



Trip Summary

Paddling the Alton Lake Loop

TRIP AT-A-GLANCE

Dates: July 17 – 22, 2010
Location: Boundary Waters canoe Area Wilderness, MN
Cost: \$ *1050
Rating: 2
Activities: canoeing, camping
Meeting Place: Sawbill Outfitters or Duluth, MN
Arrive: 4 pm at Outfitters or 1 pm Duluth airport July 17
Depart: 12pm July 22. You can plan to fly out after 3pm

* Deduct 5% if you are one of the first 5 to register (by 04/17/10) and 3% of the entire trip fee when the balance is paid by check.

WHAT'S INCLUDED

- experienced guides and paddling instruction
- BWCA permits
- all meals from dinner on Sunday through breakfast the following Friday
- group camping and canoeing gear

WHAT'S NOT INCLUDED

- transportation from Duluth to Sawbill Lake is available on a cost-share basis (this means that we will rent a vehicle that is large enough to carry every one and then share the price among every one)
- guide gratuities
- fishing license (if you want)

Trip Highlights

- Canoeing on both small and large lakes and creeks in America's premiere paddling destination
- Watching for moose, mink, beavers, pileated woodpeckers, and the ever present loon
- Enjoying a route with low mileage, few portages, and ample time to do as you choose. The BWCA is a photographer's paradise!
- Ending our days with a hearty meal and stories around the campfire, or an evening paddle to do some stargazing
- Learning or refining paddling and camping skills

Trip Overview

The Boundary Waters Canoe Area Wilderness in northern Minnesota is one of the most magical and accessible wilderness areas in the United States. Home to loons and herons, deer and moose, white pine and balsam fir, it is a quiet area, far removed from everyday life where the quiet lapping of the water replaces the radio and the evening entertainment is gazing at the sunset, the rising moon, or the crackling flames of the campfire. Away from the busyness of everyday life and surrounded by vast beauty, it is easier to remember what really matters. It is also easier to reconnect with your playful self as you swim and play in the water, have water fights on hot days, and hang out at camp. On this trip we combine some great paddling with time to both explore and relax, creative and delicious meals (that you don't have to cook!) and the camaraderie of other delightful women.

Our Itinerary

This itinerary is meant to be illustrative. The final itinerary will depend on permit availability and other factors.

July 17: The trip begins at 4 p.m. on Sunday at the Sawbill Lake outfitters, where we have a brief orientation. The rest of the first afternoon is spent learning how to pack Duluth packs, set up tents, and making sure you have the clothing you need for the next five days. We spend this first night at the National Forest campground

CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
90 + days	All but \$50
90 – 61 days	50% of deposit
60 – 30 days	50% of trip fee
29 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

TIPPING GUIDELINES

Tipping at the end of the trip is optional. If you feel your guide(s) did an outstanding job and would like to reward them for their efforts, a suggested rule of thumb is US \$5 to \$10 per person, per day.

Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it at the last shared meal.

Our Itinerary Continued

right on Sawbill Lake. If you are taking advantage of the shared transportation from Duluth, plan to leave Duluth by 1 p.m.

July 18: On Monday morning we review how to paddle and handle a canoe before setting out on Sawbill Lake. We paddle up Sawbill Lake to our first campsite. After setting up camp, there is time to swim, fish, or just relax. After a hearty meal, our evenings may be spent telling stories around the campfire, or going on an evening paddle for some stargazing.

July 19 and 20: We paddle to Kelso Lake for the next two nights. A beautiful bog extends north and east on the Kelso River, making it a great area for in-depth exploration. In late July the pitcher plants are in bloom and the Sundew and Butterwort, two other carnivorous plants, can be found there as well. Deer with young have been sighted on the edge of the bog, as well as blue herons and moose - it's truly a wonderful area for discovery. Our layover day here gives us ample time to explore the area and perhaps go hiking on the long portage that is nearby.

July 21: We spend our last night in Alton Lake, a large and beautiful lake with many islands and lots of places to explore.

