

Trips and Levels of Events with the Cornwall Outdoor Club de Plein Air

EVENT	LEVEL	EXAMPLES	DISTANCE	TIME	DESCRIPTION	REVIEWS
Walk	1	Grey's Creek, Bird Sanctuary	< 5 km	~1 hr	level ground	"It's a walk in the park"
Hike	2	Gatineau Park, Frontenac Park	< 10 km	~ 3 hr	rolling hills	
Hilly Hike	3	Wolfe Trail (Gatineau Hills), St. Regis Mt (Adirondacks NY)	5-15 km	3-6 hrs	~1000 ft elevation gain	
Oh Boy Mountain Hike	4	Mt. Tremblant (Quebec), Adirondack High Peak Mnts	10-20 km	5-10 hrs	~2500 ft elevation gain	
Cycling downhill	1	Cornwall Waterfront Trail	10-15 km	~1 hr	Bike Paths mostly flat	
Cycling with a view	2	Long Sault Parkway Trail	< 30 km	~2 hr	Paths and Roads rolling hills	
La Bicyclette c'est amusant	3	Petit Train du Nord Trail, Eastern Townships (Quebec)	50-60 km	4-5 hrs	Paths and Roads multiple long hills	"I think I can. I think I can."
Take your breath away cycling	4	Cornwall to Brockville, Cycling Laurentian Mnts	60-100 km	> 5 hrs	Paths and Roads hills &/or distance	"Believe me guys that was the last hill."
Paddling Daytrips	2	Long Sault Parkway, Loch Garry (UK)	< 10 km	< 2 hrs	flat water	
	3	Charleston Lake (ON), Saranac Lake (NY)	10-20 km	3-4 hrs	some waves and current	"Not for lilly dippers"
	4	Raisin River (Spring runoff), Lake Opeongo (ON)	> 15 km	4-5 hrs	wind and waves, Class II - II rapids	
Paddling Overnight Camping Trips	2	Frontenac Park (ON), Cranberry Lake (NY)	< 10 km		no portages medium size lakes	
	3	Algonquin Park (ON)	10-30 km		distance & portages medium size lakes	
	4	Northern Forest Canoe Trail	> 25 km		distance & portages medium size lakes	
Overnight Car Camping	1	Farran's Point Ingelside, Ivy League (1000 Islands)	10 m		Tents/Trailers/Cabin Sites with services	
Overnight Hike in Camping Trips	2	Frontenac Park (ON), Adirondack Park (NY)	< 5 km		Tents, Sites without services	
	3	Mt. Tremblant (QC)	4-10 km		Tents, Distance over rolling terrain	
	4	White Mountains (NH)	> 7 km		Tents, Long distance and elevation	"The hills are alive with ..."

NOTE: Information above are examples of the different trips and levels that take on the Cornwall Outdoor Club de Plein Air (COCDPA) schedule.

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