

## Zero to Hero

3 Days / 2 Nights



*The course begins with learning basic strokes and boat control on flat water which is then applied on easy current in the afternoon. By the end of day two you will be having fun on the river, paddling up to Class II rapids. Add to this MKC's hospitality and you have the perfect weekend getaway!*

### Itinerary:

Day 1 Arrivals check in

Day 2 8am Breakfast, 9-4pm paddling, 6pm Dinner, 7pm Evening Session

Day 3 8am Breakfast, 9-4pm paddling, departures after paddling

Please see full itinerary breakdown [here](#).

### More Information:

**Dates** Friday Evening - Sunday Aft  
Sunday Evening - Tuesday Aft

**Check-in** Friday or Sunday 7-10pm

**Departure** Sunday or Tuesday 4pm

### Includes

Two nights wilderness lodge accommodation and gourmet meal plan. Two days river instruction with passionate, experienced guides. All necessary paddling equipment and transfer shuttle to and from river locations.

**Meals** 2 x Breakfasts  
2 x Lunch  
1 x Dinner

**Age** 9 +

### Plan Your Visit

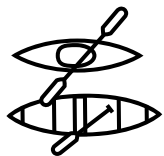
Please check out our packing information page on our [website](#)!



**Madawaska Kanu Centre**

247 River Road, Barry's Bay, Ontario, CANADA, K0J 1B0  
(613) 756-3620 | [paddle@mkc.ca](mailto:paddle@mkc.ca) | [mkc.ca](http://mkc.ca)





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### CAMPING



Wooded Campsites suitable for tents, trailers and campervans (no electrical). Each site is equipped with a picnic table, onsite parking, and access to nearby washroom facilities.

### DORMITORY



Dorm room accommodation with up to six per room (gender segregated). The Dorms are on the second floor of our Lodge building with nearby washroom facilities. Bring your own bedding.

### LODGE ROOM



Cozy Lodge Rooms based on double occupancy with either a Queen Bed, or 2 Twin Beds. Rooms are ground level with nearby washroom facilities (en suite not available).

### GLAMPING



Come glamp in MKC's forest! Our cozy, comfortable, canvas tents have two twin beds with bedding, can be converted into a single queen bed. Washroom facilities are a short walk away. Meals included. No electricity.

### CABAÑA



Off-the-grid Cabanas tucked in the woods, based on double occupancy with either a Queen Bed, or 2 Twin Beds. Washroom facilities are a short walk away.



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