



The Wild Institute

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

*Wilderness trips for women, and  
Professional speaking*

## Boundary Waters Canoeing

August 12-18, 2007

Co-sponsored with Women's Time Out,

with a special invitation to mothers and adult daughters

*"I come into the presence of still water. And I feel above me the day-blind stars waiting with their light. For a time, I rest in the grace of the world, and am free." Wendell Berry*

If you are looking to truly get away from work life/city life, there is perhaps no more sought after location than 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 loon, with her echoing call, and the slapping tail of the beaver.

**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." Though you do not need to be in any particular shape to enjoy this trip, there are portages (carrying gear across land to the next body of water) and some longer days of paddling.

Our route begins at the Gunflint Trail, northwest of Grand Marais, Minnesota. You'll be paddling along the US/Canadian border, following a fur trade route used by Indians and Voyageurs in the past. Flint chips from old Indian camps and gunflints from muskets have been found at campsites adjacent to portages.

This is one of the prettiest routes in all of the BWCA, with 2 waterfalls and many rapids along the way, some of which might be runnable depending on water and interest level.

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. 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:** 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. Plan on longer and shorter days of canoeing, and intervals of portaging, where we carry our canoes and gear across land to the next body of water.

**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:** August is a spectacular time to be in the Boundary Waters. Most 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 \$825 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, August 12 (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, August 18, 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 if you like. It is about a 6 hour drive from Minneapolis/St Paul, about 3 hours from Duluth, MN. If you are flying, the closest major airport is Duluth, MN. Plan your return flight for Sunday, August 19.

**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 \$250 holds your spot, and payment in full is due by June 24, 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 August 12-18 boundary waters canoeing trip (\$250 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