

## **BECOMING AND OUTDOORS-WOMAN “DESTINATIONS ADVENTURES” IN PARTNERSHIP WITH GREEN EDVENTURES TOURS**

### **Wisconsin Destinations Adventures**

June 9-11, 2023

#### **Wisconsin Door County Rock Island Retreat**

Days: 3 days / 2 nights (Camping)

Spend a 3-day weekend camping, paddling, and relaxing in beautiful Door County, WI. You will have the opportunity to combine paddling, “mindfulness” and yoga. Mindfulness is a practice that helps one to focus on living in -and appreciating - the moment. This can improve mood, reduces stress and anxiety, and bring greater enjoyment of the day. Learn balance and relaxation using a yoga paddle board. You will also explore the area by kayak. Our professional kayak and yoga instructors will guide you throughout the workshop with knowledge, techniques, and fun! This retreat is for any skill set. Rock Island natural and cultural history presentations and a visit to the Potawatomi Lighthouse round out this adventure.

July 28-August 2, 2023

#### **Isle Royale National Park Adventure**

Days: 6 days / 5 nights (Camping)

Isle Royale National Park preserves 132,018 acres of federally designated wilderness. According to the National Park Service, around 11,000 years ago, two miles of ice pressed down on Isle Royale, sculpting its topography. This same ice sheet formed Lake Superior and hundreds of inland lakes, ponds, and bogs. Explore coastal areas by kayak and hike inland habitats of mixed boreal and hardwood ecosystems. You may also visit some of the cultural features of the island including lighthouses, maritime exhibits, and the Windigo Visitor Center. Some kayaking experience is recommended.

August 24-28, 2023

#### **Bayfield, Wisconsin Kayaking Adventure**

Days: 5 days / 4 nights (Cottages)

The National Park Service calls them the “Jewels of Lake Superior”. Experience one of the Apostle Islands jewels with a group of adventure-minded BOW women. Feel the thrill of crossing big water in a sea kayak to reach Sand Island - Waabaabikaa-minis in the Ojibwe language, meaning “lots of white rocks island”. A hike through the wooded section of the island will bring you to the Sand Island Lighthouse, a Gothic style sandstone building built in 1881.

Paddling the Big Bay Slough and Sioux River Slough natural areas will take you to wetlands with abundant wildlife viewing. You will explore the sandstone sea caves that have been formed by the freezing and thawing of waves over centuries.

Who should sign up? Anyone in good health, and who is moderately active can enjoy the activities listed on the itinerary. No previous kayaking experience is necessary. There will be an orientation and kayaking lesson on the first day.

September 15-17, 2023

### **Devil's Lake State Park, Wisconsin Rock Climbing Adventure**

Days: 3 days / 2 nights (Camping)

This trekking and climbing workshop will take you to adventurous new heights? You will learn about safety and equipment for rock climbing and hiking on uneven terrain. Devil's Lake State Park offers some of the best rock climbing in the Midwest, with an elevation of 1,329 ft. Participants will use a rappel device to lower down the purple quartzite rock called "Brinton's Crack," trek the "Potholes" and "CCC" (stone steps laid by the Civilian Conservation Corps during the Great Depression) trails, and hike to the "Balanced Rock" formation where there is a stunning view of the lake. This adventure has moderate to rugged physical elements.

(Full itineraries and pricing for the Wisconsin Destination Adventures will be published December 15, 2022)

### **International Destinations Adventures**

March 26-31, 2023

#### **Iceland: Fire & Ice Experience + Hunt for Northern Lights**

Days: 6 days / 5 nights

Price: \$3500pp

Minimum 8 / max 12 participants

All meals, all activities.

