



Trip Summary

Dogsledding and Winter Fun

TRIP AT-A-GLANCE

Dates: Jan. 8-12, 2011

Location: Tofte, MN

Cost: \$ 1360

Rating: 1, 2, 3

Activities: xc skiing, snowshoeing, dogsledding

Meeting

Place: Duluth airport (DLH)

Arrive: by 9:00am Jan. 8th

Depart: 3pm at airport Jan. 12th
(you can fly out after 4:15pm)

* Deduct 5% for being one of the first 5 to register by 10/8/10 and 3% of the entire trip fee when the balance is paid by check.

TRIP COSTS

WHAT'S INCLUDED

- guide services and instruction
- four nights lodging in a private room
- meals from lunch on Saturday thru lunch on Wednesday
- skis and snowshoes
- round trip transportation from Duluth, MN
- all activities on the itinerary including one full day of dogsledding with two women per sled

WHAT'S NOT INCLUDED

- alcoholic beverages
- transportation to/from trip start

Trip Highlights

- Experiencing the exhilaration of mushing a team of sled dogs through wilderness
- Learning or improving your cross country skiing on endless miles of well-groomed ski trails
- Snowshoeing the loop on Oberg Mountain with its 8 overlooks
- Luxuriating in your private room in a beautiful lakeside condo with a view of Lake Superior
- Exploring the totally charming town of Grand Marais
- Relaxing your tired muscles in the hot tub and sauna

Trip Overview

Combining lots of outdoor activity, natural beauty, and four nights in an award-winning resort, this wintertime adventure vacation is the perfect recipe for an interlude in your daily life that is at once invigorating and deeply relaxing. The invigorating part comes from the very fun activities of dog sledding, cross country skiing, and snowshoeing. The relaxing part comes from the rest of the trip. It's not just the hot tub or saunas, or even the optional massages. It's also the beauty and quiet of the condos, with their windows looking out over Lake Superior; delicious meals that you don't have to plan or cook; and the camaraderie of other women. We guarantee that by the end of five days you will feel like you've completely gotten away from the daily grind.

Our Itinerary

January 8: The trip begins Saturday at 9:30 a.m. in Duluth, Minnesota, when we pick you up at the airport. We will drive up to Tofte, about a two hour drive from Duluth, and share a welcome lunch at the local gem - the Coho Cafe. After taking time to settle in, we'll stretch our legs with a snow shoe walk on nearby Oberg Mountain (weather permitting). Following a short climb to the top (only in Minnesota would this be considered a mountain) there is a relatively flat loop trail leading to 8 different overlooks, a perfect introduction to the area. We'll end our day with a hearty dinner and

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 \$7 to \$12 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

afterwards enjoy a roaring fire, relax our muscles in a hot tub or sauna, or just sit in our comfortable living room and gaze out the window at the vast frozen lake.

January 9: This morning we'll go for a cross country ski near Bluefin Bay. The trails are appropriate for a variety of ski levels and your guides provide the instruction you need to improve your skiing techniques. In the afternoon you may choose to relax at our condo, do some snowshoeing, or perhaps go out for another ski. There's a trail that goes nearly all downhill back to the Bluefin and is lots of fun! And of course there is a massage therapist available by appointment. Those wanting down time are welcome to relax at the resort and take advantage of its many amenities.

January 10: Today is our dog sledding day! We get up early to drive "in land" to meet our dogs and guides - sled dogs are some of the funniest, friendliest, most quirky dogs there are and they love to pull. After learning how to hook them up, we're off for a full day of sledding. We'll 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 to make a fire and have a hot lunch. With two women in every sled, you have the opportunity to switch between the very vigorous activity of driving the sled and a more relaxing time of sitting cozily bundled in the sled and watching the spectacular winter scenery go by. We guarantee that if you love dogs, you'll adore sled dogs!

January 11: We plan to ski at Pincushion Mountain, a cross country ski area with a variety of trails and a great place on the North Shore for both traditional and skate skiing. After a hearty lunch, we will have time to explore the shops and galleries of Grand Marais, or you can explore more trails by ski or snowshoe. Grand Marais is a charming and friendly town and though some of the stores are closed in winter, it's still well worth a visit. We'll go out for dinner that night at a local restaurant before heading back to Bluefin.

January 12: Today we will hike on one of the nearby frozen rivers giving us the chance to see a beautiful river gorge. The sense of power and nature is even more spectacular on this winter hike. We will plan to share a final lunch and leave Tofte by 1:00 p.m. We will be back at the Duluth airport not later than 3 p.m. The Duluth Airport is quite small and you can plan to fly out anytime after 4 pm. (Once winter flight schedules are set this may be adjusted).

