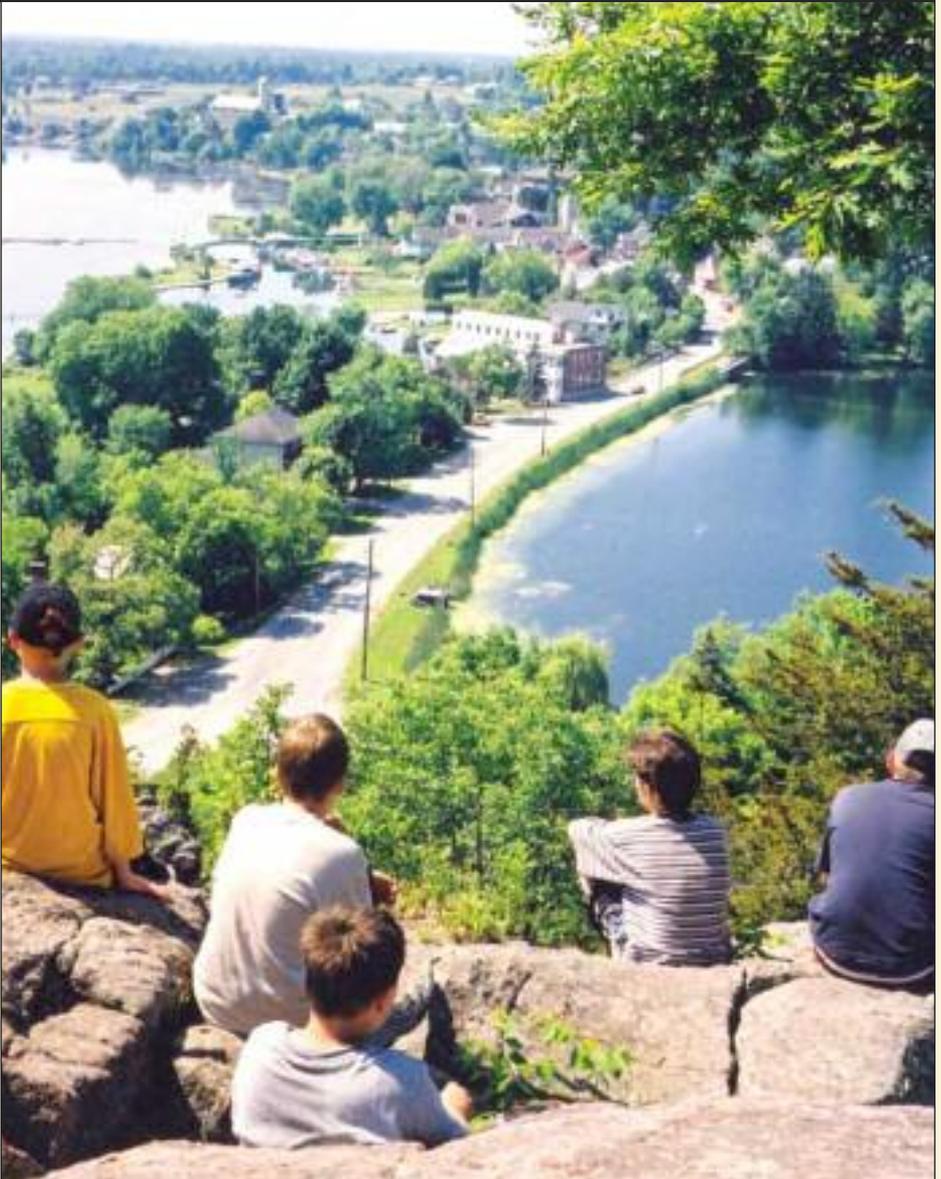


# Outdoor Education Programs

## Foley Mountain Conservation Area



# Outdoor Education

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

## Winter At Foley Mountain

Even though the cold winds are blowing, you and your class can enjoy Foley Mountain during the winter months! Programs such as Orienteering Part 1 and 2, Instincts for Survival, and Outdoor Survival Skills are also lots of fun in the winter and make great compliments to snowshoeing.

