



# ALIVE ADVENTURES

## TRAVEL LOGISTICS & PLANNING YOUR TRIP ALL YOU NEED TO KNOW

### HARNESS PRANA RETREAT SEPTEMBER 27-29, 2024

We are so honoured that you're joining us for an immersive experience in the wilderness of the boreal forest in Canada

As you prepare, please thoroughly read this document and the other documents attached to your registration email. They contain important information to help you make the most out of your experience.

We look forward to adventuring with you!

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#### Summary of Travel Requirements

- Traveler's medical insurance
- Valid passport for duration of stay

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#### Entry Requirements

If passport is from other than Canada, USA, UK please read entry requirements here:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/entry-requirements-country.html>

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#### **Arriving from Canada**

We provide boat transport from Kakagi Public Boat Landing ([google map link](#)) across the lake to our retreat center on September 27 at 6PM. Please plan to arrive at 5:45PM and park your car in the parking area and wait by the boat ramp where you will board the boat at 6PM

### **Travelling from Winnipeg**

We are located on an island on Kakagi Lake, east of Winnipeg, MB and south of Kenora, ON close to the town of Nestor Falls, ON. It is about 4 hours drive from Winnipeg to the boat landing, and a 20 minute boat ride across the lake.

### **Travelling from Minnesota**

You can also arrive to International Falls, MN airport (INL), 2 flights land daily from Minneapolis exclusively with Delta airlines. From International Falls, MN it is 1-1/2 hours drive to Kakagi Public Boat Landing ([google map link](#)) You will cross customs and enter Canada shortly after leaving the airport. Lineups are uncommon in the fall but can occur and we suggest allowing 1 hour at the border to be safe.

Departure, after your trip is on September 29 at 3:00PM. You will arrive at the car parking area by 3:30PM

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### Packing

The weather in Canada during the Fall is typically warm during the days (15-20C) and mild during the night (5-12C) with occasional rain. You'll want to wear light and breathable clothing that can get wet and dirty. We recommend you bring some light and loose, long-sleeved shirts and long pants to help protect against sun on the boat and mosquitos in the evening. The following list covers everything to ensure your journey is as pleasurable as possible!

- Copies of travel insurance
  - Sun hat
  - Headlamp - phone okay (for navigating to the bathroom at night)
  - Reusable water bottle
  - Small backpack (for hikes, space for water, sweater, rain jacket)
  - Stable shoes or hiking boots
  - Sandals or flip flops
  - 1-2 pairs swimming gear
  - 1 pair loose fitting breathable pants
  - 1-2 loose fitting, breathable long-sleeved shirts
  - Casual/active attire
  - 1 warm sweatshirt
  - 1 rain jacket
  - Insect repellent (if special preference- we supply a natural option, and prefer to avoid DEET type repellent as we drink the lake water)
  - Sunscreen (30+ SPF recommended) - the sun is surprisingly on the water!
  - Small first aid kit for scrapes, cuts and bug bites
  - Toiletries
  - Necessary medications
  - Passport + 2 photocopies of passport
  - Bank card/credit card
  - Notify financial institution of travel plans
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For further questions, please send us an [email](#).

We look forward to adventuring with you!

