

# 2022

2022.07.09  
First paddle of 2022. Paddled from Cawaja Beach to Gull Island in the Nottawasaga Bay.

**CAWAJA BEACH**

2022.07.09  
**TINY, ON**  
Begin searching for my own SUP board. Buy a used BodyGlove Performer 2021.

2022.07.10  
**CAWAJA BEACH**  
Leisure paddles from Cawaja Beach. Paddling around Dow Bay and parts of Nottawasaga Bay.

2022.07.11  
**TINY, ON**  
Purchased and unboxed my own paddle board, the BodyGlove Performer 2021. My board is 11 feet tall and when deflated, fits into a backpack I can carry.

2022.07.12  
**MISSISSAUGA, ON**  
First time paddling in Lake Ontario.

2022.07.20  
**JACK DARLING MEMORIAL PARK**  
Worst paddleboarding experience. Difficulty getting to shore due to choppy water.

2022.07.21  
**JACK DARLING MEMORIAL PARK**  
Paddleboarding in Miners Bay, Gull Lake.

2022.08.02  
**BOB BEENY TRAIL**  
Second time paddleboarding from Cawaja Beach to Gull Island.

2022.08.25  
**CAWAJA BEACH**

## LEGEND

- Paddle Board Used**
  - Body Glove Performer
  - Unknown Inflatable SUP
  - Unknown Hard SUP
- Water Conditions**
  - Calm Water
  - Choppy Water
- Emotions Felt**
  - Happy
  - Tired
  - Peaceful
  - Scared
  - Belonging
  - Excited

The journey of finding something you were meant to do.

# ONE WITH WATER

### Paddle the Path

The dark blue lines within this graphic show the general path of each paddling trip I took, starting with the trip's location launch point. Each path also shows the water conditions experienced in each trip.

### What's [S]UP?

Stand-up paddle boards (SUPs) are inflatable paddleboards that can often be rolled up and put in a carry case/backpack. Due to their sleek design and lightweight composure, SUPs can make paddleboarding accessible to those who don't reside in close proximity to water.

### A Board of My Own

In July 2022, I purchased my paddleboard, the BodyGlove Performer 2021. My board is 11 feet tall and when deflated, fits into a backpack I can carry.

### Paddleboarding in Ontario, Canada

I have primarily paddled in Nottawasaga Bay, a small Bay located in Georgian Bay. This water is my comfort zone, but Ontario has seemingly unlimited beautiful lakes with unique features. Thus far in the journey, I have paddled in three different bodies of water. The journey isn't over yet. The next step in 2024 is to explore more.

### It all Starts in 2022.

Throughout my childhood, I had grown up visiting different cottages throughout the summer. I fell in love with cottage country and Ontario's many lakes. From a young age, I partook in many typical cottage water activities, such as boating, tubing, and swimming. It wasn't until 2022 I discovered a hidden passion for paddleboarding. Upon discovering this passion, I decided to start paddleboarding as a hobby. This graphic illustrates my journey, from my first long paddle trip to buying my own board to visiting unfamiliar lakes and launch points.

# 2023

2023.06.30  
**RK MCMILLAN PARK**  
First time paddling at Lakefront Promenade Beach, Lake Ontario.

2023.07.01  
**CAWAJA BEACH**  
Paddling in Nottawasaga Bay.

2023.07.23  
**BOB BEENY TRAIL**  
Paddling in Miners Bay, Gull Lake.