

The Wild Institute

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Wilderness trips for Women, Professional

Speaking, Personal Coaching

FALL COLORS CANOE DAY

October 1, 2008

"I treasured our canoe day and the opportunity to reconnect with nature. The experience reminded me how much I miss that component in my life. I'll be back for more!!"

Take a day to fully experience the beauty of the changing season.

Join us on the first day of October on the beautiful St Croix River for a day of paddling and floating down a gentle river near Minneapolis/St Paul. Home to eagle, osprey, beaver, heron, deer, and many other critters, this wild and scenic river will make you feel very far away from the pace and stressors of the city.

This trip is designed with an easy pace, with plenty of time to paddle, relax, photograph the fall colors, enjoy some native flute and poetry, picnic along the river's edge, and simply take in the beautiful surroundings.

It's amazing what a day on the water can do for your spirits, you'll come back refreshed and recharged.

No experience necessary, all you need to do is show up. Canoes, guide, a delicious lunch, and all other equipment is taken care of for you. All you bring is your personal gear for the day (when you register, you'll receive a packing list so you can be comfortable, no matter the weather).

The details...

How much experience, how in shape do I need to be: No experience or particular fitness level is necessary for this relaxing day on the river.

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: Early October days average in the mid 50's to 60's.

Schedule: Meet at 9AM (location is about an hour from Mpls/St Paul), we'll position a few cars at the take-out, review canoe strokes, and spend the day at nature's pace; we'll plan to be off the river around 4.

Group size: Minimum of 4, maximum of 14

Transportation: Closer to the trip, we'll send out directions to the river, as well as the names of other women registered for the trip so you can carpool or arrange transportation together if you like.

Payment information: **The cost for your canoe day is \$125.** To register, please send in the full amount for the trip along with your contact information. *Please note that your trip fee is not refundable.*

www.thewildinstitute.com

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