



**TRUE PATRIOT LOVE EXPEDITION:
NAHANNI RIVER 2025**

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INTRODUCTION

TRUE PATRIOT LOVE FOUNDATION IS THRILLED TO ANNOUNCE THE NEXT ADVENTURE IN OUR ALL-WOMEN'S EXPEDITION SERIES – THE NAHANNI RIVER 2025.

Showcasing and celebrating female strength and resilience, this expedition will also shine a light on the challenges related to work-life integration that women face every day in both the corporate and military workforce. Coming together to support and learn from each other, participants will get to experience Canada's deepest river canyons, hot springs, and diverse wildlife which will make for an unforgettable adventure.

This all-woman's expedition will bring together a group of business leaders and military members as they paddle through the Nahanni River. Flowing through the Northwest Territories, the Nahanni River is home to some of Canada's most unique geological features which is why it was among the first World Heritage Sites to be declared by the United Nations..

Expedition participants will come together on this journey where they'll work as a team to navigate the waters of this 240km paddle. Secluded in the National Park, paddlers will start their journey at Virginia Falls, a waterfall that is twice the height of Niagara Falls and has a thunderous roar that echoes within the wilderness and will be heard for many kilometers. Participants will have opportunities to stop for hikes along the route to see more of the National Park. Civilian and military participants will be tested physically and mentally throughout the adventure, but by joining forces to tackle these obstacles, the expedition team will hone their leadership and self-development skills, all in a unique and isolated setting.

The all-Women's Nahanni River 2025 expedition will continue the valuable mentorship that forms the bases of our expedition program. Business leaders will offer one-on-one support to military participants as they transition to civilian careers, and civilian business leaders will learn from the valuable

experiences and skills of our military and Veteran participants for a mutually beneficial mentorship experience. The expedition will also allow both the military and civilian participants to connect and celebrate the perseverance and unconquerable spirit of our Canadian Armed Forces members in the face of adversity.

Beyond the adventure itself, the expedition team will raise critical funds for True Patriot Love Foundation to support military members, Veterans, and families across Canada. Previous expeditions have raised over \$10 million collectively, which has helped fund more than 9,800 hours of peer-to-peer mental health counselling, allowed for enhanced job training, and recruitment, provided 144 Veterans with rapid job placement, and enabled a \$500,000 investment to create a virtual reality therapy program for Veterans living with Post-Traumatic Stress, which is now being used across the country.

We are currently seeking women who are committed business and community leaders to join in on this incredible journey as part of the True Patriot Love All Women's Expedition Nahanni River 2025 team. Participants will train for the expedition, fundraise to support the Canadian military community, and participate in a mentorship program with military team members.

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REASONS TO ACCEPT THIS MISSION

Our expeditions are life-changing experiences for those who are up for the challenge. These are just some of the benefits you can expect from True Patriot Love Foundation's Expedition.

Unplug and refocus

Stepping away from your phone, laptop and hectic daily schedule will allow you to focus on yourself, your team's mission, the present moment and the silence of some of the most beautiful scenery in the world.

Build your physical strength and endurance

This adventure will motivate you to get in the best shape of your life! We'll provide you with the necessary skills for training, as well as one-on-one coaching with a professional personal trainer to ensure you're in optimal physical health as you prepare for this fitness challenge.

Build new relationships

You'll have the unique opportunity to enrich your life with new personal and professional relationships with other like-minded career executives and the brave individuals who serve, or have served, with the Canadian Armed Forces. Our expeditions offer a safe and supportive environment in which to bond with your teammates, listen and learn from each other.

Be a role model

After facing the physical and mental obstacles during your time on the Nahanni you'll be a trailblazer, an inspiration across the country for your strength, tenacity and contribution to the well-being of our military members, Veterans and their families.

Experience the rewards of mentorship

The individuals of our military serve, or have served, Canada with great strength and courage while making enormous sacrifices. Some have sustained both visible and invisible injuries. This is your chance to give back to them. As a civilian participant of this expedition, you'll provide much-needed support to them as they face the challenges of transitioning to a fulfilling civilian life. At the same time, you'll learn from the valuable experience and skills of our Canadian Armed Forces members and Veterans.

Support an important, Canadian cause

You'll generate public awareness surrounding the critical issues facing the military community, from Post Traumatic Stress to limited healthcare access for military children with special needs, and will fundraise to address these needs. True Patriot Love Foundation has changed the lives of more than 37,000 military members, Veteran and families in Canada over the past decade. By participating in this expedition, you'll help us impact even more.



TESTIMONIALS

...they inspired us with their determination, resilience and unwavering commitment to the team.

Ellie & Ben Rusonik, Himalayas 2018

CIVILIAN PARTICIPANTS

“The True Patriot Love Women’s Expedition provided an extraordinary opportunity to disconnect in this hyperextended world. Civilians, Veterans and Canadian Armed Forces members alike were reminded of the isolation that exists in our society, despite technological advances – from the Northern Communities we visited to the challenges our Veterans face when they transition to civilian life. Paradoxically, the remoteness of Baffin Island itself enabled us to build deep, meaningful relationships that will last a lifetime. I learned first-hand that the need to serve those who serve our country has never been more acute. I look forward to continuing the journey with this outstanding group of women and True Patriot Love Foundation for years to come!”

