



TrekEd

ENGAGE. EXPAND. EMPOWER.

The PlaidPath: Trails and Treks Corp.

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TrekEd by The PlaidPath: Trails and Treks Corp.

TrekEd is a pioneering program tailored to enrich the educational journey of students right here in British Columbia.

TrekEd seamlessly integrates with the B.C. curriculum to offer students immersive learning experiences that transcend traditional classroom boundaries. Designed to foster a deep connection to local culture and landscapes, TrekEd empowers students with practical outdoor skills while nurturing a mindset of sustainability and responsible travel.

TrekEd offers students transformative experiences with three core takeaways:

Growth Mindset: students develop a growth mindset through immersive activities that expand their creativity and sense of wonder, fostering flexibility and resilience in the face of challenges.

Broadening Perspectives: students gain profound insights into British Columbia's diverse cultural, social, ethical, and environmental landscapes, broadening their perspectives and understanding of the world around them.

Personal Growth: TrekEd facilitates personal growth by enhancing independence, confidence, empathy, and self-awareness, while honing critical thinking and problem-solving skills.

By connecting these experiences to their classrooms and communities, students are encouraged to apply their newfound skills and perspectives to their everyday lives.

Engage. Expand. Empower

TrekEd's mission is to transform educational experiences into impactful journeys of growth and discovery. We believe in engaging students deeply through immersive learning opportunities that go beyond the classroom. By exploring diverse landscapes and cultures, participants expand their perspectives, understanding, and appreciation of the world around them.

Through these experiences, we empower students to develop critical skills, confidence, and a sense of responsibility towards themselves and their communities. TrekEd strives to ignite a passion for lifelong learning and personal growth. We want to foster individuals who are not only academically enriched but also socially and environmentally aware global citizens.

Our commitment to "Engage. Expand. Empower." drives us to create transformative experiences that inspire curiosity, resilience, and deeper connections.

About Our Director

Matthew Cugnet is a dedicated educator and life coach with a diverse background in teaching and personal development. With nine years of experience in both public and private schools, he has taught students from Kindergarten to Grade 12, including a valuable year at an international school in Poland. Matthew holds a Bachelor of Education and a Bachelor of Arts with specialties in Literature and Counselling. After transitioning from the education system, he pursued certification in life coaching, blending his passion for teaching with personal growth.

An avid trekker, Matthew has traversed over 4000 kilometers along renowned trails such as the Camino de Santiago, Via Francigena, and Japan's Henro Trail. Though he now leads The PlaidPath: Trails and Treks Corp., his commitment to supporting others on their journeys of self-development and transformation remains strong. Through his business, he aims to provide British Columbia's students with enriching educational opportunities beyond the classroom, fostering a spirit of adventure and lifelong learning.

Transforming Education Through Trekking

In today's educational landscape, TrekEd plays a crucial role in providing students with invaluable learning experiences. Our tours are impactful because they offer students firsthand encounters with diverse environments, cultures, and challenges. This helps students foster a deeper understanding of global issues such as sustainability, cultural diversity, and environmental conservation.

By immersing themselves in real-world contexts, students develop practical skills in problem-solving, teamwork, and resilience. These skills are essential for their personal and academic growth both in and out of the classroom. Additionally, TrekEd tours promote physical activity and outdoor appreciation, contributing to students' well-being and mental health.

In an increasingly interconnected world where global awareness and adaptability are key, TrekEd offers a unique and necessary avenue for students to become global citizens. TrekEd encourages students to broaden their perspectives, cultivate empathy, and become engaged citizens. In turn, this prepares students to tackle the complexities of our evolving society.

Why Our Services Are Needed

The PlaidPath: Trails and Treks Corp. has conducted thorough market research and identified a significant gap in the Canadian tourism landscape for a national trekking project that connects both Canadian and international tourists along the Trans Canada Trail. Our trekking experiences will focus on the concept of slow travel, showcasing the rich natural, historical, and cultural tourism opportunities that exist in British Columbia and beyond.

Our research indicates that there is a growing demand for rural tourism infrastructure to support increased visitation to our province and country. The PlaidPath aims to fulfill this need by creating curated trekking experiences that not only highlight the beauty of our landscapes but also support local restaurants, small businesses, Indigenous communities, and tourism operators. By offering unique local experiences, we will enhance the desirability and affordability of travel in BC and Canada.

In addition to addressing gaps in the tourism market, The PlaidPath: Trails and Treks Corp. offers valuable educational opportunities that align with the current needs of the education system. Our guided trekking tours provide experiential learning environments for students, allowing them to engage with the natural world and cultural heritage in meaningful ways. These experiences complement classroom learning by promoting critical thinking, teamwork, and personal development.

As educators seek innovative ways to enhance curriculum delivery, our tours provide a practical application of various subjects, such as social studies, environmental science, and outdoor education. By integrating real-world experiences into the curriculum, we help students develop a deeper understanding of the material while fostering a sense of environmental stewardship and cultural awareness.

Moreover, with the rise of experiential education, there is an increasing demand for programs that facilitate active learning outside the traditional classroom setting. Our trekking experiences not only meet these educational goals but also promote wellness and active living among students. By connecting academic content with outdoor

adventures, we equip students with valuable skills and insights that extend beyond their formal education, preparing them to become informed, responsible citizens in a rapidly changing world.

How it Works

Tour Logistics

Each TrekEd tour is organized to ensure an enriching and well-supported experience for all participants. Each tour is led by a dedicated TrekEd Team comprising a Tour Consultant, Tour Director, and Local Guide. The TrekEd Team is equipped with the expertise to facilitate a safe and educational journey.

Tours are designed to accommodate 12 registered students, with the benefit of including one Supervising Teacher free of charge for every group of 10 students.

Our flexible scheduling allows tours to be tailored around varying school calendars. The VAN to VIC Tour primarily runs during Spring Break and at the end of June. This flexibility ensures that educators and students can integrate our tours into their academic and personal schedules, maximizing the learning and adventure opportunities offered through TrekEd.

Tour Organization

Once a Supervising Teacher registers with TrekEd, they are supported by a dedicated Tour Consultant who assists in organizing the trip for students. The consultant works with teachers to ensure all logistical details are planned meticulously.

To generate interest and inform potential student travelers, teachers receive recruitment flyers to distribute within the school community as well as informational packages to share. Parent information meetings are then arranged to equip families and students with comprehensive pre-trip knowledge.

Once students register for the TrekEd tour, they conveniently book their spots directly through our user-friendly website at www.plaidpath.ca/treked. This process ensures that both teachers and students can focus on the educational and adventurous aspects of their journey without the hassle of administrative complexities.

Safety and Support

Our dedicated team prioritizes the safety and well-being of every participant. Recognizing the potential hazards of trekking, the TrekEd Team is equipped with essential safety gear to handle any situation that may arise.

Our Tour Directors are certified Interpretive Guides through the Interpretive Guides Association (IGA) and bring extensive expertise to each journey. They are also certified in

Wilderness First Aid, ensuring they can provide immediate medical assistance when needed.

Local Guides undergo training in Standard First Aid and CPR-C to further bolster our safety protocols. To maintain the highest standards, every member of our team undergoes a thorough criminal record check, ensuring a secure environment for students, teachers, and parents throughout the entire journey.

Moreover, our Tour Directors and Tour Consultants are available 24/7 to address queries and offer support right from the outset, ensuring peace of mind and a smooth, well-supported experience for all participants.

Pricing and Payments

We understand the transformative impact that travel and trekking can have on one's life. Therefore, we are committed to making travel and educational opportunities accessible to all students. Our pricing structure reflects this commitment, offering flexible payment plans with low monthly installments and interest-free options. Families have the flexibility to choose a payment method that suits their financial situation, with a small down payment required to reserve a spot on the tour.

We believe in inclusivity, and for students who may need financial assistance, we provide support through a case-by-case evaluation for partial funding of tour costs. This approach ensures that every student has the chance to embark on a journey of discovery and learning with TrekEd, regardless of financial circumstances.

The TrekEd Team

Tour Consultant

The Tour Consultant serves as the primary liaison and organizer for educators looking to create memorable educational journeys for their students.

