

### **Cross-Country Ski in the Boundary Waters From Yurt to Yurt**

Enjoy a winter wonderland on cross-country ski trails through the Boundary Waters. Drive to the North Shore and spend the night in an inviting lodge on the Gun Flint Trail. Then cross-country ski for the next 2 ½ days through pristine wilderness, staying in cozy, warm yurts. This 3 night/4 day trip includes all lodging, gear transfer, food and trip guide. *Drive yourself and meet at the lodge or take advantage of optional round trip transportation from the Twin Cities for an additional \$40 per person, payable to Adventure Vacations at the time of departure.* Exact meeting/departure time, location and packing information will be sent upon registration.

**#AET15      Thurs – Sun Feb 18 – 21, Trip cost: \$399**

*Karen Nicholas, owner of Adventure Vacations, is a wilderness first responder. She is trained and certified in various types of outdoor exploration.*

Adventure Vacations Cancellation Policy: Full refunds given if trip is cancelled due to extreme weather conditions. Four weeks or more before trip date: Full refund minus \$5 processing fee. Two weeks before trip date: 75% minus \$5 processing fee. No refunds given after two weeks before trip date.

### **Frequently Asked Questions**

#### **Do I bring my own Cross Country Ski Equipment?**

Yes, bring your own equipment. We will transport equipment it is not in use

**If you have additional questions, please email [cgysbers@isd622.org](mailto:cgysbers@isd622.org).**

## **Dog Sled on Madeline Island, Cross-Country Ski, Snowshoe and Hike to Winter Sea Caves**

Experience the thrill of mushing your own sled dogs, cross country ski and/or snowshoe to awe-inspiring winter sea caves. In the evening enjoy the warmth and comfort of a cozy cabin. This 3 day/3 night adventure trip includes lodging, food, dog sledding, snowshoes, cross country skis and trip guide. *Drive yourself and meet in Bayfield, WI or take advantage of optional round trip transportation from the Twin Cities for an additional \$40 per person, payable to Adventure Vacations at the time of departure.* Exact meeting/departure time, location and packing information will be sent upon registration.

**#AET16A Fri – Sun, Feb 26 – 28, Trip cost: \$449**

**#AET16B Thurs – Sat, Mar 11 – 13, Trip cost: \$449**

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### **Frequently Asked Questions**

#### **1. What time on Fri, 2/26 are we expected to be there?**

It is ~4 hours to Bayfield so allowing for pleasant travel time, meeting is at ~1pm.

#### **2. What are the lodging arrangements, Do my friend & myself have our own cabin/hotel room?**

We will be staying in a cabin where there are multiple room configurations. Based upon your request you could have 2 singles in one room or 2 in a double/queen.

#### **3. Are the days scheduled or are we on our own?**

See itinerary

#### **4. What types of food are provided?**

Food is family style standard food. We take into account individuals food requests like vegetarian or lactose intolerant or whatever. Trail meals are standard lunches. For food, everything except random snacks and 1 meal is included.

#### **5. Do we bring our own beverages?**

You can bring your own sodas, beer, wine, etc. We will provide coffee, tea, juice, milk, cocoa, etc.

#### **6. Do we pay in full before the trip?**

Yes, payment in full is prior to the trip. If for some reason it gets canceled, you would get a full refund or we would try to reschedule.

If you have additional questions, please email [cgysbers@isd622.org](mailto:cgysbers@isd622.org).

### **Itinerary**

Fri - 1pm Meet in La Pointe on Madeline Island

Drive out to Ryder cabin

Visit the dogs

Snow shoe in the state park to cliffs on Lake Superior

Sat - Full day of dog sledding, xctry skiing and snow shoe

Dinner out in La Pointe (\*this is the only meal not included) Sun - Drive home

On the way home, as a group hike the mainland sea caves

You'll get home by ~2pm

### **Women's Only Pedal and Paddle**

Grab a girlfriend or two and meet up with other adventurous women. *Wahoo! Adventures* will provide full support, the fun is all yours! Learn the history of Minnesota's Iron Range while paddling pristine rivers in Kayaks and pedaling through historic cities famous for their rich immigrant traditions. Meet at the kayak launch campground on Thursday, June 10 by 6 pm for a welcome dinner and weekend orientation. Kayak all day Friday, then transition to bicycles on Saturday ending the day at a new, remote campground. During the day on Saturday, you have the opportunity to take a break from the saddle and visit the Minnesota Discovery Center, Museum of mining, or the Hill Rust Mine Overlook. Sunday there is time for additional bicycling, shopping or sightseeing. Fee includes bicycles, kayaks, camping gear, gear transfer, van support and food: gourmet breakfasts and dinners, trailside lunches, is included. ***Optional round trip transportation from the Twin Cities is \$30 per person, payable to Wahoo Adventures at the time of departure.*** Packing information, directions, and additional information sent upon registration.

