

## Women's Dogsledding Adventure February 15-18, 2019

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 include skilled veterans and enthusiastic youngsters, patient and well versed in working with beginners. 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).

**The first day** you'll go for a ride on the dogsled to get a feel for things. The next day, with more instruction, you'll be driving the team (with an experienced musher on your sled to assist). When you aren't mushing, you might choose to read by the woodstove from the extensive book collection in the main cabin, or cross country ski, or snow shoe, or hang out with your fellow mushers.

**Your accommodations** are cozy and warm—a beautifully designed bunkhouse cabin nestled in the woods with comfy beds and a warm woodstove. The traditional Finnish sauna is right down the trail, with everything you'll need to wash up and relax every muscle in the process. We gather at the main cabin to eat delicious home-cooked meals (with much of the food grown, raised, or harvested in the area), share stories of the day, or cozy up with one of the retired sled dogs that live inside (on the couch). Right outside is 400+ acres of private woods and trails, which are meticulously groomed and great for cross country skiing and snow shoeing.

**Your guides** for this trip are long-time mushers and guides 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 35 sled dogs. Chris Heeter (founder of The Wild Institute) has been mushing and guiding dogsledding trips with Kathleen for 25+ years, and she speaks to companies and conferences on leadership, teamwork, and diversity using sled dog stories and lessons learned from her own team of 16 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 might 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, 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.

Because the *world* needs a lot more *WILD*...

### 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 to be comfortable. You'll sleep in a cozy cabin with a woodstove. All you'll need to bring is your personal gear, sleeping bag, and skis/snowshoes (if you have them, we have some you can borrow as well).

**How much experience, how in shape do I need to be:** Though many women use their trip as motivation to get in better shape beforehand, no experience or particular fitness level is required 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, balance, and a little running. If you are concerned about the physical demands of the trip, please call.

**Weather:** February in northern Minnesota is more variable than you might think. Past trips have experienced temperatures below zero and in the 20's. Your packing list will help you be prepared for all possibilities, and you'll be in warm cabins for sleeping, eating, and relaxing.

**Meals:** Food matters! Play outside...eat a lot: one of the gifts of winter activities. Delicious meals, all made from scratch, are primarily raised, grown, or harvested in the area. And chocolate, quiet simply, is a necessary staple on all Wild trips!

**What does my trip fee cover:** Your trip fee of \$895 includes delicious and hearty meals, cozy lodging, miles of private trails to mush, ski, and snowshoe, amazing sled 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 Friday, February 15. We'll get started by introducing you to the huskies (be prepared for hugs and scratches), and taking you for a ride the first afternoon. By late morning the next day, with more instruction, you'll be driving a team of joyful, enthusiastic sled dogs (with a musher along to assist). Each day will be filled with dogsledding, skiing, snowshoeing, taking sauna, eating fabulous meals, and relaxing by the woodstove. On Monday, February 18, we'll spend the morning running dogs, then enjoy another delicious lunch before saying goodbye to the huskies and one another.

**Location:** The trip is located inland of Two Harbors in northeastern Minnesota. Wintermoon is Kathleen Anderson's home, centered around her 35+ sled dogs and a beautiful Finnish homestead that she restored. Nestled deep in the northwoods, with solar panels, hand pump for water, woodstoves, Finnish sauna, and a comfortable outhouse (no kidding), you will be 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 4 ½ hours. If you are flying, the closest airport is in Duluth, 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 due on January 4, 2019. 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

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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.

## Women's Dogsledding Adventure Registration Form

\_\_\_\_ Sign me up for the February 15-18, 2019 Dogsledding trip (\$250 deposit holds your spot; if signing up after January 4, 2019 full payment of \$895 is enclosed)

To get a feel for the group dynamics and intention of the trip, please answer the following questions (feel free to use more paper)...

**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:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Evening phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_