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Wilderness Trips for Women,
Professional Speaking,
Team Building Workshops

Cabin-based Canoe Retreat

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

June 2-4, 2010

"The Wisconsin River is such a nice river to paddle—the sand is so gentle. Each time I travel with you, I meet more fascinating women. Each person brings something special to the experience."

The lower Wisconsin River valley is regarded as one of the most beautiful river valleys in the Midwest. The river flows past rock formations, wooded bluffs, sandbars, and islands. The river is broad, in some areas widening to over 200 yards. We have often seen deer, sandhill cranes, great blue heron, eagles, and turtles along the way.

We'll paddle this peaceful river or hike by day, then come back to a beautiful farm house just minutes from the river. Built in 1891, this farmhouse is rich in Frank Lloyd Wright history (this was his uncle's farm). It has been lovingly restored and maintained, sitting on 18 acres of rich farm land, rolling hills, and woods. Complete with comfortable beds, a vast fireplace, and eating area with a large harvest table, this space will complement our trip perfectly.

This trip is ideal for women who love the outdoors, but would welcome a bug-free space and comfy bed at the end of the day. Also great if you are new to canoeing, or for those who have gotten away from the outdoors and are looking for a gentle re-introduction. Your guides are the mother-daughter team of Marcia and Chris Heeter. They have guided trips together for over two decades, loving the opportunity to share these wild places with wonderful women.

As with all Wild Institute trips, there will be poetry and native flute, time to relax and unplug from busy-ness; and no doubt there will be fun and fascinating conversations around the fire as well as on the water or the hiking trail.

We choose weekdays for this trip to encourage and emphasize the importance of taking a break. The river valley is quieter, and the weekend stretches ahead of you following the trip, offering opportunities to stay in the area or head home...unrushed and refreshed.

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. All canoeing and group gear is provided. If you prefer to sleep outside, we'll provide tents or you can bring your own.



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.

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

Weather: June temperatures can range from high 50's at night to 80's during the day. The detailed packing list will keep you comfortable whatever the weather.

Meals: Food matters! We bring hearty and delicious primarily vegetarian fare. In the spacious farmhouse kitchen, wonderful meals will be prepared. We'll have picnic lunches for our daytime adventures.

What does my trip fee cover: Your trip fee of \$365 includes lodging at Aldebaran Farm, wonderful meals from lunch on Wednesday through lunch on Friday, all canoe and group equipment, permits, and guides with decades of experience.

Schedule: Arrive at Aldebaran Farm outside of Spring Green, Wisconsin at noon on Wednesday, June 2 (directions to follow when you register). We'll have lunch and get settled in to the farmhouse. We'll be on river/farmhouse time, deciding if we want to paddle or hike for the afternoon, with a longer paddle the next day, and then hiking or paddling again on Friday. On Friday, June 4, we'll aim to be back to the farmhouse from our morning adventure for lunch before departing.

Group size: Minimum 5, maximum 10 (or more if we have some tent interest)

Transportation: Closer to the trip, we'll send out directions to the put-in, 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. It is about a four and a half hour drive from Minneapolis/St Paul, about three and a half hours from Chicago. If you are flying, the closest major airport is Milwaukee, or there is a smaller airport in Madison, WI. Plan your return flight for Friday night (June 4) if you aren't staying in the area for the weekend.

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 \$100 holds your spot, and payment in full is due by April 21, 2010. With your deposit, please send name, address, phone, and e-mail address.