

Wild Women on the Water August 12-15, 2018

"It is astonishing how many people cannot, or will not, hold still. I could not, or would not, hold still for thirty minutes inside, but at the creek I slow down, center down, empty...I retreat— not inside myself, but outside myself, so that I am a tissue of senses. Whatever I see is plenty, abundance. I am the skin of water the wind plays over; I am petal, feather, stone." Annie Dillard

Wild (adj.): Having the courage to bring the gift of all of who you are to all of what you do.
—Chris Heeter

Join us for a journey along a river that is, indeed, Wild. The Namekagon was designated as a Wild and Scenic River in 1968, preserved for its beauty, significance (it flows into the St Croix and Mississippi Rivers), and biodiversity. It's a perfect setting to energize and reconnect with your own Wild and Scenic soul.

The Namekagon is a shallow and winding river with easy paddling and occasional playful riffles (not really big enough to be called rapids). Described as "one of the ten most beautiful rivers in America" by *Backpacker* magazine, the primary occupants are bald eagles, otter, beaver, turtles, deer, and waterfowl.

This trip is ideal for women new to canoe camping or long time paddlers who want to just show up and have all the details taken care of. You do not need any canoeing or camping experience for this trip. We'll show you how to paddle easily through the faster current, or take time to play in the waves.

With no portages on this route, the most strenuous parts of the trip will likely be a couple longer days paddling and any wind/weather that comes up. Mostly, **we'll paddle, relax, immerse ourselves in native flute and poetry, conversation and belly laughs, cook over a fire and camp along the river's edge, while listening to the sounds of the river.**

The focus on this trip is not about pushing yourself beyond limits or learning that you can handle stressful situations—you already know that, and you probably practice it every day. Rather, **this trip is designed as an exploration inside and out. A chance to truly unplug, remove distractions, and step into a place that calls you to be Wildly Present, with a playful spirit and with other Wild women to share your journey.**

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. You are welcome to bring your own tent either as a solo or to share. Otherwise, tents are provided at double or triple occupancy.

How much experience, how in shape do I need to be: You do not need any prior canoeing or camping experience for this trip. You can expect a relaxed pace, but will need to be comfortable canoeing for up to 5-6 hours on some of the days.

Can I sign up on my own: All women are welcome, and many sign up on their own. Others register with friends, partners, sisters, mothers/adult daughters, etc.

Weather: August temperatures can range from 60's at night to 90's during the day. Following 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 \$895 includes all canoe and camping equipment, all meals from dinner on Sunday through lunch on Wednesday, and guides with decades of experience.

Schedule: Arrive at the Namekagon River at 1:00 on Sunday, August 12 (directions to follow when you register). We'll pack up, position cars at our take-out point, review canoe strokes, and enter in to river time, choosing our pace, letting the wind and weather guide our days. On Wednesday, August 15, we'll aim to be back to our cars around noon. That said, wilderness travel is not predictable, so please allow for the possibility of a later departure from the river.

Group size: Minimum 7, maximum 10

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. Our meeting point is about 2 1/2 hours from Minneapolis-St. Paul; about 5 hours from Madison. If you are flying, the nearest airport is Minneapolis-St. Paul. Plan your return flight for late Wednesday night (August 15) or for Monday.

Payment information: Your nonrefundable deposit of \$250 holds your place on the trip. Payment in full is due by July 8. 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 levels, or other unforeseen circumstances.

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Name: _____

Address: _____

Daytime phone: _____

Evening phone: _____

Cell Phone: _____

E-mail: _____

A little more about you...

What is calling you to say 'Yes' to this trip right now?

Please briefly share a little about where you are on your life journey