

Starting date: July 8th,2023

Once we leave for the walk, we do not really know when we will arrive at a certain location, the only thing we know is that we are leaving on July 8th and we will arrive in Matane on August 12.

Places listed below are the place where we plan to stop for a ceremony, this could also be changed and other places may be added as we move forward. We cannot tell you when we will be at a certain place, please follow us on our Facebook page where we will be updating everyday

<https://www.facebook.com/groups/863741123975472>

Planned Ceremonies: **(We are looking for places to sleep along the way)**

- July 8th 2023: Bates Island, Outaouais (Pont Champlain) 8hAM ceremony and starting point for the walk.
- Hawkesbury
- Kanesatake, Mohawk community
- Visitation-de-l'île-Dupas, Metis community
- Lanoraie we will be on the 138 to St-Ignace de Loyola then we take the ferry to Sorel Tracy then we will walk on the 132 till our final destination
- Odanak, Abenaki community
- Cacouna: Malecite community
- August 12th 2023 around noon: arrival and convergence of the Water ceremony, Matane Qc (Motel Riotel)

We are like the Water & we go with the flow.

Words that you may hear during the walk:

- Nibi: Water
- Aki Ikwe: Mother Earth
- Turtle Island: North America
- Anishinabe: human being from Turtle Island
- migwetch: thank you
- Nasema: tobacco, our most sacred medicine (more teachings about nasema along the way)
- Moontime: menses cycle, menstruation
- Ceremony: Sacred way to put down our intentions & show our gratitude
- Pail: we carry the Water in a copper pail
- Walking Staff: The staff is the protection of the walkers and a spiritual guide. This walk uses the Turtle staff (sakawon Mikinak)
- Touch down: when we retire the Water for the night or before a ceremony or special meal; the copper Water pail connects with the Grandmother (special Stone) and tobacco is offered for the grandmother to protect the space.
- Nin tòdam Nibi Ondji: I do it for the Water
- Nibi Wabo: Water song to send love to the Water and create a relationship:

Nibi Wabo Endayan, Aki miskwi Nibi wabo
The Water that I carry is the blood of Mother Earth

Protocols and more information: (Please read if you intend to walk with us)

The Water walk is a ceremony, it is not a protest, we walk in a ceremonial way from the time we lift the pail until the Water is retired for the night. We walk to create a relationship with our sister the Water and to learn more about ourselves during this journey. As women it is important to connect with the Water and show our gratitude as Water is life, Water has memory, She is alive.

If you wish to join us on our journey, you need to commit to a minimum of 2 full days minimum. It is better if there are 2 of you and you need an automatic vehicle, we do not accept manual cars in the walk for many different reasons. So, 2 days, 2 persons, one car!

Tobacco offering protocol: when you join the walk a tobacco offering should be given to the lead walker (usually the grandmother of the walk) as a gesture of respect asking to join the walk and to receive the teachings.

When we are walking for the Water, we are in ceremony; we sing, we offer our thanks to the Water, we ask that Water stays clean for all future generations, we do not engage in a conversation. We keep focus.

Water never stops, Water always moves forward; we follow that rhythm, we do not stop or look back, we always look forward like the Water until we touch down.

We carry nasema/tobacco with us at all times to offer to the Water, any flowing streams or rivers we cross. The staff carrier offers tobacco to the Water and in respect of any dead animals we may see on our path.

This is a ceremony; we ask that women wear long skirts at all times & men wear long pants to connect and show respect to our Mother Earth.

Women on their Moontime do not carry the Water during this time, as they are already in ceremony. Men carry the staff, but if there is no male in attendance, then women can carry the staff.

We ask that if you are in your Moontime to take care of yourself and stay home but if you are already walking and you start your Moontime, you are to inform the lead walker immediately. She will either ask you to rest in one of the vehicles or ask you if you wish to carry the staff. You do not carry the Water while in your Moontime. More teachings are given during the walk regarding this.

Water Walk is a Water ceremony, all are welcome to participate & join us.

