

# PLANNING YOUR VISIT

"We hope your stay at the Edge is like a visit to the home of a friend; a friend who lives on a lake in the forest, tends a great garden, cooks with passion, truly cares about the environment and wants to introduce you to all the things they love about life in this corner of paradise at Kawawaymog Lake, Algonquin Park. Welcome Home."

- Todd & Martha Lucier, Co-Founders

This printable welcome package is designed to help you best prepare for your visit.

## Health & Meals:

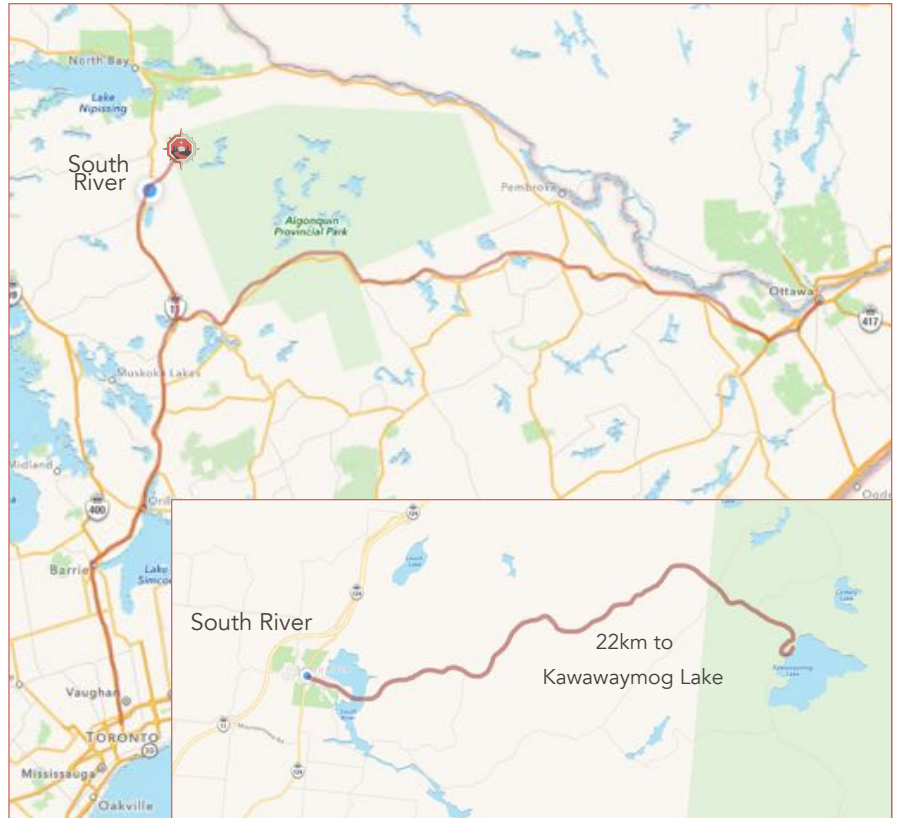
Dining at the Edge will meet your dietary needs with lots of colour and flavour: Please let us know about the health and dietary needs of each guest at least two weeks prior to arrival - check your email for a link to the form!



**Arrivals/Departures:** Arrival time on day one is between **1 - 3pm**, which is when our team is prepared to show you to your cabin & help you to settle in. If you are running late, please call to confirm your arrival time.

Departure time is typically after lunch, depending on weather conditions and activities.

**Please note:** Guests at the Edge agree to [northernedgealgonquin.ca/disclaimer](http://northernedgealgonquin.ca/disclaimer). Also be aware there is no cellphone service past South River and internet access & lodge phone are for emergencies only. We invite you to make any last-minute phone calls in South River before joining us for your unplugged Algonquin Park experience.



## FINDING YOUR WAY

Search for Northern Edge Algonquin on **Google Maps!**

### How to Get Here:

We are located on the edge of Ontario's Algonquin Park, easily accessible by car, airport shuttle, or bus. Visit [NorthernEdgeAlgonquin.ca/directions](http://NorthernEdgeAlgonquin.ca/directions)

### Directions:

Take **Exit 282** from Hwy 11 (between Huntsville and North Bay) to South River. Feel free to stop and say hi in our office at 100 Ottawa Avenue. From South River, head towards Algonquin Park (Kawawaymog Lake). On the road out, you'll see a number of red signs leading you right to the Edge.