July 22: Alton Lake is separated by a short (30 rod) portage from Sawbill Lake. Our last morning can be leisurely and still arrive back at our take out point by noon. We usually go out for lunch together at the Coho Cafe in Tofte, and you can plan to be back in Duluth by 3 pm.

Packing List

EQUIPMENT

- 1 sleeping bag; synthetic fill or down fill, warm to 20 degrees F
- 1 sleeping pad: "closed-cell" foam pad, Thermarest self-inflating pad, or Ridge Rest pad

FOOTWEAR

- 1 pair close-toed water shoes for canoeing and portaging. They must be suitable for wearing in the water and for portaging (e.g. lightweight hiking boot, athletic shoes, Solomon or Keen water shoes). Open toed shoes are not safe.
- 1 pair comfortable camp shoes (e.g. athletic shoes, sport sandals, crocs)
- 3-4 pair socks: wool or synthetic equivalent (Thermax, Ultrex, or Polartec). **Do not skimp on socks!**

CLOTHING

- 1-2 pair comfortable, lightweight pants (light wool, Supplex, or nylon/polyester/spandex blend)
- 1 long-sleeved, lightweight shirt for protection from sun and bugs
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene).
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent. An insulated vest is a good alternative.
- 1 warm top and bottom: wool sweater/pants, or synthetic equivalent (fleece or pile jacket/pants)
- 1-2 pair shorts: nylon shorts with liners are comfortable and easy to wash
- 2 T-shirts (One can be a tank top. Light colors are suggested. Cotton is fine for this layer., though synthetic/lightweight wool will dry faster)
- 1 wide-brimmed hat or baseball cap for sun, rain, and high fashion.
- 1 pair wool, synthetic or fleece gloves and a warm wool or fleece hat
- 1 rain parka and rain pants: coated nylon or a **waterproof/breathable** fabric like Gore-tex.
- underwear
- swimsuit

ESSENTIALS

- | | |
|---|--|
| <input type="checkbox"/> bandanna | <input type="checkbox"/> bowl, mug and eating utensils |
| <input type="checkbox"/> sunscreen and lip block with SPF of at least 15 | <input type="checkbox"/> 1 one-quart water bottle |
| <input type="checkbox"/> headlamp or flashlight with extra bulb and batteries | <input type="checkbox"/> Sunglasses (100% UV blocking) |
| <input type="checkbox"/> daypack (lined with a plastic bag) or medium dry-bag | <input type="checkbox"/> insect repellent |

TOILETRIES (small everything)

- medium-sized towel (such as a "packTowl"), toothbrush, small toothpaste, water-free antibacterial handwash, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, and glasses
 - personal "patch kit": bandaids, 1 safety pin, moleskin, foot powder, ibuprofen, personal medications, if any.
- Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

OPTIONAL

- | | | |
|---|---|--|
| <input type="checkbox"/> small candle and matches/lighter | <input type="checkbox"/> compact binoculars | <input type="checkbox"/> orienteering style compass |
| <input type="checkbox"/> book or small musical instrument | <input type="checkbox"/> Crazy Creek Chair | <input type="checkbox"/> fishing gear, fillet knife, and a license |
| <input type="checkbox"/> small journal/notebook and pen | <input type="checkbox"/> pocket knife | <input type="checkbox"/> camera and film/memory card |
| <input type="checkbox"/> favorite snack (we will also provide group snacks periodically during the day) | | |

HOW TO PACK: Daypack or Dry Bag: Line your daypack or dry bag with a plastic bag. Keep everything in here that you may want to use during the day; raingear (no matter what the weather looks like), sunglasses, insect repellent, sunscreen, jacket, water, snack. **Other Belongings:** pack your clothes in several small nylon stuffsacks that have been lined with plastic bags. We have found that several small bags are more convenient than one large bag. Put the stuff sacks into a large stuff sack or duffel bag. Your entire bundle should be no larger than a closed, regular pillowcase. Your gear will be rainproof, compact, and easily identifiable. This bundle plus your sleeping bag and pad and someone else's gear will fit inside a Duluth pack (a large canvas pack used for portaging gear). Bring an extra set of clothes and shoes to leave in the car. However, do not leave money or valuables in your car. Please call us if you have any questions about packing or clothing.

