

## ICE CLIMBING ADVENTURE



So you've decided to come ice climbing with Outdoor Skills And Thrills? Amazing, we're excited to share the adventure of Northwestern Ontario climbing with you!! My name is Aric Fishman, the Founder & Lead Guide of O.S.A.T and the author of '[Thunder Bay Climbing: A Guide to Northwestern Ontario's Best Kept Secret](#)'. As an ice climber your instruction will begin with the very basics and then work up from there. This full day program is designed to provide you with an exciting progression that is specifically catered to the experience levels of you and your group. Under expert guidance of your climbing guide, you will learn how to use crampons correctly and how to use your ice axes as tools effectively for climbing ice. You will also learn climbing techniques in detail, making certain that you are comfortable and confident in this environment while getting after your ice ascents!



If you have [Facebook](#), we invite you to 'Like' our page and 'Join' this adventure through our '[Events Page](#)'; chat with others about carpooling (the fewer cars the better), share your excitement, and tell your friends about Outdoor Skills And Thrills!

### All technical climbing equipment is included

#### - What You Will Need to Bring:

- ❑ Backpack (large enough for all your belongings).
- ❑ Thermos flask and/or water bottle (1L minimum)
- ❑ Snacks/lunch to keep your energy up.
- ❑ Sunglasses/Sunscreen/UV Lip Balm.
- ❑ Camera
- ❑ Active clothing appropriate for the weather conditions (and some extra layers if you get cold easily).
  - ✓ Long underwear (top & bottom)
  - ✓ Warm pants (pref. insulated or fleece)
  - ✓ Warm long-sleeve shirt (not cotton)
  - ✓ Water resistant or waterproof jacket (ideally with hood)
  - ✓ Water resistant or Waterproof pants
  - ✓ Insulated/warm jacket or vest
  - ✓ Water resistant or Waterproof gloves & warm mitts.
  - ✓ Socks - heavy socks overtop thin liner socks (no cotton)
  - ✓ Wool or fleece hat that will cover ears & fit under a helmet
  - ✓ Balaclava or Scarf.
  - ✓ Gaiters (optional but very useful)

#### Clothing Considerations:

- ❖ Don't be afraid to bring too much!
- ❖ There can be periods of high activity followed by periods of inactivity in changing temperatures and conditions.
- ❖ We suggest bringing clothing of varying thicknesses that can be 'layered' to achieve comfort and versatility.
- ❖ The most important consideration for clothing in the winter is the ability to regulate temperature as you change from periods of activity to periods of rest.
- ❖ Synthetic blends work well.
- ❖ No cotton clothing should be worn.

### Directions to: **Orient Bay** – GPS: 49.333862, -88.124270

The ground zero of ice climbing in the region and located only an hour and a half from Thunder Bay, just north of Nipigon, Ontario! This gorge is carved by the melt waters of the last glaciers, and holds more than a hundred climbing routes at every difficulty level from very easy to near impossible.

**Driving Directions from Thunder Bay:** [CLICK HERE](#) to open directions in Google Maps

Drive east on 'HWY 11/17' for approx 110 km's. Just past the town of Nipigon after you cross over the suspension bridge, you will exit left on to 'HWY 11'. As soon as you make this left start your vehicle odometer, it is exactly 40 km's from this turn-off where you will be meeting your guide. Drive up 'HWY 11' for exactly 40 km's to arrive at the meeting spot on the right (east) side of the highway. You have arrived!

To find the meeting spot using Google Maps, type in 'Your Location' to 'Cascade Falls, Greenstone Ontario' or the GPS coordinates above and follow the directions.

**Parking:** When you are getting close to the 40 km mark, keep your eyes open for your guide's vehicle parked on the right (east) side of the highway. There is a blue sign and a turn-around pullout for parking at the meeting location. The pullout may or may not be plowed. Please be aware that if it is not plowed we will be parking on the side of a busy highway, please make sure you are parked well off the road and that there are no trucks/cars passing by when you exit/enter your vehicle. If you have a snow shovel it would be wise to bring it with you in the vehicle.

### Directions to: **Kama Bay** – GPS: 49.012609, -88.016106

Considered one of the best hidden gems for ice and mixed climbing, it is located just east of Nipigon, Ontario and only an hour and a half from Thunder Bay!

