

Boundary Waters Retreat

Adventures in Good Company's General Information

Welcome to Adventures in Good Company's Boundary Waters Retreat!! We think the BWCA is one of the most beautiful areas in the country and we're excited to share it with you. We have compiled some information that may be helpful as you prepare for your journey. Please feel free to contact the Adventures in Good Company office if we can provide any additional information.

Emergency contact information

We will be staying at the Gunflint Lodge, north of Grand Marais, Minnesota. The phone number there is: (800) 328-3325. You can learn more at www.gunflint.com

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.

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.

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!

Some fun pre-trip reading

The following may serve to whet your appetite.

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.

A Women's Way Through Unknown Labrador by Mina Benson Hubbard. When her husband died, she had to complete his journey

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

Some useful web sites

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).

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.friend-bwca.org).

Tipping Guidelines

Tipping at the end of the trip is completely 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 \$5-\$10 per person, per day. Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it to the guide(s) at the last shared meal.

Getting here

Northwest Airlines is the dominant carrier in the market in Minnesota (1-800-225-2525 or www.nwa.com) Connections on Northwest are through Minneapolis. There is also a second carrier, Midwest Airlines, (www.midwestairlines.com) that now serves Duluth on a limited basis and connects through Milwaukee. Non-stop flights are rare.

Since we want to be at the Gunflint Lodge by 4 p.m., we need to leave Duluth at 10:00 a.m. Therefore most people who come from out of town will need to fly in the day before.

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 few hotels in Duluth have 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):

If you wish for us to make a pre-trip hotel arrangement for you, the ** denotes the hotel we will use. Please

Please note that **this is the weekend of Grandma's Marathon and hotels are very full, so find a room before you make your flight arrangements. There also may be last minute availability.**

Country Inn and Suites – Duluth North (800) 456-4000

4257 Haines Rd.

Nightly rates: \$119 - \$189

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.

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: \$139-189

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

****Motel 6 (218)723-1123**

200 South 27th Avenue West

Single/Double: \$86

This basic motel is located in West Duluth 6.5 miles from the Duluth Airport, and 2-4 miles from Canal Park and downtown. Free coffee and expanded cable TV.

What to do in Duluth

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:

<www.visitduluth.com>

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> (Their clothing is designed and made in nearby Ely, MN)
- **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, Lakeview Coffee Emporium (it does have a great view!)

Outdoor activities:

- Walk or bike along the Lakewalk, which begins in Canal Park as a boardwalk and continues for several miles northeast along Lake Superior.
- Midnight Sun Adventure Company (in Canal Park) rents bikes and offers guided kayak tours on Lake Superior <www.midnightsunsports.com>
- Duluth has many miles of trails, including a section of the Superior Hiking Trail <www.ci.duluth.mn.us/city/parksandrecreation/index.htm>