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Wilderness Trips for Women,
Professional Speaking,
Team Building Workshops

Boundary Waters Canoeing

Co-sponsored with Women's Time Out,
with a special invitation to mothers and adult daughters

July 25-31, 2010

"I thought I was signing up for a trip to the Boundary Waters. Instead I made 8 new friends and canoed, portaged, ate and laughed like I haven't for ages. I didn't just visit a place -- I had an experience that has inspired me to take more risks in every area of my life."

If you are looking to truly get away from work life/city life, there is perhaps no better place than the Boundary Waters Canoe Area Wilderness. With over one million acres of protected wilderness, the Boundary Waters includes hundreds of lakes and rivers and has 1200 miles of canoe routes. Only 20 lakes in the entire park allow motors, leaving large wilderness areas free of human sounds other than laughter and conversation.

Though it's a rare treat to see them, the Boundary Waters is home to timber wolf and moose, white tailed deer and lynx, black bear and otter. More often we see their signs—tracks or scat or feeding areas. Our regular companions are the loons, with their echoing calls, the eagles and hawks, and the beaver who call the northwoods home.

You do not need any prior canoe experience to become a part of this incredible place. The Boundary Waters provides a gentle teaching ground for those new to canoe camping, as well as endless fascination, fun, and beauty for the "old hands." Women of all shapes, sizes, and ages travel with us. This trip includes longer and shorter days of paddling, and some portages (where we carry packs and canoes across land to the next body of water) each day, so you'll want to be in moderately good shape.

This trip is not about seeing how many miles we can cover, it's about appreciating the beauty of this wilderness, enjoying the physical activity of the journey, and getting to know ourselves, each other, and the Boundary Waters in new and enriching ways. Expect raucous laughter and deep conversations, a natural part of women traveling together in the outdoors.

We travel at a leisurely pace, allowing plenty of time for portaging, paddling, relaxing, and taking in the sounds of this beautiful wild place. We'll linger to admire loons or other natural inhabitants, play native flute, or simply float together reading a poem.



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. Though we try to keep the weight down for the packs, you are welcome to bring a small solo tent if you prefer.

How much experience, how in shape do I need to be: You do not need any prior canoeing or camping experience for this trip. Though many women use their trip as motivation to get in better shape before they go, no particular level of fitness is necessary for this trip. You should be comfortable canoeing for several hours and carrying a pack or canoe for a half mile or so.

Can I sign up on my own: All women are welcome, and many sign up on their own. Others register with friends, partners, sisters. In addition, this trip extends a special invitation to mothers and adult daughters, with a mother/daughter guide team of Chris and Marcia Heeter.

Weather: July is a spectacular time to be in the Boundary Waters. Many of the bugs have left, days are in the 80's (and sometimes 90's), nights can get down to the high 50's.

Meals: Food matters! We bring hearty and delicious primarily vegetarian fare. Many women are surprised by the amount of fresh vegetables and mouth-watering menus prepared outdoors.

What does my trip fee cover: Your trip fee of \$875 includes all canoe and camping equipment, permits, all meals from Sunday dinner through Saturday breakfast, and a mother/daughter guide team with decades of experience.

Schedule: Arrive at the put-in at 9:00AM on Sunday, July 25 (directions to follow when you register). We'll transfer gear into large water resistant Duluth packs, go over some basic canoe strokes, and enter into the beauty of the Boundary Waters. The rest of the week, we're on wild time, choosing our pace, letting the wind and weather guide our days. On Saturday, July 31, we'll aim to be back to our cars by late morning.

Group size: Minimum 4, maximum 7; the Boundary Waters runs on a system of limited permits, which helps to regulate the number of people entering at any one point. Groups are limited to 4 boats and 9 people in order to protect the delicate balance of land and wild life.

Transportation: Closer to the trip, we'll send out directions to the put-in, as well as the names of other women registered for the trip so you can carpool and/or share car rentals or hotels/campsites the night before the trip if you like. It is about a 5 hour drive from Minneapolis/St Paul, about 2 hours from Duluth, MN. If you are flying, the closest major airport is Duluth, MN. Plan your return flight for Sunday, August 1.

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, or 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 \$250 holds your spot, and payment in full is due by June 7, 2010. With your deposit, please send name, address, phone, and e-mail address.