No protest signs are permitted, as we are in ceremony, we keep low profile and stay focus on why we are here and Water should always be your main focus.

No dogs, No bikes, no strollers, no drugs and no alcohol. There is no smoking during the walk. If you are a smoker, we ask that you smoke at the end of the day only and not in any of the vehicles.

What you will need to bring for the walk:

If you plan to come for the whole walk, please put your stuff in a bin rather than bags

- one automatic vehicle
- Tobacco for offerings
- A refillable Water bottle, no purchased non-refillable plastic Water bottle is allowed
- A light backpack
- Bring 2 pairs of walking shoes, 10 pairs of good socks (I recommend diabetes socks)
- rain gear (raincoat and boots)
- warm sweater or light jacket as we begin to walk before the Sun rises
- We are walking in July and going East, so be prepared: natural sunscreen, sunglasses and hat
- Flashlight
- Snacks, healthy food (it will be provided during the walk but you can also bring your own)
- First aid: blister bandages
- Sleeping bundle (sleeping bag, pillow, foldable floor mattress or a cot)
- Personal items: Be responsible, bring your own towel, shampoo etc. (our hosts should not have to supply these items)
- Be financially self-sustaining: gas, hotel room & meals may have to be provided by yourself for yourself, depending on donations received. The walk should cover all expenses for the walkers that walks from Ottawa to Matane, but be ready to do your part just in case.
- Be prepared to camp and/or share sleeping quarters with others.

The Water Walk organisers are not responsible for you, come prepared.

Please note that the Water walk is not:

- About you
- An easy journey
- For social chatting, carelessly talking nor gossiping
- a contest or competition, exercise or work-out
- A protest, activism action or social event
- A vacation

Please be respectful at all time, some of us have been walking for more that 20 years and protocols are already in place and not up for discussion. If there is something you do not feel comfortable with, you will have a chance to speak up as we have a sharing circle every night after the walk.

We are walking the Sibi Kitchi Gami (St-Lawrence River) and part of the Kitchissippi (Ottawa River). The Great Lakes and the St-Lawrence River, together, are considered the world's largest freshwater lake system & hold around 21% of the world's supply of surface fresh Water; 84% of North America's surface fresh Water. It provides Water to more than 30 million people in Quebec, Ontario & 8 states. We are all connected!

«From Lake Timiskaming, the river flows southeast to Ottawa and Gatineau, where it tumbles over Chaudière Falls and further takes in the Rideau and Gatineau rivers.

The Ottawa River drains into the Lake of Two Mountains and the St. Lawrence River at Montreal. Then the St-Lawrence River can be divided into three broad sections: the freshwater river, which extends from Lake Ontario to just outside the city of Quebec; the St. Lawrence estuary, which extends from Quebec to Anticosti Island; and the Gulf of St. Lawrence, which leads into the Atlantic Ocean. St. Lawrence River and Seaway

The St. Lawrence River and Seaway is of vital geographic and economic importance to the Great Lakes system, connecting the lakes to the Atlantic Ocean and providing navigation to deep-draft ocean vessels. Approximately 800 miles (1,287 km) long, the St. Lawrence River can be divided into three broad sections: the freshwater river, which extends from Lake Ontario to just outside the city of Quebec; the St. Lawrence estuary, which extends from Quebec to Anticosti Island; and the Gulf of St. Lawrence, which leads into the Atlantic Ocean.

The St. Lawrence River drops 226 feet between Lake Ontario and Montreal, Canada. To allow vessels to pass through the river and in and out of the Great Lakes, the St. Lawrence Seaway, a massive American-Canadian navigational project, was begun in 1954 and completed in 1959. The Seaway created the final link in the Great Lakes-St. Lawrence River system, connecting Duluth, Minnesota, some 2,340 miles (3,766 km) away, with the head of the Gulf of St. Lawrence, through a complex system of lakes, rivers, deepened channels, locks, and canals. »

Source: <https://www.glc.org/>