boat Festival	www.gorowandpaddle.org
O	Sep 18	PRCC Length of the Lake - Penticton	www.pentictonoutrigger.com
WW	Sept 18-19	Tamihahi Five-0 Open Canoe Slalom	www3.telus.net/~soloboat/
WW	Sept 24-26	Canada West Paddle Surf Fest - Tofino	www.surfkayak.org
O	Oct 9	Cranberry Festival	www.fortlangleycanoeclub.com
O	Oct 21	ORPC Bridges OC6 Race - Victoria	www.orspaddlingclub.com
O	Oct 23	Battle in the Bay - Nanaimo	www.gorowandpaddle.org