

Date	Activity	Time/ Distance (approx)	Desitnation	Powered site	Food
12-Jul (Tue)	Drive	6.5 hrs	GRUNDY PROVINCIAL PARK	No	1x Soylent , Multigrain bar
	Paddle/Portage	3.6 km	Pakeshkag Lake, Site #4		Soup, crackers
13-Jul (Wed)	Paddle, relax				Instant coffee, Eggs, Onion ; 1x Soylent ; Lentil curry
14-Jul (Thu)	Paddle/Portage	3.6 km	Back to the car		Instant coffee, 1x Soylent , Multigrain bar
	Drive	6.5 hrs	LAKE SUPERIOR PROVINCIAL PARK , Rabbit Blanket Lake Campground, site #R59	No	Mixed veggies, Spam, Onion
15-Jul (Fri)	Drive	2.5 hrs	PUKASKWA NATIONAL PARK	No	1x Soylent , Multigrain bar
	Hike	7.8 km	Trail site CHF2		1x Soylent , Lentil curry
16-Jul (Sat)	Hike	8.5 km	Trail site PRH1		Instant coffee, Oatmeal, Apricots ; Tuna , Crackers
17-Jul (Sun)	Hike	10.75 km	Visitor Centre parking lot		Instant coffee, Oatmeal, Apricots ; Spam , Crackers
	Drive	4 hrs	METRO , 505 Arthur St W, Thunder Bay, ON P7E 2V3		
	Shop		Restock cooler with food and ice		Eggs, Tomato, Bottle Italian dressing
	Eat out		Eat at food truck, https://roaminghunger.com/		
	Drive	20 min	KAKABEKA FALLS PROVINCIAL PARK , Whispering Hills Campground, site #47	Yes	
	18-Jul (Mon)	Drive	1.5 hrs	QUETICO PROVINCIAL PARK , Chippewa Campground, site #18	No
19-Jul (Tue)	Paddle, Hike, Bike				Eggs, Onion, Beans ; Soup , Salad (Tomato, Olives, Water Chestnuts)
20-Jul (Wed)	Drive	6.5 hrs	WHITESHELL PROVINCIAL PARK , Big Whiteshell Campground - Section B, site #16	No	Eggs, Onion
	Hike				
	Bike	9 km	Cabin Lake Trail		Mash, Mushroom soup , Salad (Tomato, Olives, Water Chestnuts),
21-Jul (Thu)	Paddle/Portage	13+ km	Meditation Lake, Horseshoe Lake and back		Eggs , Oatmeal, Apricots ; Mash, Mushroom soup , Salad (Tomato, Olives, Water Chestnuts)
22-Jul (Fri)	Bike	9 km	Whiteshell Mountain Bike Trail		Eggs , Oatmeal, Apricots
	Drive	2 hrs	REAL CANADIAN SUPERSTORE , 80 Bison Dr, Winnipeg, MB R3T 4Z7		
	Shop		Restock cooler with food and ice		Eggs, Cream, Butter, Frozen Meat, Veggies, Beer... Fruit, Chips?
	Drive	2 hrs	SPRUCE WOODS PROVINCIAL PARK , Kiche Manitou Campground - Bay 03, Campsite #23	No	Meat, Veggies

23-Jul (Sat)	Drive	1.5 hrs	TURTLE MOUNTAIN PROVINCIAL PARK , Adam Lake Campground - Lakeview Bay, site #04	No	Eggs, Mash
	Bike	15 km	Bower Lake Trail, Intermediate Trail		Mash, Meat , Veggies
24-Jul (Sun)	Paddle/Portage	10 km	Oskar Lake Canoe Route		Eggs, Oatmeal; Meat , Veggies
25-Jul (Mon)	Bike	25 km	Adam Lake Trail, James Lake Trail		Eggs, Mash
	Change site		TURTLE MOUNTAIN PROVINCIAL PARK , Adam Lake Campground - Hartley Bay, site #06	Yes	Mash, Meat , Veggies
26-Jul (Tue)	Drive	6 hrs	GRASSLANDS NATIONAL PARK , Rock Creek Campground, site #07	Yes	Meat , Veggies
27-Jul (Wed)	Bike				Eggs, Hashbrowns; Lentils, Veggies
28-Jul (Thu)	Drive	2.5 hrs	GRASSLANDS NATIONAL PARK	No	Eggs, Hashbrowns
	Hike	8-15 km	Backcountry West, Zone 2 - Timbergulch		Peperoni, Muligrain bar; Lentils, Veggies
29-Jul (Fri)	Drive	7 hrs	ECONO LODGE INN & SUITES UNIVERSITY - 2231 Banff Trail NW, Calgary, AB, T2M 4L2	Yes	Instant coffee, Oatmeal, Peperoni
30-Jul (Sat)	Visit		See a Stampeders Game	Yes	
31-Jul (Sun)	Drive	7 hrs	Kelowna		
01-Aug (Mon)	Rest and visit (Aug. 01 to 09)				
09-Aug (Tue)					
10-Aug (Wed)	Drive	6.5 hrs	MOUNT ROBSON PROVINCIAL PARK , Lucerne Campground, site #L18	No	
	Paddle, relax		Yellowhead Lake		
	Bike/Hike				
11-Aug (Thu)	Drive	1 hr	JASPER NATIONAL PARK , Maligne Lake Trailhead		
	Paddle	45+ km	Maligne Lake (22 km end to end)		
	Hike	5 km	JASPER NATIONAL PARK , Skyline Trail, Backcountry Zone #27 - Evelyn Creek	No	
12-Aug (Fri)	Hike	5 km	Maligne Lake Trailhead		Instant coffee
	Drive	30 min	Trailhead for Saturday Night Lake Loop OR Jacques Lake Trail		
	Bike	24 km	Saturday Night Lake Loop OR Jacques Lake Trail		
	Drive	4 hrs	EDMONTON INN AND CONFERENCE CENTRE - 11834 Kingsway NW, Edmonton, AB, T5G3J5 Canada	Yes	
13-Aug (Sat)	Visit		Visit Bob and Doug Statue	Yes	
	Visit		Do brewery tour		
	Visit		See an Elks Game		

