



The Wild Institute

P.O. Box 353
Loretto MN 55357
763-479-3954

*Wilderness trips for women, and
Professional speaking*

BEGINNING SEA KAYAKING

July 1-4, 2007

"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!

Looking for a fun get-away for your Fourth of July holiday? Come enjoy the peaceful northwoods in a beautiful, sustainable homestead just outside of Superior National Forest. You'll spend your days learning to kayak (or brushing up on your skills), hiking, and just relaxing. Return to the main cabin for delicious meals (and usually lots of story-telling and raucous laughter).

Superior National Forest is located in the northeastern corner of Minnesota, sandwiched between Lake Superior and the Canadian border. This vast woodland harbors bald eagle and osprey, moose and white tailed deer, timber wolves and black bear, beaver and red fox. It is the largest federal forest in the contiguous 48 states, with over 2000 lakes and rivers--the perfect location to learn sea kayaking!

Our base is a lovingly restored Finnish homestead. There is a bunkhouse (or tents if you prefer), main cabin, sauna, organic garden (that supplements many of our meals), solar power, hiking trails, and about 40 sled dogs who take the summers off.

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.

We kayak on small lakes and creeks, serene even during the holiday. If you like and if the weather is willing, we'll paddle on Lake Superior on the last day. Here you can dramatically experience the sturdiness and safety of these amazing boats.

Your guides are Chris Heeter: founder of The Wild Institute, water lover, kayaker, and wilderness guide for 23 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 14 years.

The details...

What to bring: You bring just your personal gear and sleeping bag/pad. Choose between the bunkhouse (with beds), or a tent. You are welcome to bring your own tent either as a solo or to share. Otherwise, tents can be provided at double occupancy.

How much experience, how in shape do I need to be: No experience is necessary. Though many women use their trip as motivation to get in better shape before they go, no particular level of fitness is required. You should be comfortable with the notion of getting in and out of the kayak, and possibly getting wet (depending on how much you want to learn).

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: Early July in northern Minnesota is typically in the 60's to 80'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 \$450 includes kayaks, gear, fabulous meals from dinner on Sunday through lunch on Wednesday, guides with decades of experience, and lodging.

Schedule: Plan on arriving at 1:00 on Sunday, July 1. Your days will be spent at nature's pace, with kayak instruction, paddling, hiking, relaxing, eating great food, and enjoying the traditional Finnish sauna. We'll wrap up after lunch on Wednesday, July 4.

Group size: Minimum of 4, maximum of 10.

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 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; Travel Insured, 800-243-3174; or working with Karen Mason at The Travel Concern, 612-331-4100. 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 \$125 holds your spot, and payment in full is due by May 20, 2007. With your deposit, please send name, address, phone, and e-mail address.



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Sign me up for the July 1- 4th Beginning Sea Kayaking (\$125 deposit enclosed)

I am unable to come this year, but please keep me informed about future trips

Name: _____

Address: _____

Daytime phone #: _____

Evening phone #: _____

E-mail: _____

Please send more information on:

Signing up with my group
(friends, women's employee groups, classes, associations, alumni gatherings, conferences, etc.)

Trips: Whitewater Canoeing Canada Northwoods/MN

Sea Kayaking Customized trips Utah

Full or half day retreats Arranging for a speaking engagement

Ordering books, T-shirts, wild rice, bug dope, and more