## Snowshoeing

### Grade 3 to 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.

## Winter Wonderland

### Grade 1 to 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.

Descriptions are offered as general guidelines — if there are specific objectives that you would like to accomplish, please let us know. Although grade levels are recommended for each program, these are only guidelines.



# Outdoor Education

## **NEW! Don't Treat Soil Like Dirt!**

**Grade 1-8**

Have you every stopped and looked at the soil beneath your feet? Explore our living breathing soil and some of the curious creatures that help maintain this important ecosystem ingredient.

## **Forest Bureau of Investigation**

**Grade K to 3**

Master your nature detective skills and become a member of the Forest Bureau of Investigation! Using various sensory exploration activities, students will gain an appreciation for how they can use their senses to observe and learn about the world around them.

## **Home Sweet Habitat**

**Grade 4 to 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.

## **Outdoor Survival Skills**

**Grade 4 – 12**

What would you do if you were lost in the woods!? What things would you need to survive? Working in groups, students will have the chance to explore the concepts of shelter building, fire building, and outdoor cooking.



## **Amazing Animals**

**Grade 1 to 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.

# Programs at Foley

## Tree Tales

**Grade 3 to 6**

Why are trees such an amazing and important part of our landscape? Discover all about these green giants using GPS units to navigate through the forests of Foley Mountain.



## The Secret Lives of Plants

**Grade 3 to 12**

Using GPS units, navigate through a scavenger hunt to learn about the plants that Aboriginal people and early settlers used to help them survive the harsh Canadian wilderness.



## Spring Water Awareness Program

**Grade 4**

This free in-school safety program is offered each year in March to grade 4 students of schools in the Rideau River watershed. Through an interactive presentation, video, and experiment, the program teaches students about the dangers of spring water and ice. Thanks to our partners at Ontario Power Generation for helping to support this program. Free online resources available for all teachers and group leaders at [www.rvca.ca](http://www.rvca.ca).

## Instincts for Survival

**Grade 4 to 12**

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 to 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.



# Outdoor Education



## **Orienteering Part 1**

**Grade 3 to 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.

## **Orienteering Part 2**

**Grade 5 to 12**

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

## **Knee High Navigation**

**Grade K to 2**

It is never too early to learn the basics of navigation! Students try their hands at using map and compass to work their way through a mini-orienteering course.

## **GPS and Geocaching**

**Grade 1 to 12**

Weave together technology, the outdoors, and physical activity! Get an introduction to GPS technology and how it can be used along with map and compass in navigation. Students will complete a mini geocaching treasure hunt.

## **Overnight Camping** **Grade 6 to 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

# Programs at Foley



## Beaver Pond Bonanza

**Grade K to 4**

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.

## Naturally Artistic

**Grade K to 12**

Get inspired by nature and the work of artist Andy Goldsworthy. Students will use the concepts of colour, form, shape, pattern, light and shadow to create a piece of natural art that will be photographed. They will then have the opportunity to express their experiences through writing.

## A Bug's Life

**Grade K to 3**

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.

## Pond Ecology

**Grade 5 to 12**

Investigate the diversity of living things found in a pond ecosystem and how they all have a role to play. Students use dip nets, basins, magnifiers, and identification keys to tally species and learn how these observations can be related to water quality and ecosystem health.

## The Incredible Insect Challenge

**Grade 4 to 7**

In this scavenger hunt activity, students will be tasked with finding samples of insects and other living things found in the forests of Foley Mountain. Take the challenge and see who will earn the most points in this amazing race of nature discovery!



# Foley Mountain Conservation Area

## Program Costs

- \$150 per class (maximum 30 students) for a half day program
- \$225 per class (maximum 30 students) for a full day program
- Camping (programming not included) is \$6 per night per student with a \$75 minimum for the group

Try  
our online  
booking request by  
visiting [www.rvca.ca](http://www.rvca.ca)  
and following the  
"Outdoor Environmental  
Education" link to  
Foley Mountain



## Contact Information

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