

Wild Women's Dogsledding Adventure January 26-29, 2017

“Driving the dog team felt like an incredible dance—leaning and balancing to the rhythm of the dogs’ fluid motion. There are few times in my life when I can remember feeling so alive and present in the moment.” (Jane, former participant).

Come experience winter in the northwoods of Minnesota with the very best ambassadors of snow—Alaskan Huskies! Dogsledding is an open invitation to wildness and terrific fun. Our dogs are skilled veterans, patient and well versed in working with “rookies.” They are friendly and huggable and extremely well cared for (following trips, many women declare they want to be reincarnated as one of our sled dogs). Learn to harness the dogs; hitch them to the gangline; and drive the team.

Your accommodations are cozy and warm—a bunkhouse cabin nestled in the woods with comfy beds and a warm woodstove. The Finnish sauna is right down the trail, complete with aromatic pine and juniper oils. We gather at the main cabin to eat delicious home-cooked meals, share stories of the day, or cozy up with one of the retired sled dogs that lives inside (on the couch). The beautiful northwoods trails are private and groomed meticulously.

Your guides for this trip are long-time mushers and teachers who love to share this incredible sport and way of life with you. Kathleen Anderson has been homesteading in northern Minnesota and guiding trips for over 3 decades, she currently has 40 sled dogs. Chris Heeter (founder of The Wild Institute) has been mushing and teaching dogsledding for 29 years, and she speaks to companies and conferences on leadership and teamwork using sled dog stories and lessons learned from these amazing dogs.

Though **you do not need any prior dogsledding experience**, know that the dogs are large and strong, and will likely pull you rather hard and perhaps knock you down a time or two in their enthusiasm to get to the sled or give you a hug. Driving the sled requires balance and some upper body strength and endurance, but mostly it takes an adventurous spirit. Women of many ages and shapes and sizes have joined us and fallen in love with dogsledding!

The Wild Institute carefully designs trips that combine fun and adventure with time to relax and unwind. Many women choose our trips, in part, out of a desire for some quiet reflection time, the camaraderie of other wonderful women, and to connect with nature. This trip combines the joy of romping in the snow with the introspection of the hibernating season. Activities include: dogsledding, snowshoeing, cross-country skiing; and time to simply relax and enjoy the silence of the northwoods in the winter, or cozy up with a book by the woodstove.

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. We stay in a cozy cabin with a woodstove. You bring only your personal gear, sleeping bag, and skis/snowshoes (if you have them).

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. The dogs are very enthusiastic, so it takes some strength to lead them to the sled. Driving the sled is mostly about leaning and balance and a little running. All activities (including skiing, snowshoeing) are optional.

Weather: January in northern Minnesota is more variable than you might imagine. Past trips have experienced temperatures below zero and into the 20's. Your packing list will help you be prepared for all possibilities, with the warm cabin for eating, sleeping, and relaxing.

Meals: Food and comfort matter! Play outside...eat a lot: one of the gifts of winter activities. Delicious meals, all from scratch, are prepared mostly from the organic gardens and chickens that are raised at the homestead.

What does my trip fee cover: Your trip fee of \$745 includes delicious and hearty meals, cozy lodging, miles of private trails to ski and snowshoe (snowshoes provided if you don't have your own), 40 wonderful dogs and all equipment related to dogsledding, guides with decades of experience, and a winter adventure you will always remember.

Group size: Minimum of 5, maximum of 8

Schedule: Arrive at 1:00 on Thursday, January 26. We'll get started by introducing you to the Alaskan Huskies (be prepared for hugs and scratches), and taking you for a ride the first afternoon. By late morning the next day, following some instruction, you'll be driving a team of joyful and enthusiastic dogs (with a musher on your sled to assist). Each day will be filled with dogsledding, skiing, snowshoeing, taking sauna, eating fabulous meals, and relaxing by the woodstove. On Sunday, January 29, we'll wrap up in the morning, then end our trip in Duluth (about an hour's drive) to watch the start of the John Beargrease Sled Dog Race (great fun and an amazing array of sled dogs).

Location: The trip is located at Wintermoon in Brimson, outside of Two Harbors in northeastern Minnesota. It is Kathleen Anderson's home, centered around her 35+ sled dogs and a beautiful Finnish homestead that she re-built. Nestled deep in the northwoods, with solar panels, hand pump for water, woodstoves, Finnish sauna, and a comfortable outhouse (no kidding), you will be a part of a much simpler, less complicated way of life.

Transportation: Brimson, MN is about 200 miles north of Minneapolis/St. Paul. If you are driving from the Twin Cities, plan on about a four and a half hour drive. If you are flying, the closest airport is in Duluth, MN (about 55 miles east of Brimson). When you register, we'll send more travel info as well as the names of other women on the trip so you can carpool or coordinate travel plans.

Payment information: Your deposit of \$250 holds your place on the trip and is not refundable. Payment in full is on or before December 8, 2016. If you must cancel and do so 4 weeks prior to the trip, the balance of your trip fee is transferable to any other Wild Institute trip through the end of the following year; less than 4 weeks, 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 for any reason. 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 \$250 holds your spot, payment in full is due by December 8, 2016.

Wild Women's Dogsledding Adventure Registration Form January 26-29, 2017

____ Sign me up for the January 26-29, 2017 Wild Women's Dogsledding Adventure (\$250 deposit holds your spot; if signing up after December 8, 2016 full payment is enclosed)

____ I am unable to come this year, but please keep me informed about future trips

Name: _____

Address: _____

Daytime phone: _____

Evening phone: _____

Cell Phone: _____

E-mail: _____

Please send more information on:

____ Signing up with a custom group (friends, family, book groups, etc)

____ Speaking engagements (keynotes, training, on and off-site teambuilding, events, workshops; topics include leadership, teamwork, diversity, and wellbeing)

____ Wild coaching