



The Wild Institute

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

*Wilderness trips for women, and
Professional speaking*

Porcupine Mountains Hiking

May 24-27, 2007

"We need wild country...For it can be a means of reassuring ourselves of our sanity as creatures, a part of the geography of hope." Wallace Stegner

Porcupine Mountains Wilderness State Park is one of the best-kept secrets of the upper Midwest. Located in the Upper Peninsula of Michigan, the 60,000-acre park includes secluded lakes, virgin timber forests, miles of wild rivers, gorgeous Lake Superior vistas, and 90 miles of foot trails.

Located on the shore of Lake Superior with sand and rock beaches, the exploring possibilities are endless. The park rises from the shoreline to a series of jagged hills, from which the Porcupine Mountains get their name.

There are plenty of hikes to choose from--anything from short nature walks to full day hikes deep into the park backcountry. Each day, you'll choose between a shorter, more naturalist-focused hike (about 3-5 miles), and a longer more vigorous hike (about 8-10 miles). Hike, relax, hunt for rocks on Lake Superior's shoreline, welcome the spring wildflowers and birds recently back from their winter homes.

Several hikes pass through old growth forests, including the largest virgin hemlock/hardwood forest in the United States. Some of the trees are 200 years old. In past years, we've come upon white pines and hemlocks that were so large it took three of us to reach around the base of the tree.

Your days are spent hiking, exploring, and relaxing, returning to delicious meals at our cozy campsite. We'll bring along native flutes for folks to try, checking the echoes of the various rock walls. Our schedule is flexible, all hikes and activities are optional. The point is to get outside, have fun, and welcome spring with wonderful women like yourself.

The details...

Guides: Your guides are founding director of The Wild Institute, Chris Heeter, and long-time guide Marsha Berry. Their combined guiding experience of over forty years creates trips that are fun, respectful, and extremely safe. Their humor and love of the earth are contagious!

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 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 hiking 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.

Can I sign up on my own: All women are welcome, and many sign up on their own. Others register with friends, partners, sisters, mothers, adult daughters.

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.

Group size: Minimum 4, maximum 12

Trip fee: Your trip fee of \$450 includes guides, campsites, meals, and all equipment. You'll need a park sticker for your vehicle (\$29 annual, \$8/day for non-residents, \$24 annual, \$6/day for residents).

Schedule: We'll meet at 2:00 on Thursday, May 24, and set up our little tent village. Then we'll be on Northwoods time, hiking, exploring, eating great food, relaxing, and enjoying the company of other fine women. On Sunday, May 27, we'll eat breakfast, take a short morning hike, and leave the park around 11:00AM, in time to have lunch together in town before heading home.

Transportation/travel time: If you are driving, Porcupine Mountain State Park is about a 5 and a half hour drive from the Twin Cities in Minnesota, about 7 hours from Chicago. If you are flying, there are several county and municipal airports nearby; the nearest major airport is Duluth, Minnesota (about 2 and a half hours from the park). When you register, we'll send along a list of the other participants if you would like to carpool.

Payment information: Your 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 for any reason.** 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 \$150 holds your spot, and payment in full is due by April 5, 2007. With your deposit, please send name, address, phone, and e-mail address.



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Sign me up for the May 24- 27th Porcupine Mountain Hiking (\$150 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