

**KEYSTONE SOJOURNS
CANOE & KAYAKING**
www.keystonesojourns.com



Spend the whole day or part of it on the water!

Standard rental-one boat, all the gear you need plus drop-off and pick up- \$50.00 per day.

Canoe or kayak beginners lessons- \$30.00 for two hours.
(Canoe or kayak rental+ two hour lesson- \$60.00 per boat)
Instruction usually done at Moraine State Park or Rock Point on the Beaver River.

Guided trips– one guide pricing for half day (4hrs) or full day (8hrs)- (on top of rental prices).

	Half day	all day
1 boat	\$35.00	\$70.00
2 boats	\$30.00	\$50.00
3 boats	\$25.00	\$35.00

Special family rates available.

Ask about our full moon paddles and day trips on Lake Arthur.

Come and Paddle with us.

Dave & Ruth Ann McQuaid

724-713-2093

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Keystone Sojourns
ADVENTURES
www.keystonesojourns.com

Portable Rockwall / Euro Bungee
Canoe & Kayak Rentals
Livery Service
Guiding and Outfitting



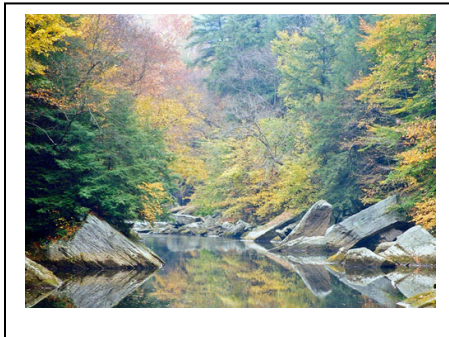
Keystone Sojourns offers a livery service in the Ellwood City area, and canoe/kayak rentals. The livery service will take you and your rental boat out to a predetermined spot and then come and get you when you are done. Trip distances vary based on the time you have available and your skill level. Water levels at certain times of the year play a part too. There are suitable half and full day trips for ALL skill levels-even beginners.

Average daily costs for a boat, all the gear you need, and the shuttle service is around \$50.00. A very affordable and enjoyable day on the water for up to three people.

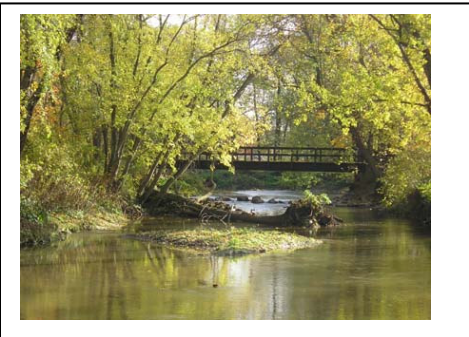
If you want to travel farther or keep a boat longer, our rentals are a good option. Boats available are entry-level canoes and kayaks through lightweight 'tripper' boats. Mostly tandems but some solos available. Rental prices start at \$40.00 a day. Discounts available for frequent customers, groups and extended rental periods.

The Slippery Rock Creek, Connequessing Creek and Beaver River are located nearby. Moraine State Park and Lake Arthur are also nearby. The Mahoning and Shenango rivers are but a short drive away

Our shuttle service is offered to all boaters. Give us a call to discuss the details. Boat pick-up and returns start at \$10.00 a boat.



Slippery Rock



Connoquenessing



Beaver River

Beginner's instruction is available as well as guided local trips. One of our most enjoyable guided trip is a moonlight paddle, suitable for all. Call for times and locations.

All rentals include PFDs (life jackets) and paddles. Other equipment available upon request

Call us or e-mail for more info and out free literature.

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Canoe Safety Tips

Before you go canoeing, there are some important things you should know to keep yourself safe. Canoeing is a lot of fun, but if you don't know the dangers, you could get into trouble on the water. Here are some tips for keeping dry and steering clear of danger:

CANOE SAFETY TIPS:

- **TO GET INTO YOUR CANOE:**
 - **HAVE SOMEONE HOLD THE CANOE STEADY** - you don't want to tip the canoe before you even get out on the water!
 - **CROUCH LOW** - keep your knees bent and
 - **GRAB THE SIDES OF THE CANOE FOR BALANCE** as you walk to your seat
 - **ALWAYS WALK ALONG THE CENTER** - keeping your feet on the centerline will help keep the canoe from rocking.

- **STAY LOW** - do not stand up or walk in your canoe when you are away from shore.
- **ALWAYS WEAR YOUR LIFE JACKET** - you never know when you might fall out or tip over unexpectedly.
- **AVOID SUDDEN OR JERKY MOVEMENTS** - rocking from side to side could cause the canoe to tip over.
- **BE AWARE OF THE CURRENTS IN THE WATER** - you don't want to end up floating farther downstream than you planned. If the current starts to pull you along faster or you see lots of rocks in the water ahead of you paddle away from them or paddle towards the shore.
- **ALWAYS SIT ON THE SEATS OR IN THE CENTER OF THE CANOE** - sitting on the side of a canoe will cause it to tip over.
- **STAY AWAY FROM LOW HANGING TREES AND BRANCHES NEAR THE SHORE.**
- **DO NOT CANOE IN BAD WEATHER.**

- **AVOID LETTING BIG WAVES HIT THE SIDE OF YOUR CANOE** - always try to keep your canoe at a right angle to the waves otherwise the wave might push your canoe over.
- **IF YOUR CANOE TIPS OVER:**
 - **DON'T PANIC**
 - **STAY WITH YOUR CANOE**
 - **PADDLE OR PUSH YOUR CANOE TO SHORE** - with the help of the other person in your canoe, you can get out in shallow water and flip the canoe to dump out the water and climb in. Your canoe will float even if its full of water until you can get to shore to empty it.
 - **ALWAYS BRING ALONG EXTRA CLOTHING IN A WATERPROOF CONTAINER**- you want to be prepared in case your canoe tips or the weather changes.
- **BE SURE TO BRING THE PROPER EQUIPMENT:**
 - **SUN PROTECTION** - hats, sunscreen, long sleeves and pants
 - **FIRST AID KIT**
 - **PLENTY OF FOOD AND WATER**
 - **LIFE VESTS**
 - **MAP** - be sure you know where you are so you do not get lost!
- **TIE ALL YOUR EQUIPMENT TO THE CANOE** - put your equipment into a waterproof bag to keep it dry and tie it to one of the center beams in the canoe so that you don't lose everything if your canoe tips over.
- **DO NOT LITTER** - carry out everything you bring in - the animals don't like a messy home.

Tips courtesy of Keystone Sojourns

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