



Trip Summary

Dogsledding in the Northwoods

TRIP AT-A-GLANCE

Dates: March 20 – 24, 2010
 Location: Ely, MN
 Cost: \$ *1360
 Rating: 2
 Activities: dogsledding, winter camping
 Meeting Place: Duluth airport (DLH) or our lodge in Ely
 Arrive: 11:30 am at the airport (DLH) or 3pm at our lodge
 Depart: after breakfast from lodge; 11 am from Ely and you can fly out after 3pm

* Deduct 5% if you are one of the first 5 to register (12/20/09) and 3% of the entire trip fee when the balance is paid by check.

WHAT'S INCLUDED

- guide services and instruction
- four nights lodging
- meals from dinner on Saturday thru breakfast on Wednesday
- three full days of dog sledding
- entry to the International Wolf Center

WHAT'S NOT INCLUDED

- Transportation from Duluth to Ely and during the trip is available on a cost share basis or you can provide your own
- Guide gratuities
- Alcoholic beverages
- The lodge rents some xc skis and snowshoes

Trip Highlights

- Experiencing the exhilaration of mushing a team of sled dogs through pristine winter wilderness
- Learning how to care for and harness the dogs and drive (mush) a dog sled
- Getting to know the quirky and charming personalities of the dogs on your team
- Sleeping one night in a yurt, which is much warmer than winter camping and yet still provides the solitude and beauty of camping in wilderness
- Enjoying hearty meals and relaxing in cozy, well-heated lodging
- Soothing your tired muscles in the sauna

Trip Overview

Traveling through winter wilderness on the back of a sled pulled by dogs who love what they are doing is one of the most exhilarating things you'll ever try. The silence of the snow-filled ancient boreal forest is broken only by the steady trotting of the dogs and the sound of the sled runners. Immerse yourself in this sport for three days, as you learn how to care for and harness the dogs, and drive (mush) a dog sled. At the end of an active day, enjoy a hearty meal and reading and relaxing in cozy, well-heated lodging. Do you worry that the dogs don't like it? You won't after your first run with them.

Our Itinerary

March 20: The trip begins at 3 p.m. at our lodge in Ely, Minnesota. If you're flying in, we provide transportation on a cost-share basis or you can rent a car. If you choose the first option, we'll meet you at 11:30 am at the airport in Duluth, Minnesota. After driving to Ely, we'll settle into our cabin and then go into town. Ely, although a small town, has many interesting shops and is a fun place to wander around for a bit before visiting the International Wolf Center. Saturday evening is feeding time and there is no better place to learn all about wolves.

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

March 21: Today is our "training" day. We'll learn how to hook dogs up to the sled, drive the sled across lakes and through the woods, and learn how to assist the dogs by "poling." We will experiment with shifting our weight on the runners to help the sled turn and jump on and off the runners when we're going up hill. After an active morning we'll all need a break, so we'll stop for a hot lunch, either making a fire or sipping hot soup from a thermos. During our first day we learn the names the dogs on our team, become acquainted with their quirky personalities and their likes and dislikes, and start building the bond with them that enriches the experience in an unexpected way. We'll return to our cozy lodging for the evening where, after a hearty and replenishing dinner, we might choose to take a sauna, go for a walk in the quiet snow-filled woods, or just read and relax in the living room.

March 22: Today we'll drive our sleds to a yurt on a secluded lake in the National Forest. Our yurt is so remote that we are almost certain to be the only people enjoying this quiet and beautiful place. This is the perfect spot for snowshoeing, stargazing, or just contemplating the beauty of winter wilderness. The stars in the winter sky are likely brighter than any we've ever seen and the silence more profound. We also have the opportunity to learn how to care for our dogs on an expedition, including feeding them and staking them out. Some of us may choose to sleep outside, while others will appreciate the heater that keeps the yurt comfortable.

March 23: Today we mush back to civilization and bid farewell to our furry, funny companions that have served us so well. At the Lodge we can enjoy the sauna and luxuriate in a hot shower. We share our final farewell dinner, go for a last quiet walk through the woods, and drink in the peace and beauty of the Northwoods.

March 24: You are free to leave anytime after breakfast. We highly suggest another visit to Ely to get those last minute souvenirs and buy the fur-fringed parka or the mukluks that you have probably decided you need. If you are taking advantage of the shared transportation, you will leave Ely about 11 a.m. and can plan to be back in Duluth not later than 2:00 pm.

