

# 8<sup>th</sup> Annual Rideau Canal Men's Retreat

Tues. - Thur., August 4-6, 2026

**"To know Christ and the power of His Resurrection"** - *Philippians 3:10*

Theme of the Bicentennial of the Archdiocese of Kingston (1826-2026)

## Registration Form

This Retreat is for Catholic men 18 years and older, and fathers with teenage sons, who are invited to share and deepen their Faith while enjoying male camaraderie. This is in the context of an outdoor adventure by canoe, kayak and pontoon boat (see Options 1 & 2 below). The Retreat begins at Seeley's Bay on Tuesday, August 4 with Holy Mass at 8 am, followed by breakfast. We then travel north-east over 16 km of lakes and navigation channels of the historic Rideau Canal, passing through four locks at Jones Falls to Davis Lock, where we camp in tents overnight. The 17 km route the next day takes us through Chaffey's and Newboro Locks into McNally's Bay on the Upper Rideau Lake, with overnight tenting and Retreat activities on Father Brian McNally's lakeshore property until the end of the Retreat on Thursday, August 6 at 2:30 pm. Maps of the route are attached to the email accompanying this Registration Form. Canoes, paddles, bailers and a pontoon boat are supplied. Kayakers bring their own watercraft. Breakfast, lunch and dinner are provided, with participants bringing their own snacks.

**Some degree of canoeing ability** is required in order to safely and effectively paddle long distances. Option # 2, an alternative to paddling, has been arranged for the 2026 Retreat.

**Option 1 - Full Participation:** paddling 33 kms in canoe or kayak over two days. Please consider your degree of skill, ability and fitness according to the following categories before choosing an option:

- **Advanced:** experience in paddling in the stern (back) of the canoe, with adequate strength, stamina and proficiency in steering;
- **Intermediate:** experience in paddling in the bow (front), capable of sustained effective canoe strokes, and adequate mobility to get into and out of a canoe in tight or awkward situations;
- **Beginner:** seldom been in a canoe or kayak; paddled only a few times before; mobility issues; not in good physical condition; and/or has never paddled a canoe or kayak on a long journey.

**Option 2 - Partial Participation:** travel by pontoon boat (limit of 7 men), with participation in all Retreat activities except paddling.

- Please indicate your degree of skill and ability:

**Advanced** (\_\_\_) **Intermediate** (\_\_\_) or **Beginner** (\_\_\_).

- **I wish to choose:** Option 1 (\_\_\_) or Option 2 (\_\_\_).

Participant's Name: \_\_\_\_\_

Full address: \_\_\_\_\_

DOB: \_\_\_\_\_

**Participant's Contact Info:**

Telephone (cell): \_\_\_\_\_ Email: \_\_\_\_\_

**Emergency Contact Person**

Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Relationship: \_\_\_\_\_

**Medical Issues:** Please list any pertinent medical issues or similar considerations.

**Dietary restrictions, food and other allergies:** Please be specific in describing them, including their degree of seriousness (for example, will you be carrying an EpiPen to deal with allergic reactions?)

**Registration Fee: \$100** - covers canoe rental, travel by pontoon boat, main meals, lock fees, etc.

**Registration Form and accompanying Waiver form\***

are to be completed **by Friday, July 17, 2026**

(early registration is encouraged in view of the increased interest in the Retreat)

and sent with the **fee of \$100** to **Dan Hart** (613-899-9514):

**e-transfer: hart.daniel64@gmail.com**

A reduced fee for those under 18 years of age can be requested of Dan.

\*Please Note: The Rideau Canal Men's Retreat is **not** covered by the liability insurance of the Archdiocese of Kingston or its parishes, nor do we have group liability insurance to cover those on the Retreat. We are simply a group of Catholic men coming together for a three day Retreat by water each year. It is necessary for each participant to complete the **Acknowledgement, Release and Waiver** form, so that it is clear to everyone that each of us takes responsibility for ourselves while on the Retreat. Such a waiver is, of course, standard procedure for most such events, both for the sake of the organizers and to ensure that the participants are fully aware.

\_\_\_\_\_  
Signature of Adult Participant

*If Participant is under 18 years of age:*

I will accompany and take responsibility for my son throughout the Retreat.

\_\_\_\_\_  
Printed Name & Signature of Father or Legal Guardian for \_\_\_\_\_  
Printed Name of Participant