

WELCOME TO SCOUTING

You're about to join in on a world of adventure! If you've been a Cub Scout, then you already have a pretty good idea of what's to come. If you're new to Scouting, then chances are you've joined up because you've heard about all the great things that Scouts do. Now it's your chance to be a part of it!

You're about to have the opportunity to do fun, challenging activities that you organize with your fellow Scouts, with the support of adult Scouters. These activities can be as adventurous and diverse as the collective imagination of the Scouts in your Troop. You can try your hand at some of the outdoor activities Scouting's famous for: hiking, survival camping, sailing, kayaking, climbing, snowshoeing, canoeing... There are so many amazing ways to enjoy an outdoor adventure with Scouting. There are also fantastic Scouting activities that you can do closer to home: developing a project to help the environment or your community (or both!), exploring your faith, and socializing with other Scouts in your community—or anywhere in the world. Scouting is the largest youth movement on the planet, after all.

This map provides you with useful details about your personal progression within the program, Outdoor Adventure Skills, Personal Achievement Badges and the Chief Scout's Award—the top award that you can earn as a Canadian Scout.

The Canadian Path is designed to make Scouting as engaging and challenging as you'd like it to be. While you can learn a lot through earning badges, this isn't the focus of The Canadian Path. Instead, the focus is on your personal development through the activities that you and your fellow Scouts want to do.

The Scouts Section of The Canadian Path uses some of Canada's most significant trails to represent the six areas of our program. You can use this map to visualize how often you and your Troop are visiting each of the trails—that is, how often you and your Troop are doing activities that relate to the Environment & Outdoors, Leadership, Active & Healthy Living, Citizenship, Creative Expression and Beliefs & Values. Your Scouting journey will be never be boring.

By the time you're ready to move on to Venturer Scouts, you will have accomplished a wide variety of goals and grown in ways you never imagined. Most importantly, you'll have made new friends and shared experiences that will last a lifetime.

USING YOUR MAP

Your map will help you give your adventures the variety you need to succeed in Scouting. Take the time to explore each area on the map. Log your adventures. Track which Program Areas you have explored and which ones you need to discover.

SCOUT PROMISE

On my honour
I promise that I will do my best
To do my duty to God and the Queen
To help other people at all times,
And to carry out the spirit of the Scout Law.

SCOUT LAW

A Scout is helpful and trustworthy,
kind and cheerful,
considerate and clean,
wise in the use of all resources.

SCOUT MOTTO

Be Prepared.

THE FOUR ELEMENTS OF THE CANADIAN PATH

The Canadian Path is the name of Scouts Canada's youth program. As a Scout, you will benefit from a program that emphasizes adventure and youth leadership, all based on the eight dimensions of the Scout Method—the "how" of Scouting around the world.

The Canadian Path encourages a consistent "Plan-Do-Review" approach to all the adventures you and the other Scouts in your Troop share. If you were in Cubs, you'll already be familiar with this approach—an approach to program in which you and your fellow youth decide upon and organize your adventures, and then lead one another with the support of your Scouters. The Canadian Path helps you and the other members of your Troop to evaluate your personal development in terms of what we call SPICES: your Social, Physical, Intellectual, Character, Emotional and Spiritual growth. Together, these four foundational elements—Adventure, Youth-led, Plan-Do-Review and SPICES—are the footings of The Canadian Path.

ADVENTURE

Adventure is about exploring new things, sharing new ideas, learning new skills and creating new paths. It's about unique opportunities to explore your limits and the world around you. Adventure is part of every activity. While you might first think of exciting outdoor activities when you think of Adventure, keep the spirit of Adventure in mind when planning activities for each and every Program Area. Everything you do in Scouting should either be a first-time experience or be a new way of experiencing and enjoying something that you might have done before. Learning by doing is part of the Scout Method.

Your Scouting Adventures all take place within a symbolic framework—the Canadian Trails. Every Adventure you and your fellow Scouts share fits someplace on the Canadian Trails Map. This framework is part of the Scout Method.

It is important for Scouts to pursue Adventures in the natural world. Nature is part of the Scout Method. Getting outside will help you to become comfortable in a range of natural conditions. For example, it can be a little harder to enjoy yourself camping when it's raining, but most Scouts learn that it's still possible. Adventures in the elements build adaptability and confidence, and help Scouts to appreciate our natural world.

YOUTH-LED

The Canadian Path is a Youth-led program. This means that you and the other Scouts in your Patrol and Troop are the ones who decide on what adventures you would like to share. It also means that much of the planning and organizing of your adventures is up to you. Your Scouters are always there to lend a helping hand and to ensure that everyone stays safe, and they might even have some ideas for adventures. Scouter support is part of the Scout Method. Just remember: your Scouters' ideas for adventures are just suggestions, and if the Scouts in your Troop aren't very keen on an idea, you can let your Scouters know that it's not something you want to do.

Your Patrol is the key to successful teamwork, but you'll have opportunities in Scouting to work with Scouts who aren't in your Patrol, too. You'll learn that there are different roles to play to make a team work. The Patrol System is also part of the Scout Method.

PLAN-DO-REVIEW

Plan-Do-Review is the three-step process that you and your fellow Scouts should use for each and every adventure. In fact, while there are three distinct parts of Plan-Do-Review, you might think of the process as a never-ending cycle. Every review your Patrol or Troop shares will contribute to better planning for your next adventure.

