

# The Wild Institute

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*Wilderness trips for women, Professional*

*Speaking, Personal Coaching*

## CANOE MONTANA

The White Cliffs section of the Missouri River

**\*\*Trip re-scheduled for June 2009, contact us to receive dates and details for next year\*\***

*"Something deep in me smiles whenever (very often) I think of the canoe trip. My friends are holding up tolerably well with my relentless narrative. They get the point—I had a great time. Thank you again and again for making possible a truly fine trip—beautiful place, great company, superb food, excellent guides."*

Looking for a trip that combines an adventure straight out of Lewis and Clark's early 19<sup>th</sup> century exploration, with the modern benefits of maps, established campsites (with exceptionally maintained vault toilets), and great food? The White Cliffs section of the Missouri River offers all that and more. Stephen Ambrose, in his book *"Undaunted Courage"* described the White Cliffs as "one of the most beautiful places on earth."

Along this stretch of the Upper Missouri River, you'll pass three Lewis and Clark campsites, Indian habitation sites where tipi rings and petroglyphs can still be seen, and many abandoned original homesteads dating back to the 1900's. The White Cliffs take their name from breath-taking 300 foot cliffs formed out of Eagle Sandstone, which also created "pedestal rocks," resembling gardens of giant toadstools and "hoodoos," with their bizarre shapes and interesting geology.

You do not need any prior canoe or camping experience for this trip. It is perfect for women wanting an easy adventure rich in beauty and natural as well as American history. The river current makes for easy paddling to established campsites, with many optional hikes and stops along the way to explore old homesteads. You can walk to old tipi rings, hike a slot canyon, or climb up to Hole in the Wall for a great view of the river from above. This expansive waterway provides habitat for long horn sheep and elk, as well as many birds, including white pelicans, avocets, and magpies.

Your trip begins with a visit to the Upper Missouri River Interpretive Center and a night at a very unique bed and breakfast, complete with a restored mercantile (now antique shop with an exceptional amount of Lewis and Clark pieces), and reclaimed, refinished homesteads as your accommodations: sleep in a beautifully restored cabin or a covered wagon or a tipi. An early breakfast, a quick shuttle to the river, and we'll be on river time for the next several days. Our last night will be back at the bed and breakfast, with a celebratory "pitchfork fondue" dinner.

Count on lots of laughter, beautiful surroundings, and a pace that leaves plenty of time to explore, relax, or simply listen to the sounds of the river.

## 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. Tents are provided at double occupancy. You are welcome to bring a small solo tent if you prefer.

**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. The river current makes for easy paddling, and all hikes are optional.

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

**Weather:** June is a spectacular time to be in Montana, many wild flowers are still in bloom and the weather is typically hot and sunny; temperatures in the 90's are common, but fortunately humidity is very low. Evening temperatures are normally in the 40's and 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 \$1095 includes an airport shuttle from and to Great Falls, 2 nights at the bed and breakfast, all meals from breakfast on Monday (June 23) to breakfast on Saturday (June 28) including the pitchfork fondue, all canoe and camping equipment, river permits and maps, and guides with decades of experience, including Founding Director of The Wild Institute, Chris Heeter.

**Schedule:** Arrive in Great Falls, MT by 4:00PM on Sunday, June 22. We'll travel by van to the interpretive center, dinner in town, and then to the b+b. The next morning, following a hearty breakfast, we'll transfer gear into large water resistant Duluth packs and be shuttled to the river. We'll go over some basic canoe strokes and be on river time for the next several days. On Friday, June 27, we'll be picked up at the river take-out and shuttled back to the b+b for a pitchfork fondue and night in the cabins. On Saturday, June 28, there will be a morning shuttle to Great Falls airport for your return flight.

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

**Transportation:** If you are driving, we'll send directions to the b+b. Plan on arriving by 2:30 on Sunday, June 22. Then, we'll caravan with the shuttle to meet the group at the airport for our evening's activities. If you are flying, the shuttle will meet you at the Great Falls airport on Sunday, June 22 at 4:00. Closer to the trip, we'll send out the names of other women registered for the trip so you can carpool or share flight information if you like. If you are flying, plan your return flight for Saturday, June 28. There will be one shuttle from the b+b to the airport. We'll decide the time of the shuttle based on people's flights.

**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), or Travel Insured, 800-243-3174. 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 May 11, 2008. With your deposit, please send name, address, phone, and e-mail address.