**#AET21          June 10 – June 13          Fee: \$329**

*Kerri Kolstad owns Wahoo! Adventures, she specializes in coordinating outdoor experiences for groups and families. Kerri's motto is "Get outside and play!"*

Wahoo! Adventures Cancellation Policy: Full refunds given if trip is cancelled due to extreme weather conditions. Four weeks or more before trip date: Full refund minus \$5 processing fee. Two weeks before trip date: 75% minus \$5 processing fee. No refunds given after two weeks before trip date.

**Itinerary will be updated as the trip date approaches. High spring waters may necessitate a change in itinerary specifics.**

#### **Frequently Asked Questions:**

**1. Can I bring my own Bicycle?**

Yes, you can bring your own bicycle, however the fee remains the same as Wahoo! Adventures will be transporting them and repairing them if needed.

**2. What camping gear is included?**

Camping gear includes sleeping bags, pillows, and an air mattress inside the tent.

**3. Where is the location campground for the first night, dinner and orientation?**

The campground is the group campsite at the Indian Lakes Campground in the Cloquet Valley State Forest and is located about 20 miles north of Duluth. From Two Harbors take Cty. Rd. 2 (N) 13 mi. to Cty. Rd. 14; turn left and go (W) 12 mi. to Rollins; turn right (N) 1 mi., then left. It has a kayak drop in location into the Cloquet River right within the park.

**4. Can we bring soda, beer, wine? What beverages are provided?**

We will provide beer and wine (red and white) for arrival at camp's happy hour each afternoon and for dinner. Approximately 2 people/bottle each night and 3 – 4 beers. We will also provide filtered water, coffee, and tea each morning and evening. Water all day long. You may want to bring your own favorite soda and we can keep them cold for you. We will also provide nuts, granola bars, cookies, popcorn, candy bars as snacks throughout the day. You are welcome to bring your own favorite snacks as well. Let us know about food allergies or foods you don't eat.

**5. What fitness level do I need to have?**

Each day we will offer an option of routes for different fitness and comfort levels.

**6. What things do I need to bring?**

We will provide you a full list 2 weeks prior to the trip, but a few items are; personal items, flashlight, bug spray, suntan lotion, swimsuit, layers, waterproof jacket, sunglasses, a good book, and prescriptions. You are welcome to bring your own sleeping bags, pillows, etc. Just let us know ahead of time.

**7. Confirmation of the trip.**

Two weeks prior to the trip we will call you to confirm transportation, trip details, comfort levels, and other trip questions.

**8. Can I select my tent mate?**

Yes, please let us know if you would like to tent with. We can accommodate up to 4 people per tent. We also have single and double options as well.

**If you have additional questions, please email [cgysbers@isd622.org](mailto:cgysbers@isd622.org).**

### **Apostle Islands National Lakeshore**

Kayak in majestic sandstone sea caves, stroll sandy beaches, snorkel sunken shipwrecks and view historic lighthouses. Meet on Madeline Island, early afternoon the first day and camp at Big Bay State Park the first night. Day 2, boat out into the National Park islands and setup camp for the next 2 nights. This will be home base for excursions to explore all 21 the islands. End each day watching stunning sunsets over the lake while listening to the waves crashing on the shore. Fee includes boat gas, meals, camp accommodations, kayak, snorkel gear, wetsuit, life jacket, and US Coast Guard Captained Boat. ***Optional round trip transportation from the Twin Cities is \$30 per person, payable to Adventure Vacations at the time of departure.*** Exact meeting /departure time and location, and packing information will be sent upon registration.

**#AET22A      July 22 - 25, 2010      Fee: \$549** (Geology Professor Instruction Included)

**#AET22B      Aug 12 - 15, 2010      Fee: \$499**

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### **Boundary Waters Canoe Trip**

Canoe the pristine waterways of the Boundary Waters Wilderness for four days and camp amongst the lush forests for 3 nights. This trip is fully outfitted and guided; canoe lake to lake, swim, fish, learn about the woods and relax. End each day at camp with a sparkling fire and gaze at the bright stars. Thursday Aug 5th meet in Grand Marais at approximately 1 pm; Sunday, end the canoe trip by 12noon and head for home. Trip includes canoes, camping gear, permits, food, and professional trip guide. *Optional round trip transportation from the Twin Cities is \$30 per person, payable to Adventure Vacations at the time of departure.* Exact meeting /departure time and location, and packing information will be sent upon registration.

**#AET23      Aug 5 - 8, 2010      Fee: \$449**

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