Packing List

We recommend dressing in layers from long underwear to a wind-proof outer layer. Each layer should fit comfortably over all the preceding layers. It is essential to bring clothing made of synthetic materials or natural materials such as silk or wool. Cotton makes you colder if damp or wet. See reverse for more details on synthetic materials and layering. . **Please do not be intimidated by this list** - if you have questions about what to bring or what you can make do with, please give us a call (toll free) 877-439-4042).

- ___ insulated flat soled boots (rated to -40F), with **removable felt liners**, large enough to fit 2 pairs of socks—Sorels, mukluks, etc. are strongly recommended (not hiking or “duck” boots). **These can be rented from our outfitter.**
- ___ 2 pair socks: heavy wool or polyester/lycra blend (such as Coolmax or Ultimax). We recommend mid-calf length to fit over inner layers
- ___ 2 pair liner socks: silk or synthetic equivalent – some women prefer not to wear these
- ___ Layer 1: top and bottom lightweight long underwear: wool, silk or synthetic equivalent (“lightweight” Capilene, polypropylene, or Thermastat)
- ___ Layer 2: light wool sweater or shirt or synthetic equivalent (“expedition weight” Capilene, polypropylene, or microfleece) A fleece, wool or synthetic vest works well for this layer.
- ___ Layer 3-top: **heavy** fleece, down or synthetic jacket
- ___ Layer 3-bottom: **warm** pants to wear over long underwear—fleece or synthetic (like Marmot Puffball)
- ___ Layer 4-top: a non-insulated, wind-proof jacket with a hood (must fit over inner layers) and preferably made of a breathable material (see reverse for specific fabric names). This is equivalent to a summer rain jacket.
- ___ Layer 4-bottom: non-insulated wind pants preferably made of a breathable material—must fit over long underwear and warm pants. Full side zippers make your pants easier to pull on over your boots
- ___ scarf, neck gaiter, or balaclava (a balaclava covers most of your neck, face and head)
- ___ mittens: 2 pair—if one pair fits over another, your hands can be extra warm
- ___ warm hat: wool or fleece that covers your ears
- ___ bathing suit (for the sauna)

INDOOR CLOTHING:

- ___ indoor footwear: down or synthetic booties, heavy wool or fleece socks, or warm slippers
- ___ pajamas (a set of sweats to wear around the lodge in the evening and to sleep in work well)
- ___ extra clothing for the cabin after a day outside: pants, long-sleeved shirt, etc.

TOILETRIES

- ___ bath towel, soap, shampoo, toothbrush, toothpaste, dental floss, hand cream, and other toilet articles
- ___ sanitary supplies and a ziplock bag or two
- ___ personal “patch kit”: bandaids, 2 safety pins, moleskin, ibuprofen, personal medications, if any.

ESSENTIALS

- ___ small flashlight or headlamp
- ___ sunscreen and lip protection with SPF15
- ___ 1 qt. wide-mouthed, **hard** plastic water bottle, such as one made by a company called Nalgene: this is optimal in winter conditions. (You can also buy an insulated water bottle case). Soft plastic bottles may break in cold conditions
- ___ day pack: large enough to carry your extra layers, water bottle, extra mittens, sunscreen, sunglasses
- ___ sunglasses: 100% UV blocking
- ___ liner gloves: wool or synthetic equivalent (fleece, pile, etc.). Glove liners are really necessary for dogsledding trips since you will be taking off your outer mitt for better dexterity when hooking dogs up to the gang line, bare fingers chill quickly especially when handling metal.

OPTIONAL

- ___ chemical hand/foot warmers
- ___ goggles (to protect your eyes from branches that hang low)
- ___ gaiters: knee high to keep you dry and warm in deep snow
- ___ camera, film/memory card and extra batteries
- ___ wind/water proof over mitts (that fit over your mittens for extra warmth)
- ___ snowshoes – for walking on the lake at the lodge before/after dogsledding. (the lodge has a few pair to use as well)
- ___ watch/travel alarm clock
- ___ journal and pen or pencil
- ___ ear plugs (for a good nights’ sleep)
- ___ bandana

