



LANDMARK



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# BWGA: Women's Canoeing Adventure

Dates: 31 July - 5 August 2019

Tour Leaders: Amy Boelk & Deanna Deising



Adventure Tours  
University of Wisconsin - Stevens Point

## Overview

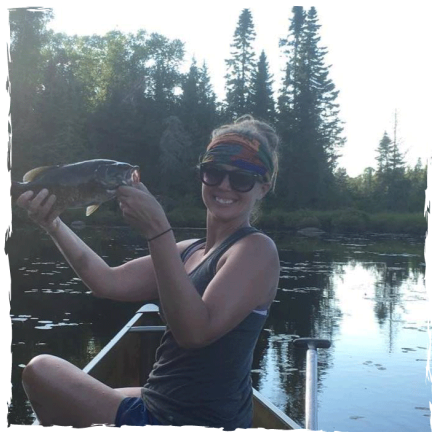
The Boundary Waters Canoe Area (BWCA) Wilderness protects 1 million acres of pristine wilderness land and waterways (nearly 20% of its total area is water)! The BWCA extends along 150 miles of the U.S./Canada border and is home to more than 1,100 freshwater lakes, made up of the Superior National Forest, Voyageurs National Park and Ontario's Quetico and La Verendrye Provincial Parks. Glaciers carved out and left behind gentle hills, canyons, rugged cliffs, sandy beaches and the thousands of lakes we see today.

This all-inclusive, 6-day adventure will begin just West of Grand Marais, Minnesota, at the historic Gunflint Lodge. Women explorers will experience the wonders of canoeing through the beautiful lake country that makes up the eastern portion of the BWCA, taking on a backcountry adventure immersed in pristine waterways with the potential to see black bear, moose, deer, fox and a variety of fish species. Bookended with cozy cabin stays and great gourmet meals, you'll spend 4 days in the wilderness as you travel by canoe with your tour leaders. Not only will you learn and use practical outdoor skills, you'll also share stories around the campfire and enjoy the healing and relaxation that the BWCA brings. Our goal in creating this adventure is to bring together like-minded women seeking an empowering experience in one of the world's last truly wild areas, all while practicing the seven principles of leave no trace. Tour leaders Amy Boelk and Deanna Deising can't wait to return to the BWCA to support other women on this rewarding and refreshing outdoors adventure.

## Tour Leaders



**Amy Boelk** In addition to being the communications specialist for UWSP Adventure Tours, Amy has more than 10 years of tour guiding/leading experience in both the U.S. and abroad. She holds certifications as a Wilderness First Responder and in Mass Disaster Care. Within the U.S., she has led tours at several national parks including Glacier, Zion, Bryce, Arches, Hot Springs, Badlands and more as well as having led more than 7 canoe tours on the eastern side of the BWCA. While living and working in Austria as a professional cycling guide, Amy had the opportunity to also gain travel experience in several European countries including Croatia, Bosnia, Slovenia, Slovakia, Germany, Liechtenstein and more.



**Deanna Deising** Deanna has led backwoods hiking, canoeing and camping trips throughout Wisconsin for youth, ages 10-17 via Swift Nature Camp in Minong, Wisconsin (Apostle Islands, St. Croix River, Namekagon River, Superior Hiking Trail). She has experience in backwoods camping in the Superior National Forest, Nicolet National Forest and the Chequamegon National Forests. This past summer, Deanna visited the Boundary Waters Canoe Area and has held the Tour Leader Information Co-Leader Information certification for the past 12 years while working in the health and fitness industry. When not out on adventures, Deanna is the academic department associate for the UWSP School of Health Promotion and Human Development.

# Itinerary

## Day 1 (Wednesday, 31 July 2019) - Arrive at Gunflint Lodge



Tour leaders Deanna Deising and Amy Boelk will meet travelers just West of Grand Marais, Minnesota, at the Gunflint Lodge and Outfitters on the Gunflint Trail. After settling into our cabins, head out on a short hike around the property as Deanna and Amy share some history of prominent area women who shaped the canoeing culture and left their mark on the outfitting industry here in the BWCA. Returning back to the outfitters, we will distribute Duluth packs, pick up our BWCAW permits, practice portaging our Kevlar canoes and become familiar with 'Leave no Trace' practices. We'll all join together down at the lake-side main lodge for a delicious gourmet dinner before tucking in for the night in our cabins. *Overnight: Gunflint Lodge Cabins*

