

## Cornwall Outdoor Amazing 8 Events Submission Form

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

\_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

<b>WINTER</b>	<b>Date</b>
Skate, Ski, or Snowshoe for at least 1 hour in Les Cèdres (St. Lazare).	
Snowshoe at the Upper Canada Bird Sanctuary for 1 hour. (Feeding the chickadees - optional.)	
Ski or snowshoe at Summerstown or Larose Forest for a minimum of 1 hour.	
Cross-country ski at Guindon Park for 1 hour.	
Skate 7 km on the Rideau Canal during Winterlude. (Beaver tails - optional)	
Downhill ski or snowboard for 4 hours at Titus Mountain (Malone, N.Y.).	
Snowshoe to the summit of St. Regis Mountain (NY).	
Participate in an official Polar Bear Plunge.	
<b>WATER</b>	
Walk in the rain for 2 km (Umbrella - optional).	
Paddle board at the Hybrid Marine in Lancaster for 1 hour.	
Participate in a Sunset Paddle for 2 hours on the St. Lawrence River.	
Paddle from the boat launch to the west tip and back on Loch Garry near Alexandria.	
Paddle half a day the ponds around Fish Creek Campground (Saranac Lake, N.Y.).	
Participate in a dragon boat race or volunteer on land for Cornwall Waterfest.	
Paddle to an overnight campsite and sleep for the night.	
Participate in the Raisin River Canoe Race (April).	

<b>CYCLING</b>	<b>Date</b>
From Lamoureux Park to Grey's along the bike path and return (10 km).	
From Williamstown to St. Raphael and return (14 kms).	
On the Ottawa Parkway's car-free Sundays (20 km).	
From Lamoureux Park, Cornwall to Long Sault and return (25 km) (meal - optional).	
From Coteau-du-Lac to Pointe des Cascades and return (36 km) (Quebec).	
From the Long Sault Parkway to Upper Canada Village and return (50 km).	
From Cornwall to Lancaster Dairy Queen on Hwy 2 and return (60 km).	
A section of the P'tit Train du Nord through the Laurentian mountains (100 km) over a 1-3 days period.	
<b>HIKING</b>	
Walk from Power Dam soccer field to Lamoureux Park and return (10 km).	
Walk the boardwalks at Cooper Marsh in Lancaster (1.5 hours minimum).	
Walk at Grey's Creek Conservation Area for 1 hour minimum. (Finding a geocache - optional).	
Attend a moonlight walk event (2 hours minimum).	
Hike from William Lyon McKenzie Estates to King Mountain in Gatineau Park and return (8 km).	
Summit one mountain from the Saranac 6er list (N.Y.).	
Attend a backpacking hike & camp overnight in an Adirondack lean-to.	
Summit a high peak mountain from the Adirondack 46er list (N.Y.).	

<b>EPIC</b>	<b>Date</b>
Snowshoe to the summit of St. Regis Mountain (NY).	
Participate in an official Polar Bear Plunge.	
Paddle to an overnight campsite and sleep for the night.	
Participate in the Raisin River Canoe Race (April).	
Cycle from Cornwall to Lancaster Dairy Queen on Hwy 2 and return (60 km).	
Cycle a section of the P'tit Train du Nord through the Laurentian mountains (100 km) over 1-3 days.	
Attend a backpacking hike and camp overnight in an Adirondack lean-to.	
Summit a high peak mountain from the Adirondack 46er list (N.Y.).	

*Make your \$10 cheque or money order payable to The Cornwall Outdoor Club de Plein Air. Please do not send cash. Mail submission form and fee to:*

**Cornwall Outdoor Club de Plein Air  
P.O. Box 22 Cornwall  
Cornwall, ON K6H 5R9**

*Have an "Amazing" adventure!*