

Foley Mountain Conservation Area



Orienteering Part 2

Grade 5 – 12

Give your students a greater orienteering challenge! Take the skills learned in Orienteering Part One and build on to them by learning to use bearings to navigate through the wilderness.

Overnight Camping

Grade 6 – 12

The possibility for a more extensive visit exists at our group camping area. The large, sheltered forest clearing offers a picnic shelter, campfire area, outhouses, and cut firewood. Take an evening stroll to the pond to observe the beavers or gather round the campfire for some fun and games!

Program Costs

- \$4 per student per half day program (minimum charge of \$75)
- \$7 per student per full day program (minimum charge of \$150)

Camping (programming not included):
\$5 per night per student (\$50 per night minimum)



Contact Information

For information and reservations for day programs and camping, contact:
Rebecca Whitman, Foley Mountain Area Supervisor
Phone: 613-273-3255
rebecca.whitman@rvca.ca
www.rvca.ca



Special thanks to the Friends of Foley Mountain for their continued support of RVCA Outdoor Education Programs at Foley Mountain.

Outdoor Fun at Foley Mountain



Foley Mountain Conservation Area is located high atop a granite ridge overlooking the Upper Rideau lake and picturesque village of Westport, 50 km south of Perth. It is owned and operated by the Rideau Valley Conservation Authority.

The Conservation Area consists of 800 acres of mixed forests, ponds, and fields. The eight hiking trails, group camp area, scenic Spy Rock lookout, and picnic areas set the stage for a quality outdoor education experience.

Outdoor Environmental Education

The outdoor environmental education program at Foley Mountain provides students with interactive, experiential, curriculum-based experiences that will help them to understand our natural world and their relationship with it.

The program can accommodate up to 60 students per day and all equipment is provided. All programs are approximately 1.5 hours in duration.

The following descriptions are offered as general guidelines. If there are specific objectives that you would like to accomplish with your class, please let us know. Although grade levels are recommended for each program, these are only guidelines.

Programs at Foley

Beaver Pond Bonanza

Grade K – 8

Beavers aren't the only critters in our pond! Using nets, basins, and fact sheets, students will get up close and personal with the animals that call the pond home. Hear stories of how these curious critters have adapted to life under water and how they fit into the food chain.

A Bug's Life

Grade K – 7

Put on your detective's hat and investigate some incredible insects. Students use nets and containers to collect as many different critters as they can to learn about what makes a bug a bug, how they have adapted to their environment, and what makes them so special to the natural world.



Amazing Animals

Grade 1 – 6

Participate in a series of interactive games and learn about the animals that wander in the woods of Foley Mountain. Hear interesting tales of how various birds, mammals, insects, reptiles, and amphibians have become experts in the fine art of survival.

Home Sweet Habitat

Grade 4 – 7

Ever wonder why certain plants and animals call the forest home? Find out the characteristics of a good habitat by exploring Foley Mountain. Fit the living things observed into their spot on the food chain and explore how these organisms interact as a community.

Tree Tales

Grade 3 – 6

Why are trees such an amazing and important part of our landscape? Hear all about it as you tour through the forests of Foley Mountain! Investigate how trees work, what they need to survive, the role they play for other living things, and some different kinds of green giants that call Foley home.

The Secret Lives of Plants

Grade 3 – 12

Wander through the wilds of Foley and learn about the plants that Aboriginal people and early settlers used to help them survive the harsh Canadian wilderness.

Eastern Ontario Children's Water Festival

Designed for grade 4 but also suitable for grades 3 and 5

This exciting program comes to Foley Mountain for one day each fall. Developed for the Grade 4 curriculum, students travel around the site in small groups stopping at approximately 15 interactive "discovery centres" to investigate the wonderful world of water! There are no registration fees for this program but spaces are limited. Contact Foley Mountain Conservation Area for more information and registration.

Programs at Foley

Instincts for Survival

Grade 4 – 7

How do animals survive in their habitats? What are the skills of a predator? What is the human impact on animal life? Do you have the instincts for survival? This active wide game will help students understand some of the realities of the animal world and have a bunch of fun at the same time!



Geology Rocks!

Grade 4 – 8

Visit Spy Rock and hear amazing tales from the last billion years of geological history in the area. Then, explore some other geological interests and take an up close and personal look at some different rocks and minerals.

Water Works

Grade 4 – 8

Ever wonder how a well or septic system works? Interested in learning about conserving and protecting our water resources? Provide your students with the opportunity to use our specialized and hands-on models and activities to learn about how water works!

Orienteering Part 1

Grade 3 – 12

Give your students the chance to lose themselves in the ways of map and compass work! Students will learn the basics of how to properly use a map and compass and will practice these skills while navigating through orienteering courses of varying difficulties.

Winter At Foley Mountain

Even though the cold winds are blowing, you and your class can enjoy Foley Mountain during the winter months!

Winter Wonderland

Grade 1 – 6

Bundle up and prepare for a wild winter adventure! Explore the winter forest at Foley and learn about how plants and animals have adapted to survive these cold Canadian months.

Snowshoeing

Grade 3 – 12

Come and experience one of the oldest forms of transportation in Canada! Students will learn how to safely travel with snowshoes and, once comfortable, snowshoe through the forest and maybe even try a few snowshoe games.

