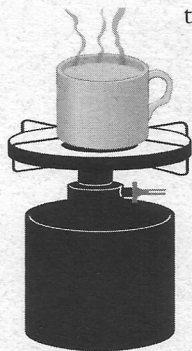


DRINKING WATER

The Giardia parasite is found throughout wilderness areas in North America. It causes giardiasis or beaver fever. Symptoms take about one week to show up and include diarrhea, often with nausea and vomiting. The best way to avoid Giardia in the outdoors is to boil your water for at least five minutes. This includes water for tea or coffee and for brushing teeth. Chemical purifiers may be added as well, but these alone will not kill the Giardia parasite. Good filters are best.



WHISKY JACK RAPID

	River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
Portage R	LW	GR 1	0 - 7	
167 m	MW	GR 2	8 - 14	
	HW	GR 2	8 - 14	

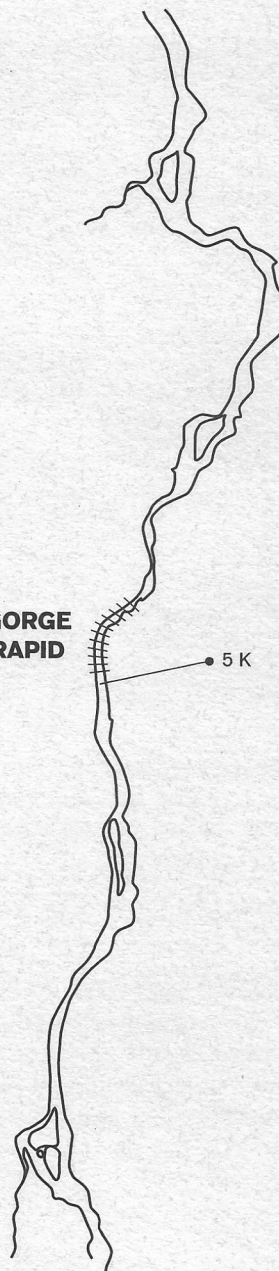
Narrow and steep rapids; care has to be taken in MW and HW.

MUSKRAT RAPID

	River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
No Portage	LW	GR 1	0 - 7	
	MW	GR 1	0 - 7	
	HW	GR 2	8 - 14	

Like all of the rapids in this area of the river, this is narrow and tricky but not quite as steep as some.

GORGE RAPID



15

GORGE RAPID

River Condition	Rapid Rating	Minimum Self-Rating Points Suggested
-----------------	--------------	--------------------------------------

No Portage LW GR 2 8 - 14

MW GR 3 15 - 21

HW GR 3 15 - 21

In LW and MW, this rapid can be run by taking a tongue of water down to the L of centre. The same can be done in HW, but strong back paddling is necessary to avoid swamping in the big waves at the bottom. If you do not want to run the rapid, then enter slowly, staying close to river R. Then line 100 m and carry 20 m past the fast section.

WHISKY JACK RAPID

P. 167

MUSKRAT RAPID

KOEHLER FALLS

P. 830

small campsite

60 K

LONG RAPIDS

3

N

LITTLE RAPID

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
-----------------	--------------	----------------	-----------------------

No Portage

LW SWIFT

MW GR 1 0 - 7

HW GR 1 0 - 7

A very easy rapid, which is good for practicing elementary, eddy turns and ferrying.

LONG RAPIDS

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
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Portage L