Notes on the Packing List

Because we are canoeing and our boats will be carrying most of the weight, we can pack a few more items than we would if we were backpacking. However, your gear will need to fit in one half of a Duluth Pack, about the size of one pillowcase. A Duluth Pack is a canvas pack that comes in several sizes. We use the largest, a “Number 4” (26”h x 28”w x 7”d–5100cu. in.). You may not use all the clothes or gear you bring, yet we need to pack to be prepared for all possible weather and conditions.

SLEEPING BAGS: Warmth, weight, and bulk are some of the factors to consider in sleeping bags. We suggest a synthetic filled bag for canoeing trips (bags filled with Hollofil, Quallofil, polarguard, etc.). Synthetic bags still keep you warm if they are wet. **They also are quicker to dry than down bags.** Bring a bag rated to at least 20 degrees F. Line your stuff sack with a heavy plastic bag (trash compactor bags work great) and stuff your sleeping bag into it. Again, pay attention to the size of your stuff sack, you may need a compression sack to make your bag small enough.

CLOTHING: Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

FABRIC NAMES: There are many other patented brand names used by different manufacturers, which can make it all seem even more complicated. Basically, they all have one thing in common: The synthetics do not absorb much water compared to cotton—thus, they continue to provide warmth when wet. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really *are* miracle fabrics. Wool is also a very good

choice, especially some of the new clothing made by Ibex or Smartwool. It is 100% merino wool, keeps you warm and dry and is not itchy. It also doesn’t absorb the odors the way many synthetic materials do. You can also buy less expensive wool clothes at a second hand or Army/Navy store Cotton is not! **Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.**

RAIN GEAR: This could be your most treasured clothing. We recommend a **two-piece rain suit**. Vinyl, coated nylon, or a waterproof/breathable fabric (such as Gore-Tex, HellyTech, Ultrex, E-vent, etc.) will do fine for Boundary Waters canoe trips. The advantage to having a waterproof/breathable rain suit is that as you paddle and work up a sweat, your body’s moisture is able to escape through the fabric to the outside. This will keep you much drier than a non-breathable rain suit (vinyl, nylon). If your rain gear is breathable it can double as your wind proof layer. We do not recommend a poncho because it flies about in the wind and lets water run down your paddling arms. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Partial or full-length leg zippers are useful for easily putting your rain pants on over your boots.

SHOES/BOOTS: Bring shoes or boots that can get wet and muddy, can protect your toes and will stay on your feet, such as lightweight L.L. Bean Hunting boots, Solomon or Keen water shoes, or athletic shoes. Teva sandals are OK for wear around camp but we do not recommend any open-toed shoe for portaging or getting in and out of a canoe. Old shoes with worn soles are dangerous because they slip off the rocks. Aqua socks work well for getting in and out of the canoe, but do not work well for portaging because they do not provide enough support.

BRINGING YOUR CAMERA ON A CANOE TRIP: Camera shops have inflatable bags that are waterproof, float, and cushion your camera against bumps; Phoenix, Basic Designs and manufacturers of whitewater equipment make inflatable camera bags.

FISHING: A convenient fishing rod for a canoe trip is an inexpensive telescoping one with a spin-casting reel, which is accessible, easy to portage, and less likely to get stepped on. If you haven’t fished before, our outfitter in Ely will be able to help get you set up with lures and other recommended items for fishing in the BWCA. Having your own fillet knife is a good idea as well. And don’t forget you’ll need a fishing license.

