

It's a rush for Ole Helmhausen (bow) and Alex Strachan (stern) to navigate their canoe down the whitewater of Big Pine Rapids.

# A D river

PHOTOGRAPHY BY JEFF SPEED



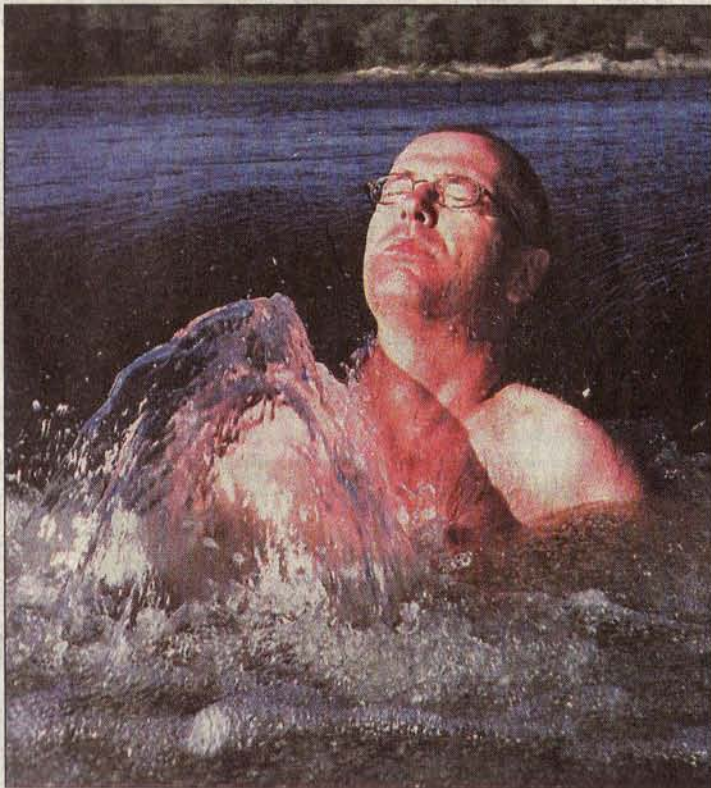
# River

runs through it

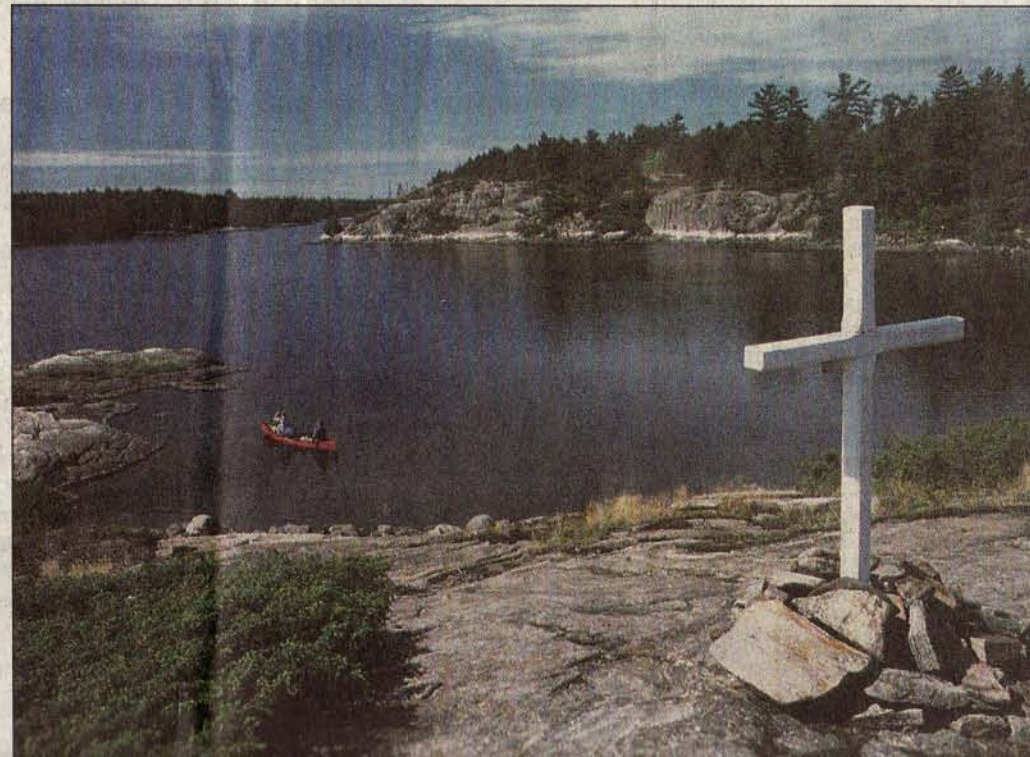
Modern-day Voyageurs are drawn to the scenic beauty of the French River, much like the great explorers of old.



Freshly caught walleye sizzles in the frying pan, while a pot of coffee and a pot with sucker head soup (Dokis First Nations traditional specialty) simmers to perfection on the open fire.



At the end of a hard day of paddling, there is nothing more satisfying than relaxing below a small drop in Double Rapids



After stopping for lunch on Cross island, canoeists paddle down the Main Channel, heading west to Georgian Bay.