

Solstice Recreation Group

First Aid Programs: *We are a Canadian Red Cross and Worksafe BC provider. We instruct all levels of First Aid training. Depending on your needs SRG has what your looking for in First Aid Training. We specialize in onsite training at your location.*

Big Canoe / Rafting Programs: *We instruct and guide in both Big Canoes (12 passenger) and White Water Raft programming/ adventures. We have our popular 4 hour trip from Rebecca Spit on Quadra Island to Cortez Island. Spectacular scenery – min. of 10 paddlers and max. number of paddlers is 24.*

Rock Climbing / Mountaineering: *We offer both Rock Climbing and Mountaineering Training and Guiding. We offer beginner, intermediate, advanced courses and guiding services.*

Expeditions: *Each year we offer the BC Central Coast Expedition. The BCCCE is a combination of Backpacking, Rafting and Big Canoeing.*

Summer Outdoor Adventure Camps: *Our summer camps for youth include a variety of activities over a five day period. They include First Aid Training, Rock Climbing, White Water Rafting, Big Canoeing, and Stand Up Paddle Boarding. Please contact us if you would like to host a S.O.A.C. or for more information.*

All equipment is provided on all activities.

Book your reservation early to avoid disappointment.

**Please feel free to contact us at:
250-218-1513**

**Email: info@solsticerecreationgroup.com
www.solsticerecreationgroup.com**