The Tour Consultant collaborates with teachers to tailor every aspect of the tour to meet educational objectives and logistical needs. Responsibilities include: coordinating itinerary planning, accommodation arrangements, transportation logistics, and ensuring compliance with safety standards.

Drawing on their expertise in educational travel, Tour Consultants provide personalized guidance, helping teachers navigate the registration process and offering support throughout the planning and preparation phase.

Tour Director

The Tour Director is the cornerstone of our educational journeys. The Tour Director leads TrekEd tours and oversees the logistical operations and educational components of the

trek.

The Tour Director ensures that activities and experiences align with curriculum objectives and educational standards. They provide leadership and direction to the group, and foster a safe and supportive environment where students can thrive and learn.

Beyond logistics, the Tour Director facilitates meaningful experiences, encouraging students to engage deeply with the local culture, environment, and community. Their guidance ensures that each trek is not only a journey through nature, but also a transformative journey that broadens students' perspectives and enhances their learning outcomes.

Local Guide

The Local Guide brings a wealth of expertise and local knowledge to enrich the educational journey. Local Guides are dedicated to enhancing students' understanding and appreciation of the region's natural and cultural heritage.

The Local Guide leads students along trails, providing insightful commentary on local flora, fauna, geological formations, and historical landmarks. They offer a unique perspective on the area's cultural traditions, sharing stories and insights that deepen students' connection to the landscape and community.

Beyond navigation, the Local Guide serves as a cultural ambassador. Throughout the trek, Local Guides foster respect for local traditions and environmental stewardship. Their presence ensures that students gain a profound understanding of the ecological and cultural significance of the places they visit.

Trail Leaders

The role of Trail Leaders is a pivotal opportunity for students to cultivate leadership skills and foster a sense of social responsibility.

Each day on the trek, students will have the chance to take on this role under the guidance of the Tour Director and Local Guide. Trail Leaders are entrusted with coordinating the group during the day's trek, assigning camp responsibilities, and leading fellow participants along the trail.

This position empowers students to develop practical leadership abilities such as decision-making and communication. As well, being a Trail Leader encourages students to embrace accountability and teamwork.

Serving as Trail Leaders allows students to gain confidence in their capabilities both as individuals and team members. Not only that, this position enhances their ability to navigate challenges, and fosters a deep appreciation for collaborative efforts in achieving

common goals. This leadership experience prepares students to positively influence their communities and future endeavors.

Expeditionary Learning with TrekEd

The Pacific Pathways Package and The VAN to VIC Trek offered by TrekEd have been developed in alignment with several courses in the B.C. curriculum. This tour integrates hands-on learning experiences that directly support classroom teachings, specifically tailored to complement the following courses:

- Explorations in Social Studies 11
- Human Geography 12
- B.C. First Peoples 12
- Outdoor Education 11/12
- Active Living 11/12

Participants engage with geographical and cultural studies firsthand, exploring landscapes and communities that enhance their understanding of social, environmental, and historical contexts. Through immersive activities and guided discussions, students gain practical insights and deepen their appreciation for British Columbia's diverse landscapes and cultures.

The VAN to VIC Trek exemplifies TrekEd's commitment to providing educational journeys that not only meet curriculum standards but also inspire lifelong learning and connection to the world around us.

Personalized Training and Learning Support

We are committed to providing personalized support for all participants to ensure everyone feels confident and ready for their adventure. As part of our commitment to your journey's success, participants have the option to sign up for three local hikes led by your dedicated Tour Director. These hikes are designed to vary in difficulty, helping to build stamina and familiarity with outdoor terrain before your trek.

Additionally, we offer an optional training routine for participants. This plan is tailored to enhance physical readiness and ensure you get the most out of your experience.

This personalized approach to support and training underscores our dedication to ensuring each participant feels prepared, empowered, and excited for the educational and adventurous opportunities that await with TrekEd.

Our Offerings

At TrekEd, our offerings provide students with exciting learning opportunities through immersive, experiential education. Each trek is designed to engage students in hands-on learning, fostering a deeper understanding of the local environment, culture, and history.

Our carefully curated itineraries encourage exploration and inquiry, allowing students to connect classroom knowledge with real-world experiences.

The cost per student reflects the inclusion of a supervising educator who accompanies each tour group. This educator ensures a safe, enriching environment while facilitating meaningful discussions and activities throughout the journey.

Our Tours:

The Pacific Pathways Package - \$735 (per student)

The VAN to VIC Trek - \$4963 (per student)

The Pacific Pathways Package

The Pacific Pathways Package includes three distinct treks across the stunning locales of Vancouver, Victoria, and Nanaimo. Each trek is thoughtfully designed to immerse students in the natural beauty and rich cultural heritage of British Columbia.

With engaging activities and hands-on learning experiences, Pacific Pathways promotes exploration and discovery at every turn. Join us for this enriching journey that connects students with the diverse landscapes and cultures of the Pacific region!

Tour Inclusions

The Pacific Pathways Package includes:

- Three day-treks on selected dates
 - Vancouver: The City and Shoreline Trail
 - Nanaimo: The Urban Oasis Trail
 - Victoria: The Seaside Splendors Trail
- Transportation
 - Round trip ticket on B.C. Ferries
 - Private shuttle bus with pick-up and drop-off at the beginning and end of the tour
- Snacks and Refreshments
- Full-time TrekEd Team comprised of: Tour Consultant, Tour Director, Local Guide

Vancouver: The City and Shoreline Trail

Embark on The City and Shoreline Trail, a captivating 15-kilometer trek through Vancouver's most iconic and scenic spots. Your day begins at Science World, where you'll meet your guide and fellow trekkers, receive a comprehensive overview of the route, and prepare for an exciting urban and waterfront adventure.

Start your trek by following the trail along False Creek, taking in the beautiful water vistas and the dynamic city skyline. Enjoy the lively harbor activity and scenic surroundings as you walk. A highlight of the journey is a visit to Granville Island Public Market, where you can savor a morning coffee, sample local delicacies, and explore the vibrant market atmosphere, including its artisanal shops and galleries.

Leaving Granville Island, continue your trek through Vanier Park, where expansive green spaces and waterfront views provide a relaxing backdrop. The park is home to notable landmarks such as the Vancouver Maritime Museum, adding historical charm to your walk.

Proceed to English Bay, known for its bustling beach and picturesque waterfront promenade. Enjoy some free time here to relax on the sand, take in the vibrant beach atmosphere, or simply enjoy the views of the Pacific Ocean.

After a leisurely break and lunch at a nearby café or park, head towards Stanley Park, Vancouver's iconic landmark. Walk along the park's perimeter on the Stanley Park Seawall, taking in lush greenery, scenic trails, and views of the city skyline. Discover highlights within the park, including Beaver Lake, the historic Stanley Park Pavilion, and the famous totem poles.

The trek concludes at Canada Place, where you can reflect on your day while enjoying stunning views of the harbor, the North Shore Mountains, and the waterfront. Explore the area further if desired, and savor the final moments of your memorable journey through Vancouver's cityscape and shoreline.

Nanaimo: The Urban Oasis Trail

Embark on the Urban Oasis Trail, a captivating day trek that takes you through Nanaimo's most picturesque parks along the Trans Canada Trail. Your journey begins with a warm welcome at Maffeo Sutton Park, where you can enjoy a coffee and a delicious Nanaimo bar while taking in the scenic views of the waterfront. This relaxing start sets a delightful tone for the day ahead.

As you set out on your trek, you'll join a guided tour along Nanaimo's vibrant waterfront. This tour allows you to explore the bustling harbour area, uncover historical landmarks, and admire public art installations that highlight the city's maritime heritage. This introduction offers a perfect blend of urban charm and sets you up for the natural beauty you'll encounter throughout the day.

Leaving Maffeo Sutton Park, you'll head towards Bowen Park, transitioning from the lively waterfront to tranquil, forested trails. Here, you'll enjoy a leisurely walk through Bowen Park, immersing yourself in its serene environment. If you choose, you can take a moment to relax at the park's café, making this a perfect spot to rejuvenate before continuing your journey.

