

Boundary Waters: Canoeing

June 20–25, 2026

Led By: Bruce Peters and Doug Kvidera



Continuing Education
University of Wisconsin-Stevens Point





An Itinerary for Boundary Waters: Canoeing **June 20–25, 2026**

This multi-day canoe trip in the Boundary Waters Canoe Area offers a true wilderness experience, beginning with a drive to the entry point to pick up permits and settle into camp for the first night. Over the following days, the group will spend mornings paddling scenic waterways, breaking mid-day for lunch (quick stop as we need to keep moving to get prime campsites) and relaxation before continuing on until to camp. A layover day provides time to slow down and fully enjoy the surroundings with opportunities for canoeing, fishing, swimming, hiking, photography, reading, or simply unwinding at camp. The final day wraps up with a paddle back to the starting point, followed by a quick refresh, time to explore local shops, and the drive home. Each day is designed with a balanced pace: on the water in the morning and off by mid-afternoon, allowing plenty of time to explore, build skills, and enjoy the wilderness together!

Trip Leaders: Bruce Peters and Doug Kvidera

Saturday, June 20, 2026

- Meet at a TBD pick up point, based on travelers locations
- Drive up to Moose River Point to pick up permits and drive to national forest campground for the night
- Camp for the night

Sunday, June 21, 2026

- Put in canoes and paddle for the morning
- Stop for lunch
- Paddle for the afternoon
- Set up camp and have dinner

Monday, June 22, 2026

- Put in canoes and paddle for the morning
- Stop for lunch
- Paddle for the afternoon
- Set up camp and have dinner



Tuesday, June 23, 2026 - Layover Day

- Take some time to relax at camp
- Canoe, fish, swim, read, hike, photography, and lounge in the Boundary Waters

Wednesday, June 24, 2026

- Put in canoes and paddle for the morning
- Stop for lunch
- Paddle for the afternoon
- Set up camp and have dinner

Thursday, June 25, 2026

- Put in canoes and paddle back to the cars
- Time to shower and shop in Ely
- Drive home



Each day the group will be on the water by 9:00 am and off the water by 3:00 pm to allow time for fishing, swimming, etc. Along the way travelers learn safety and paddling skills, navigation and map reading, cooking and wilderness ethics, along with many other skills.

Meet the Trip Leaders



Bruce Peters retired as an Assistant Dean at UW-Manitowoc, after which he began leading trips to the Boundary Waters Canoe Area (BWCA) through UW-Manitowoc, UW-Oshkosh, and now UW-Stevens Point. He has led a total of 25 trips to the BWCA.



Doug Kvidera has over 20 BWCA trip experiences and has led two trips. He is certified in wilderness first aid.



Required Screenings:

Canoeing for five days in the Boundary Waters Canoe Area is a strenuous journey. It can be a very rewarding, once in a lifetime opportunity, but your safety and enjoyment are largely dependent on your physical preparation and health condition. To help ensure safety for all and maximize your enjoyment, this tour mandates these two requirements prior to registration:

1. **Self-evaluation of baseline physical fitness status:** Determine if you are capable of walking on a treadmill at 3.3 mph at 10% grade for 30 continuous minutes. A recommended physical training program will be provided to all canoers. Furthermore, if you have musculoskeletal issues with your spine, knees, ankles or feet, this tour is not recommended.
2. **Exercise capacity screening test required one month before tour departure** - This is a treadmill test, which can be completed in-person at our UWSP Health and Human Performance Lab or virtually online. Please note: Failing this screening test could result in UWSP Adventure Tours cancelling your participation on this tour (thus it would be subject to the cancellation policy).

Pricing

Registration Fee

Per Person rate: **\$1,200**

***Registration closes April 24, 2026**

Payment Schedule:

\$450 due upon registration

\$750 due by **Friday, April 24, 2026**

*Since we make financial commitments in advance, no refunds will be issued for cancellations less than 90 days prior to the trip. Cancellations received more than 90 days before the trip will receive a full refund minus \$450. However, you may send a substitute in your place. Please email us at uwspceweb@uwsp.edu to inform us of a cancellation or substitution.

Price includes:

The trip leaders provide transportation, canoes, tents, packs, food, maps, permits, and leadership. Travelers need to only provide a personal pack with clothing, sleeping bag and pad, personal items and fishing equipment, camera, book, etc.

Trip has eight people total – two trip leaders and six participants