



## DOGSLEDDING

January 15-18, 2010

*“Driving the dog team felt like an incredible dance—leaning and balancing to the rhythm of the dogs’ fluid motion. There are few times in my life when I can remember feeling so alive and present in the moment.”* (Jane, former participant).

Come experience winter in the northwoods of Minnesota with the very best ambassadors of snow and outdoor enthusiasts—Alaskan Huskies! Dogsledding is an open invitation to wildness and terrific fun. Our dogs are skilled veterans, patient and well versed in working with “rookies.” They are friendly and huggable and extremely well cared for (following trips, many women declare they want to be reincarnated as one of our sled dogs). Learn to harness the dogs; hitch them to the gangline; and drive the team.

**Your accommodations** are cozy and warm--a bunkhouse cabin nestled in the woods with comfy beds and a warm woodstove. The Finnish sauna is right down the trail, complete with aromatic pine and juniper oils. We gather at the main cabin to eat delicious meals, share stories of the day, or cozy up with one of the retired sled dogs that lives inside (on the couch). The beautiful northwoods trails are private and groomed meticulously.

**Your guides** for this trip are long-time mushers and teachers who love to share this incredible sport and way of life with you. Kathleen Anderson has been running dogs and teaching mushing for decades; Chris Heeter has been mushing and teaching dogsledding also for decades, and recently participated in her first 38 mile dogsled race.

Though **you do not need any prior dogsledding experience**, know that the dogs are large and strong, and will likely pull you rather hard and perhaps knock you down a time or two in their enthusiasm to get to the sled or give you a hug. Driving the sled requires a little balance and a little upper body strength, but mostly it takes an adventurous spirit. Women of many ages and shapes and sizes have joined us and fallen in love with dogsledding!

**The Wild Institute carefully designs trips that combine fun and adventure, with time to relax and unwind.** Many women choose our trips, in part, out of a desire for some quiet reflection time, the camaraderie of other wonderful women, and to connect with nature. This trip combines the joy of romping in the snow with the introspection of the hibernating season. Activities include: dogsledding, ski-jouring, snowshoeing, cross-country skiing; and plenty of time to simply relax and enjoy the silence of the northwoods in the winter, or cozy up with a book by the woodstove.



## 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. We stay in a cozy cabin with a woodstove. You bring only your personal gear, sleeping bag, and skis/snowshoes (if you have them).

**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 experience or particular level of fitness is necessary for this trip. The dogs are very enthusiastic, so it takes some strength to lead them to the sled. Driving the sled is mostly about leaning and balance. All other activities (skiing, snowshoeing, ski-jouring, etc.) are optional.

**Weather:** January in northern Minnesota is more variable than you might imagine. Past trips have experienced temperatures below zero and into the 20's. Your packing list will help you be prepared for all occasions, with the warm cabin for eating, sleeping, and relaxing

**Meals:** Food and comfort matter! Play outside...eat a lot, one of the gifts of winter activities. Delicious, primarily vegetarian meals with canned and stored produce from the organic gardens.

**What does my trip fee cover:** Your trip fee of \$710 includes a cook, dogs, equipment, fabulous and hearty food, lodging, and guides with decades of experience.

**Group size:** Minimum of 5, maximum of 10

**Schedule:** Arrive at 1:00 on Friday, January 15 We'll get started by introducing you to the wonderful dogs. The rest of the trip will be filled with dogsledding, skiing, snowshoeing, taking sauna, eating fabulous meals, and relaxing by the woodstove. The trip ends on Monday, January 18 after lunch.

**Location:** The trip is located at Wintermoon in Brimson, outside of Two Harbors in northeastern Minnesota. It is Kathleen Anderson's home, centered around her 35+ sled dogs and a beautiful Finnish homestead that she re-built. Nestled deep in the northwoods, with solar panels, hand pump, woodstoves, Finnish sauna, and a comfortable outhouse (no kidding), you will be a part of a much simpler, less complicated way of life.

**Transportation:** Brimson, MN is about 200 miles north of Minneapolis/St. Paul. If you are driving from the Twin Cities, plan on about a four and a half hour drive. If you are flying, the closest airport is in Duluth, MN (about 55 miles east of Brimson). When you register, we'll send more travel info as well as the names of other women on the trip so you can carpool or coordinate travel plans.



**Payment information:** Your \$200 deposit is not refundable. If you must cancel, please do so in writing. If you cancel 90 days prior to the trip or more, the balance of your trip fee is refundable; 60 to 89 days, the balance of your trip fee is transferable to any other Wild Institute trip through the end of the following year; 0-59 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. We recommend either Travel Insured, 800-243-3174, or CSA Travel Protect, 800-348-9505.*** 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 \$200 holds your spot, and payment in full is due by December 4, 2009. With your deposit, please send name, address, phone, and e-mail address.