GPS coordinates: 45.918512, -79.183917

**Bus or Plane:** (give us a call to arrange a shuttle to the Edge)

[OntarioNorthland.ca](http://OntarioNorthland.ca) with service from Toronto to South River

[NorthernAirport.com](http://NorthernAirport.com) shuttle from Pearson Airport to South River

# WHAT TO PACK



## ALWAYS IN SEASON

We'll be spending time outside, so be sure you are prepared no matter the season:

- ☐ Long pants
- ☐ Long sleeved tops
- ☐ Comfortable activewear for yoga / movement
- ☐ Swimsuit (for Sauna & Swimming)
- ☐ Warm Socks
- ☐ Warm sweaters
- ☐ A toque and gloves are suggested September - May
- ☐ Hiking boots or sturdy footwear suitable for forest trails

## MAY TO SEPTEMBER

In the summer, be prepared for warm days, cool nights, and potential rainfall.

- ☐ Sun hat and Sunglasses
- ☐ Water shoes or sport sandals
- ☐ Sunscreen & lip balm
- ☐ Rain gear
- ☐ Insect Repellent: DEET-free and in a non-aerosol container. We recommend *natural repellent* featuring **Lemon Eucalyptus**. The best defence against bugs is long sleeves and pants, or a mesh bug jacket.

## OCTOBER TO APRIL

Extra padding, warm layers, and good winter boots are the secret to staying warm and dry in the cooler months.

- ☐ Wool or fleece sweater for layering,
- ☐ Long johns, thermal/fleece/wool under-wear,
- ☐ Waterproof outer-layer pants, or ski/snow pants,
- ☐ Warm winter coat or parka,
- ☐ Winter boots that will keep your feet warm & dry,
- ☐ Face and neck protection,
- ☐ Extra socks (wool is best),
- ☐ 2 warm hats (toques or similar.)
- ☐ 2 pairs of warm gloves or mittens.
- ☐ Your skates - we have only limited sizes available.

## MISCELLANEOUS ITEMS

- ☐ Two towels (One for the sauna and one for showering)
- ☐ Earplugs (for those in shared accommodations)
- ☐ Slippers or other indoor footwear (for stone floors)
- ☐ A day pack or tote bag for personal items you may want with you throughout the day:
  - ☐ flashlight or headlamp (and extra batteries)
  - ☐ water bottle
  - ☐ toothbrush/paste
  - ☐ camera, binoculars
  - ☐ personal medications & toiletries
  - ☐ journal & pen
- ☐ If attending a spiritual retreat, any sacred items that are calling to come along.
- ☐ We invite guests to bring a surprise to share: perhaps an instrument, game, poem, or treat.

## WHAT SHOULD BE LEFT AT HOME?

- ☒ We do provide equipment and gear for all activities at the Edge: from adventure gear to yoga props, we've got you covered. You are welcome to bring your own if you prefer.
- ☒ Your laptop computer or cell phone: There's no wifi or cellular service here, so these items are better left at home or in the car.
- ☒ Hair dryers, straighteners, curlers, irons, or anything that produces heat from electricity can severely damage our solar powered system and are never permitted.
- ☒ Other participants may be sensitive to perfume scents.
- ☒ Like many hotels and resorts, the Edge has a no outside alcohol policy. A glass of Viewpointe Estates Wine or Highlander Ale is occasionally served to guests without charge, as an accent to experiences. Recreational drugs are never permitted.
- ☒ Valuables are best left at home or locked in your vehicle as cabin doors do not have locks.

Got a question about something not mentioned here?  
Give us a call or email us and we'll be happy to advise you!

# LIVING ON THE SUN



Designed from the ground up to be sustainable and environmentally sound; Northern Edge Algonquin aspires to be a natural oasis in this hyper-connected, hyper-speed world. We hope you enjoy unplugging, slowing down and being cared for as you take part in our shared retreat experience.