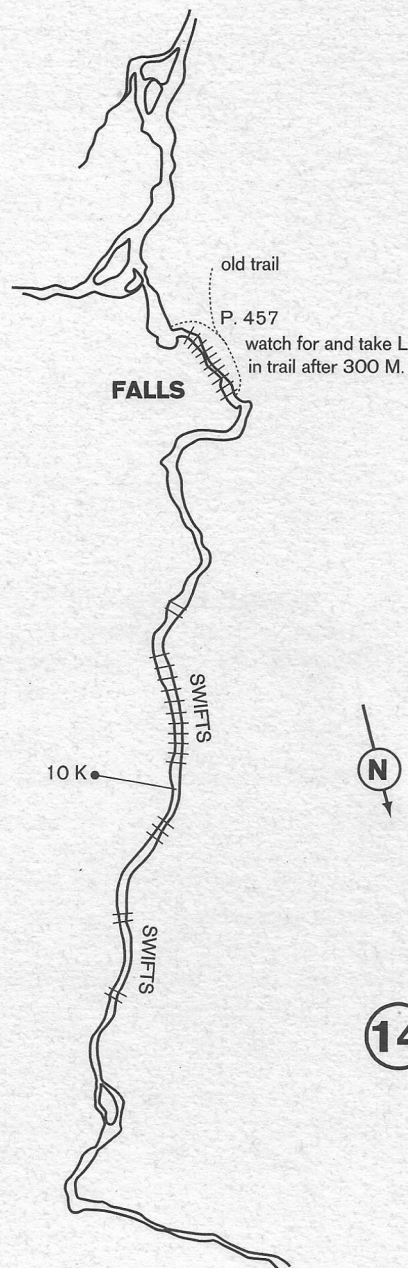
LW GR 2 8 - 14

830m (1st sec.) MW GR 3 15 - 21

425m (2nd sec.) HW GR 3 15 - 21

This section of the river can be dangerous in HW. The river is narrow and very steep and every year there is a change in the condition of deadfalls in, around and across the river. As you enter Long Rapids, you first encounter a big log jam that has to be carried over or around on the R. The river then drops fast in a ledgy way until it reaches Koehler Falls. There is a bit of a pool above the falls, so you can stop and pull out and carry around on the R. for about 20 m. There is a small campsite here. If you are a good paddler, the falls can be run if scouted. Be careful, as the river continues fast and enters another steep section down to an attractive campsite on the L. It is not possible to describe a route to take as the river is too narrow, and manoeuvring has to be split second and powerful. Make sure you keep trying to slow the canoe by back paddling as much as possible. This whole section can be portaged on the L., but it is tough and entails a lot of bushwhacking. From the campsite, the river continues without much change until it reaches Log Jam Falls. Here, it is mandatory to take out and carry the 425 m portage on the L. There is a pool at the end of the portage, and then the river

Continues on page 16.





**PUKASKWA
NATIONAL PARK**

55 K

SWIFTS

**LITTLE
RAPID**

Park Boundary

4

N

LOG JAM FALLS

HYDRO LINE

P. 425

LONG RAPIDS

Continued from page 14.

again starts dropping steeply to the hydro line. It is wider here and as such, easier to negotiate. Beyond the hydro line there is one more steep drop, which again is challenging but easier to negotiate because the river is a little wider.

From the end of Long Rapids it is about 1.5 km to the Park boundary. The river levels out considerably for the next few kilometres, making the paddling a lot less demanding.

ISLAND RAPID

	River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
No Portage	LW	GR 1	0 - 7	
	MW	GR 1	0 - 7	
	HW	GR 2	8 - 14	

There is a little bit of challenge in this rapid. Keep to the L. of the island.

LONE RAPID

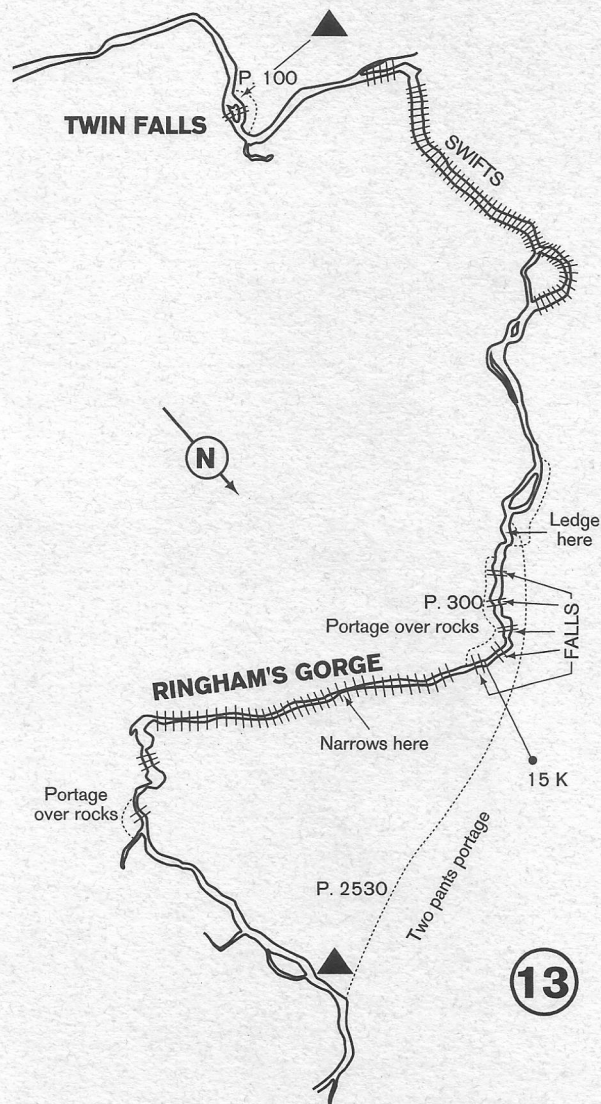
	River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
No Portage	LW	Swift		
	MW	GR 1	0 - 7	
	HW	GR 2	8 - 14	

