WHITE WATER RAFTING

End your summer with a thrilling splash! Spend 3 nights camping and 4 days at the beautiful Wilderness Tours Resort.

Swim test and deep water orientation are **required** for this trip.

Date: Sun, Aug 27-Wed, Aug 30
Time: Leave at 8am on Aug 27, Return by 3pm on Aug 30
Location: Wilderness Tours Resort Ottawa
Price: $225
Registration Deadline: July 31

DEEP WATER ORIENTATION

For all trips that include being on boat or in the water, we are now providing a **FREE** deep water orientation session at the Toronto Pan Am Sports Centre.

This one hour class will include jumping into the water with a life jacket on and getting to the edge of the pool safely. No swim experience necessary.

To book your session, please contact Ramona Seupersad at: **ramona.seupersad@utoronto.ca** or book online at **recreation.utoronto.ca**

HOW TO REGISTER

Registration for most trips opens on **May 1st**

REGISTERED STUDENTS
UofT students taking summer classes

NON-REGISTERED STUDENTS
UofT students not taking summer classes
UofT faculty, staff, and recent graduates

Note: Priority will be given to **registered students.** If spots are available, registration will open up to non-registered students at a higher price.

To register, visit: **recreation.utoronto.ca** or register in-person at TPASC front desk.

REFUNDS
Refund dates vary per trip. For more info, visit: **utsc.utoronto.ca/athletics/outdoor-recreation**

STAY CONNECTED

WEBSITE

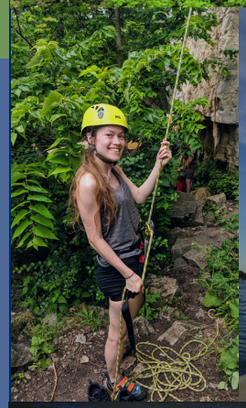
SOCIAL MEDIA

QUESTIONS & CONCERNS?

Please contact **Laurie Wright**

laurie.wright@utoronto.ca

utsc.utoronto.ca/athletics/outdoor-recreation



OUTDOOR RECREATION

SUMMER 2023

UNIVERSITY OF TORONTO SCARBOROUGH

ATHLETICS & RECREATION

TREETOP TREKKING

Zipline and climb through obstacle courses during this 3-hour treetop trekking adventure. Beginner, intermediate, and advanced courses are available. No experience necessary!

Date: Friday, May 26
Time: Trip 1 - 11am-5pm, Trip 2 - 2-8pm
Location: Ganaraska Forest
Price: $30
Registration Deadline: May 18

OUTDOOR ROCK CLIMBING

Travel to the spectacular Niagara Peninsula at Rattlesnake Point to climb up to 80ft on some of the best rocks in southern Ontario. All climbers must have experience climbing indoors.

Date: Thursday, June 22
Time: 7:30am-8pm
Location: Rattlesnake Point Park
Price: $40
Registration Deadline: June 14

FISHING & HIKING

Enjoy outdoor fun with the beauty of nature as your backdrop at Heart Lake. Catch and release fish from the stocked lake, explore the trails, and enjoy some leisure time. Ziplining & boat rentals are offered at your own cost.

Date: Friday, July 7
Time: 8:30am-4pm
Location: Heart Lake, Brampton
Price: $25
Registration Deadline: June 27

KAYAKING

Kayak the calm hidden gem of Humber River. An instructor will take you through a paddling orientation and guide our group down Humber River to the mouth of Lake Ontario. All equipment is included & all levels welcome.

Date: Thursday, July 20
Time: 3:30-9pm
Location: Humber River
Price: $45
Registration Deadline: July 14

FORSYTHE FARM

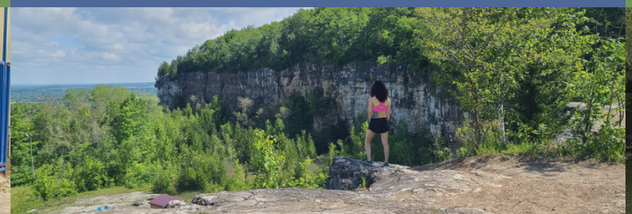
Get the full experience of a working farm! Interact and feed the farm animals, hike the forest trails, go on a wagon ride and pick strawberries. There will also be free-time to roam and visit the farmers market.

Date: Friday, June 16
Time: 11am-5:30pm
Location: Forsythe Farm
Price: $25
Registration Deadline: June 9

HIKING & PADDLING

Hike the scenic trails with incredible lookout points. Enjoy the afternoon at the beach relaxing, exploring, and trying out standup paddleboarding on the reservoir.

Date: Thursday, June 22
Time: 7:30am-8pm
Location: Kelso Conservation Area
Price: $25
Registration Deadline: June 14



STAND UP PADDLEBOARD

Enjoy sunset guided tours with standup paddleboarding and kayaking along local rivers. All equipment and safety orientations will be provided.

Date: Fri, July 14 **OR** Fri, July 28
Time: 4:30-9:30pm
Location: Ajax Rotary Park
Price: $20
Registration Deadline: June 29 **OR** July 14

SCENIC CAVES

The adventurous hike will take you over southern Ontario's longest suspension bridge, through a labyrinth of caves and crevices and through nature trails with a panoramic view of the surrounding blue mountains.

Date: Friday, August 4
Time: 10am-7pm
Location: Collingwood
Price: $30
Registration Deadline: July 28