Next, continue your trek to Buttertubs Marsh Park, a distinctive wetland area renowned for its birdlife and lush vegetation. As you explore the boardwalks and trails, you'll find peace in the marshland's unique setting and have the chance to observe the diverse local wildlife.

From Buttertubs Marsh Park, make your way to Colliery Dam Park. This picturesque location offers beautiful views of the dam and reservoir, surrounded by forested trails. It's an ideal spot for a leisurely walk and provides a great setting for a packed lunch amidst nature's tranquility.

As your day comes to a close, you'll be transported back to downtown Nanaimo. The Urban Oasis Trail combines urban exploration with natural beauty, delivering a memorable and enriching experience through the city's green heart.

Victoria: The Seaside Splendors Trail

Explore the beauty of Victoria on The Seaside Splendors Trail, a captivating half-day trek that takes you through some of the city's most picturesque and vibrant spots. The adventure begins with a warm welcome and a brief introduction to the afternoon's itinerary. For those eager to dive deeper, there's an option to extend your experience with a full-day tour that includes an exploration of Downtown Victoria.

Your trek starts on the Trans Canada Trail, a stunning route that highlights Victoria's breathtaking waterfront and cityscape. Enjoy panoramic views of the harbour and iconic landmarks as you walk along this picturesque path, setting the stage for the day's discoveries.

The first highlight is a leisurely stroll through Waterfront Park. This lush, green space offers a tranquil environment perfect for a short break, allowing you to soak in the serene surroundings and picturesque park grounds.

Next, continue to Fishermen's Wharf, a bustling and colorful area known for its floating homes, seafood stalls, and lively atmosphere. Wander around the wharf to experience its

unique maritime charm, sample fresh seafood from local vendors, or simply enjoy the vibrant sights and sounds of this popular spot.

After exploring Fishermen's Wharf, head towards Beacon Hill Park, a sprawling urban oasis that features diverse landscapes, including gardens, forests, and waterfront areas. The park's expansive lawns, beautiful flower gardens, and the iconic Beacon Hill Tower provide a scenic backdrop for a leisurely exploration.

Conclude your trek with a relaxing walk through Beacon Hill Park. Take your time to stroll through the gardens, visit the petting zoo if you wish, and enjoy the park's serene green spaces. The tour ends at Beacon Hill Park, where you can spend additional time exploring or head to nearby locations as desired, rounding off a day filled with Victoria's seaside splendors.

The VAN to VIC Trek

Setting sail from Vancouver, the ferry ride to Nanaimo offers glimpses of the rugged coastline and distant islands, setting the tone for the adventure ahead.

Arriving in Nanaimo, you begin your expedition on Saysutshun Island before traversing city parks and coastal forests towards Cassidy, where the scent of cedar and fir fills the air.

Continuing southward, the trail leads to Ladysmith, a charming town steeped in maritime history. Then, continuing towards Chemainus, renowned for its vibrant murals, you will experience a visual depiction of local stories and heritage.

As the journey progresses through Duncan, known as the "City of Totems", you encounter an array of totem poles, each telling a unique story of Indigenous culture.

Following the trail through the Cowichan Valley, you traverse lush forests and the tranquil lake shore of Cowichan Lake before reaching the charming kitaslow town of Cowichan Bay. Along the way, you have an opportunity to taste the delectable local produce and artisanal goods of this vibrant farming region.

As the trail winds its way through Shawnigan Lake and Malahat, the landscape transitions to rugged terrain, offering panoramic views of the surrounding mountains, valleys, and inlets.

Passing through the City of Langford and arriving in Victoria, the capital city awaits with its historic architecture and bustling harbour. Looking beyond Victoria and across the Juan de Fuca Strait, Beacon Hill Park provides a fitting conclusion to this unforgettable journey.

"The VAN to VIC Trek" promises to be an exhilarating journey filled with breathtaking scenery, camaraderie, and lifelong memories.

Tour Inclusions

“The VAN to VIC Trek” tour pricing includes:

- **Transportation**
 - Round trip ticket on B.C. Ferries
 - Private shuttle bus with pick-up and drop-off at the beginning and end of the tour
- **Accommodation**
 - 6 nights hotel accommodations
 - 5 nights camping accommodations
- **Meals**
 - All meals (excluding breakfast on the first day and dinner on the last day)
 - Breakfast and Dinner: mix of restaurant and camping meals
 - Lunch: picnic-style
 - Daily snacks and refreshments
- **Excursions/Entrances**
 - Kayaking
 - Guided heritage walk in Ladysmith
 - Guided mural tour in Chemainus
 - Guided totems tour in Duncan
 - Whale watching (optional)
 - Guided tour at O.U.R Ecovillage
 - Malahat Skywalk
 - Parliament House
 - Royal B.C. Museum
- Full-time TrekEd Team comprised of: Tour Consultant, Tour Director, Local Guide

The VAN to VIC Trek Tour Itinerary

Tour length: 12 days/11 nights

Day 1: Vancouver to Nanaimo (3km)

- Meet your Tour Director and transfer to Horseshoe Bay
- Take B.C. Ferries from Horseshoe Bay Terminal to Departure Bay Terminal
- Experience a kayaking tour around SAYSUTSHUN Island
- Trek into the City of Nanaimo and meet your Local Guide
- With your TrekEd Team you will explore:
 - Maffeo Sutton Park
 - Downtown Nanaimo
 - Petroglyph Provincial Park
- Meals included: Lunch, Dinner
- Accommodation: Hotel

Day 2: Nanaimo to Cassidy (27km)

- Trek through the City of Nanaimo to Cassidy
- With your TrekEd Team you will explore:
 - Bowen Park
 - Buttertubs Marsh Park
 - Colliery Dam Park
 - Extension Ridge and The Abyss
 - Community of Extension
- Attend a Camp Orientation with your TrekEd Team
- Meals included: Breakfast, Lunch, Dinner
- Accommodation: Camping

Day 3: Cassidy to Ladysmith (13km)

- Trek through the Regional District of Nanaimo to Ladysmith
- With your TrekEd Team you will explore:
 - Christie Falls
 - Transfer Beach Park
 - Downtown Ladysmith
- Take a Heritage Walk through Ladysmith with your TrekEd Team
- Meals included: Breakfast, Lunch, Dinner
- Accommodation: Camping

Day 4: Ladysmith to Chemainus (12km)

- Trek along the Cowichan Valley Trail to Chemainus
- With your TrekEd Team you will explore:
 - Stocking Creek Park and Waterfall
 - Community of Saltair
 - Forest bathing in Wul'aam Park
 - Downtown Chemainus
- Take a tour of the Chemainus Murals with your TrekEd Team
- Meals included: Breakfast, Lunch, Dinner
- Accommodation: Camping

Day 5: Chemainus to Duncan (21km)

- Trek along the Cowichan Valley Trail towards Duncan
- With your TrekEd Team you will explore:
 - Mount Tzouhalem (optional hike)
 - Downtown Duncan
- Take a tour of Duncan's Totems with your TrekEd Team
- Meals included: Breakfast, Lunch, Dinner
- Accommodation: Hotel

Day 6: Duncan to Lake Cowichan (27km)

- Trek along the Cowichan Valley Trail towards Lake Cowichan

- With your TrekEd Team you will explore:
 - Trans Canada Trail Western Terminus
 - Town of Lake Cowichan
- Meals included: Breakfast, Lunch, Dinner
- Accommodation: Hotel

Day 7: Lake Cowichan to Cowichan Bay (25km)

- Trek along the Cowichan Valley Trail towards Duncan
- Transfer to Cowichan Bay
- With your TrekEd Team you will explore:
 - Historic Railway Trestles
 - Cowichan Bay
- Meals included: Breakfast, Lunch, Dinner
- Accommodation: Hotel

Day 8: Cowichan Bay to Shawnigan Lake (15km)

- Optional Experience: Whale watching
- Transfer to Duncan
- Trek along the Cowichan Valley Trail to Shawnigan Lake
- With your TrekEd Team you will explore:
 - Kinsol Trestle
 - Town of Shawnigan Lake
 - O.U.R. Ecovillage
- At O.U.R. Ecovillage, experience community meals and participate in a guided tour
Meals included: Breakfast, Lunch, Dinner
- Accommodation: Camping

