



**An intercultural sharing opportunity encompassing a vision quest experience with a North American First Nations elder. Your itinerary will evolve fluidly out of the relationships that occur. The experience could include: various stories, musical gatherings or sharing circles; nature based activities, wellness ceremonies; prayer and meditation practices; solo time; traditional teachings; day hikes or medicine walks. The vision quest itself involves a fast followed by a communal feast and other meals will either be prepared with the elder at the Konkurra or at the long house or we will eat with the other guests in the main lodge. Your facilitator is an experienced and respected community leader.**

**8 day/7 night intercultural sharing**  
Moderate to challenging

### **SAMPLE PROGRAM:**

**Day 1 – Arrive at the Wilderness Centre** by 5:00 p.m. After preliminary introductions with staff, facilitators, and First Nations elder, a hot evening meal will be served in the main lodge. After dinner, we will discuss more about the coming intercultural experiences, and then the evening is yours to relax at the Wilderness Centre.

**Day 2 - Nature Hike:** To settle in to the pace of the area we will spend today out on a gentle day hike. After an early breakfast, we pack some small day packs and prepare to head out. The trail takes us through dense forest and scree slopes before arriving at a large subalpine meadow, with a mosaic of colourful wildflowers everywhere. We spend some time exploring the area of a large lake, whether walking around the lake itself, hiking up to the adjacent ridgeline or even moving further up above the treeline onto a snowpatch or a scree slope. Plants, wild flowers, and many possible wildlife viewing opportunities, alongside possible nature-based activities, could present themselves all around us in this lush eco-system. Walking distance: 7-8 km, one way; elevation gain: 700 m.

**Day 3 - Intercultural Sharing Experience:** Today we spend our time around the Wilderness Centre, or the surrounding landscape, participating in various inter-cultural sharing experiences with the First Nations elder. Possible experiences could include: searching out vision quest sites and set-up; various nature or medicine walks; nature awareness or inter-cultural sharing activities based on traditional teachings; wellness ceremonies; traditional earth and wilderness skills; and traditional campfire gatherings with camaraderie, stories, and music. All experiences will introduce you to an important nature and community-based way of life, and help prepare you for your vision quest beginning tomorrow.

**Day 4-7 - Vision Quest:** These days you will be out on your solo vision quest, facilitated by the First Nations elder and other experienced facilitators and helpers. You will begin final preparations and head out on the morning of Day 4, and you will be retrieved by a facilitator on the morning of Day 7. Facilitators may also visit you at your site from time to time during the experience. You will have all you need in order to be safe and comfortable, and all

your questions and concerns will be addressed so you are confident about your experience before heading out. **A vision quest** is traditionally a fast, with no food while out, although, participant concerns with this will be taken into account at the time. The experience will unfold for you in your own personal way, and has often been an experience that participants learn and draw from for years to come—we speak from experience. After returning to the Wilderness Centre, the experience will be capped in a traditional way, and we will all feast together in celebration. After some personal time to yourself for re-integration, we will cap the week in general with a traditional closing gathering around the campfire with lots of camaraderie, stories, and music.

**Day 8 - Departure:** After a final breakfast together we part ways until next time.

### **Dates 2010**

12.07.10 - 19.07.10  
16.08.10 - 23.08.10

### **Prices**

**With tipi shared accommodation**  
**CAD 1,560 + 5% GST tax**

**With cabin accommodation (double occupancy)**  
**CAD 1,720 + 5 % GST tax**

### **Included**

- 7 nights accommodation
- All meals
- Certified guides
- All non-traditional activity costs
- Guides assisting the Elder
- Transportation while at CWC
- All necessary permits

### **Not included**

- Personal equipment
- Alcoholic beverages
- Donation for Native Elders\*
- Gratuities
- 5% GST tax

### **Donation for Native Elders**

*\*Elders receive no remuneration from the Wilderness Centre for their services as being waged to share their ancestral knowledge would go against their culture. Traditionnally, Native people have offered generous gifts to Medicine Men in exchange for their teachings and their help. Visitors to the Wilderness Center are asked to follow this tradition. Please do not hesitate to contact us for more information.*



## **CREATIVE WESTERN ADVENTURES LTD.**

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