

The Wild Institute

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Wilderness trips for women, Professional

Speaking, Personal Coaching

WISCONSIN RIVER CANOEING

June 12-14, 2008

Co-sponsored with Women's Time Out

"The Wisconsin River is such a nice river to paddle—the sand is so gentle. Each time I travel with you, I meet more fascinating women. Each person brings something special to the experience."

The lower Wisconsin River valley is regarded as one of the most beautiful river valleys in the Midwest. The river flows past rock formations, wooded bluffs, sandbars, and islands. The river is broad, in some areas widening to over 200 yards. We have often seen deer, sandhill cranes, great blue heron, eagles, and turtles along the way.

Our put-in, just past Spring Green, Wisconsin, is an entry to almost 90 miles of undammed river flowing into the Mississippi. We'll be paddling about 20 to 30 miles of this beautiful stretch of river, and camping on sandbars along the way. The river depth varies from a few inches to quite deep. This river bottom of shifting sand discourages motor boats, leaving the waters peaceful for fisher persons and canoe travelers. The river's gentle current will help us on our way and give us time for turtle watching and power lounging.

This trip is a perfect introduction for women new to canoe camping or for those who have gotten away from the outdoors and are looking for a gentle re-introduction. Your guides are the mother-daughter team of Marcia and Chris Heeter. They have guided trips together for nearly two decades, loving the opportunity to share these wild places with wonderful women.

You'll be paddling, swimming, or just relaxing, and probably learning some new canoe and camping skills along the way. We'll set up camp and prepare meals together, soaking up the night sky in the evening around the campfire. Talk around the fire typically ranges from raucous laughter to deep conversations, a natural and wonderful quality of women in the outdoors.

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.

Can I sign up on my own: All women are welcome, and many sign up on their own. Others register with friends, partners, sisters. This trip extends a special invitation to mothers and adult daughters, with the mother/daughter guide team of Chris and Marcia Heeter.

Weather: June temperatures can range from high 50's at night to 80's during the day. The detailed packing list will keep you comfortable whatever the weather.

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 \$350 includes all canoe and camping equipment, permits, all meals from lunch on Thursday through breakfast on Saturday, and guides with decades of experience.

Schedule: Arrive outside of Spring Green at noon on Thursday, June 12 (directions to follow when you register). We'll pack up, review canoe strokes, and enter in to river time, choosing our pace, letting the wind and weather guide our days. On Saturday, June 14, we'll aim to be back to our cars by early afternoon. It has become a custom on our trips to go out to lunch together in town before departing (optional, but lots of fun).

Group size: Minimum 6, maximum 13

Transportation: Closer to the trip, we'll send out directions to the put-in, as well as the names of the other women registered for the trip so you can carpool and/or share car rentals if you like. It is about a four and a half hour drive from Minneapolis/St Paul, about three and a half hours from Chicago. If you are flying, the closest major airport is Milwaukee, or there is a smaller airport in Madison, WI. Plan your return flight for late Saturday night (June 14), or for Sunday.

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; 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 \$100 holds your spot, and payment in full is due by May 1, 2008. With your deposit, please send name, address, phone, and e-mail address.