A small and simple rapid.

VARYING RAPIDS

	River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
No Portage	LW	Swift		
	MW	GR 1	0 - 7	
	HW	GR 2	8 - 14	

In HW, there are four rapids here; but in LW there are only two swifts. They are not difficult, even in HW and it is only the size of the waves that makes them just a GR 2.



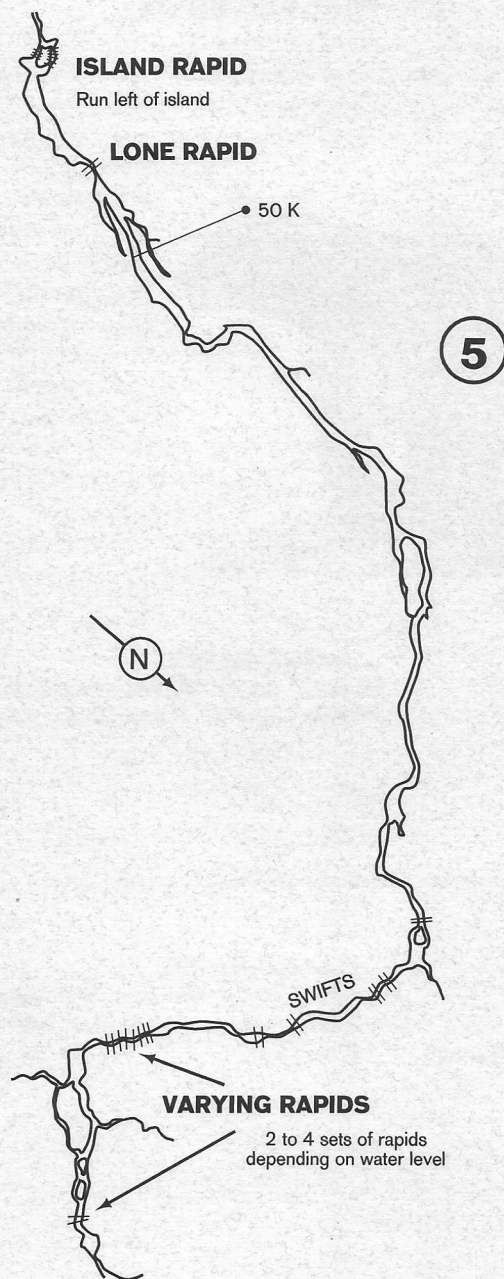
RINGHAM'S GORGE

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
Portage R	LW	GR 3	15 - 21
2530 m	MW	GR 4	22 - 28
	HW	GR 5	29 - 35

The gorge can be run in MW and LW conditions, but serious consideration should be given to portaging in HW. The whole river is not GR 5 but the location of some of the lower falls and the force of water approaching these falls makes for some risky and skillful tight eddying. Good paddlers can definitely run the Gorge in MW and LW.

The start of the gorge is a tricky "mountain goat" carry-over on the L around a high and impressive falls with a spectacular shoreline dropping down into the gorge. Fortunately, there is a good pool to paddle out of, followed by a fairly easy GR 2 rapid to another pool. At the end of this pool, there is a major bend in the river to the R. Going around the bend you can see the river sloping and cascading away from you for approximately 1.25 km. This stretch is fun, but of course, care needs to be taken especially near the end, where the river narrows and drops through a demanding chute. You need to stay to the right through this neck or the current will drive you hard onto the rock face at river L. Another couple of hundred meters brings you to the first of a series of ledges and falls which must be carried over on the L for about 300 m. In LW some of the ledges near the start of this section can be run and lined by highly skilled paddlers. There are two major falls at the end of this section, the last of which is about 10 m high.

