



ON
THE
TIP
OF THE
TOES

SEEING BEYOND THE HORIZON. TOGETHER.

ON THE TIP OF THE TOES

OUR MISSION

CONNECT.
TRANSFORM.
PROPEL.

To change the lives of young people aged 14 to 39 who are living with cancer by offering them an opportunity to participate in a therapeutic adventure expedition.

OUR PROGRAM

● 14 - 18 years old

● 19 - 29 years old

● 30 - 39 years old

GRAND EXPEDITIONS



Group : 10 to 14 participants in remission

Destination: Variable
All across Canada

Season: Winter and summer

Duration: 8 to 12 days

Activity: Variable (whitewater canoeing, sea kayaking, hiking, rafting, dog sledding, snowshoeing, snowmobiling, etc.)

GETAWAY EXPEDITIONS



Groupe : 6 to 10 participants under treatments (or in remission and living with limitations due to cancer)

Destination: Poisson Blanc Reservoir, Outaouais, Quebec

Season: Spring and fall

Duration: 4 days

Activity: Voyageur canoeing





RECENT DISTINCTIONS



ONCOLOGY PRIZE
Ministry of Health and Social
Services (Quebec)
2022



**INNOVATING IN TIMES OF
CRISES / JURY'S FAVOURITE
(COUP DE CŒUR)**
Aventure Écotourisme Québec
2020



ONCOLOGY PRIZE
Ministry of Health and Social
Services (Quebec)
2015





« As a child growing up with cancer, I missed out on a lot of events within nature and didn't really go out much. But since I've gone on these expeditions, I've been going out a lot more and being more outgoing. This trip boosted my confidence and really let my true self shine. »

Karine B.

OUR ACCREDITATIONS AND MEMBERSHIPS

The On the Tip of the Toes Foundation not only meets but exceeds the highest industry norms and standards.

WE ARE PROUD MEMBERS OF :



WE'RE ALSO ACCREDITED :



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