

DAY 1 - Drive to Ingress - 3 hours	
Road Travel - Thunder Bay to Hwy 811 to Kitchen Lake Road	
DISTANCE:	13 km
PORTAGES:	2
AVERAGE PORTAGE LENGTH:	244
LONGEST PORTAGE:	253
TOTAL PORTAGE DISTANCE:	488
TRAVEL RATE (km/hr)	1.85
ESTIMATED TIME:	7 hrs

DAY 2	
Camp 1 (Roaring River) to Camp 2 (Island @ 26K)	
DISTANCE:	13 km
PORTAGES:	5
AVERAGE PORTAGE LENGTH:	483 m
LONGEST PORTAGE:	1,413 m
TOTAL PORTAGE DISTANCE:	2,414 m
TRAVEL RATE (km/hr)	1.5
ESTIMATED TIME:	9.5 hrs

DAY 3	
Camp 2 to Camp 3 (2km past Pantagruel Creek)	
DISTANCE:	15 km
PORTAGES:	2
AVERAGE PORTAGE LENGTH:	923 m
LONGEST PORTAGE:	953 m
TOTAL PORTAGE DISTANCE:	1846 m
TRAVEL RATE (km/hr)	2.25
ESTIMATED TIME:	6.5 hrs

DAY 4	
Camp 3 to Waterfall near Detour Lake	
DISTANCE:	12 km
PORTAGES:	2
AVERAGE PORTAGE LENGTH:	712 m
LONGEST PORTAGE:	904 m
TOTAL PORTAGE DISTANCE:	1424 m
TRAVEL RATE (km/hr)	1.8
ESTIMATED TIME:	8 hrs

DAY 5	
Camp 4 (Waterfall) to Egress (Hwy 527)	
DISTANCE:	23 km
PORTAGES:	1
AVERAGE PORTAGE LENGTH:	200 m
LONGEST PORTAGE:	200 m
TOTAL PORTAGE DISTANCE:	200 m
TRAVEL RATE (km/hr)	3.8
ESTIMATED TIME:	6 hrs

TOTALS	
PADDLING DISTANCE:	76 km
PORTAGES AVAILABLE FOR USE:	12

TRAVELLING RATES	
Paddling Rate	4 km/hr
Walking Rate	3 km/hr
Loading and Unloading Time / Portage	1/3 hr
Daily Lunch Breaks	1/2 hr