Back into the river, it is now necessary to paddle over to river R and line the final ledge, from the shore. Below the ledge, the gorge runs itself out in a shallow GR 2 rapid which can be very tricky because it is strewn with so many rocks.

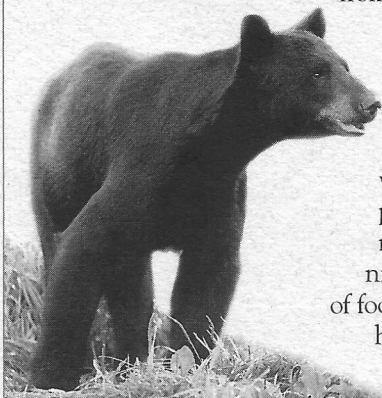


FOOD AND BEARS

Never keep food in your tent overnight. Food odours attract bears, and skunks. The best place for food, during the night and when away from your campsite, is wrapped in plastic bags, in a pack slung from a branch 3-5

metres above the ground.

Make sure the campsite is cleaned, cooking ware washed and put away before retiring for the night. The lack of food odours will help keep the animals away.



OTTER RAPID

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
-----------------	--------------	----------------	-----------------------

No Portage

LW

GR 1

0 - 7

MW

GR 1

0 - 7

HW

GR 2

8 - 14

Another fairly straight and simple rapid.

ISLAND RAPID

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
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No Portage

LW

GR 1

0 - 7

MW

GR 1

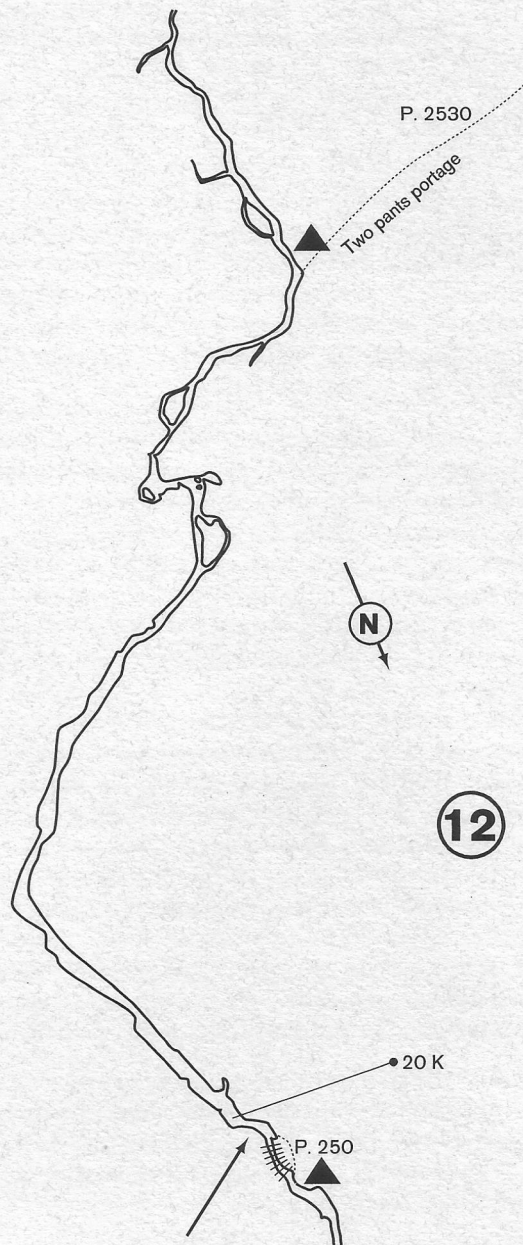
0 - 7

HW

GR 2

8 - 14

There is a little bit of challenge in this rapid. Keep to the L of the island.



