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Wilderness Trips for Women,  
Professional Speaking,  
Team Building Workshops

## Apostle Islands Sea Kayaking

Co-sponsored with Wintermoon-Summersun

June 19-24th, 2010

*"The kayaking trip lives on in my memories and endless stories (told to anyone willing to listen): the gentle instruction, the gorgeous surroundings, the delicious meals, and the endless laughter into the night with my sister paddlers. What a terrific break from my 'civilized' life!"*

New to kayaking or want a little refresher before paddling on Lake Superior? No problem. We begin at a cabin-based homestead in northern Minnesota. We'll spend a couple days paddling on beautiful creeks and small lakes, touching up skills, having a ball. Then we'll head to Bayfield and spend the rest of the week paddling out from our base camp to explore some of the 22 islands that make up this stunning National Lakeshore.

Known for its array of islands, majestic sea caves, sandy beaches, awesome sunsets, historic lighthouses, and sunken shipwrecks, the Apostle Islands National Lakeshore is a kayaker's dream. Always mindful of the many moods of Lake Superior, we'll paddle on calm waters, and hike on any rough days, perhaps taking the ferry to various islands to hike and explore.

Most days will involve paddling to islands, exploring, picnicking on the shore, and paddling back to our base camp home for delicious meals, campfires, and the comfort of our little tent village. As with all Wild Institute trips, expect poetry and native flute, time for solitude and time for conversation, laughter, and the community that quickly forms as we experience wild places together.

**You do not need any prior kayaking experience**, just a sense of fun and adventure. You'll learn the basics of sea kayaking, from equipment to paddling techniques and steering; from wet exits to rescues. Improve your skills, or simply paddle and enjoy the peaceful nature of these sturdy boats. We often see wildlife as we paddle quietly along.

Your guides are Chris Heeter: founder of The Wild Institute, water lover, kayaker, and wilderness guide for 26 years; and Kathleen Anderson: Northwoods outdoor enthusiast, guide, kayaker, dog musher, and homesteader. Kathleen learned sea kayaking from Ann Linnea (who circumnavigated Lake Superior and is the author of *Deep Water Passage*) and has taught kayaking for 17 years.



## The details...

**What to bring:** When you register, you'll receive a detailed packing list, so you'll be sure to have what you need. You bring only your personal gear, sleeping bag, and sleeping pad. Tents are provided at double occupancy, or you are welcome to bring your own.

**How much experience, how in shape do I need to be:** We take paddling on Lake Superior very seriously, which is why we begin at our northern Minnesota base camp to teach and refresh skills before going to the Big Lake. We'll have single and double kayaks along to accommodate various skill levels. Though many women use their trip as motivation to get in better shape before they go, no particular level of fitness or experience is required. You should be comfortable with the notion of getting in and out of the kayak, and possibly getting wet.

**Can I sign up on my own:** All women are welcome. Most women sign up on their own, others register with friends, mothers, adult daughters, partners, sisters.

**Weather:** June temperatures in the Apostle Islands can range from 50's to 70's.

**Meals:** Food matters! Supplemented by the organic garden, meals are hearty and delicious, and a definite highlight after days spent outdoors--you won't go home hungry!!

**What does my trip fee cover:** Your trip fee of \$775 includes kayaks, gear, fabulous meals from lunch on Saturday, June 19 through lunch on Thursday, June 24, Apostle Islands kayak permits, lodging and camping fees, and guides with decades of experience.

**Schedule:** Plan on arriving at 12:00 on Saturday, June 19. We'll spend a couple days paddling on gentle creeks and small lakes, stay in a bunkhouse or tents (your choice), eat great meals, and enjoy a traditional Finnish sauna. Then on Monday, June 21, we'll drive to Bayfield and set up our basecamp home. After several days of paddling, hiking, relaxing, and exploring, we'll wrap up after lunch on Thursday, June 24.

**Group size:** Minimum of 5, maximum of 12.

**Transportation:** Closer to the trip, we'll send out driving directions, as well as the names of the other women registered for the trip so you can carpool and/or share car rentals if you like. Our starting location is about a four and a half hour drive from the Minneapolis/St Paul area. If you are flying, the closest airport is Duluth, MN, which is about an hour's drive from our base camp.

**Payment information:** Your deposit is not refundable. If you must cancel, please do so in writing. If you cancel 50 days prior to the trip or more, the balance of your trip fee is refundable; 30 to 49 days, the balance of your trip fee is transferable to any other Wild Institute trip through the end of the following year; 0-29 days, the trip fee is not refundable or transferable. **We strongly recommend that you purchase travel insurance so that you can recover your losses should you need to cancel your trip.** Some companies that Wild Institute participants have used are: CSA Travel Protection (800-348-9505) [www.csatravelprotection.com/comfort](http://www.csatravelprotection.com/comfort); and Travel Insured, 800-243-3174. The Wild Institute reserves the right to alter trip plans due to severe weather, water/snow conditions, or other unforeseen circumstances.



**How do I sign up:** A deposit of \$225 holds your spot, and payment in full is due by May 8, 2010. With your deposit, please send name, address, phone, and e-mail address.