14-Aug (Sun)	Visit		West Edmonton Mall	Yes	
	Shop		Restock cooler with food and ice		
15-Aug (Mon)	Drive	4.5 hrs	MEADOW LAKE PROVINCIAL PARK , Kimball Lake - Loop B, site #107	Yes	
	Hike/Bike	6.3 km	Kimball Interpretive & Little Raspberry trail		
16-Aug (Tue)	Bike	35 km	To Chalet via Boreal Trail and back to site via Tall Timbers Trail		
	Bike	11.4 km	Denis Creek Trail		
17-Aug (Wed)	Change site		MEADOW LAKE PROVINCIAL PARK , New Branch Trailhead, Backcountry site BT9	No	
	Hike	20-27 km	Boreal Trail to Denis Creek Trail (via Greig Lake Trailhead adds 5+ km)		
18-Aug (Thu)	Change site		MEADOW LAKE PROVINCIAL PARK , New Branch Trailhead, Backcountry site BT8	No	Instant coffee
	Hike	20 km	Back to car at New Branch Trailhead		
	Hike	3 km	New Branch Trail to site		
19-Aug (Fri)	Hike	7 km	New Branch Trail (long way) to car at New Branch Trailhead		Instant coffee
	Drive	2 hrs	Co-op Food Store , 100 4 Ave N S, Big River, SK S0J 0E0		
	Shop		Restock cooler with food and ice		
	Drive	2.5 hrs	PRINCE ALBERT NATIONAL PARK , Beaver Glen Campground, site #08	Yes	
20-Aug (Sat)	Hike/Bike/Paddle				
21-Aug (Sun)	Change site OR start driving		Try book Backcountry site OR Drive to Hotel in Yorkton Sk.		
22-Aug (Mon)	Drive	7.5 hrs	RIDING MOUNTAIN NATIONAL PARK , Wasagaming Campground, site #405	No	
23-Aug (Tue)	Bike	30+ km	Grey Owl Trail and back (if possible park at Kinosao Trail to shorten ride)		
24-Aug (Wed)	Drive	3 hrs	QUEEN BEE HOTEL - 2615 Pembina Hwy, Winnipeg, MB, R3T 2H5 Canada	Yes	
25-Aug (Thu)	Visit		See a Blue Bombers Game	Yes	
	Shop		Restock cooler with food and ice		
26-Aug (Fri)	Drive	8 hrs	SILVER FALLS PROVINCIAL PARK , Campsite #02 - BRING PRINT PERMIT TO AVOID REGISTERING	No	
	Hike/Paddle	10 km	Silver Falls Trail / Dog Lake or Little Dog Lake		
27-Aug (Sat)	Drive	2 hrs	SLEEPING GIANT PROVINCIAL PARK	No	
	Hike	6.5 km	Backcountry site, Zone 5		
	Hike	2 km	Head Trail and back to site		

		Hike	3.1 km	The Chest Trail and back to site		
28-Aug (Sun)		Hike	9 km	Backcountry site, Zone 1		Instant coffee
		Hike	10 km	Top of the Giant Trail and back to site		
29-Aug (Mon)		Hike	6 km	Kabeyun South Trail Head		Instant coffee
		Drive	4 hrs	Sirard's Your Independent Grocer , 2 Hemlo Dr, Marathon, ON P0T 2E0		
		Shop		Restock cooler with food and ice		
		Drive	1 hr	WHITE LAKE PROVINCIAL PARK , site 118	Yes	
30-Aug (Tue)		Drive	4 hrs	WAKAMI LAKE PROVINCIAL PARK , backcountry site 2	No	
		Paddle	4.5 km	Backcountry site 2		
31-Aug (Wed)		Paddle/Portage	30+ km	To East Wakami Lake, via Log Sluice and back to site		Instant coffee
01-Sep (Thu)		Drive	11 hrs	HOME		Instant coffee