Day 9: Shawnigan Lake to Malahat (17km)

- Trek along the Cowichan Valley Trail to Malahat
- With your TrekEd Team you will explore:
 - Malahat Summit
 - Malahat SkyWalk
- Meals included: Breakfast, Lunch, Dinner
- Accommodation: Hotel

Day 10: Malahat to Langford (19km)

- Trek along the Sooke Hills Wilderness Regional Trail to Langford
- With your TrekEd Team you will explore:
 - Goldstream Provincial Park
 - Humpback Reservoir
 - Hatley Park National Historic Site
 - Fort Rodd Hill
- Meals included: Breakfast, Lunch, Dinner

- Accommodation: Camping

Day 11: Langford to Victoria (23km)

- Trek along the Galloping Goose Regional Trail and through the City of Victoria
- With your TrekEd Team you will explore:
 - Waterfront Park
 - Fisherman's Wharf
 - Holland Point Park
 - Beacon Hill Park
- Take a tour of Downtown Victoria with your TrekEd Team
- Meals included: Breakfast, Lunch, Dinner
- Accommodation: Hotel

Day 12: Victoria to Vancouver (0km)

- Experience a west coast-inspired high tea
- With your TrekEd Team you will tour:
 - Parliament House
 - Royal B.C. Museum
- Transfer to Vancouver via B.C. Ferries and return home
- Meals included: Breakfast, Lunch

The VAN to VIC Trek - Tour Description

Day 1: Vancouver to Nanaimo (3km)

Your adventure begins by meeting with your Tour Director and fellow travelers. Departing from Vancouver, you'll transfer to Horseshoe Bay Terminal to board B.C. Ferries, crossing the Salish Sea to Nanaimo's Departure Bay Terminal. The ferry ride treats you to breathtaking views of coastal mountains and scenic islands.

Upon arrival in Nanaimo, known as the gateway to Vancouver Island, your Local Guide joins your group for the remainder of the trip. The exploration kicks off with a kayaking tour around Satsisshun Island (Newcastle Island), where you'll embrace coastal views and learn about the island's Indigenous heritage. Following lunch on the island, your TrekEd Team leads you into Nanaimo, culminating in Maffeo Sutton Park.

After settling into your hotel, venture into Downtown Nanaimo to explore its blend of historic architecture, modern cafes, and boutique shops. The day concludes with a visit to Petroglyph Provincial Park, where ancient Indigenous rock carvings provide insights into the island's rich cultural past. Enjoy a group dinner, recounting the day's adventures and anticipating the journey ahead.

Meals included: Lunch, Dinner

Accommodation: Best Western Dorchester Hotel

Day 2: Nanaimo to Cassidy (27km)

Today, the trek takes you deeper into Vancouver Island's heartland, beginning from Maffeo Sutton Park. With your TrekEd Team, traverse Nanaimo's city parks, starting with Bowen Park—an urban forest adorned with tranquil trails along the Millstone River. Continuing on, Buttertubs Marsh Park offers a contrast with its diverse wetland ecosystem and abundant birdlife.

The route leads through residential areas and past Vancouver Island University to Colliery Dam Park, featuring serene lakes and historic dam remnants. After a morning of exploration, ascend Extension Ridge and The Abyss for sweeping views of the Nanaimo River valley, ideal for a scenic lunch break. The day's journey concludes in Cassidy, where you'll settle into your camping accommodations and receive a Camp Orientation to prepare for the upcoming adventures.

Meals included: Breakfast, Lunch, Dinner

Accommodation: Rondalyn Camping and RV Resort

Day 3: Cassidy to Ladysmith (13km)

Leaving Cassidy behind, today's trek through the Regional District of Nanaimo blends natural beauty with cultural discovery. Your TrekEd Team guides you through forested paths to Christie Falls, a hidden gem nestled amidst the woods, where you'll break for lunch.

Continuing along the trail, arrive at Transfer Beach Park in Ladysmith, offering sandy shores and expansive ocean views. Downtown Ladysmith invites exploration with its heritage buildings and vibrant arts scene. A guided Heritage Walk sheds light on the town's coal mining history and cultural evolution. Finally, return to your camping accommodations for dinner and post-trek reflections.

Meals included: Breakfast, Lunch, Dinner

Accommodation: Rondalyn Camping and RV Resort

Day 4: Ladysmith to Chemainus (12km)

Today's trek unfolds amidst picturesque landscapes and cultural encounters. Departing after breakfast, follow the Cowichan Valley Trail through Stocking Creek Park, featuring a picturesque waterfall. Then, pass through Saltair, known for its scenic coastline and historical significance.

Arriving in Chemainus, renowned for its outdoor murals depicting local history and culture, you'll visit Wul'aam Park for a forest bathing experience. After lunch, enjoy a guided tour of Chemainus' vibrant downtown murals before settling into new camping accommodations amidst the serene Cowichan Valley setting.

Meals included: Breakfast, Lunch, Dinner
Accommodation: Country Maples RV Resort

Day 5: Chemainus to Duncan (15km)

Leaving your camp, hike along country roads towards Duncan. Optionally, ascend Mount Tzouhalem for sweeping valley and mountain views before exploring downtown Duncan, known for its historic totem poles and Indigenous heritage.

Check into your hotel in Duncan for a relaxing evening, celebrating the day's accomplishments and preparing for the trek to Lake Cowichan tomorrow.

Meals included: Breakfast, Lunch, Dinner
Accommodation: Best Western Cowichan Valley Inn

Day 6: Duncan to Lake Cowichan (27km)

Today's journey begins early as you follow the Cowichan Valley Trail deeper into Vancouver Island's interior, heading towards the picturesque town of Lake Cowichan. Enroute, enjoy a sunrise hike, attuned to the forest's morning tranquility. Pause for lunch along the way, reaching the Trans Canada Trail's Western Terminus—a symbolic milestone marking the trail network's western extent.

Arriving in Lake Cowichan, immerse yourself in the town's natural beauty, surrounded by lush forests and pristine waters. Relax in Ohtaki Park and Japanese gardens or take a refreshing swim in the river. Conclude the day at a lodge, enjoying the lakeside ambiance and reflecting on the journey.

Meals included: Breakfast, Lunch, Dinner
Accommodation: Lake Cowichan Lodge

Day 7: Lake Cowichan to Cowichan Bay (25km)

Set out early on the Cowichan Valley Trail, retracing your steps towards Duncan for a different perspective on familiar landscapes. Pause to admire the historic railway trestles, marveling at their engineering and historical significance. Later, transfer to Cowichan Bay, North America's first Cittaslow community, known for its maritime charm, artisan shops, and colorful stilt homes.

Enjoy a locally-sourced meal and settle into your hotel, reminiscing about the day's explorations and anticipating tomorrow's trek.

Meals included: Breakfast, Lunch, Dinner
Accommodation: Oceanfront Suites at Cowichan Bay

Day 8: Cowichan Bay to Shawnigan Lake (15km)

Today offers an optional whale-watching opportunity before continuing along the Cowichan Valley Trail to Shawnigan Lake. Pause at the iconic Kinsol Trestle for panoramic views before visiting O.U.R. Ecovillage for insights into sustainable living in the Cowichan Valley.

Settle into camping accommodations, enjoying community meals and a guided tour of the ecovillage.

Meals included: Breakfast, Lunch, Dinner

Accommodation: O.U.R. Ecovillage (on-site camping)

Day 9: Shawnigan Lake to Malahat (17km)

Returning to Shawnigan Lake, follow the Cowichan Valley Trail towards Malahat, enjoying scenic vistas and natural wonders along the way. Reach Malahat Summit for breathtaking views of the Saanich Peninsula, Gulf Islands, and Vancouver skyline.

Then, experience the Malahat SkyWalk, a thrilling viewpoint suspended high above the forest canopy, providing a unique perspective on the island's diverse ecosystems.

Conclude the day at a hotel perched above the valley, capturing stunning sunset views.