Items on your packing list can be purchased through a number of outdoor outfitters including:

Recreational Equip. Inc (REI)
800-426-4840
www.rei.com

Eastern Mountain Sports (EMS)
603-924-7231
www.ems.com

Sierra Trading Post
800-713-4534
www.SierraTradingPost.com

Also check out the websites on the Affiliate page of our website (under Resources)

Additional Trip Preparations

HELPFUL WEBSITES

Boundary Waters Journal: This journal celebrates and provides information about the Boundary Waters. Their website is also informative. You may want to look at it before your trip and subscribe after it (www.boundarywatersjournal.com).

Lutsen-Tofte Tourism Association: A good place to find info on accommodations in the Tofte area. (www.61north.com)

Friends of the Boundary Waters: The BWCAW has been the site of intense controversy over the years. These folks have been at the forefront of protecting it (www.friends-bwca.org)

WEATHER

We've given up trying to predict Minnesota weather. It may be hot, cold, rainy, dry, humid – or all of those! Call us with questions about the packing list.

EMERGENCY CONTACT INFORMATION

It will be very difficult to contact you in the BWCA. Leave our office number (877/439-4042) as your emergency contact and we will do everything we can to get in touch with you.

PORTAGING

During a portage, the group carries the canoes, paddles, life jackets and gear along a trail connecting lakes or navigable rivers. Each woman carries what she can, and we take as many trips as necessary so that everything is moved safely. The

skill of portaging requires learning to balance the canoe on one's shoulders as well as supporting the weight of the canoe. The guides provide instruction for carefully lifting a canoe and placing it on one woman's shoulders. Different canoes have different advantages and ours will weigh from 40 to 70 pounds. With different canoes and many smaller loads to carry, each woman can choose to portage whatever weight is safe and comfortable for her.

CONDITIONING

Additional aerobic conditioning is unnecessary for anyone who already exercises regularly. If you don't, you will probably find that you have more energy during the trip if you start a moderate exercise program a couple of months before your trip. For example, you might start walking 3 or 4 times a week for half an hour, at a pace that is brisk enough to make you breathe deeply. Hills are good for this. Other options are working out at a health club on a stairmaster or treadmill, aerobics classes, cross country skiing or any activity that makes you breathe deeply.

You will also benefit from shoulder and arm strength. Weight training with light weights can be useful. Focus on building endurance rather than strength, meaning that more repetitions with light weights is preferable to fewer with heavy weights. Give us a call if you need more specific guidance.

What if you don't have time to start an exercising program? Don't worry, you'll be fine – just a little more tired than usual at the end of the day!

RECOMMENDED PRE-TRIP READING

Woman of the Boundary Waters by Justine Kerfoot- fascinating account by a woman who has lived in northern Minnesota since the 30s

The Singing Wilderness, by Sigurd Olson. Widely considered the poet laureate of the BWCA. Anything by him is worth reading.

Rivers Running Free: Stories of Adventurous Women edited by Judith Niemi and Barb Weiser. A wonderful anthology of stories both old and new.

The Spirit of Canoe Camping by Harry Drabik. A how-to-do book with good advice and appreciation of the area.

The North Woods of Michigan, Wisconsin, Minnesota: A Sierra Club Naturalist's Guide, by Glenda Daniel and Jerry Sullivan.

Getting There

OUR TRAVEL AGENT

If you need assistance with making your travel plans, call Sara Schuitemaker at Scan East West Travel. Her toll-free number is 800-727-2157 and her email is sara@scaneastwest.com.

TRAVEL INSURANCE

We highly recommend travel insurance. We know that women never want to cancel their trips, and the reasons for doing so are always excellent. Occasionally it's a sudden illness; even more frequently it's the illness of someone they care about. Trip insurance at least minimizes the disappointment and expense during what is often a difficult time. In addition insurance covers the cost of lost baggage; medical expenses during your trip, including emergencies, repatriation, and evacuation; and trip delay. If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance. Call 1-800-228-9792 or visit www.travelexinsurance.com. The location code is 20-0016.

TRAVEL

Northwest is the dominant air carrier servicing Duluth. Northwest (800-225-2525 or www.nwa.com)

If you are flying: Since we want to be in Tofte by 4 p.m., we need to leave Duluth at 1 p.m. Depending on flight schedules you may be able to fly in the day of the trip, but some people will need to fly in the day before.

