



The Wild Institute

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

*Wilderness trips for women, and  
Professional speaking*

## BEGINNING AND ALUMNI WHITEWATER CANOEING

May 18-20, 2007

*Thank you for the terrific whitewater weekend... You and Marti make a great team. Terrific instruction in a very encouraging environment... You build increased self-confidence in so many ways. I appreciated the thorough review of canoeing principles in the comfort of our campsite, the detailed instruction at the bank and in the water, then the chance to run the river for fun after a day of practice."*

Come and play; experience the joy and exhilaration of moving water and springtime! You'll learn how whitewater canoeing can feel like a dance, with the river as your partner.

If you're new to whitewater canoeing, this trip is a wonderful introduction. If you've ever found yourself in some whitewater and muscled your way through...not quite sure how you stayed upright (or maybe you didn't), this trip will offer you some wonderful alternatives. Or if you've done some whitewater canoeing and want to improve or brush up on your techniques, you've come to the right riverbank.

With a little instruction, you'll learn basic whitewater techniques that abundantly increase your pleasure in paddling, while significantly reducing any fear you might have. Our emphasis is fun, with gentle and thorough instruction. Our guides truly love whitewater canoeing, and have taught beginners for decades.

For alumni and more experienced paddlers, you'll learn some more intermediate techniques, and we'll have a solo whitewater canoe for you to try. You'll paddle a more challenging section of river on the first day, then join the full group for a longer run on Sunday.

***Beginners do not need any previous whitewater canoe experience.*** You need to be comfortable in a canoe, and ok with the possibility of getting very wet. Though not common, a canoe occasionally capsizes, which is not a big deal. We paddle with extra clothes in dry bags so you can change clothes if you get chilled. Feeling nervous is fine—and very normal. Our instructors are thorough, very safe, fun, and experts at teaching whitewater (no yelling).

Many women come on our whitewater weekends time and time again. They come to brush up on or add to their skills; they come for the fun; they come for the camaraderie of other women who love the water.

***Watch the feature that National Geographic Today did on The Wild Institute's whitewater weekend on our website at [www.thewildinstitute.com](http://www.thewildinstitute.com).***

## 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. You are welcome to bring your own tent either as a solo or to share. Otherwise, tents are provided at double or triple occupancy.

**How much experience, how in shape do I need to be:** 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 need to be comfortable in a canoe, but do not need any previous whitewater experience. Expect several hours of kneeling in the canoe (for stability and leaning into turns). The days are full, so plan on playing hard during the day, and sleeping hard at night.

**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:** Plan on anything from gorgeous spring weather in the 70's to chilly days in the 50's. It gets cold at night (usually in the low 40's), but typically warms up significantly during the day. The suggested clothing in the packing list that you receive when you register will help you be comfortable in all kinds of weather.

**Meals:** Food matters! We bring along a professional wilderness chef, who teaches whitewater by day, and creates delicious meals by night. Hearty and delicious, primarily vegetarian meals-- you won't go home hungry!!

**What does my trip fee cover:** Your trip fee of \$410 includes all canoe and camping equipment, permits and campground fees, all meals (by our professional wilderness chef) from Saturday breakfast through Sunday lunch, and guides who have taught whitewater for decades.

**Schedule:** Plan on arriving in the evening on Friday, May 18<sup>th</sup>. We'll set up a base camp at a campground near the river. For those who can arrive by dinner time, we'll visit a favorite local restaurant in town (the upper Midwest is known for its Friday fish fries), then head back to camp for a fire and a good night's sleep. The next two days will be packed with instruction, paddling and fun! Though outdoor travel is never predictable, we'll try to be off the river by early afternoon on Sunday to give you time to re-enter the much scarier world of cars and gasoline.

**Group size:** Groups are small, typically 6-10 participants with a very high ratio of instructors.

**Transportation:** Closer to the trip, we'll send out directions to the river, 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. Typically, the rivers we paddle are within about a four-hour drive of the Minneapolis/St Paul area. If you are flying, the closest major airport is Duluth, MN. If possible, plan your flights for Friday afternoon (May 18) and Monday morning (May 21). It's likely you could make a Sunday evening flight, but weather and capsizes can sometimes delay your departure from the river.

**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); 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 April 6, 2007. With your deposit, please send name, address, phone, and e-mail address.

\*Our canoe trips follow the American Canoe Association standards for instruction and safety\*



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\_\_\_ Sign me up for the May 18-20 Beginning/ Alumni Whitewater Canoeing (\$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