Reviewing is probably the part of this cycle that you or other Scouts in your Troop will have the least experience with. Reflecting on our experiences is something that people do not do enough. Too often, lessons we might learn from an experience are missed simply because we haven't taken some time to think and talk things over as a group.

SPICES

Your personal progression is part of the Scout Method. Scouting aims to support the development of your best personal attributes—what we call the SPICES. This is an acronym for six areas that make up who you are. We all have our strengths and weaknesses; thinking about them in these categories will help us to appreciate what we're good at and recognize what we're not as good at. Either way, we get to know ourselves a little better, and we consciously go about managing our own personal growth.

The Scout Promise and the Scout Law (together, part of the Scout Method) support your development in the SPICES.

So, what are the six SPICES?

S Social

SOCIAL
Your social development is about your interaction with others and your community.

P Physical

PHYSICAL
Your physical development is about being respectful of your own body.

I Intellectual

INTELLECTUAL
Your intellectual development is about learning new things and applying your skills and knowledge.

C Character

CHARACTER
Character is about becoming a well-rounded person. Community service is a good example of character in action; service is part of the Scout Method.

E Emotional

EMOTIONAL
Your emotional development is about being able to know and express your feelings, and understand and respect the feelings of others.

S Spiritual

SPIRITUAL
Your spiritual development is about exploring your personal beliefs and being true to your personal values.

BLAZE YOUR TRAIL

Take a look at the Canadian Trails Map. There are trails from across the country, each representing a different Program Area. The trails are based on actual trails of historic and cultural significance. These trails are the Scouts Section's symbolic framework. You and your Patrol will—figuratively—travel on all of the trails on a regular basis. It's how you can be sure that you're creating a program that has plenty of variety.

CABOT TRAIL

The Cabot Trail represents Creative Expression. The East Coast of Canada was a new frontier for European explorers over 500 years ago; being a Scout means that you are encountering new frontiers of your own. Cape Breton Island is a place that has a rich history of gifted artists and thinkers. As you discover your own talents and develop your own perspectives, you'll become more comfortable and creative in expressing yourself. Activities associated with the Cabot Trail emphasize imagination. Think composing and performing songs and plays, dancing, writing, sculpting, inventing, painting and so on.

MACKENZIE RIVER

The Mackenzie River represents the Environment & Outdoors. This river runs from Great Slave Lake in the Northwest Territories to the Beaufort Sea in the Arctic Ocean. The life that can be found along the river is vulnerable to the effects of climate change. For example, polar bears depend on a long season of reliable ice on the ocean to hunt for food. Their home on mainland tundra at the delta of the Mackenzie River in the summer can only be a temporary one.

The Mackenzie River and its environs offer stunning, rugged scenery. It is an amazing place to camp, paddle, hike, ski, snowshoe or climb mountains.

Program activities for the Mackenzie River include shoreline, park and roadside clean-ups; and developing outdoor skills, such as methods for lighting campfires and being able to identify wild edible foods.

RIDEAU TRAIL

The Rideau Trail and the Rideau Canal follow roughly the same route, connecting Kingston and Ottawa by land and water. The trail represents Citizenship. It runs from Kingston City Hall to Parliament Hill, so it can be seen to symbolize different levels of government. In the War of 1812, the Rideau Canal was part of a safe travel route between Montreal and Kingston, helping to secure trade and communication during a turbulent period in our history.

Activities for the Rideau Trail include getting to know the public servants and services in your community through visits and guest speakers. Your Troop may visit a library or a fire hall, or invite a local politician to talk about the community's redevelopment plans for a local park. You and the Scouts in your Patrol can also roll up your sleeves to contribute to your community by painting park benches or performing trail maintenance at a conservation area.

BRUCE TRAIL

The Bruce Trail represents Active & Healthy Living. The Bruce Trail runs across the Niagara Escarpment. The trail provides people with the opportunity to explore a variety of ecosystems over a 900 kilometre path across Southwestern Ontario, from Tobermory on the shores of Lake Huron to Queenston near Niagara Falls. The trail and its surrounding wilderness offer opportunities for dozens of activities in all seasons: hiking, mountain biking, climbing, snowshoeing, skiing, sailing, kayaking and canoeing—just to name a few! In short, the Bruce Trail is the perfect symbol of the healthy activities that Scouts love!

RED COAT TRAIL

The Red Coat Trail represents Leadership. In 1874, the Northwest Mounted Police set out on the March West from Fort Dufferin, Manitoba for Fort Whoop-up in Alberta with the aim of bringing law and order to the Prairies. Sam Steele, the famous Northwest Mounted Police commissioner, can be regarded as the embodiment of strong leadership. He was one of the officers on the March West, and later managed customs at the Chilkoot Pass during the Klondike Gold Rush.

The Red Coat Trail can mean organizing and leading activities (such as games or camps) for other members of the Troop, or for Cubs.

WEST COAST TRAIL

The West Coast Trail represents Beliefs & Values. The West Coast Trail runs along the western shore of Vancouver Island. This region is a perfect fit for this Program Area because of its people—the strong cultural traditions of the West Coast aboriginal peoples and the tenacious environmental activism of many Vancouver Islanders. Just as the East Coast once represented a new frontier for Europeans, the setting sun and the Pacific Ocean are symbols of distant horizons and vast potential.

Adventures for the West Coast Trail foster social awareness, such as strengthening your faith, learning about other belief systems and exploring political issues that are relevant to Scouts. Activities may include visiting a church, planning a Scouts' Own or inviting a guest speaker to a meeting.