Meals included: Breakfast, Lunch, Dinner

Accommodation: Villa Eyrie Resort

Day 10: Malahat to Langford (19km)

The trek along Sooke Hills Wilderness Regional Trail to Langford, explores Goldstream Provincial Park's old-growth forests and Humpback Reservoir. You'll visit Hatley Park National Historic Site and Fort Rodd Hill for cultural insights before returning to camping in Goldstream.

On your last night of camping, reflect on the journey with your TrekEd Team and celebrate the experiences shared.

Meals included: Breakfast, Lunch, Dinner

Accommodation: Goldstream Provincial Park Campground

Day 11: Langford to Victoria (23km)

On your final trekking day, follow Galloping Goose Regional Trail through Langford and Esquimalt to Victoria. Explore Waterfront Park, Fisherman's Wharf, and Holland Point Park before concluding at Beacon Hill Park. Enjoy a guided tour of Downtown Victoria and a celebratory dinner in the city.

Retire to a comfortable hotel, cherishing the final moments of your Vancouver Island adventure.

Meals included: Breakfast, Lunch, Dinner
Accommodation: Best Western Plus Inner Harbour

Day 12: Victoria to Vancouver (0km)

Your journey culminates with a west coast-inspired high tea, where you'll reminisce about the memories and friendships forged during your Vancouver Island trek. After breakfast, delve into the grandeur of Parliament House, home to British Columbia's legislative assembly, known for its architectural splendor and historical significance. Continue your exploration at the Royal B.C. Museum, uncovering the province's natural and cultural heritage through engaging exhibits.

Finally, transfer to Sidney, your final stop along the way. Bid farewell to Vancouver Island as you board B.C. Ferries back to Vancouver, reflecting on the unforgettable experiences and adventures shared across this picturesque island.

Meals included: Breakfast, Lunch

Blending Travel and Curriculum

Bonus Project Proposal

Overview

TrekEd tours a unique and enriching outdoor experience designed to align with several key courses in the BC Curriculum, including **Explorations in Social Studies 11**, **Human Geography 12**, **B.C. First Peoples 12**, **Outdoor Education 11/12**, and **Active Living 11/12**. This trek provides students an opportunity to earn bonus project credit by engaging in meaningful, hands-on learning while exploring the diverse landscapes and cultures of British Columbia.

The proposed project would reflect 15% of a student's grade towards any of the following courses:

Course Alignment and Learning Objectives

- 1. Explorations in Social Studies 11:**
 - Students will explore historical landmarks and cultural heritage sites, enhancing their understanding of social issues and community dynamics.
- 2. Human Geography 12:**
 - Through visits to urban and rural areas, students will analyze human-environment interactions, economic development, and spatial patterns in local communities.
- 3. B.C. First Peoples 12:**
 - Engaging with Indigenous guides and cultural sites will provide insights into the rich history and contemporary issues faced by First Peoples in British Columbia.
- 4. Outdoor Education 11/12:**

- The trek will develop outdoor skills, promote environmental stewardship, and foster leadership through activities such as kayaking, hiking, and forest bathing.

5. **Active Living 11/12:**

- By participating in physically demanding activities, students will learn the health benefits of an active lifestyle, emphasizing wellness and fitness.

Project Component

Upon completion of the trek, students will be required to submit one of TrekEd's Project Proposals, summarizing their learning and experiences during the tour. This project will allow students to reflect on their journey, connect it to the course content, and articulate their insights and personal growth.

Support Structure

Students will receive comprehensive support throughout the process:

- **Pre-Trek Orientation:** Prior to the journey, students will be guided through the project requirements, helping them understand how to document their experiences effectively.
- **During the Trek:** Facilitators will provide ongoing support, encouraging students to take notes and reflect on their activities, interactions, and learning moments as they occur.
- **Post-Trek Assistance:** After the tour, students will have access to resources and mentorship as they finalize their Project Proposals, ensuring they can articulate their learning clearly and meaningfully.

A designated TrekEd Educator will be responsible for reviewing and assessing the final Project Proposals submitted by students. This educator will ensure that each project aligns with the course objectives and provides constructive feedback to enhance students' understanding and reflection. By leveraging their expertise in outdoor education and curriculum alignment, the TrekEd Educator will guide students in articulating their experiences effectively, fostering a deeper connection to the course content while recognizing individual learning outcomes. This dedicated support underscores our commitment to maintaining high educational standards and enriching the overall learning experience.

Assessment Criteria

Students' Project Proposals will be assessed based on clarity, depth of reflection, connection to course content, and creativity in presentation. Each project will be adapted based on individual student abilities, ensuring that all participants can engage meaningfully with the material and demonstrate their understanding at a level that is appropriate for them. This structured assessment will align with the expectations of the respective courses, providing students with an opportunity to earn valuable marks toward their overall grade while fostering an inclusive learning environment.

Conclusion

The VAN to VIC Trek with TrekEd is not only an exciting adventure but also an invaluable educational experience that connects students with multiple facets of the BC Curriculum. By participating in this trek and completing the associated project, students will enhance their learning, foster critical skills, and deepen their appreciation for the diverse cultures and environments of British Columbia. This bonus project is a worthy addition to their academic journey, empowering them to thrive both inside and outside the classroom.

TrekEd Projects - The Pacific Pathways Package

Students will receive 5% for each mini-project they complete during the treks, providing a total of 15% towards their overall course credit. To earn the full 15%, students are required to complete one project for each of the three treks: Vancouver, Nanaimo, and Victoria. This structure encourages a comprehensive engagement with the content and ensures that students reflect on their experiences across different environments, enhancing their understanding and application of course concepts.

Vancouver: The City and Shoreline Trail

Explorations in Social Studies 11

1. Historical Landmark Presentation:

- Choose one historical site visited (e.g., Science World or Granville Island) and create a presentation highlighting its significance in Vancouver's history and culture.

2. Cultural Reflection Essay:

- Write a short essay reflecting on how the various cultures represented along the trek contribute to Vancouver's identity as a diverse urban center.

Human Geography 12

1. Urban Mapping Project:

- Create a map that illustrates key urban features encountered along the trek, including parks, commercial areas, and residential zones, with annotations explaining their roles in the city's geography.

2. Environmental Impact Analysis:

- Analyze the environmental impacts of urban development along False Creek, discussing both benefits and drawbacks based on observations made during the trek.

B.C. First Peoples 12

1. Cultural Landmarks Report:

- Research the significance of Indigenous cultural sites observed during the trek and write a report detailing their historical and contemporary importance.

2. Indigenous Perspectives Reflection:

- Reflect on interactions or discussions regarding Indigenous culture and perspectives encountered during the trek, summarizing key takeaways.

Outdoor Education 11/12

1. **Nature Journaling:**

- Keep a nature journal documenting observations of flora and fauna along the trail, including sketches and reflections on their ecological importance.

2. **Outdoor Skills Reflection:**

- Write a reflection on the outdoor skills practiced during the trek, such as navigation or teamwork, and how they contribute to personal growth.

Active Living 11/12

1. **Physical Activity Log:**

- Maintain a log of physical activities throughout the trek, noting distances, feelings about exertion, and health benefits experienced.

2. **Wellness and Outdoor Activity Plan:**

- Develop a plan for incorporating outdoor activities into your daily routine to enhance physical and mental wellness, based on experiences from the trek.

Nanaimo: The Urban Oasis Trail

Explorations in Social Studies 11

1. **Community Heritage Project:**

- Create a poster or digital presentation that showcases the historical and cultural significance of Maffeo Sutton Park and its role in Nanaimo's community.

2. **Public Art Analysis:**

- Analyze a specific public art installation encountered during the trek, discussing its themes and how it reflects the local culture.

Human Geography 12

1. **Urban Green Spaces Report:**

- Investigate the importance of urban green spaces like Bowen Park, focusing on their role in community health, biodiversity, and urban planning.

2. **Socioeconomic Analysis:**

- Write a brief report examining the socioeconomic dynamics of the waterfront area in Nanaimo, using observations made during the trek.