If you are driving: From Duluth – Take 35N to Hwy61N. Follow 61 about 80 miles to the town of Tofte. On the N side of Tofte (it is very small) you will see the sign for Hwy 2/Sawbill Trail. Turn L onto the Sawbill Trail. Take it to the end (about ½ hour), which will be Sawbill Outfitters. They have a parking lot – we will meet at the Outfitter building at 4pm.

LODGING

If you have any gambling spirit, the cheapest way to find a hotel room is to go through Priceline (www.priceline.com). You cannot specify that the hotel is near the airport and thus you risk having to take a taxi from the airport to your hotel. However, since no hotel in Duluth (with the exception of the Radisson and Country Inn & Suites North) has an airport shuttle, this should not be a major deterrent.

If you prefer to know what you're getting into, the following are a sample of the possibilities (prices are approximate and do not include taxes)

Please note that Duluth is a popular tourist destination, especially in the summer and for special events throughout the year. If you plan to spend a night in Duluth, reserve a room well ahead of time.

Country Inn and Suites – Duluth North (888) 201-1746 or 218/740-4500

4257 Haines Rd.

Nightly rates: \$\$139 -\$169

Located one mile from the Duluth airport and offers an airport shuttle. Other amenities include: all non-smoking rooms, pool area, exercise room, continental breakfast.

Days Inn-Duluth (800) 329-7466 or (218) 727-3110

909 Cottonwood Ave

Nightly Rates: \$89 - \$110

Located within walking distance to the Miller Hill mall, and 5-miles from Lake Superior. Amenities include: whirlpool, exercise room, continental b-fast, tennis, A/C, microwave.

Getting There Continued

Econo Lodge Airport (218) 722-5522

4197 Haines Rd.

Nightly Rates \$97.74 -\$124.99

Located one mile from the airport near the Miller Hill mall. Amenities include: free wireless high speed, continental b-fast, fitness center and indoor pool.

Radisson Hotel Duluth-Harborview (888)201-1718 or (218) 727-8981

505 West Superior Street

Single: \$100-\$140

This hotel is located in the heart of downtown Duluth, and 6 blocks from lake Superior and Canal park. Airport shuttle by arrangement, restaurant on premises, heated indoor pool, sauna, whirlpool

Hampton Inn (800) 445-8667 or (218) 720-3000

310 Canal Park Drive

Single or Double: \$84-179

Near Canal Park area. 3 stories, interior corridors. Free continental breakfast, extended cable TV, small heated indoor pool, exercise room, whirlpool

WHAT TO DO

Here are a few suggestions for spending time in Duluth before or after your trip. Everything listed is within walking distance of the Canal Park/downtown area.

General visitor information:

Museums:

- Great Lakes Aquarium <www.glaquarium.org>
- William A. Irvin <www.williamairvin.com>
- Lake Superior Marine Museum <www.lsmma.com>

Stores that sell outdoor gear and/or clothing:

Located in the Fitger's building (6th Ave. East and Superior St.):

- **Trailfitters** <trailfittersduluth.com>
- **Wintergreen Northern Wear** <www.wintergreendesigns.com>
- **Frost River Outfitters** <www.frostriver.com> (Made locally.)

Located in Canal Park:

- **Duluth Pack** <www.duluthpack.com> (Made locally.)

Art:

- Sivertson's Gallery in Canal Park has paintings, prints, cards, ceramics, and sculpture by regional and Canadian artists <sivertson.com>.

Food: There are numerous places to eat in Duluth, these are some of our favorites

- In Canal Park in the Dewitt-Seitz building: Lake Avenue Café (lunch & dinner), Amazing Grace (coffee, soup, sandwiches)
- Downtown (corner of Lake Ave. & Superior St.): Pizza Lucé
- In the Fitger's building (6th Ave. East & Superior St.): Fitger's Brewhouse,