## **Our Home:**

Our guests appreciate and contribute to our efforts at being an eco-friendly, responsible provider. Living in respectful harmony with the natural world makes a stay at the Edge a community experience that connects guests with one another, our staff and the natural world.



## **Living on Solar Power:**

The sun provides us with the energy necessary for pumping water, energy efficient lighting, music, and most of the comforts of home. 28 solar panels provide 2.8 kW of power (The average home runs on 10 times as much power).

Our back-up generator runs from time to time when the sun doesn't shine or when we use more power than we produce.

## **Helping us Preserve Energy:**

**Rotate Solar Panels:** The panels are rotated by hand throughout the day, to face the sun. If you notice the panels are not facing the sun, feel free to help out.

**Turn off the lights:** Think of lighting as an electricity tap dripping. When you are last to leave an area, please switch the power off.

**Keep your hand on the tap:** Pumping water uses a lot of energy. Conserve water by turning the tap off between uses.

**Never plug in anything that produces heat:** (ie: blow dryer, curling iron, heating blanket), These can seriously damage our power system. We invite our guests to go "au naturale" and let your natural beauty radiate.

**Keep an eye on your thermostat:** Use as much heat as you need. Please close windows if heater is on and turn the heat down when you leave your room.

**Composting Eco-Toilets:** During the day, we recommend all guests use the flush toilets in Points North, or in the Mainhouse at mealtime. For convenience at night, some cabins have composting toilets. Directions on their use is posted.

**Leave no trace:** When traveling on the trails be careful to leave nothing behind. Pitch in and collect anything that looks like it doesn't belong. Use the labelled bins in Points North or the Dining Room to recycle plastic, glass, metal & paper.

# A FEW REMINDERS



**Did you remember all you need?** If you forgot your towel, flashlight, toothbrush, water bottle, your Host can help.

**Mealtime:** The bell will ring to signal mealtime, which is typically around 8:30, 12:30, and 6:00, though timings may vary for your retreat. We encourage everyone to be on time for meals as ingredients are often combined at the last minute as guests arrive in the dining room, ensuring fresh tastes are enjoyed at their peak of flavour.

**Coffee:** First coffee of the day is usually available 30 minutes prior to breakfast in Points North. Our fair-trade, organic coffee is all hand-poured. Thank you for your patience if the serving carafe runs dry.

**Drinking Water** is available wherever you see a tap! Our drilled well produces clean, regularly tested water that tastes great.

**Alcohol & Drug Use:** Even moderate alcohol consumption or recreational drug use would interfere with our ability to deliver safe, memorable experiences. Alcohol is only permitted when served by Edge staff as an accent to experiences at mealtime. Recreational drugs are never permitted.

**Is there a designated smoking area?** Our fire circles are the only places on the property that smoking or use of e-cigarettes is permitted.

**Quiet time after 10 pm is appreciated.**

**Phone & Internet:** Our experiences are 100% unplugged. Cell phones don't work here. The Edge uses satellite Internet to communicate to our office, or for emergency phone calls & messages only.

**Cabins:** Housekeeping typically does not tidy rooms during retreats, though an Edge Team member may enter during program or mealtimes to service the composting toilet. Please let your host know if there are any issues with your room that need to be addressed.

As spaces are shared & cabin doors do not have locks, we recommend storing any valuables you may have brought in your vehicle. Animals are attracted to food in cabins: If you brought personal snacks (or a treat to share), safe storage is available in Points North.

**Dreams Coming True:** Communicate with your host and let us know what you would like to experience! Participants actively co-create each retreat with us to ensure their bucket list dreams come true.

**Community Spaces:** Please contribute to clean & clear shared spaces by keeping doorways free of shoes, tidying up after your own dishes, and keeping personal items such as toothbrushes & towels in your cabin until you need to use them.

**Gratuities:** Gratuities are welcome, but not required. Our team appreciates gratitude in all forms - a word of thanks, a written note, or a goodbye hug will make our day! If an individual has made your stay especially enjoyable, you may tip that person directly.