B.C. First Peoples 12

1. **Cultural Significance Project:**

- Research the Indigenous history related to the areas visited, particularly around Buttertubs Marsh, and present findings in a creative format (e.g., video, slideshow).

2. **Indigenous Art Exploration:**

- Document and reflect on any Indigenous art observed during the trek, discussing its cultural significance and how it enhances public spaces.

Outdoor Education 11/12

1. **Environmental Stewardship Proposal:**

- Propose a plan for enhancing environmental stewardship in one of the parks visited, including specific actions and educational initiatives.

2. **Personal Growth Reflection:**

- Reflect on how the trek contributed to your understanding of outdoor skills and leadership, identifying specific experiences that fostered growth.

Active Living 11/12

1. **Activity Reflection Journal:**

- Keep a journal reflecting on your physical activities and emotional responses throughout the trek, focusing on how outdoor experiences impact overall wellness.

2. **Group Dynamics Analysis:**

- Analyze the dynamics of your trekking group, discussing leadership roles, teamwork, and how these experiences can inform future group activities.

Victoria: The Seaside Splendors Trail

Explorations in Social Studies 11

1. **Historical Significance Essay:**

- Write an essay exploring the historical significance of a landmark visited during the trek, such as Beacon Hill Park or Fishermen's Wharf.

2. **Cultural Diversity Presentation:**

- Create a presentation that highlights the cultural diversity of Victoria, focusing on how different communities contribute to the city's character.

Human Geography 12

1. **Waterfront Development Report:**

- Analyze the development of Victoria's waterfront area, discussing urban planning decisions and their impacts on the community and environment.

2. **Geographical Features Map:**

- Create a detailed map illustrating the geographical features encountered along the trek, including parks, waterfronts, and urban areas, with annotations on their significance.

B.C. First Peoples 12

1. **Indigenous Culture Research Project:**

- Research and present on Indigenous cultures and histories relevant to Victoria, focusing on their relationship with the land and urban spaces.

2. **Cultural Observation Reflection:**

- Reflect on any Indigenous cultural practices observed during the trek, discussing their significance and relevance to the local community.

Outdoor Education 11/12

1. **Outdoor Experience Journal:**

- Maintain a journal documenting outdoor activities and skills practiced during the trek, including reflections on personal development and teamwork.

2. **Environmental Awareness Campaign:**

- Develop a mini-campaign promoting environmental awareness and stewardship based on observations from Beacon Hill Park and Fishermen's Wharf.

Active Living 11/12

1. **Health and Fitness Reflection:**

- Reflect on how the trek influenced your physical health and mental well-being, identifying specific activities that contributed to your overall fitness.

2. **Outdoor Activity Plan:**

- Create a plan for integrating outdoor activities into your life post-trek, detailing how you will maintain an active lifestyle based on experiences gained.

TrekEd Projects - The VAN to VIC Trek

Explorations in Social Studies 11

1. **Community Exploration Project:**

- Research and present on a specific community visited during the trek, focusing on its history, cultural significance, and contemporary social issues.

2. **Cultural Heritage Presentation:**

- Create a multimedia project that highlights Indigenous cultural practices and histories learned during the trek.

3. **Reflection Journal:**

- Maintain a daily journal documenting experiences, reflections on social issues encountered, and insights related to the course themes.

Human Geography 12

1. **Trail Mapping and Analysis:**

- Create a detailed map of the trekking route, noting key geographical features, landmarks, and demographic information about the regions visited.

2. **Sustainable Practices Research:**

- Investigate sustainable practices observed in local communities and report on their alignment with broader sustainability goals in British Columbia.

3. **Environmental Impact Study:**

- Analyze the impact of human activity on the environment along the trail, focusing on urbanization, land use, and conservation efforts.

B.C. First Peoples 12

1. **Indigenous Perspectives Essay:**

- Write an essay discussing the relationship between First Peoples and their environment, integrating insights from interactions with Indigenous guides.
2. **Cultural Heritage Project:**
 - Create a presentation on a specific Indigenous community's traditions, focusing on their ecological knowledge and cultural practices observed during the trek.
 3. **Interviews and Oral Histories:**
 - Conduct interviews with local Indigenous guides or community members and present their stories and perspectives on land and culture.

Outdoor Education 11/12

1. **Environmental Stewardship Report:**
 - Analyze an aspect of environmental stewardship observed during the trek and propose sustainable practices for future visitors.
2. **Health and Wellness Plan:**
 - Develop a personal health and wellness plan based on experiences during the trek, including physical activities and mental well-being strategies.
3. **Leadership and Teamwork Reflection:**
 - Write an essay reflecting on leadership and teamwork experiences during group activities, discussing challenges faced and skills developed.

Active Living 11/12

1. **Personal Fitness Log:**
 - Maintain a log of physical activities during the trek, analyzing improvements in fitness and well-being over the course of the journey.
2. **Wellness Workshop Plan:**
 - Create a workshop plan focused on the health benefits of outdoor activities, incorporating what was learned during the trek.
3. **Active Lifestyle Journal:**
 - Document daily activities and reflections on how outdoor experiences influence physical and mental health, highlighting personal growth.

Curricular Connections

Explorations in Social Studies 11

Curriculum Focus: Explorations in Social Studies 11 aims to develop students' understanding of historical and contemporary social issues, cultures, and geographical contexts within British Columbia and globally. The itinerary explores historical landmarks, cultural heritage sites, and community dynamics, providing insights into regional geography and cultural diversity.

Itinerary Reflection:

- **Day 1-2:** Visiting Nanaimo and exploring Maffeo Sutton Park, Downtown Nanaimo, and Petroglyph Provincial Park provides insights into local history, cultural heritage, and

geographical features. This aligns with the curriculum's focus on understanding regional geography and cultural diversity.

- **Day 3-4:** Exploring Ladysmith and Chemainus, including activities like visiting Stocking Creek Park, Chemainus Murals, and exploring local communities, fosters exploration of historical landmarks, community development, and cultural preservation, all central to Social Studies 11 themes.
- **Day 10-11:** Visits to Goldstream Provincial Park, Humpback Reservoir, and cultural sites like Hatley Park and Fort Rodd Hill offer opportunities to examine environmental conservation efforts, historical preservation, and cultural significance in the context of British Columbia's history and geography.

Social Studies 11 Curriculum Content Reflection:

Social, Cultural, or Technological Innovations and Developments in the 20th Century

Reflection in Itinerary:

- **Chemainus Murals (Day 4):** The visit to Chemainus and exploring its famous murals showcases a cultural innovation where art was used to revitalize a community, depicting historical and contemporary themes through artistic expression.
- **Royal B.C. Museum (Day 12):** The museum visit in Victoria explores technological innovations and developments through exhibits that highlight advancements in technology, industry, and social changes throughout the 20th century.

Colonialism and Contemporary Issues for Indigenous People in Canada

Reflection in Itinerary:

- **Petroglyph Provincial Park (Day 1):** This site contains ancient rock carvings and serves as a poignant reminder of Indigenous cultural heritage and the impact of colonialism on Indigenous communities.
- **Heritage Walk in Ladysmith (Day 3):** The heritage walk provides insights into the effects of colonialism on local Indigenous communities and contemporary issues faced by these communities today, such as land rights and cultural preservation.

Natural Resource Use and Local, Regional, National, or Global Development

Reflection in Itinerary:

- **Forest Bathing in Wul'aam Park (Day 4):** This activity promotes awareness of natural resources and the importance of sustainable practices in local parks, reflecting local efforts towards environmental conservation.
- **Malahat SkyWalk (Day 9):** The visit to Malahat Summit and the SkyWalk introduces students to the natural environment and the development of eco-tourism initiatives that balance economic development with environmental conservation.

Diversity of B.C. First Peoples Territories and Communities

Reflection in Itinerary:

- **Visits to Various Communities (Throughout the Journey):** Exploring communities like Nanaimo, Ladysmith, Duncan, and Shawnigan Lake provides opportunities to learn about the diversity of B.C. First Peoples territories and communities, each with distinct cultural practices, languages, and histories.
- **Interactive Experiences (Throughout the Journey):** Interactions with local guides and participation in cultural activities during the heritage walks and visits to Indigenous sites deepen understanding of the rich diversity among B.C. First Peoples.