Packing List

OUTDOOR CLOTHING: Temperatures on this trip can range from 25 above zero to 25 below zero. We recommend dressing in layers from long underwear to a wind-proof outer layer. Each layer should fit comfortably over all the preceding layers. See next page for more details on synthetic materials and natural materials like wool or silk 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 boots: one pair of very warm boots (-40F rating optimal) for snowshoeing and dogsledding such as Sorels (removable liners are desirable but not essential). Duck boots and insulated hiking boots are not adequate.
- ___ 2-3 pair socks: heavy wool or polyester/lycra blend (such as Smartwool, Thorlo or Ultimax). We recommend mid-calf length to fit over inner layers
- ___ 2 pair liner socks: silk or synthetic equivalent (if you know you don't like liner socks, don't bring them)
- ___ Layer 1: light to medium weight long underwear, top and bottom: wool(smartwool, Ibex) or synthetic equivalent ("lightweight" Capilene, polypropylene, or Thermastat)
- ___ Layer 2-top: medium weight wool sweater or shirt or synthetic equivalent ("expedition weight" Capilene, microfleece,)
- ___ Layer 3-top: **an insulated** synthetic or down jacket, AND a heavyweight/windproof fleece jacket.
- ___ Layer 3-bottom: **warm/insulated** pants to wear over long underwear—wool, fleece, or down work great
- ___ Layer 4-top: water-proof jacket NON-INSULATED with a hood (must fit over inner layers) and preferably made of a breathable material. A Gore-Tex (or similar) rain jacket works well for this layer
- ___ Layer 4-bottom: 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. (Also can use your breathable rain pants shell)
- ___ warm vest: fleece, down, wool, or synthetic
- ___ scarf, neck gaiter, or balaclava (a balaclava covers most of your neck, face and head and can be found in many outdoor stores) - fleece, wool, or other synthetic material
- ___ mittens: 2 pair—if one pair fits over another, your hands can be extra warm
- ___ liner gloves: wool or synthetic equivalent - necessary for dogsledding
- ___ warm hat: wool or fleece that covers your ears (may want 2 hats so one has time to dry while you wear the other)

INDOOR CLOTHING:

- ___ indoor footwear: warm slippers, down or synthetic booties, heavy wool or fleece socks
- ___ pajamas (a set of sweats to wear around in the evening and to sleep in work well)
- ___ extra clothing for the condo after a day outside and for going out to dinner (Minnesota in the winter is very casual!): pants, long-sleeved shirt, etc.
- ___ bathing suit for hot tub, sauna, and swimming

SKI EQUIPMENT

- ___ skis, boots, poles, snowshoes are included in the package.
- ___ day pack lined with a plastic bag: large enough to carry an extra warm layer, water bottle, extra mittens, sunscreen, and sunglasses

TOILETRIES

- ___ toothbrush, toothpaste, dental floss, contact lens paraphernalia, hand cream, and other toilet articles
- ___ sanitary supplies and a ziplock bag or two
- ___ personal "patch kit": bandaids, 1 safety pin, moleskin, ibuprofen, personal medications, if any.

ESSENTIALS

- ___ sunscreen and lip protection with SPF15
- ___ sunglasses: 100% UV blocking
- ___ 1 qt. wide-mouthed, **hard** plastic water bottle, such as one made by Nalgene: this is optimal in winter conditions. (You can also buy an insulated water bottle case). Soft plastic bottles may break in cold conditions

OPTIONAL

- ___ 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
- ___ small musical instrument
- ___ small flashlight or headlamp
- ___ journal and pen or pencil
- ___ chemical warmers for your hands/feet
- ___ favorite book

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 indoors at night, we will be spending quite a lot of time outdoors. Weather at this time is quite variable; temperatures usually range from the 20s to -20 below. You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

Layering is the most practical and efficient method of insulating the body. Warm air space is trapped between layers of fabric, and 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. **No Cotton clothing for outdoor activity.**

The layering procedure begins with a BASE LAYER of wool 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, Smartwool, 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. Over the second layer, add a third HEAVY-WEIGHT layer. The top should be a thick material such as wool, down, fleece, or other synthetic and the bottom layer can be wool pants or a synthetic equivalent such as Polartec or Capilene fleece.

The fourth and final layer is called the OUTER LAYER. This layer is for protection from wind and rain. 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 backpack or 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.

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.**

Winter Boots: You need to have insulated winter boots rated to -40F (note: this rating is based on survival not necessarily comfort) preferably with removeable liners. Duck boots and insulated hiking boots (even if they say rated to -20F) are NOT adequate for this trip.

Outer layer/Jackets and pants: you need **BOTH** an insulated winter coat (like a ski parka, bibs are optional and only good for dogsledding) **AND** a non-insulated jacket and non-insulated rain pants (like your summer rain gear). Gore-tex is ideal for the non-insulated layer.

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 be helpful if you want to extend this trip or plan future trips

WEATHER

We've given up trying to predict Minnesota winter weather. Be prepared for anything from 25 degrees below to 25 degrees above. Call us with questions about the packing list.

EMERGENCY CONTACT INFORMATION

The main number at Bluefin Bay is 218-663-7296 or 1-800-BLUEFIN. Cell phone reception is very spotty on the North Shore.

CONDITIONING

This trip offers the opportunity for lots of aerobic activity (yes, dogsledding can be quite aerobic), with the option of joining in as much and for as long as you want. Even when we go out dogsledding for the day, there will be two women to each sled so you can trade off who is driving the sled and who is sitting cozily bundled in the sled bag. In addition you are often dealing with colder temperatures and wearing more clothes than you may be used to.

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 gasping for breath. Aerobic conditioning is much more important than strength training.

But conditioning really isn't required- Bluefin Bay is a wonderful place to rest and relax when you've had your fill of activity. pre-trip reading and website browsing suggestions, background on the weather, and emergency contact information.

RECOMMENDED PRE-TRIP READING

Dogsong 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

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

Delta Airlines is the dominant carrier in the market in Minnesota (1-800-221-1212 or www.delta.com). There are other carriers that offer occasional flights to DLH as well. Non-stop flights are rare.

Since we want to be in Tofte by 12 p.m., we need to leave Duluth by 10:00 a.m, thus pick-ups will start at 9:30am. so that we allow time 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: \$149 plus tax

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 \$99 - \$110

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.

Best Western Edgewater (800) 780-7234 or (218) 728-3601

131 West 2nd St, 2400 London Rd

Getting There Continued

Single or Double: \$152 -\$289

Located on Lake Superior, indoor water park, pool and sauna, complimentary continental breakfast, airport shuttle

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

TRAVEL TIPS

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. 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.

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