



7th Annual Rideau Canal Men's Retreat
by canoe and kayak
Tues. to Thur., August 5-7, 2025

Theme: Jubilee 2025 - Pilgrims of Hope
Invitation

The **7th Annual Rideau Canal Men's Retreat 2025** for Catholic men (18 years and older, and fathers with teenage sons) will be from **August 5-7, 2025**.

The canoe or kayak route will be similar to that in previous years (Seeley's Bay to McNally's Bay), with slight modifications here and there. We are, however, governed by where we can camp (overnight tenting is at Davis Locks) and the distance to Father Brian McNally's lakeshore property along the Upper Rideau Lake.

The goal is to gather Catholic men in an outdoor adventure/retreat where we can share our Faith and enjoy a little male camaraderie. Please take this as an invitation to join us. We hope that all who are interested in participating in this enjoyable event can work their schedules and join us for this time of prayer, daily Mass, opportunities for Confession, and lots of fun, fraternity, exercise and adventure. If you know other men who may be interested and are not on our distribution list, please feel free to forward an invitation to them. We anticipate being fully registered, so this is your chance to let us know if you are interested. Thank you for your consideration.

Details

Similar to other years, we will paddle two full days of approximately 16 to 18 kms a day. We will experience the rugged beauty of a relatively sheltered section of the Rideau Canal, traversing four sets of locks over the two days.

Tues., Aug. 5: 7:30-8 am: Meet at Seeley's Bay. After unloading the canoes and personal gear, we celebrate Holy Mass in the pavilion near the canoe launching dock. After a quick snack/breakfast we begin our adventure by canoe, travelling north approximately 16 kms the first day - through the four locks at Jones Falls and on to Davis Lock, where we will camp (tent) overnight.

Wednesday, Aug. 6: After Holy Mass (on the Feast of the Transfiguration of the Lord) and breakfast we paddle through Chaffey's and Newboro Locks for approximately 16 kms to Father Brian McNally's lakeshore property, located along the south-east shore of McNally's Bay on the Upper Rideau Lake. We camp overnight at Father Brian's.

Thursday morning, Aug. 7: Holy Mass and other retreat activities, followed by a BBQ lunch at Father McNally's, with **departure at 2 pm.**

A total of **22 Grumman aluminum canoes with paddles** are available for this trip, which means **we can accommodate up to 44 participants** on a first come, first served basis. Those wishing to travel by kayak are also welcome. Father McNally's lead boat and Tony's safety vessel will be pre-positioned each time in front of, and behind, the canoes at the start point to simplify logistics and enhance safety. As per last year, participants will need to bring a personal flotation device, snacks and sleeping equipment (see attached Kit List). Food for the major meals will be provided and cooked for the group.

Cost: There is a nominal cost of \$95 (non-refundable) being levied for non-clergy, which will help cover canoe rentals, lock fees, food and miscellaneous expenses. Reduced rates can be made available for teenage sons. Even if someone cannot participate, donations would be graciously accepted to reduce costs.

Attached to this email please find the Registration Form, the Acknowledgement, Release and Waiver Form, the Kit List and the Route Map.

***Please note:** The Rideau Canal Men's Retreat is **not** covered by the liability insurance of the Archdiocese of Kingston or its parishes, nor do we have group liability insurance to cover those on the retreat. We are simply a group of Catholic men invited to come together for a three day retreat by canoe each year. It is necessary for **each participant** to complete the attached **Acknowledgement, Release and Waiver** form, so that it is clear to everyone that each of us takes responsibility for ourselves while on the retreat. Such a waiver is, of course, standard procedure for most such events, both for the sake of the organizers and to ensure that the participants are fully aware.

Payment (\$95) can be sent by e-transfer to: hart.daniel64@gmail.com.

For further information, please contact:

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