Julie Cowan, Baffin Island 2019 Expedition Co-Chair

“Some of the soldiers on the expedition – those we now consider close friends – are struggling. We hope that by being a part of this expedition, we eased their struggle in some small way. In turn, they inspired us with their determination, resilience and unwavering commitment to the team. We gained as much from them as they did from us.”

Ellie & Ben Rusonik, Himalayas 2018

MILITARY/VETERAN PARTICIPANTS

“True Patriot Love’s Baffin Island expedition was an incredible experience for me as an injured service member; having the opportunity to take in the raw beauty of Canada’s North with so many amazing women was inspiring and empowering. I greatly appreciate the opportunity to visit Nunavut and look forward to the mentorship and support from my Baffin Island sisters as I approach the transition from military to civilian life. Thank you, ladies, and thank you True Patriot Love Foundation for an experience I will treasure for the rest of my life.”

Kathryn Ward, Baffin Island 2019 Expedition

“I want everyone who supports True Patriot Love, through the expeditions or however you give, that you’re donating to programs that allow Veterans like me to serve others in a new way, it helps remind us that we still have purpose outside of the military. And it is changing and saving lives. Thank you.”

Erica Oliver, Barbeau Peak 2023

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Canoe North Adventures is family owned and operated by Lin Ward, Al Pace and Taylor Pace. Since 1987, they have been fulfilling their canoeing dreams by paddling over 30,000 river miles in the Yukon, Nunavut and the Northwest Territories. Their team of certified guides bring passion, experience and a thirst for adventure to every trip.

ITINERARY

Please note, details are subject to change

Day 1	August 25	Arrive in Yellowknife
Day 2	August 26	Depart Yellowknife, arrive at Fort Simpson
Day 3	August 27	Flight to Virginia Falls. Explore the Falls while setting up camp
Day 4	August 28	Start 2km portage around Virginia Falls. Optional Hikes: Sunblood Mountain or Last Chance Harbour
Day 5	August 29	Complete portage. Paddle 10km to Clearwater Creek to set up camp
Day 6	August 30	Paddle 20km to the Flat River, then 20km to camp at Mary River
Day 7	August 31	Paddle 40km through 3rd Canyon. Stopping for lunch and hike at The Gate. Camp at the Painted Rocks Canyon
Day 8	September 1	Paddle 26km through 2nd Canyon. Stopping for lunch at the start of Deadmen Valley. Camp at Dry Creek, with a hike up the canyon
Day 9	September 2	Paddle 25km through Georges Riffle and then through 1st Canyon. Camp at Upper Lafferty
Day 10	September 3	Layover day at Lafferty Creek. Hike up the side creek to explore slot canyon
Day 11	September 4	Paddle 60km through the splits to Last Chance camp
Day 12	September 5	Paddle the last 20km to Nahanni Butte. Lunch at the Community Centre, and a night feast with the community members
Day 13	September 6	Flights back to Fort Simpson and Yellowknife
Day 14	September 7	Expedition ends; individual flights home.

We would suggest holding September 15/16 in your calendar to allow for any travel delays

GENERAL DETAILS AND REQUIREMENTS

Please note, details are subject to change

Availability: Participants must be available during the following dates

Training Camp: May, 2025 (exact dates TBC)

Expedition: August 25 - September 7, 2025. Participants will be responsible for getting themselves to/from Yellowknife, NWT.

Fundraising Goal: In addition to the participant fees, each civilian team member is responsible for fundraising \$30,000 per person. True Patriot Love will provide full support to participants in the form of fundraising materials and strategic support. *(Note: participants cannot fundraise for the participant fee).*

Medical and Training Requirements: This is a physically demanding experience. Participants must complete a medical screening, receive written approval from their doctor, and sign a waiver in advance of the training camp. Participants must also be dedicated to their training in preparation of the trip.

Filming and Media: Participants must be comfortable with the presence of photographers, film crew, and/or members of the media during the expedition. From time to time, media outlets may request interviews or photos from select participants. *(Note: participation does not guarantee film/photography elements following the expedition).*

PARTICIPANT FEE:
\$20,000

INCLUDES

- Return coach bus transport from Toronto to the training camp (if required)
- Training camp fees, guides and group camping equipment (excluding personal gear)
- Training camp accommodations and meals
- Experienced guides at training camp and on the expedition
- All transportation detailed as part of the expedition itinerary
- All meals within the dates of the expedition as identified in the itinerary
- Accommodations throughout the expedition including a combination of hotels, lodges and camping
- All group canoe, camping and cooking gear
- Guides will be equipped with weather reports, navigation systems, communal satellite phone (for emergency use only), GPS, ect.
- Comprehensive first aid kits and trained wilderness first responder guides
- Team welcome dinner and completion celebration

DOES NOT INCLUDE

- Round-trip airfare to and from Toronto for training camp (if required)
- Round-trip to and from Yellowknife for the expedition (if required)
- Personal expedition clothing and personal specialized gear (sleeping bag, backpack, footwear, etc.)
- Personal items for daily use (note: these should be kept to a minimum due to baggage and weight limitations)
- Excess baggage charges (if applicable)
- Flight cancellation insurance (if desired)
- Tipping for guides – at the discretion of the participant
- Alternative food and beverages throughout the training camp and expedition
- All expenses incurred in the event of early departure or significant delay before, during or after the training camp and/or expedition (transportation, extra hotel nights, ect.)

To reserve your spot please submit a deposit of 50% of your desired trip. The balance of your expedition fees will be due on July 1, 2024.



Spaces are limited!

To reserve your spot, please contact:



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