



Healing Canoe Journeys: **YUKON**

2024 Itinerary and Trip Details

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For Webpage and Packing List: [Click here](#)



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WELCOME

Thank you for trusting Fireside Adventures to guide this journey in land-based self-care, alongside our partners with SOSBC and the Indian Residential School Survivors Society. This multi-day canoe journey down the Yukon River is intended to support youths in finding the space to relax, reflect, and heal, while providing the strength-based learning to help our youths become more self-propelled in their lives back home.

During this experience, youths will also learn invaluable wilderness and survival skills including canoe techniques, outdoor cooking, animal and plant identification, social-emotional learning, goal-setting, and environmental leadership. It is our belief that getting outdoors and being on the land is the best way for youths to heal and grow.

Trip Overview

Dates: May to August (10 or 14 days). [Contact us](#) now to book your group!

Experience Type: Youth Wellness and Leadership Expedition

Travel: Instructors will meet the group at [Whitehorse International Airport](#). It is also possible to meet the group at [Vancouver International Airport](#), but this must be pre-arranged with the Lead Instructor. If you need assistance with booking flights, contact our office or Jeff Willis.

Lead Instructor: Jeff Willis (email: jeffw@creativetoolbox.ca, phone: 1-604-762-7163)

Locations: [Whitehorse](#), [Yukon River](#), [Fort Selkirk](#), [Carmacks](#)

Itinerary

Day 1: Welcome to the Yukon

We will meet at the pre-arranged place, date, and time. After arriving in [Whitehorse](#) we will take some time to explore the city and have dinner at our Fireside Homeplace off the Yukon River (outside of Whitehorse). Following dinner, we will participate in a number of skills-based workshops including paddle practice, some get-to-know-you activities, and reviewing the overall healing paddle journey plan.

Day 2: Preparing for the Journey

Up early, we will clean up camp and head for the historic town of [Carmacks](#). There, we will learn the basics of how to plan meals and pack food, work with knots and tarps, use safety equipment and maps, and practice the basics of canoe skills (ie. parts of a canoe, paddle strokes, etc.).

Day 3–7: The River Journey and Fort Selkirk

Over the next few days, we will hone our canoe and wilderness skills, while building our sense of self and community as a group. While the travel may be challenging, with challenge comes growth and rewards. The Yukon River is full of wisdom, beauty, and history. As we test ourselves on the river, we will see incredible wildlife, the ruins of the Gold Rush, and the effects of climate change on the land.

Eventually, we will reach Huchá Hūdan, also known as [Fort Selkirk](#), Fireside's home away from home. There, we will meet Papa Don and Freda and learn the stories of the Selkirk First Nation and the land they have lived on for hundreds of years. We will also explore the surrounding area and reflect on what community is, and what it means to us.

Day 8: Solo Immersion

After saying goodbye to our friends at Fort Selkirk, we will return to our camp in Homeplace where we will prepare for "long day" challenge: Fireside's traditional full day solo immersion experience until the following day.

Day 9: Return from Solo and Big Town Day

Today, after we take a "wash of solo and emotion" in the Yukon River, we will head back toward Whitehorse. On the way, we will visit the wildlife refuge to learn more about the creatures that inhabit this land, what challenges they face, and what Yukoners are doing

to protect them. Afterward, we will head into Whitehorse for more exploration and to celebrate how much we have learned and grown out in the wilderness.

Day 10: Homeward Bound

We will rise early on our final day and share a morning honouring our experience together. After that, we will leave for the Whitehorse International Airport, where it will be time to say goodbye to the new friends we've made. Or, as we prefer at Fireside, see you soon!



Travel & Safety Info

Duke of Edinburgh Awards

Youths between the ages of 14 and 24 can participate in the [Duke of Edinburgh's Award](#) with help from our guides. [Contact us](#) for more information!

Medications and Medical Conditions

If you are bringing personal medication, please ensure that it is stored safely (waterproof) and an extra dose is given to our staff upon arrival for safe keeping. You'll keep one dose of your medication and we will keep another just in case your medication is lost or damaged.

For life-threatening allergies, please connect with our office (office@firesideadventures.ca) to go over a plan of care. Please be sure to include any issues you could experience while on trip (i.e., side effects of medication, susceptibility to heat stroke, sensitivity to mosquito bites, problems with anxiety, etc).

Communication

You can bring your phone for airport travel, but there is zero cell reception after between Teslin and Carmacks, or from Carmacks to Dawson City. Participants will not have access to their phones as part of our digital detox. However, our staff carry In-Reach and are always in communication with our head office. Staff will take videos and photos and share during and after the expedition.

Accommodation

We provide you with modern tents (3-4 person) with lots of space. For sleeping, we typically chose river islands with access to incredible scenery and shallow water.

Laundry & Showers

There will be no laundry facilities between Whitehorse and Dawson City. You will have the opportunity to take a dip in the Yukon River or try out our solar bush shower. Once you arrive in Dawson City you'll have the opportunity to take a hot shower.

Food on the Expedition

Do NOT bring any food with you unless for essential dietary purposes (please alert staff if this is the case). You will receive 3 meals a day in addition to healthy snacks. We are able to accommodate most special diets, provided that dietary requests are made well in advance. If this information was not filled in during registration, please contact us at least two weeks prior to the trip for us to make the necessary adjustments.

Meals are made on the fire and/or using our outdoor cooking equipment. Participants are asked to help with the preparation of each meal as part of their learning experience and to make it easier to get food into tummies quicker. We provide utensils, plates, cups, two foldable kitchen tables, coolers, and more as we like to have the best tools for making this a gourmet wilderness experience.

Spending Money

Please have your youth come with \$50.00 CAD spending money and/or a debit/credit card as there will be times to shop in a Yukon city. However spending money and youth identification will be held by Fireside instructors for safekeeping and given out when appropriate.



Contact

For more information, contact us:

Email:

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Jeff Willis: jeffw@creativetoolbox.ca

Phone:

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Healing Canoe Journeys Webpage:

<https://www.firesideadventures.ca/healing-canoe-journey>