



GOULD LAKE OUTDOOR CENTRE

Limestone District School Board

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613.376.1433

www.gouldlake.ca

@gouldlake_LDSB

Quest & GAP 2026

A Wilderness Canoeing Experience in Frontenac Park for Grade 7 & 8 Graduates

Quest and GAP are 8-day introductory outdoor camping/canoeing courses, both featuring a 5-day canoe trip in Frontenac Provincial Park. Quest is open to all students and GAP is for any student identifying as female. No previous experience is necessary to enroll.

The first 3 days are spent at Gould Lake preparing for the canoe trip, learning skills such as: canoeing, portaging, low-impact camping, swimming, team building, basic first aid, and much more. This course also explores challenges faced by students as positive members of society and focuses on personal growth and confidence.

Bus transportation is provided to and from Gould Lake each day, as well as to and from Frontenac Park. All food and equipment (i.e. canoes, paddles, tents and packs) is provided for the 5-day canoe trip in Frontenac Park. Students are required to bring their own PFD (lifejacket), sleeping bag and personal gear, as well as lunches and drinking water for the 3 days of day-camp ("Barn Days") spent at Gould Lake.

For more information on our programs, staff qualifications and registration, please visit www.gouldlake.ca or give us a call, 613.376.1433.



Quest & GAP 2026

Quest:

- * Session 1: June 29 - July 6
- * Session 2: July 9-16
- * Session 3: July 30 - August 6
- * Session 4: August 20-27

GAP:

- * July 21-28

Cost: \$650 (taxes included)

Credit: PAD10 (0.5 credit, PHE)

REGISTRATION STARTS DECEMBER 2025!

Applications will be accepted online at www.gouldlake.ca Please refer to our website for registration details. Feel free to call our office should you have any questions or concerns, 613.376.1433.