

## MENU PLANNING RESOURCES ON THE INTERNET

There are numerous paddling-related resources on the internet, including the Manitoba Recreational Canoeing Association website ([www.paddle.mb.ca](http://www.paddle.mb.ca)), the "MRCA Paddlers" electronic mail-list, the Canadian Recreational Canoeing Association website ([www.crca.ca](http://www.crca.ca)), and Manitoba Paddling Association ([www.mpa.mb.ca](http://www.mpa.mb.ca)), and the Canadian Canoeing Association ([www.canoekayak.ca](http://www.canoekayak.ca)).

### Some Sites of Particular Interest with Regard to Menu Planning and Food Preparation:

**Great Outdoor Recreation Pages (GORP):** [www.gorp.com](http://www.gorp.com)

Probably one of the most comprehensive sites, GORP provides information on virtually all forms of recreation, including paddling, hiking, biking, camping, destinations, cooking, trip planning, etc.

- [www.gorp.com/gorp/food/main.htm](http://www.gorp.com/gorp/food/main.htm) - main index to food-related items, including menu-planning tips, food drying tips, an online catalog of over 60 cookbooks, equipment suppliers, recipes, etc.
- [www.gorp.com/gorp/food/recipe.htm](http://www.gorp.com/gorp/food/recipe.htm) - The Backcountry Recipe Book, Version 3.1 March, 1998

**Camping Recipes** <http://soar.berkeley.edu/recipes/camping>

An extensive collection of camping recipes, also links to similar sites.

**NatureNode Camping Recipes** [http://www.naturenode.com/recipes/recipes\\_camping.html](http://www.naturenode.com/recipes/recipes_camping.html)

Ideas for what to cook in the great outdoors

**Adventure Sports Online Camping Recipes**

<http://www.adventuresports.com/asap/camping/recipe.htm> Recipes for camping and the outdoors

**Camping Source Recipes** [http://www.thecampingsource.com/Delicious\\_recipes.htm](http://www.thecampingsource.com/Delicious_recipes.htm)

**About Camping** - <http://camping.miningco.com/>

All About Camping, featuring outdoor articles, your source for planning that next outdoor adventure: camping recipes, chat room, bulletin board, events calendar, and thousands of links to campground information and camping resources in every state and Canadian province

**Just Recipes - Camp Cooking Recipes** <http://www.melborponsti.com/speirs/camp/>

This index is a listing of camping recipes, with links to other recipe indexes.

### How to Locate Other Useful Sites on the Internet:

There are a number of "search engines" you can use to find information on the internet. One very useful and effective program is "COPERNIC". Copernic is an "intelligent" utility program that you can download (free) from [www.copernic.com](http://www.copernic.com) or [www.tucows.com](http://www.tucows.com), or other sites. You can then install it on your computer to use with your browser (Internet Explorer or Netscape). Copernic conducts searches by simultaneously querying several individual search engines (Altavista, Hotbot, Excite, Google, etc.), then combines the results in a comprehensive, easy to use search summary report. The following shows the first page of an 11 page report resulting from a Copernic search for **bannock recipes**.

The title of each citation is an active hyperlink, and an active URL for that link is shown at the end of each citation. Simply clicking on the title or the URL will take you to that citation, which can then be viewed, printed, or saved on disk for editing, etc. The entire search report can be printed, saved or transmitted by e-mail.