

**1000 ISLANDS  
KAYAKING**



# **CORPORATE GROUP PROGRAM**

**»» 2012**



**RELEASE STRESS  
WORK TOGETHER  
SOLVE CHALLENGES  
FEEL INSPIRED**



› Enhance group cohesion



› Release stress



› Take a breath of fresh air



› Stay active



› Work Together



› Solve Challenges

## 1000 Islands Kayaking, Corporate Group Programs

Welcome to the most beautiful office space in the 1000 Islands! We would love to share with your team the adventure and benefits of a day on the water with 1000 Islands Kayaking. Enjoy an escape into quiet bays and inlets to explore the wonders of the majestic 1000 Islands. Have fun together, build relationships, release stress, introduce a healthy activity to your lifestyle, eat well (VERY well!) and come back to the office with a rejuvenated sense of wellness.

We take care of everything. High end touring kayaks, professional guides, excellent instruction, amazing food and an opportunity to lose yourselves in one of the most unique environments in the world. No experience is necessary as our professional instructors ensure a safe and inclusive day on the water with kayaks that fit all shapes and sizes.

## Where are we Paddling?

The Frontenac Arch is a 900 million year old granite mountain range spanning the St. Lawrence River between Kingston and Brockville. As the last glacier receded nearly 12 000 years ago, the melting ice flooded the river valley now home to 1,864 eroded mountain peaks forming the world famous 1000 Islands. As a vibrant corridor for migratory species, the 5 overlapping eco-regions are an international UNESCO Biosphere Reserve and an amazing place to paddle.

Throughout your adventure by sea kayak, many opportunities arise for up-close encounters with wildlife and exploring hidden treasures only accessible by kayak. With stories of fascinating human history, radiant ecology and mind boggling geology, your team can paddle home with a fresh perspective to meet the challenges of your work day.

## What are the Benefits?

Enhance group cohesion, release stress, take a breath of fresh air, stay active, work together to solve challenges and come home feeling inspired. Several team initiatives encourage critical group thinking to enhance workplace performance, but who wants to worry about productivity during a program like this?

On the lunch island, you have the choice of engaging your group in our professionally facilitated activities, or just relaxing and enjoying being outside to explore the islands at your own pace. A good snooze on the beach also does wonders for staff morale! Our programming opportunities are sure to get your team moving, laughing and working together to enhance group cohesion, communication and problem solving skills.

# THE ADVENTURE BEGINS

Arrival and departure times can be adjusted to your schedule

09:00

## Arrival and Introduction

A brief history of the 1000 Islands to inspire a sense of wonder about its natural and historical treasures.

Equipment overview, presentation of route itinerary, expectations and safety procedures.

09:30

## Launch and Kayaking 101

Learn essential strokes and kayak control. We will work with all participants until they are comfortable and confident before setting out for the day.

10:00

## Exploring the 1000 Islands

A chance to intimately get to know the area and the unique stories that take you back through time. Take several breaks to connect with the fascinating ecology and natural history.

12:00

## National Park Island Lunch

Our amazing lunch supports the "Local Flavors" program within the Frontenac Arch region. Any dietary needs will be accounted for and satisfied.

13:00

## Free Time

Time for programs or personal rejuvenation is available. Huddle for business meetings, team building / leadership initiatives, or just relax and enjoy the islands. Ample opportunities exist for hiking, swimming, and socializing.

14:00

## Return to Kayaks

We set a leisurely pace for the afternoon depending on the group's ambition for exploring. Lay back and take it easy or kick into high gear for some exciting routes and island adventures.

16:00

## Return to Base

We bring closure to the day with a good group stretch and reflection on the day. Many future opportunities exist to get back on the water with us and we hope this is not the final farewell.

## What is Included?

- Healthy snacks and for full day trips, an amazing gourmet island lunch (no lunch with half days).
- High end equipment for all people's shapes and sizes that exceed industry and coast guard regulations.
- Nationally certified guides in a 6:1 client to guide ratio.
- Professional instruction to build confidence and control.
- Leisurely pace for all skill levels of paddlers (no experience necessary)
- Stops on National Park Islands for hiking and swimming
- A detailed confirmation package will be e-mailed to all participants including directions to our facility, a list of what to bring, a confidential medical questionnaire and waiver form.



# STEPS TO BOOKING

Simple 5 step procedure to get your company outdoors

## STEP 1

Contact our office to inquire about potential dates and answer any questions you have about the excursion. Together we will ensure all your goals for your team are met. Once a date is selected we will send you a complete confirmation package via e-mail.

## STEP 2

Distribute the confirmation e-mail to all participants in your group and have them submit the confidential medical form on-line to our office. Make your transportation arrangements and schedule yourself out of the office for a wonderful day of professional development.

## STEP 3

We will contact you 48 hours prior to trip departure with a list of everyone who has submitted the necessary forms for registration. If there are individuals missing from the list, please personally contact them to complete their registration.

## STEP 4

Arrive at our facility 15 minutes prior to trip departure to submit waivers and allow time to get changed into your paddling clothes. We will be ready to start the program as early as 9:00 am.

## STEP 5

Tell your friends, coworkers, family and associate partners what an amazing time you had paddling through the 1000 Islands. We hope this is a unique and memorable experience that cultivates a unified team in addition to benefiting group members on an individual basis.



“For three years now we’ve used 1000 IKC as a summer-time, pre-ratings bonding outing and corporate fun-day for our staff announcers in Brockville and Kingston. And for three summers our staff has come back re-invigorated and enthused about the beauty of the Thousand-Islands. There’s nothing like playing tourist in your own backyard and when we can combine that terrific sense of fun, fantastic food and the chance to spend a leisurely day together on the water ... it’s a combination that is truly unbeatable and unforgettable. The staff at 1000 IKC have been incredible hosts and clearly add to the enjoyment of our day in the islands. We’ll be back!”



» **Greg Hinton**  
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