Notes on the Packing List

- Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort. Although we will be staying in heated lodge, we will be spending quite a lot of time outdoors. Weather at this time is quite variable; temperatures usually range from the 30s to -20 below. You may not use everything you bring; however, you need to come prepared for all possible weather conditions.
- Having boots with removeable liners is very important on a dogsledding trip as your feet will sweat and the inside will get damp. If you have no way of removing the liners, the insulation will cease to be effective and your feet will get cold. We can arrange for rentals if we know at least 3 weeks in advance.
- 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. The layering procedure begins with a BASE LAYER of silk or "lightweight" synthetic long underwear and liner socks. These materials draw moisture away from the skin (this is called "wicking") and help keep you dry and therefore warmer. Some synthetic materials that we find work well include Capilene, Thermastat, polypropylene, Driclime, Helly Hansen, and Ultrawick. Over the base layer wear a second, MEDIUM-WEIGHT layer on your upper body such as "expedition-weight" Capilene or Polartec, and wool pants or a synthetic equivalent such as Polartec or Capilene fleece. Over the second layer, add a third HEAVY-WEIGHT layer. This should be a thick material such as wool, or fleece. The fourth and final layer is called the OUTER LAYER. This layer is for protection from wind and snow. You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** 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. Put on a daypack; can you still raise your arms? Lastly, the wind pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. If you do not bring this insulating layer, you should have 2 heavy layers.
- Synthetic fabrics are often specified on this equipment list: Capilene, Thermastat, Polartec and Gore-Tex. In addition, 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 a good choice! **Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.**

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

Sled dog central

(www.sleddogcentral.com): widely regarded as one of the most comprehensive dogsledding sites on the web. It's aimed primarily at mushers but has useful info for everyone

Minnesota Tourism:

(www.exploreminnesota.com) There's more to Minnesota than snowflakes and mosquitoes. This web site can help if you want to extend this trip or plan future trips

International Wolf Center:

(www.wolf.org). *This site, in addition to giving you more information about the Center, is a great place to start learning about wolves*

WEATHER

We've given up trying to predict Minnesota winter weather. Be prepared for anything from 20 degrees below to 40 degrees above. Call us with questions about the packing list

EMERGENCY CONTACT INFORMATION

We will be staying at the Silver Rapids Lodge. The phone number is: 218-365-4877. We will be staying in the Fisherman and Paradise cabins. You can always call the Adventures in Good Company office (877-439-4042) and we will do our best to get a message to you. Cell phone reception is spotty.

CONDITIONING

Many women find that dogsledding is a more vigorous activity than they had anticipated. In addition to standing on the sled, at times you run behind it, pedal with one leg, and help the dogs get the sled up hill. In addition you are often dealing with colder temperatures and wearing more clothes than you may be used to. On the other hand you will be sharing the sled with another person, so you can switch off who is mushing and who is riding cozily bundled up in the sled bag.

Given those considerations, additional conditioning is unnecessary for anyone who already exercises regularly, including some aerobic exercise. 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 fast 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 harder. The key is to exercise at a rate that makes you work, but not so hard that you are unable to talk or gasping for breath. Aerobic conditioning is much more important than strength training.

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

Winterdance by Gary Paulsen- anything by him is worth reading

My Lead Dog was a Lesbian by Brian Patrick O'Donohue. A total novice runs the Iditarod. As funny as the title suggests.

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

Running North: A Yukon Adventure by Ann Mariah Cook. A journalist's account of the year she and her husband moved to Alaska to run the Yukon Quest.

Race Across Alaska: the First Woman to Win the Iditarod Tells her Story by Libby Riddles, Tim Jones. A professional dog musher's look at the great race.

Wolves: Behavior, Ecology and Conservation edited by L. David Mech and Luigi Boitani. The most comprehensive wolf book ever, written by 22 world-class wolf experts.

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

If you are flying in from out of town, Northwest Airlines and Delta are the dominant carriers in the market to Duluth (1-800-225-2525 or www.nwa.com). Non-stop flights are rare.

Transportation to Ely is not included in the trip price. There are three ways to get to Ely: 1) drive your car or carpool with someone local who is on the trip; 2) rent a car in Duluth; or 3) sign up for our cost share transportation. This means that everyone shares the cost of the rental car and the gas. If you choose either of the first two options, you will also be responsible for your transportation during the trip. If you choose the third option, the van will leave Duluth at 11:30 a.m. so that we have time to stop for lunch (not included in the trip price) and allow for winter driving conditions. 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):

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

4257 Haines Rd.

Nightly rates: \$129- \$149

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 \$99 - \$125

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: \$110-\$160

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: \$89-\$149

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

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>
- **Frost River Outfitters** <www.frostriver.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), Grandma's (more known as a Duluth institution than for amazing food)
- Downtown (corner of Lake Ave. & Superior St.): Pizza Lucé
- In the Fitger's building (6th Ave. East & Superior St.): Fitger's Brewhouse