Human Geography 12

Curriculum Focus: Human Geography 12 focuses on understanding human relationships with the environment, urban and rural planning, economic development, and social issues within local and global contexts. Activities include visits to communities, urban and rural areas, and exploring economic activities, fostering understanding of human-environment interactions and spatial patterns.

Itinerary Reflection:

- **Day 3-4:** Exploring communities like Ladysmith and Chemainus and their economic structures, historical developments, and urban planning initiatives provide practical examples of human geography concepts such as community development, economic activities, and urbanization.
- **Day 6-7:** Trekking through Lake Cowichan, Duncan, and Cowichan Bay offers insights into rural-urban dynamics, land use patterns, and environmental management along the Cowichan Valley Trail, aligning with Human Geography 12's focus on spatial patterns and economic activities.

Human Geography 12 Curriculum Content Reflection:

Demographic Patterns of Growth, Decline, and Movement

Reflection in Itinerary:

- **Community Visits (Throughout the Journey):** Visits to towns and cities like Nanaimo, Ladysmith, Duncan, and Victoria provide insights into demographic patterns such as population growth, decline, and movement within local and regional contexts.
- **Optional Whale Watching (Day 8):** Understanding tourism patterns, including activities like whale watching, offers insights into how demographic factors influence local economies and environmental management.

Relationships Between Cultural Traits, Use of Physical Space, and Impacts on the Environment

Reflection in Itinerary:

- **Chemainus Murals (Day 4):** The murals in Chemainus showcase how cultural traits and artistic expression have transformed physical spaces, contributing to economic development and environmental conservation efforts.

- **Forest Bathing in Wul'aam Park (Day 4):** Engaging in forest bathing promotes awareness of cultural practices related to environmental stewardship and the use of physical space for recreational and wellness purposes.

Relationship Between First Peoples and the Environment

Reflection in Itinerary:

- **Petroglyph Provincial Park (Day 1):** Visiting this site provides insights into the historical and contemporary relationships between Indigenous peoples and their environments, showcasing cultural connections to natural landscapes.
- **O.U.R. Ecovillage (Day 8):** Participation in community meals and guided tours at O.U.R. Ecovillage highlights sustainable living practices and Indigenous perspectives on environmental stewardship.

Global Agricultural Practices

Reflection in Itinerary:

- **Visits to Agricultural Regions (Throughout the Journey):** Exploring regions like Cowichan Valley and participating in activities related to local agriculture provide insights into global agricultural practices, including sustainable farming methods and economic impacts.
- **O.U.R. Ecovillage (Day 8):** Participation in community meals and guided tours at O.U.R. Ecovillage highlights sustainable living practices and Indigenous perspectives on environmental stewardship.

Industrialization, Trade, and Natural Resource Demands

Reflection in Itinerary:

- **Visits to Industrial Sites and Towns (Throughout the Journey):** Interactions with communities like Chemainus and discussions on local industries provide insights into industrialization, trade relationships, and natural resource demands shaping local economies.

Factors Behind Increased Urbanization and Its Influence on Societies and Environments

Reflection in Itinerary:

- **Visits to Urban Centers (Throughout the Journey):** Exploring urban areas like Nanaimo, Langford, Victoria and Duncan offers opportunities to analyze factors driving urbanization, including economic opportunities, infrastructure development, and environmental impacts.

Relationships Between Natural Resources and Patterns of Population Settlement and Economic Development

Reflection in Itinerary:

- **Visits to Natural Resource Sites (Throughout the Journey):** Activities like trekking through parks and visiting resource-rich areas like Malahat and Cowichan Valley illustrate how natural resources influence patterns of population settlement, economic development, and environmental management.

Political Organization of Geographic Regions

Reflection in Itinerary:

- **Visits to Political and Administrative Centers (Day 12):** The visit to Parliament House in Victoria provides insights into the political organization of British Columbia and its regions, including governance structures and political decision-making processes.

B.C. First Peoples 12

Curriculum Focus: B.C. First Peoples 12 aims to deepen students' understanding of Indigenous peoples' histories, cultures, and contemporary issues in British Columbia. Engaging with Indigenous sites, heritage walks, and local guides offers perspectives on Indigenous histories, cultures, and contributions to local communities, supporting reconciliation efforts.

Itinerary Reflection:

- **Throughout the Journey:** Visits to Petroglyph Provincial Park, heritage walks, and interactions with local guides provide opportunities to learn about Indigenous histories, cultural practices, and contributions to local communities, supporting the curriculum's emphasis on Indigenous perspectives and reconciliation efforts.

BC First Peoples 12 Curriculum Content Reflection:

Traditional Territories of the B.C. First Nations and Relationships with the Land

Reflection in Itinerary:

- **Petroglyph Provincial Park (Day 1):** Visiting this site provides insights into traditional territories of local Indigenous communities and their historical relationships with the land, as depicted through ancient rock carvings.
- **Trans Canada Trail Western Terminus (Day 6):** Trekking through areas like Lake Cowichan offers opportunities to discuss traditional land use practices and the ongoing connection of First Nations with their territories.

Role of Oral Tradition for BC First Peoples

Reflection in Itinerary:

- **Totem Tour in Duncan (Day 5):** Participating in a Totem Tour allows students to appreciate the role of oral tradition in preserving cultural histories and narratives of local First Nations communities.

- **O.U.R. Ecovillage (Day 8):** Engaging with community members and participating in guided tours at O.U.R. Ecovillage may involve storytelling sessions that highlight the importance of oral tradition in passing down knowledge and cultural practices.

Impact of Historical Exchanges of Ideas, Practices, and Materials Among Local BC First Peoples and with Non-Indigenous Peoples

Reflection in Itinerary:

- **Chemainus Murals (Day 4):** The murals depict historical exchanges and interactions between Indigenous and non-Indigenous peoples, showcasing cultural fusion and adaptation over time.
- **Royal B.C. Museum (Day 12):** Exhibits at the museum explore historical interactions, including exchanges of ideas, practices, and materials, providing insights into cultural dynamics and adaptation.

Provincial and Federal Government Policies and Practices Affecting BC First Peoples' Responses to Colonialism

Reflection in Itinerary:

- **Visits to Political Centers (Day 12):** The visit to Parliament House in Victoria offers insights into provincial and federal government policies that have impacted BC First Peoples' responses to colonialism, including governance and land rights issues.
- **Heritage Walk in Ladysmith (Day 3):** Discussions during the heritage walk may touch upon historical and contemporary policies affecting local First Nations communities.

Resistance of BC First Peoples to Colonialism

Reflection in Itinerary:

- **Petroglyph Provincial Park (Day 1):** The presence of ancient rock carvings and their preservation despite colonial pressures reflects the ongoing resistance and resilience of BC First Peoples against colonial impacts.
- **Community Engagement at O.U.R. Ecovillage (Day 8):** Learning about sustainable living practices and community resilience may involve discussions on strategies of resistance and cultural revitalization efforts.

Commonalities and Differences Between Governance Systems of Traditional and Contemporary BC First Peoples

Reflection in Itinerary:

- **Engagement with Community Leaders (Throughout):** Discussions with local First Nations leaders and visits to cultural centers may explore governance systems, comparing traditional forms of governance with contemporary practices and challenges.

Contemporary Challenges Facing BC First Peoples, Including Legacies of Colonialism

Reflection in Itinerary:

- **Discussions During Tours and Activities (Integrated Throughout):** Various activities and visits provide opportunities to discuss contemporary challenges such as land rights, cultural preservation, economic development, and social justice issues faced by BC First Peoples.

Outdoor Education 11/12

Curriculum Focus: Outdoor Education 11/12 focuses on developing outdoor skills, environmental stewardship, and leadership through outdoor activities and experiences. Outdoor activities such as kayaking, hiking, and forest bathing promote outdoor skills, environmental stewardship, and leadership development.

Itinerary Reflection:

- **Throughout the Journey:** Engaging in activities such as kayaking tours, hiking through local parks, participating in forest bathing, and touring at O.U.R. Ecovillage promotes outdoor skills, environmental awareness, and leadership development central to Outdoor Education 11/12.

