

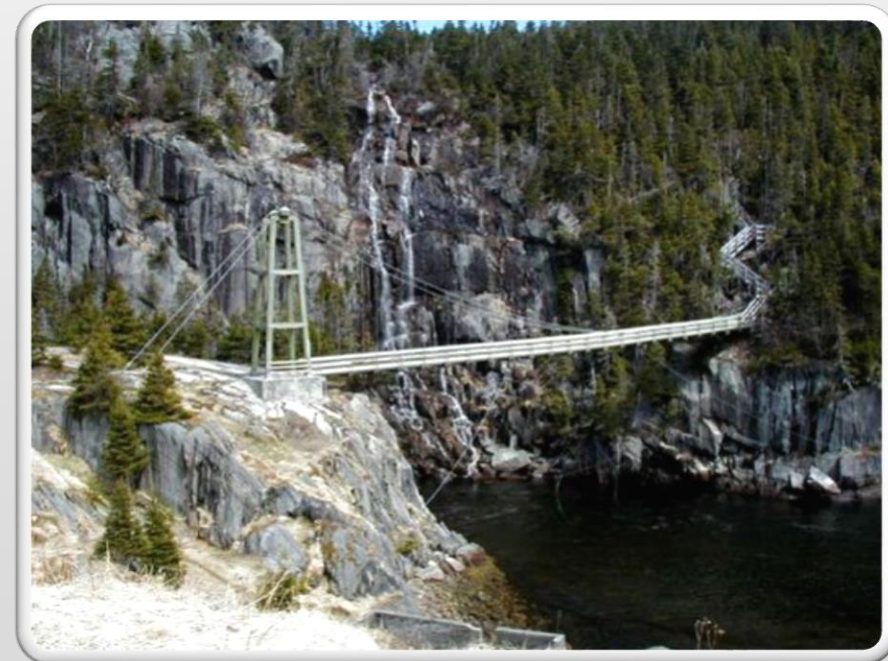
RedHawk Land and Sea Learn and Travel Expeditions



MARINE AND WILDERNESS ADVENTURES

LED BY CORY BURRY & TEAM, REDHAWK SURVIVAL INSTITUTE

LA MANCHE AND BONVISTA BAY, NEWFOUNDLAND, CANADA



La Manche and Bonvista Bay Guided Trips

- Historical Coastal and Sites
- Amazing Wildlife Viewing and Awareness Skills
- Unbelievable Fishing including Cod Jigging
- Wild Food Foraging and Identification
- Wilderness Cooking & Fine Dining, campfire entertainment
- Gorgeous Suspension Bridge and Shoreline Hikes
 - Swimming and Sunbathing
- Basic Survival Skills
 - Experienced local expert guides and skipper
 - Varied Packages ranging from 1 to 4 Nights = 2 to 5 Days Camping Out



Newfoundland Wildlife



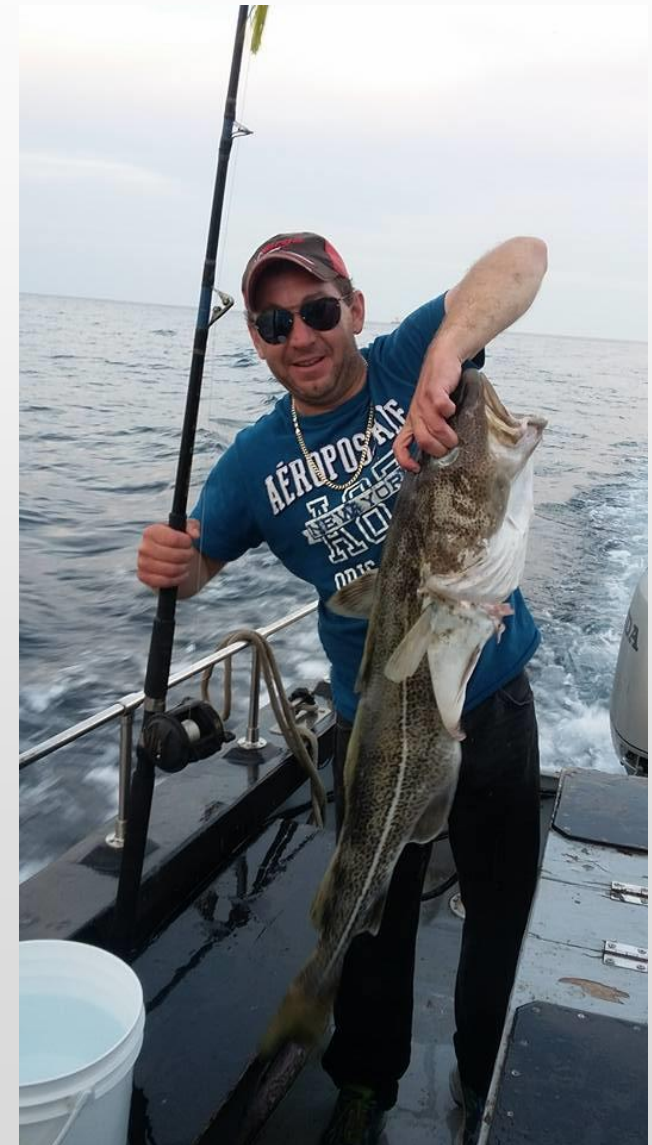
Wild Animal Awareness and Safety

Awareness of wild animals and knowing how to protect yourself from predators are vital wilderness survival skills. During this expedition, you will learn strategies to develop keen animal awareness (such as recognizing foot tracks, markings on trees, steering clear of dens, and so on).