**Driving Directions from Thunder Bay:** [CLICK HERE](#) to open directions in Google Maps

Drive east on 'HWY 11/17' for approx 110 km's. Just past the town of Nipigon after you cross over the suspension bridge, start your vehicle odometer and continue on HWY 17 for another 20 km's – Turn left on to Domtar 81 Road and continue for another 100 meters to meet your guide. You have arrived!

To find using Google Maps, type in 'Your Location' to 'Mazukama Falls Hiking Trail' or the GPS coordinates above and follow the directions.

**Parking:**

You will be parking on the right hand side of the road in line behind your guide's vehicle.

### Directions to: **Thunder Bay**

With multiple ice climbing locations as close as a 15 minute drive from the city, Thunder Bay is jam packed with high quality areas ready to be experienced!

**Driving Directions from Thunder Bay:** [CLICK HERE](#) to open directions in Google Maps

We will be meeting at the Robin's coffee shop on Hwy 61. To get there from Thunder Bay, drive south on 'HWY 61' for approx 10 km's – shortly after '15th Sideroad' you will turn right into the Robin's parking lot and meet your guide inside.

To find using Google Maps, type in 'Your Location' to 'Robins on Hwy 61'

**Parking:**

You will be following your guide's vehicle out to the parking area.

## Program Itinerary

This is a basic outline of the itinerary for our adventure; however we customize/modify our outings based on each individual's level of experience

### Ice Climbing Adventure

The day begins with your drive time to the Climbing Location

9:45am-10:00am: Arrival at the Climbing Destination! Meet and greet at the parking area \*minimize time near road\*

- Distribute gear (harness, helmet, mountaineering boots, crampons, ice axes)
- Hike to site

Talking About Site Safety and Equipment

- Objective hazards discussed
- Helmets to be worn at all times
- Equipment explained, fitted to each person, and secured.
- How to climb – basic techniques to get started
- How to come back down safely – proper lowering techniques on ice
- Get to try it out with your first climbs!

Skill Building and Climbing Time!

- Using your Crampons
- Ice axe placements
- Belaying + Communication Essentials
- Everyone puts it all in action, partner up, and now it's time to really climb!

Lunch: On your own time whenever you please

More Climbing Time and Skill Building

- Group progressively learns techniques to climb more efficiently on the ice; customized to each individual's experience level
- Learning advanced techniques to climb more efficiently
- Learn about ice formation and ice conditions

Last Climbs of the Day

Tear Down, Clean Up, and Pack Up

Hike time back to the parking area for departure

Drive Time Back to Thunder Bay



Please Email or Call with Any  
Additional Questions or Concerns



# OUTDOOR SKILLS AND THRILLS INC.

**ADVENTURE WAIVER**

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,  
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT  
(hereinafter referred to as the "Release Agreement")  
BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT  
TO SUE OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

**PLEASE READ CAREFULLY!**

SIGNATURE OF PARTICIPANT

<b>Name</b>	Last	First	Middle Initial
<b>Address</b>	Street		
	City	Prov./State	Postal/ZipCode

**COMPANY NAME:** OUTDOOR SKILLS AND THRILLS INC. and its (their) directors, officers, employees, instructors, guides, agents, representatives, independent contractors, subcontractors, suppliers, sponsors, successors and assigns (all of whom are hereinafter referred as "the Releasees")

**ADVENTURE ACTIVITIES:** Ice Climbing, Hiking (to be referred to as "ADVENTURE")

**DEFINITION**

In this Release Agreement, the term "Adventure" shall include all activities, events or services provided, arranged, organized, conducted, sponsored or authorized by the Releasees and shall include, but is not limited to: "Adventure"; "Adventure" rental; orientational and instructional courses, seminars and sessions; travel, transport and accommodation; and other such activities, events and services in any way connected with or related to "Adventure".

**PROTECTIVE EQUIPMENT**

I have been advised to wear all protective equipment that is required by the rules and regulations of the governing body for my sport.

**ASSUMPTION OF RISKS**

I am aware that "Adventure" involves many risks, dangers and hazards. The risks, dangers and hazards, including but not limited to: loss of balance; difficulty or inability to control one's speed and direction; variation or steepness in terrain; rapid or uncontrolled acceleration on hills and inclines; mechanical failure of equipment; variation or changes in the playing surface including rocks, gravel; changing weather conditions; exposure to temperature extremes or inclement weather; travel or transport to and from the sites used for "Adventure" travel on highways and backcountry roads; encounters with domestic and wild animals including dogs, bears and cougars; collision with pedestrians, motor vehicles, cyclists and other players; failing to play safely or within the limitations of one's own abilities, negligence of other participants; and NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING THE FAILURE ON THE PART OF THE RISKS RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF "Adventure".