Not included: airfare to Iceland approximately \$950, gratuity \$300, travel insurance,

#### **Summary**

Experience the Land of Fire & Ice with fun outdoor adventures that thrill, chill, and ignite your inner Viking! Learn how to ride a snowmobile, trek on a glacier, go ice climbing, and explore an ice cave! Be invigorated! Discover the fiery side of Iceland with a visit to the famous Strokkur geyser and eat delicious tomato soup at a greenhouse farm powered by geothermal energy. Not to be missed are soaking in the hot lagoons and pools warmed by the super volcano Iceland sits on. A special stop will be the Sky Lagoon in Reykjavik to invigorate and rejuvenate your body through their 7 Steps Rituals. All activities are included plus visits to waterfalls, black beaches, and opportunities to see the Northern Lights if conditions are right.

Late August / Early September TBA

#### **Canada: North Vancouver Island Glamping & Kayaking in Orca Habitat**

Days: 8 days / 7 nights

Estimated Cost: \$3500-\$3800pp

Min 10 / max 10 participants

Most meals, all activities, all lodging & transportation during the tour, water taxi, park fees, airfare from Vancouver City to Vancouver Island.

Not included: Airfare to Vancouver. BC, Airport transfer in Vancouver City, gratuity approximately \$300, travel insurance

Summary:

The trip starts in Vancouver BC. The following day, we take a flight across the mainland and over to Northern Vancouver Island. Spend 1 night on Vancouver Island pre-expedition, 1 night post-expedition, and 3 nights at a remote and luxurious wilderness glamping base camp. Tents with real beds, hot showers, and your own composting toilet. There is even a hot tub! The camp will be just our group! Experience three days of kayaking along the beautiful and wild shores of the temperate rainforest. Learn about the wildlife, keep your eyes peeled for whales with special emphasis on Southern Resident Orcas who hunt salmon in the rich emerald, green sea. The kelp forests are home to many colorful invertebrates that can be seen in the intertidal zone and through the clear shallow water. Mega-fauna is abundant and you could see bears, eagles, and dolphins, but banana slugs are guaranteed. If you love kayaking and cool coastal environments, you will love this trip. It's a place where the First Nation's land ethic is taught to visitors, and where converging waters and the land hold together a delicate balance of life below and above the waterline.

September 23-29, 2023

**Peru: Machu Picchu w/ Inca Trail Hike +Optional Lares Trek Mountain Trek Extension**

Days: 7 days / 6 nights

Price: \$3600pp

Min 8 / max 14 participants

Description:

Experience a real adventure in Peru that combines, the mind, body, & spirit in a trip unlike anything being offered to Machu Picchu. Get immersed in the vibrant culture of Cusco and the Sacred Valley via guided walking tours, visits to archeological sites, and ancient agricultural areas still be utilized today! Ignite your senses with delicious Peruvia foods. Meet a Shaman from the Quechua people will who guide us in a Pachamana Ceremony as a way to give back to and connect with Mother Earth. For those who are interested, the Shaman will offer coca leaf readings to give each person insight on your personal goals, challenges, and strengths. See and explore Machu Picchu during a less crowded time of year. Those who want to engage their body can experience getting to Machu Picchu on a guided hike over 8 miles of the original Inca steps on the last leg of the Inca Trail. Just before sunset, we will enter the beautiful complex to capture the iconic photos of stunning Machu Picchu that you've seen in magazines like National Geographic. For participants who need an alternative to the hike, transportation will be provided.

On day 7, participants can choose to end their tour and return to Cusco OR they can extend their stay for a 3-day Lares Trek.

Optional Lares Trek Add On  
September 29-October 2, 2023  
4 days, 3 nights  
Estimated cost: \$1350 per person  
Min 6 / max 14 participants

Get away from the crowds and find peace on the Lares Trek. The Lares Trek is one of the most beautiful treks through the Vilconota Mountain Range of the Andes. You will see snowcapped mountains, herds of alpacas and llamas, and local people along the way. This trek is moderately difficult, with one steep pass reaching 15,420ft!! Each evening, you come into a camp already set up by the crew and eat hot, homemade meals. In the morning, you will be greeted at your tent with a steaming hot cup of coca leaf tea to start you on your day. This is a fully supported trek. You carry only your layers, water, and snacks during the day.