



The Wild Institute

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

*Wilderness trips for women, and  
Professional speaking*

## LABYRINTH CANYON CANOEING, UTAH

September 24 - October 1, 2005

*"The Utah canoe trip was the trip I have dreamed about for years. My hopes were exceeded. I did not expect to experience (not just see) every sunset, moonrise, sunrise so intensely. I did not expect the spontaneous rhythm--moving easily from hilarity to silence, from canoeing to swimming, from playing to deep discussions. I did not expect that the canyonlands would creep into my heart. I 'came home' on this trip, with wonderful companions and remarkable leaders." Tania B., Utah 2001*

Canoeing the Green River in Utah is an exquisite gift to your senses. The light on the canyon walls reflects every color of red and purple imaginable, while the silty green of the river blends with the golden willows, tamarisks, and sand along the banks. The echoes inside the canyon walls, the coyote's call, and the canyon wren's song can fill the air, breaking the otherwise hushed sounds. And then there's the mud—world class, spa quality, silky smooth mud!

Canoeing is an easy and beautiful way to experience the canyon. The gentle current on this flat water river guides us along our route. You do not need prior experience for this trip (this is a popular Elderhostel destination), just an adventurous spirit, and perhaps a longing to be immersed in this incredible canyon country.

We'll be on river time—paddling, floating, exploring, relaxing. There are beautiful places to stop and hike along the way, where petroglyphs from the Fremont culture (900-1275 A.D.) are chipped into the canyon wall. Bow Knot Bend is a section where the river makes a 180 degree turn over 7.5 miles. We can hike a quarter mile up to the top of the bend for a spectacular view of the river's course and the surrounding area.

The various canyon layers are distinct, and provide a geological map of time. You'll see the relatively recent Jurassic layers of Navajo Sandstone, Kayenta formations, and Wingate cliffs with petroglyphs, all the way down to the White Rim Sandstone layer, formed by coastal winds of the flooding and receding sea. We'll also learn about some common plants and their uses by the Indian culture. The sand and mud of the Canyonlands create great tracking. Kit fox, Ringtail cats, lizards, coyotes, jackrabbits, mule deer, beavers, herons, and ravens all can leave their marks in this area.

A typical day will find you awakened by the sound of native flute (we'll bring some along for you to try) and the smell of coffee, as the sun touches the highest points on the canyon walls. We'll take turns pitching in to help prepare meals. After a hearty breakfast, we'll pack up and paddle downstream, stopping occasionally for hikes, a swim, lunch, or simply to float together—perhaps reading a poem aloud. We'll plan to make camp well before dark, enjoying the late afternoon light, setting up tents, cooking dinner, sitting around a fire (we bring fire pans so as not to damage the delicate desert terrain).

## 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 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. It is a flatwater river with a gentle current. The most challenging aspects of this trip are the optional hikes up the side canyons, lifting gear in and out of the canoes (though we ask you to know your limits and not lift what is too heavy), and, of course, the mud. Occasionally, the wind picks up making paddling a bit more difficult, but most of the time, we enjoy a relaxed pace with plenty of time to be absorbed by our surroundings.

**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:** Fall in the canyons is typically pleasant and variable. Days are warm (around 70 or 80 degrees), and nights are crisp and cool (likely in the 40's). A perfect time to be in the desert!

**Meals:** Food matters! We bring hearty and delicious primarily vegetarian fare. Many women are surprised by the amount of fresh vegetables and the mouth-watering menus prepared outdoors.

**What does my trip fee cover:** Your trip fee of \$1295 includes all equipment, permits, shuttles to and from the river, 2 night's lodging in a hotel in Moab, all meals on the river, and guides.

**Group size:** Minimum of 6, maximum of 14

**Schedule:** Arrive in Moab, Utah by late afternoon on Saturday, September 24. We'll meet and stay at a local hotel (included in the price of the trip). We'll have dinner together Saturday night and then talk about desert river travel, hand out waterproof packs, and give you time to pack your personal gear. Then on Sunday, after breakfast on your own, we'll be shuttled to our put-in point. After that, we'll be on river time until mid-day Friday (September 30), when we get picked up at the base of the canyon and are shuttled back to our hotel in Moab by late afternoon (about a 2 hour drive). You'll have a little time to wash up, then we'll meet for dinner and celebrate our time together. Plan on driving or flying out any time on Saturday, October 1.

**Transportation:** Many women choose to drive. If you are flying, the nearest major airport is Grand Junction, Colorado, and there are shuttle services or one-way car rentals available to Moab. Closer to the trip, we'll give you a list of the other participants so you can share a shuttle or car rental if you like. Come early if you can, or stay after the trip to explore Moab and the incredible Arches National Park just outside of town.

**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 or be evacuated from a trip. 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 \$350 holds your spot, and payment in full is due by July 30, 2005. Mail deposit and registration form to:

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



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## LABYRINTH CANYON CANOEING, UTAH

September 24-October 1, 2005

Sign me up for the September 24-October 1 Utah canoeing trip (\$350 deposit enclosed)

I am unable to come this year, but please keep me informed about future Utah canoeing 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.)

Canoeing:  Beginning whitewater  Canada  Northwoods/MN  Utah

Sea kayaking  Hiking  Customized trips

Full or half day retreats  Arranging for a speaking engagement

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