LOW IMPACT CAMPING

While camping in the backcountry, please respect the following guidelines:

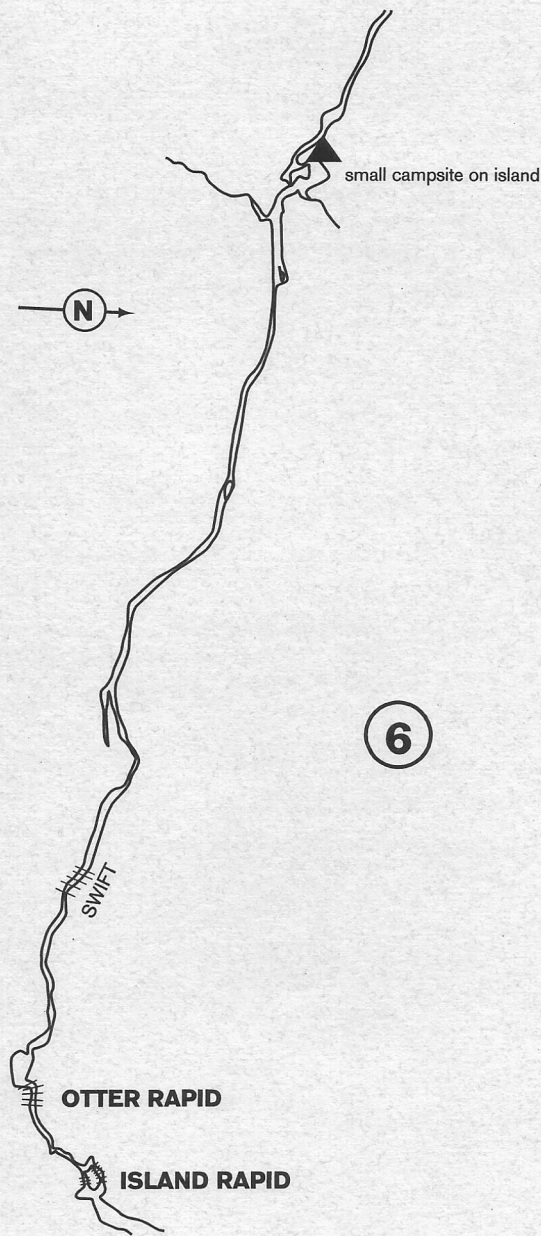
- A clean campsite will reduce encounters with nuisance wildlife. Garbage left at campsites - even if burned, will attract animals. **Pack it out.**
- Use only deadwood for campfires. Help conserve firewood by building small campfires or by using campstoves for cooking.
- Protect the purity of the water. Use a dishpan to wash clothes, dishes and yourself. Use biodegradable soap.
- When leaving your campsite, stir water into your fire until the ashes are cold to the touch.
- Be discreet about human waste. Use privies whenever available. Where no privy is available, dig a hole at least 50 meters from any open water, in a forested area, and cover it after use.

Continued from page 28.

The next rapid is a mandatory portage of 365 m at river R. It is followed by another steep rapid which should be portaged on the R in HW, but can be run by good paddlers in MW and LW. Because it is so narrow through here, it is really necessary to scout if you do decide to run. This portage is 250 m.

Following this, there is a short ledgy and steep rapid which can be lined on the L in LW but must be portaged on the R for 100 m in MW and HW.

Just beyond the ledgy rapid is an open field at river R which makes a good campsite. The final rapid is a little further along. The portage is to the R and is 250 m in length. This rapid is GR 3 and can be run down the L side in MW and LW. It is somewhat technical, and there are about three chutes at the end. They can be run, but the approach to them requires good water reading skills and equally skilled manoeuvring.



SPECKLED TROUT RAPIDS

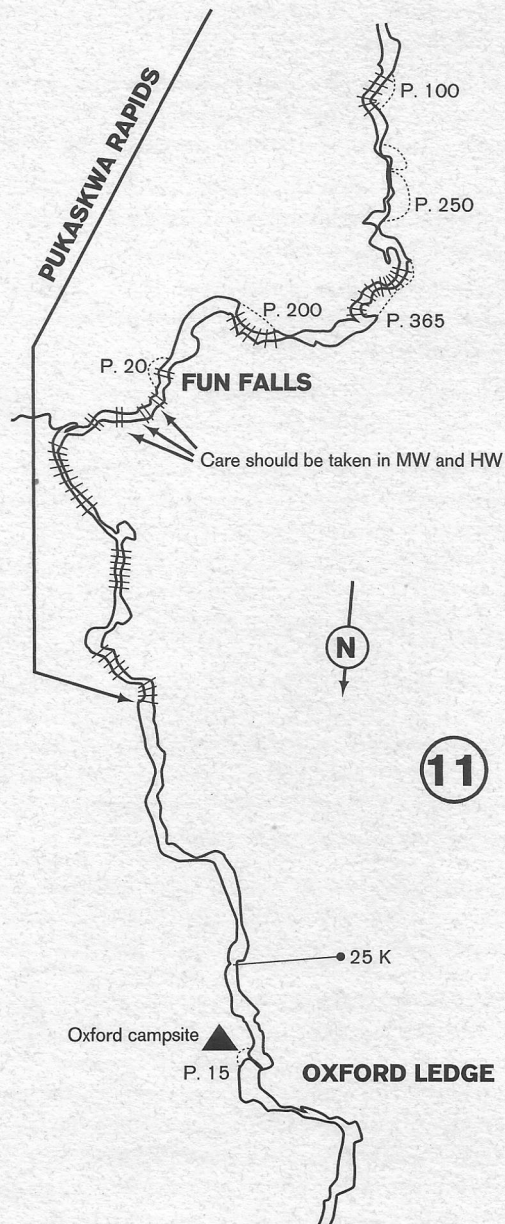
	River Condition	Rapid Rating	Minimum Self-Rating Points Suggested
No Portage	LW	GR 1	0 - 7
	MW	GR 2	8 - 14
	HW	GR 2	8 - 14