Outdoor Education 11/12 Curriculum Content Reflection:

Health Benefits of Outdoor Activities

Reflection in Itinerary:

- **Hiking and Trekking (Throughout the Journey):** Engaging in activities like hiking along trails and trekking through various parks promotes physical fitness, mental well-being, and overall health benefits associated with outdoor activities.
- **Forest Bathing in Wul'aam Park (Day 4):** Participating in forest bathing sessions enhances mindfulness and stress reduction, highlighting the therapeutic benefits of outdoor environments.

Outdoor Activity Knowledge and Skills

Reflection in Itinerary:

- **Kayaking Tour (Day 1):** Participating in a kayaking tour around Saysutshun Island develops water safety skills, paddling techniques, and knowledge of marine environments, essential for outdoor water activities.
- **Trekking and Camping (Throughout the Journey):** Trekking through diverse terrains and camping experiences build outdoor navigation, survival skills, and knowledge of camping equipment and techniques.

Preparation for Outdoor Activities

Reflection in Itinerary:

- **Camp Orientation (Day 2):** Attending a camp orientation session prepares students for outdoor activities by discussing safety protocols, equipment use, and group responsibilities, ensuring readiness for wilderness experiences.
- **Gear Check and Equipment Use (Integrated Throughout):** Regular gear checks and discussions on equipment care and use ensure preparedness and safety during outdoor activities.

Environmental Conditions

Reflection in Itinerary:

- **Forest Bathing in Wul'aam Park (Day 4):** Learning to appreciate and adapt to environmental conditions like weather, terrain, and natural surroundings during forest bathing sessions fosters awareness and respect for outdoor environments.
- **Trekking Through Various Parks (Throughout):** Trekking through parks exposes students to diverse environmental conditions, teaching adaptation strategies and environmental stewardship principles.

First Peoples Traditional Practices and Ecological Knowledge Related to Activities in the Local Environment

Reflection in Itinerary:

- **Visits to Cultural Sites (Throughout the Journey):** Interactions with local First Nations guides and visits to cultural sites like Petroglyph Provincial Park provide insights into traditional ecological knowledge and practices related to outdoor activities and environmental stewardship.

Role of Environmental Awareness and Stewardship in Outdoor Recreation and Conservation

Reflection in Itinerary:

- **Community Engagement at O.U.R. Ecovillage (Day 8):** Participating in community meals and guided tours at O.U.R. Ecovillage emphasizes environmental stewardship practices and their role in sustainable outdoor recreation and conservation efforts.
- **Forest Bathing and Trekking Activities (Throughout):** Discussions on Leave No Trace principles, conservation ethics, and responsible outdoor behavior promote environmental awareness and stewardship among students.

Strategies for Adapting and Responding to Changing Conditions and Emergencies

Reflection in Itinerary:

- **First Aid Skills and Emergency Preparedness (Throughout the Journey):** Learning and practicing first aid skills, emergency response protocols, and strategies for managing unexpected situations prepare students to adapt and respond effectively in outdoor environments.

Communication in Emergency Situations

Reflection in Itinerary:

- **Group Activities and Camp Settings (Integrated Throughout):** Emphasis on effective communication within groups, using communication devices, and emergency signal protocols fosters teamwork and safety in outdoor settings.

Management of Group Dynamics and Conflict in an Outdoor Environment

Reflection in Itinerary:

- **Group Trekking and Camping (Throughout the Journey):** Opportunities to manage group dynamics, resolve conflicts, and promote teamwork during trekking and camping activities enhance interpersonal skills and leadership abilities in outdoor settings.

Environmental Stewardship for Outdoor Activities

Reflection in Itinerary:

- **Visits to Ecological Sites and Parks (Throughout):** Engaging in activities like forest bathing and exploring ecological sites promotes principles of environmental stewardship, encouraging responsible behavior and conservation practices.

Maintenance, Use, and Care of Equipment for Outdoor Activities

Reflection in Itinerary:

- **Gear Checks and Equipment Demonstrations (Integrated Throughout):** Regular gear checks, equipment demonstrations, and discussions on equipment maintenance promote proper use, care, and longevity of outdoor gear.

Responsible Use of the Outdoor Environment

Reflection in Itinerary:

- **Leave No Trace Principles (Integrated Throughout):** Emphasis on Leave No Trace principles during outdoor activities encourages responsible behavior, minimizing environmental impact, and preserving natural spaces for future generations.

Group Management and Leadership

Reflection in Itinerary:

- **Group Activities and Camp Settings (Throughout the Journey):** Opportunities to lead and manage group activities, coordinate tasks, and foster teamwork build leadership skills essential for effective group management in outdoor environments.

Curriculum Focus: Active Living 11/12 aims to develop physical literacy, active living habits, and personal fitness through a variety of physical activities. Physical activities throughout the journey encourage physical fitness, coordination, and active living habits, contributing to lifelong physical literacy and active living.

Itinerary Reflection:

- **Throughout the Journey:** Participating in activities like kayaking, hiking, trekking along trails, and optional experiences like whale watching promotes physical fitness, coordination, and active living habits, aligning with Active Living 11/12's focus on physical literacy and lifelong active living.

Active Living 11/12 Curriculum Content Reflection:

Health and Well-being

Reflection in Itinerary:

- **Physical Activities (Throughout the Journey):** Engagement in hiking, kayaking, trekking, and other outdoor activities promotes physical fitness, cardiovascular health, and overall well-being.
- **Forest Bathing in Wul'aam Park (Day 4):** Participating in forest bathing sessions enhances mental well-being, reducing stress and promoting relaxation through immersion in natural environments.

The Role of Nutrition and How it Can Affect Health and Performance

Reflection in Itinerary:

- **Community Meals at O.U.R. Ecovillage (Day 8):** Sharing meals and discussions at O.U.R. Ecovillage may include topics on nutrition, sustainable food practices, and their impact on health and performance during outdoor activities.

Potential Short- and Long-term Consequences of Health Decisions

Reflection in Itinerary:

- **Health and Safety Discussions (Throughout the Journey):** Discussions on safety protocols, hydration, and rest during outdoor activities raise awareness about the importance of making informed health decisions to prevent short- and long-term consequences.

Benefits of Physical Activities for Health and Mental Well-being

Reflection in Itinerary:

- **Outdoor Activities and Physical Fitness (Throughout the Journey):** Participation in various physical activities provides firsthand experience of the benefits for physical health, mental clarity, and emotional well-being.

Physical Activity Safety and Etiquette

Reflection in Itinerary:

- **Safety Protocols During Outdoor Activities (Integrated Throughout):** Emphasis on safety measures such as proper gear use, water safety during kayaking, and adherence to trail etiquette promotes safe participation in outdoor activities.

Injury Prevention and Management

Reflection in Itinerary:

- **First Aid Skills Training (Throughout the Journey):** Learning and practicing first aid skills prepare students to prevent and manage injuries during outdoor activities, ensuring safety and well-being.

Proper Physical Movement Patterns, Including Non-locomotor, Locomotor, and Manipulative Skills

Reflection in Itinerary:

- **Outdoor Activities and Skills Development (Throughout the Journey):** Engagement in hiking, kayaking, and camping activities enhances physical movement patterns, including balance, coordination, and strength.

Ways to Monitor and Adjust Physical Exertion Levels

Reflection in Itinerary:

- **Guided Trekking and Hiking (Throughout the Journey):** Guidance on pacing, rest breaks, and hydration helps students monitor and adjust physical exertion levels during outdoor treks and activities.

Rules and Guidelines for Different Types of Sports and Activities

Reflection in Itinerary:

- **Kayaking Tour (Day 1):** Instruction on water safety, paddling techniques, and navigation rules provides understanding of specific rules and guidelines for water-based activities.

Recreational Resources Available in the Community

Reflection in Itinerary:

- **Visits to Community Parks and Centers (Throughout the Journey):** Exploration of parks, cultural sites, and recreational facilities introduces students to local resources available for physical activities and active living.

