



16401 Buchanan St NE  
Ham Lake MN 55304  
763-479-3954

Wilderness Trips for Women,  
Professional Speaking,  
Team Building Workshops

## Canadian Canoe Adventure

July 10-17, 2010

*"I loved everything about the trip—the women, the awesome majesty of the area, the water under our boats, the stars, the crisp, clean air..."*

Remote, beautiful, quiet. Challenging, but not overwhelming. Wabakimi Provincial Park, near Lake Nipigon, encompasses thundering waterfalls, intimate streams, small sand beaches, quiet expanses of lakes and rivers, and every possible shade of green! The park includes three million acres, three times the size of the Boundary Waters and Quetico combined, with one-tenth of the people visiting the park.

Following a night at a beautiful bed and breakfast nestled near the edge of the park, we'll set out early Sunday morning (July 11), loading our gear and canoes onto the Canadian National Railway. Riding along past miles of beautiful wilderness, our stop is simply a mile marker along the tracks. We unload our gear, the train leaves, and we have the sheer pleasure of the peaceful northwoods—quiet and alive. We'll paddle north, deep into the park, and be picked up by seaplane a week later.

We'll take our time along the way, sometimes camping by waterfalls, other times on sandy beaches or along the rocky, wooded shore. The pace is not strenuous; there is time for paddling, power-lounging, exploring, and finding our rhythm in this wild country. We're likely to see far more beaver and eagle and other furred and finned local residents than the two-legged human variety. This route is so rarely traveled that the portages are sometimes hard to see. Hash marks on the trees from old Indian routes are visible on several of the trails. **Given the less traveled nature of this area, we limit group size to 6 participants, for the fun of a small group and to preserve the wildness of the area.**

There are, of course, a few memorable portages (for bragging rights), but we'll take our time and pace ourselves. The route allows for a layover day along the way—a good day to fish, read a book, explore the byways, or simply enjoy the water sounds in the undisturbed beauty of the far north.

Chris Heeter, founding director of The Wild Institute, will be your guide. With 26 years of experience guiding trips for women in the Canadian wilderness, she shares her love of this area with great pleasure and enthusiasm. Chris brings her training in wilderness medicine, her native flute and poetry, and her gentle and inclusive leadership style to create an environment that is safe, playful, and welcoming.



## 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:** We design the route to accommodate women new to canoe travel, longing for a remote adventure, and long time outdoorswomen eager to see new country and not worry about food packing or route planning. In terms of fitness, there will be longer and shorter days of paddling and portaging, plan on being able to paddle for several hours in a day and to carry packs, paddles, or canoes over portages.

**Weather:** July is a spectacular time to be in Northern Ontario. Many of the bugs have left, days are in the 80's (sometimes 90's), nights can get down to the high 50's. The light is amazing.

**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 \$1595 includes lodging at Wildwaters Bed and Breakfast on Saturday night (July 10); shuttle to the train and train fare; seaplane; all group gear; Ontario camping permits; food from breakfast on Sunday, July 11 through lunch on Saturday, July 17; a safe place to store cars and gear while on the water; a shower and optional hot tub at the end of the trip at the B+B, and a guide with decades of experience.

**Schedule:** Arrive at Wildwaters Bed and Breakfast in Armstrong, Ontario the evening of Saturday, July 10 (directions to follow when you register). We'll transfer gear into packs, and get a good night's sleep in preparation for our early morning departure—the train leaves at 6AM! Then, we're on wild time, paddling, portaging, relaxing, getting to know this powerful place. On Saturday, July 17, if weather conditions cooperate, we'll be picked up by seaplane in the morning and flown back to the bed and breakfast for a shower before heading home.

**Group size:** Minimum 3, maximum 6; we tread very lightly in Wabakimi, following minimum impact practices and limiting group size in order to preserve the rugged and delicate ecosystem.

**Transportation:** Armstrong is 150 miles north of Thunder Bay, Ontario—one long day's drive from the Minneapolis area. The nearest airport is Thunder Bay, others fly into Minneapolis or Duluth if they are able to arrange carpooling with women driving from the Twin Cities area. Wildwaters also offers a (rather pricey) shuttle service from the Thunder Bay airport. Before the trip, you'll receive a list of other women going on the trip in order to coordinate carpooling or other logistics. If you fly, plan on flying out on Sunday, July 18 at the earliest.

**\*\*A NOTE ABOUT REMOTE WILDERNESS TRAVEL: SEAPLANES ARE VERY DEPENDENT ON WEATHER. MANY TIMES WE'VE BEEN PICKED UP ON TIME, OTHER TIMES WE'VE BEEN PICKED UP SEVERAL HOURS LATE, AND ONCE WE STAYED OUT AN EXTRA NIGHT WAITING FOR THE WEATHER TO CLEAR\*\***



**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 or be evacuated from a trip.** The Wild Institute may alter trip plans due to severe weather, water/snow conditions, or other unforeseen circumstances.

**How do I sign up:** A deposit of \$400 holds your spot, and payment in full is due by May 22, 2010. With your deposit, please send name, address, phone, and e-mail address.