In HW, there are fair sized standing waves and the rapid needs to be run on the L.

TRIPLE RAPIDS

	River Condition	Rapid Rating	Minimum Self-Rating Points Suggested
No Portage	LW	GR 1	0 - 7
	MW	GR 1	0 - 7
	HW	GR 1	0 - 7

These three small rapids are very easy to run.



PUKASKWA RAPIDS

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
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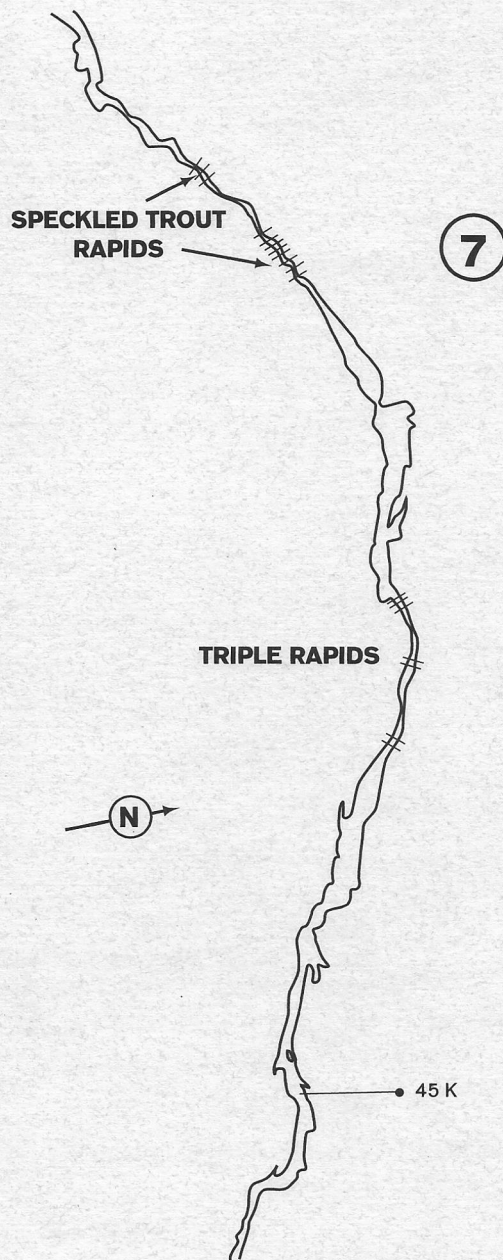
Several	LW	GR 3	15 - 21
Portages	MW	GR 3	15 - 21
all R, except	HW	GR 4	22 - 28

Fun Falls L and the rapid after Fun Falls also on the L.

This is a long complex section of rapids and falls covering a distance of approximately 3 km. The first rapid starts about 2.5 km below the Oxford Campsite and is fairly easy. From there on in, all rapids should be approached with care, especially in HW. To detail routes through each rapid is somewhat confusing, so read this section very carefully and refer to the map. Suffice it to say that until Fun Falls is reached there should be no need to portage. There are, however, three short rapids just before reaching Fun Falls and in MW and HW special care should be taken. They are short sharp drops with big waves, which could easily swamp a boat. These rapids are not particularly technical.