Fishing and Seafood Harvesting

The Newfoundland coast is an excellent place to fish and gather seafood. Coupled with natural wild plants, fish adds important nutrients to everyone's diet, including protein, oils, fats, and vitamins. Learning to catch fish and gather other water foods such as shell fish and sea weeds are fun as well as important wilderness skills. As part of this adventure, you will be introduced to and practice wilderness fishing and sea food gathering skills.



Cod Jigging



Foraging for Edible Wild Foods

The Canadian wilderness is rich with edible plants, game and fish but you need the knowledge, tools, and skills to both identify and obtain a safe wild food supply.

In this experience, we will introduce you to a few safe, common edible plants (flowers, roots, stems, leaves, shoots, and berries) depending on the season and how to prepare them for a meal.



FireCraft and Fine Campfire Dining



BENEFITS OF FIRECRAFT

- Warmth
- Drying wet clothes and gear
- Cooking food
- Boiling water
- Light
- Provides a sense of comfort and security
- Frightens off animals
- Repels insects
- Smoke to signal for help



AIR - HEAT - FUEL

FUEL

Tinder

(small twigs, dry leaves or grass,
dry needles)

Kindling

(sticks smaller than 1" around)

Fuel

(larger pieces of wood)

The campfire is a central part of our land and sea excursions: a place to socialize, be entertained, cook our delicious fresh food, and enjoy the beautiful Newfoundland evenings. We will help you to learn to build a campfire that will stay lit and serve you well. You will also learn how a fire can be used for smoke signals when necessary.



Setting Up Camp

Shelter from the elements and predators is critical when camping. If you are equipped with a tent, setting up a shelter is quite easy to accomplish. You will learn how to pick the best spot for your shelter, and how to set up tents securely, safely and comfortably.

It is important to know the best place to set up a shelter to avoid:
unnecessary exposure, animals, insects, tree branches, and flooding





Our Expedition Packages

- **1 Night, 2 Days – No Training:**
 - \$179 per adult
 - \$169 seniors and youth ages 16-17
 - \$129 per child ages 10-15

- **2 Nights, 3 Days – adventures with 8 hrs training:**
 - \$279 per adult
 - \$269 seniors and youth ages 16-17
 - \$229 per child ages 10-15

- **4 Nights, 5 Days – adventures with 16 hrs training:**
 - \$489 per adult
 - \$449 seniors and youth ages 16-17
 - \$429 per child ages 10-15

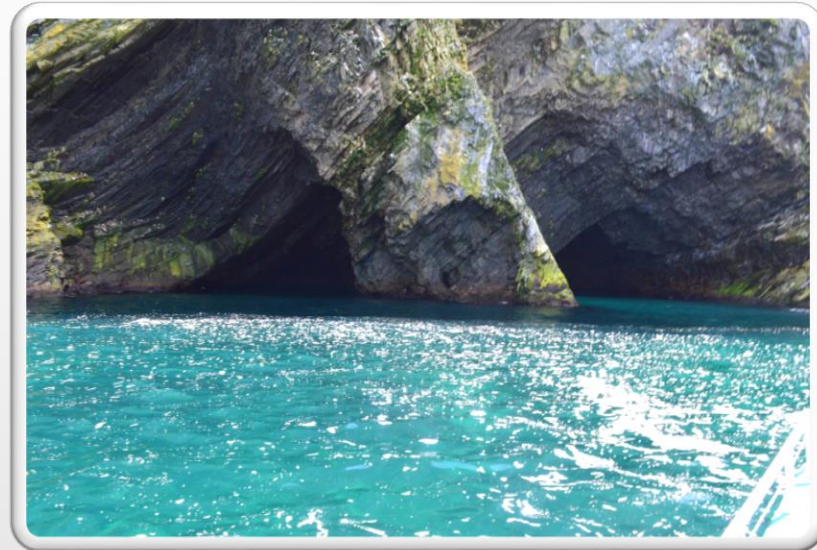
NOTE:

Corporate Groups Rates and custom adventures, expeditions and training packages are available based on clients request and needs.



What to Bring with You

- Durable tent
- Sleeping bag and pillow
- Appropriate clothing and footwear for all weather conditions
- Personal items (dental care, grooming tools, insect repellent, sun screen, medications, etc.)
- Emergency contact information
- Camera, video cam
- Cash for tips (optional)
- Enthusiasm and curiosity





Contact Us to Organize Your Adventure!

- Telephone or Email
- Red Hawk Survival Training Institute

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