## Day 2 - Entering the BWCA

Waking up bright and early, we'll divide into our small groups, load gear into the transfer vans (for groups with an entry point permit that does not begin on Gunflint Lake), and begin paddling from our designated entry points. *Overnight: Tent camping in the BWCAW*

## Days 3-4 - Paddling, Portaging and Camping

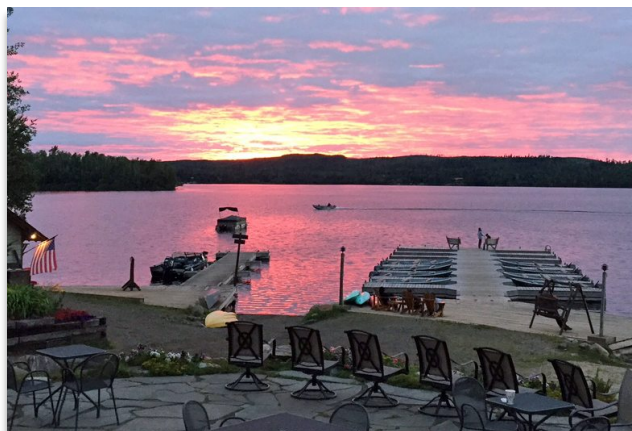
Enjoy the beauty and majesty of this wild place while traversing pristine waters, portaging canoes between lakes, swimming, relaxing and fishing (for those that bring gear). *Overnight: Tent camping in the BWCAW*



## Day 5 - Back to Gunflint and Gourmet Dinner Reunion

As we reach our exit points, jump aboard shuttles to Gunflint Lodge and Outfitters. Unload the canoes and gear and then check back into our cabins and have the afternoon to shower and cleanup as well as take advantage of the kayaks, boats, and paddleboards along the lakefront. Both groups will reunite over a gourmet dinner buffet at Justine's restaurant to exchange stories and reflect over the past few days' experience. This famous wood-smoked buffet includes BBQ chicken and ribs, smoked maple glazed salmon, cornbread, fresh fruit and more; served on the patio overlooking the lake.

*Overnight: Cabins at Gunflint Lodge*



*\*all photos provided by Gunflint Lodge*

## Day 6 (Monday, 5 August 2019) - Depart for Home

After saying our goodbyes over a cold breakfast at the outfitter's shop (*hot breakfast at the lodge is optional*), we'll all depart for home with memories of a fulfilling backcountry adventure.

## Cost and Details

**COST:** \$1,289 per person

**MY OWN ROOM:** not available

**INCLUDED:** All lodging (2 nights of cabin accommodations at Gunflint Lodge, 3 nights of camping), gear (canoes, paddles, PFDs, Duluth packs, cooking equipment, and camp gear), all camping meals, 2 gourmet dinners on first and last nights, BWCA permits and entry fees, 2 canoe and gear transfers to/from entry points, 1-2 Wilderness First Aid-certified tour leaders, maps, traveler's handbook and orientation.

**NOT INCLUDED:** Extra purchases (such as souvenirs, alcoholic beverages, snacks), transport to and from Gunflint Outfitters (transportation from Stevens Point to Gunflint can be arranged with the tour leaders for an additional fee), local drivers'/guides tips and travel insurance.

**PLEASE NOTE:** With weather and other uncontrollable variables, some activities/lodgings/schedules/meals may change prior to or during the tour. This tour will accommodate a variety of fitness levels; however, it is best to be in fair physical/mental shape.

**MINIMUM AGE:** The minimum age to travel on this tour is 16. Travelers 16-17 years old must be accompanied by a parent or guardian.

**TOUR LEADES:** Amy Boelk and Deanna Deising

**GROUP SIZE:** 7-16

**CONTACT:** Amy Boelk or Trevor Roark (program manager), 715-340-8186, [adventure.tours@uwsp.edu](mailto:adventure.tours@uwsp.edu)

**BOOKING:** Book online with a credit card OR print booking form, complete and mail along with \$300 (pp) nonrefundable deposit.

**WEBSITE:** [uwspadventuretours.com](http://uwspadventuretours.com)