Fun Falls should be portaged on the L by inexperienced paddlers. The ledge, however, is safe for experienced canoeists to run and there is a good catch pool at the bottom. Start by running the small gorge above the ledge and as you come through it, make sure that you are bracing hard on the L side in HW. In MW and LW, the water is less turbulent and bracing should not be as necessary. Once through the gorge, make the L turn but be sure to head for the R of centre on the ledge.

A short distance after Fun Falls, there is a long steep rapid which should be portaged on the L for 200 m in HW. In MW and LW this rapid can be run, but is a solid GR 3. The route starts to the L of the R channel and then it is necessary to cut over to the R. To complicate matters, this first section is very steep. The river then levels out somewhat, and the rapid gets wider and shallower. At this point, the best route is through the centre or slightly to the R of centre.



CROOKED RAPID

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
No Portage	LW	GR 1	0 - 7
	MW	GR 1	0 - 7
	HW	GR 2	8 - 14

Again, there is no real problem to running this rapid. Keep mostly to the centre.

BOULDER FALLS

P. 100

BOULDER RAPID

P. 500

SLAB ROCK FALLS

SWITCH RAPID

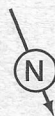
10

LAFLEUR'S DAM

P. 170

SWIFTS

35 K



BOULDER RAPID

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
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No Portage	LW	GR 1	0 - 7
	MW	GR 1	0 - 7
	HW	GR 2	8 - 14

An easy rapid, but care needs to be taken after running it, to pull out on the R shore to portage Boulder Falls.

SWITCH RAPID

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
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No Portage	LW	GR 1	0 - 7
	MW	GR 2	8 - 14
	HW	GR 3	15 - 21

In MW and HW, start L and run out at the bottom on the R. In LW, switch and start at the top R and run out on the L.

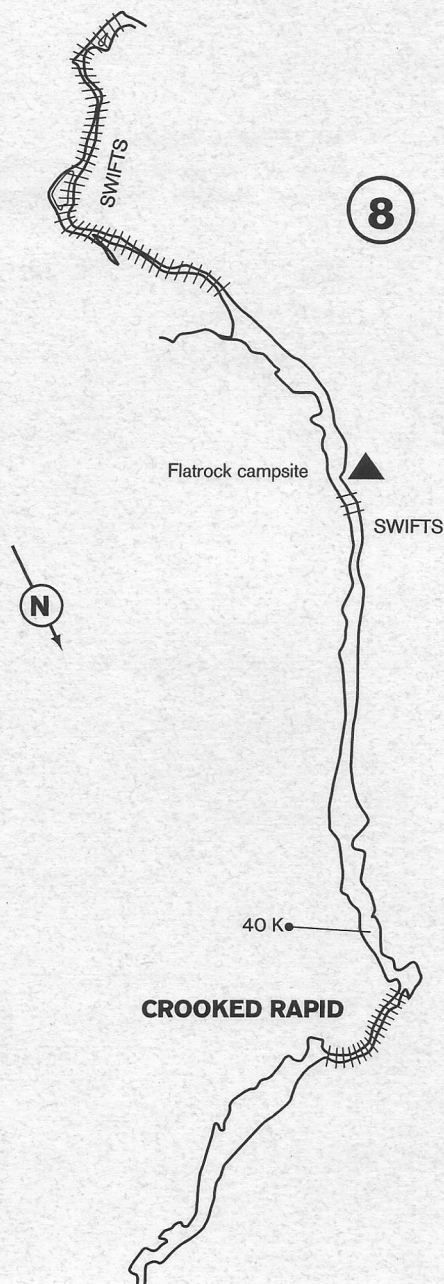
LAFLEUR'S DAM

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
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Portage R	LW	GR 2	8 - 14
170 m	MW	GR 3	15 - 21
	HW	GR 4	22 - 28

There is a beautiful campsite at the dam, which is a great place for both playing in the rapids and fishing for speckled trout. There is a large pool at the bottom.

The old dam is mostly broken down now and can be run at most levels. Care needs to be taken to ensure old nails are not exposed, presenting a threat to both people and canoes. Once through the dam, the route is to the R initially, followed by some powerful back ferrying, or adroit turning and forward powering to run out at either the R or L. Although this rapid is not long, it is difficult.



HALF WAY RAPID

River Condition	Rapid Rating	Minimum Points	Self-Rating Suggested
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No Portage LW GR 1 0 - 7

 MW GR 2 8 - 14

 HW GR 2 8 - 14

Another easy and straight-forward run.

HALF WAY RAPID