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH "Adventure" AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**

In consideration of the RELEASEES agreeing to my participation in "Adventure" and permitting my use of their services, equipment and other facilities, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury, including death, that I may suffer or that my next of kin may suffer, as a result of my participation in "Adventure", DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, ON THE PART OF THE RELEASEES, AND FURTHER INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN "Adventure" REFERRED TO ABOVE;

- 2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES for any and all liability for any property damage, loss or personal injury to any third party resulting from my participation in "Adventure";
- 3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
- 4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the province where the "Adventure" takes place and no other jurisdiction; and
- 5. Any litigation involving the parties to this Release Agreement shall be brought solely within the province where the "Adventure" takes place and shall be within the exclusive jurisdiction of the Courts of that province.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of participating in "Adventure"; other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

Witness
Please print name clearly

Signature of Participant
Please print name clearly
Signature of Guardian if Participant is age of minority



Outdoor Skills and Thrills Inc. Per: Aric Fishman – Founder & Lead Guide

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Like us on Facebook: [www.facebook.com/outdoorskillsandthrills](http://www.facebook.com/outdoorskillsandthrills)

Follow us Instagram: [@outdoor\\_skills](https://www.instagram.com/outdoor_skills)



Rock and Ice Climbing Guided Adventures & Courses  
Northwestern Ontario



## Policy Details

**Transportation:** Transportation is not included, so you will need to arrange a way to and from the climbing spot. If you are open to carpooling let us know and we can try to help you arrange this with the other participants.

**Equipment Rental:** The total cost of the trip includes the rental of all technical equipment needed for the outing: helmet, harness, rock shoes, ice axes, ice boots, crampons, and whatever else may be required for a specific course or adventure.

**Cancellation & Refund Policy:** Once a booking is confirmed, we hold a 50% non-refundable deposit of the total cost of your outing. All program deposits are non-refundable, and the full amount becomes non-refundable 7 days prior to the booking. All requests for cancellations or date changes must be submitted in writing to [info@outdoorskillsandthrills.com](mailto:info@outdoorskillsandthrills.com). Please notify us as soon as possible if you wish to make any date changes to your reservation. We reserve the right to cancel any program due to weather or route conditions, guide health, or for any other reason deemed necessary by the guide. In such cases, we are not responsible for expenses incurred by the client in connection with the trip such as airfare, car rental, equipment purchases, etc. If we cancel an outing prior to the trip date, every effort will be made to reschedule for another available date within the current season. By its very nature, climbing is an uncertain endeavor, and many factors can influence the outcome of a trip. Accordingly, once a trip begins, we are unable to offer refunds for weather related cancellations, or for trips that end prematurely due to weather, route conditions or circumstances within, or affecting, your group.

**Health/Cancellation & Interruption Insurance:** It is important to make sure that your current plan covers you in the case of an illness, accident, cancellation, or interruption prior to or during your trip; get extra coverage if necessary. In the case of a trip cancellation or interruption, we cannot be held responsible for expenses incurred by the client in connection with the trip such as airfare, car rental, equipment purchases, etc.

**Waiver Form:** Participants will be required to sign our waiver form before commencing the program. Participants under the age of 18 will need their parent/guardian's permission to complete registration. Minors who show up for an adventure or course without a properly signed waiver by their parent or legal guardian will not be allowed to participate. If you do not have access to a printer prior to your booking, please let us know and your guide will have paper copies available upon your arrival.

**Drugs and Alcohol:** No alcohol or drug use is allowed on our programs. We have a zero tolerance policy and no climbing is ever permitted under the influence of alcohol or drugs.

**Authorization for use of photographs and/or videos:** We often take incredible pictures and videos on our programs! Normally, these are used to give you some kind of keepsake, either by giving you physical pictures/videos or making digital copies accessible for you to see. Sometimes when a picture/video is incredible, it also may be used in our marketing material! Please let us know if you do not wish to be photographed or filmed during the adventure.