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Hap & Andrea Wilson

## **Cabin Falls EcoLodge Check List & General Information**

### WHAT TO EXPECT

The Ecolodge overlooks “Cabin Falls” on the Lady Evelyn River, deep within the Lady Evelyn-Smoothwater Wilderness Park. It is the only private lodge within the Park. Refer to our website for a more detailed description. Revered as one of Canada’s most unique and picturesque ‘outpost’ lodges, it is situated within Ontario’s most rugged and highest regions. The Temagami wilderness is defined by its ancient pine forests, rocky outcrops and clear, deep water. The Lady Evelyn River is famous for its eight waterfalls, canyons, rapids and abundant wildlife. The highest points in Ontario, such as Maple Mountain and Dry Lake Ridge are close by. Because of the rocky terrain, footing over rocks can sometimes be challenging; sturdy, protective footwear and a relatively good physical conditioning are essential. All guests are required to undergo a certain amount of physical exercise throughout their stay, usually by canoeing or hiking. Those with physical challenges may stay within the confines of the Ecolodge; however, we do our best to accommodate all levels of physical fitness and age for prescribed activities.

### FLYING IN & OUT

Guests are required to check in to Lakeland Airways in Temagami at least one-half hour prior to departure time. Late arrivals may get “bumped”, delayed, or moved to the next day where additional flight costs will be applied. Please adhere to weight specifications and make sure that all your gear is stowed in one backpack and one small daypack or camera case. The DeHavilland Beaver floatplane (half-hour flight time) will carry up to 4-passengers and their respective gear to our pick-up point on Divide (Katherine) Lake within the Park. From here you will be guided the 2.5 km. downriver to the lodge. No paddling experience is necessary – we will be happy to give instruction in paddling skills as we make our way down the Lady Evelyn River. Return flight is generally early to mid-afternoon on the final day of the retreat.

OPTIONS: Fly-in retreats are 4 nights/5 days (some clinics are 3 nights/4 days). For those who would rather paddle or kayak in to the Ecolodge, add 2 or more-days travel time with overnights along the way. See pricing variations on our website.

## THE ECOLOGE

The history of Cabin Falls is quite colourful but best related around an evening campfire. Dating back to 1931, it was first known as the “Rapidan Club”, named after U.S. president Roosevelt’s remote outpost in Virginia. Today, the Ecolodge can accommodate up to a total of 12 guests. We have 3 guest cabins, all having spectacular views of the river. The main lodge is perched above the 30-foot waterfall with over 1,000 sq. ft. of deck and adjoining walkways connecting the lodge with the dining hall and sauna. Most of our guests (since 1984) have remarked about the “rustic elegance” that defines the charm of the Ecolodge.

### AMENITIES INCLUDE:

- ✚ Fine dining serving organic cuisine (specialty foods upon request)
- ✚ “Wild Swimming” (June to late September) in the pools, tubing natural waterslides and sitting in natural Jacuzzi’s, exploring waterfalls & cliff-jumping.
- ✚ Wood-fired sauna.
- ✚ Nature-related library.
- ✚ Firepit for evening story-telling and star gazing.
- ✚ Canoes, Paddleboards, Kayaks
- ✚ 12 km. of backcountry hiking trails through old-growth pine.
- ✚ 8 waterfalls within a short distance of the lodge.
- ✚ Pure spring water for drinking.
- ✚ Solar, turbine & generator for charging laptops & equipment.
- ✚ Emergency satellite phone and limited cell-service.
- ✚ Axe throwing (Hap Wilson taught Pierce Brosnan how to throw).

### FAVOURITE ACTIVITIES:

There are seasonal variations which include:

**Spring: May 10 to June 21<sup>st</sup>.** Some fun whitewater to canoe in and learn skills; superb brook trout fishing; blossoming flowers and photo opportunities.

**Summer: June 22<sup>nd</sup> to Labour Day.** Blueberries, swimming & general recreation.

**Fall: Labour Day to October 15<sup>th</sup>.** Bug free and brilliant colours, fresh and vibrant days for hiking and photography.

\*Let us know what your interests are. Since 1984 we have hosted just about everything, from executive “team-building” or what we call “environmental therapy”, to family camping primers. Art and photography retreats are most popular, with day excursions and packed lunches to several favourite spots within a short distance from the Ecolodge, including a hike up one of Ontario’s highest points at Dry Lake. We are usually back at the outpost by 4pm, in time for a swim, sauna or just to relax on the deck with a good book. Meals are professionally prepared on a wood-fired stove. Moonlight paddles, fireside story-telling and star-gazing fill the evenings at Cabin Falls Ecolodge.

## CABIN FALLS ECOLODGE CHECK LIST

Personal gear should be compacted in to one large internal-frame or canoe pack using “dry-bags” for waterproofing (max 60lbs). Heavy duty garbage bags will do in a pinch for waterproofing. Camera’s, computers, or any electronic equipment should be packed in a sturdy waterproof bag or “Pelican Case.” Guests should bring a light daypack for excursions. If you have any questions concerning what to bring, please email or call us. Remember to bring warmer clothes for spring and fall retreats!

- Water bottle
- Towel
- Sheets or sleeping bag
- Personal toiletries (toothbrush, bio-degradable soap, etc.)
- UV protection
- Personal medications
- Headwear (hat or bandana)
- Bathing suit
- Headlamp/flashlight
- Camera with case (spare batteries or charger)
- 2-piece quality rain suit
- Wind shell or jacket
- Fleece or sweater
- Cargo pants, shorts
- Long underwear (spring & fall)
- Lounge shoes/sandals \*(Not to be worn while portaging).
- Hiking boots
- Gloves (for paddling and/or cold weather)
- Sunglasses
- T-shirts
- Sock and underwear
- Reading material
- Journal/writing material/art material
- Large internal-frame or canoe pack with waterproof liner or dry bags
- Insect repellent/bug jacket for spring & early summer trips
- **Helmets required for Whitewater Clinics**
- Wetsuits optional for Whitewater Clinics
- \*\*Let us know if you need a pfd or paddle (some guests prefer their own).

ADDITIONAL INFORMATION:

- We highly recommend loose-fitting, comfortable clothing, light-coloured fabric for spring and summer.
- Alcohol is permitted (bring your own) but carefully monitored at the lodge and smoking is only permitted at the firepit (see Term & Conditions document).
- All beds have mattresses and pillows.

**Additional Check List for Custom Guided Canoe Trips (usually from Florence Lake)**

This is an optional trip, minimum 5-persons, where we spend 4 days on the river and three days at the lodge. Please contact us for information and cost.

These are items in addition to the ones you will need from the list above.

1. Sleeping pad/therma-rest.
2. Eating utensils: cutlery, bowl, plate & cup.
3. Pack rod for fishing (optional).
4. Personal snacks (GORP mix, chocolate, etc.). We supply limited quantities.
5. Personal alcohol (no glass bottles). Please limit what you bring.
6. Pack chair (lightweight/compact).
7. Let us know if you need a pfd or paddle (some guests prefer their own).
8. Tent

NOW YOU ARE READY FOR A GREAT ADVENTURE!

SEE YOU AT CABIN FALLS!

Your hosts,

*Andrea & Hap Wilson*