

IOWA STATE - PROGRAMMING PUBLICATION

IOWA STATE UNIVERSITY
Recreation Services

2019 SUMMER TRIPS & WORKSHOPS

Outdoor Recreation Program





SUMMER EXTENDED TRIP:

Canoeing the Boundary Waters, Minnesota

June 3rd – 8th

Join the Outdoor Recreation Program Staff on an amazing 6-day trip to the Boundary Waters Canoe Area Wilderness (BWCAW). Located in Northeastern Minnesota, the BWCAW is over one million acres in size; it contains hundreds of lakes and rivers, has 1200 miles of canoe routes, and is home to abundant plants and wildlife, including threatened and endangered species.

The Boundary Waters is a pristine, yet rugged wilderness. The lakes are cut from granite and surrounded in old pine growth. The BWCAW is a true wilderness experience, without motors, electricity, telephones, and no roads to the inner lakes. Spring is an absolutely wonderful time to visit the boundary waters. Don't miss out on this once in a lifetime trip.

Registration Deadline: May 29th

Pre-Trip Meeting: May 30th at 6:00pm

Departure: 8:00am; **Return:** 5:00pm

Participants: 6

Pass Holder Price: \$180.00

Non-Pass Holder Price: \$330.00

SUMMER WORKSHOPS



**Rock Climbing I
Introduction to
Rock Climbing & Belaying
May 28th & June 26th**

Registration Deadline: May 27th; June 24th
Time: 6:00–8:00pm
Location: Climbing Wall/State Gym
Participants: 6
Pass Holder Price: \$12.00
Non-Pass Holder Price: \$20.00

This is an introductory course to rock climbing. Safety tools and techniques will be the focus. Skills learned will include but are not limited to knots, terminology, gear and basic belaying techniques. Upon completion of this workshop you will receive a Belay Card that will entitle you to belay at the ISU Climbing Wall.

**Bicycle Maintenance
June 5th**

Registration Deadline: June 3rd
Time: 6:00–8:00pm
Location: Outdoor Recreation Program
Participants: 10
Pass Holder Price: \$4.00
Non-Pass Holder Price: \$7.00

Bring your bike with you and we will help you tune it up. This workshop will focus on how to keep your bike in good working condition and how to repair it after you have crashed and burned. If time permits we will cover riding techniques.

**Rock II
June 25th & July 24th**

Registration Deadline: June 24th; July 22nd
Time: 6:00–9:00pm
Location: Climbing Wall/State Gym
Participants: 6
Pass Holder Price: \$12.00
Non-Pass Holder Price: \$20.00

This is an introductory course to lead climbing. Safety tools and techniques will be the focus. Skills learned will include but are not limited to knots, terminology, gear and basic lead climbing techniques. Upon completion of this course you will receive a Lead Card that will entitle you to lead climb at the ISU Climbing Wall.

**Kayak Paddling
Workshop
July 13th**

Registration Deadline: July 8th
Time: 5:30–7:30pm
Location: Outdoor Recreation Program/
Peterson Pits
Participants: 10
Pass Holder Price: \$10.00
Non-Pass Holder Price: \$17.00

In this workshop participants will learn some safety skills related to kayaking and the basic strokes for paddling a kayak. Kayak anatomy will be covered along with the gear needed to paddle a kayak. Both recreational and whitewater kayaks will be available to paddle in this workshop.

**Outdoor Cooking
July 25th**

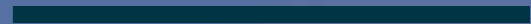
Registration Deadline: July 22nd
Time: 6:00–7:30pm
Location: Outdoor Recreation Program
Participants: 12
Pass Holder Price: \$6.00
Non-Pass Holder Price: \$8.00

Our motto is “anything you can make in your kitchen at home, we can make in our kitchen in the outdoors.” Come join us for some good food and some instruction on what equipment you need for your camp kitchen. There will be discussions on different cooking techniques, the types of equipment you need and how to use the equipment. We will also cover some environmental concerns and hygiene topics.

**Wilderness First Aid
September 7th & 8th**

Registration Deadline: September 2nd
Time: 8:00am–5:00pm each day
Location: Outdoor Recreation Program
Participants: 30
Pass Holder Price: \$199.00
Non-Pass Holder Price: \$220.00

This workshop will focus on first aid skills needed to take care of an injured individual in a remote setting. The workshop is set-up with some lecture time but a majority of the time you will be practicing the skills you need to know in mock scenario situations. When calling 911 is not an option, these are the skills you must have. A WFA Certification will be given to all participants who complete the course. This course also serves a refresher course for those who hold a WFR certification.



**Kayaking Big Creek Lake
June 15th**

Registration Deadline: June 10th
Departure: 10:30am
Return: 5:00pm
Participants: 12
Pass Holder Price: \$17.00
Non-Pass Holder Price: \$29.00

Big Creek Lake is located just north of Polk city here in Iowa, which is only a short drive from Ames. This is a good size lake (814 acres), which allows for some very fun paddling. The group will spend some time on the lake and then have a BBQ at the picnic area followed by some more kayaking. This trip is a great way to get introduced to paddling a recreational kayak and also get some good food!

**Full Moon BBQ & Hike
June 17th**

Registration Deadline: June 10th
Departure: 6:00pm
Return: 10:00pm
Participants: 12
Pass Holder Price: \$16.00
Non-Pass Holder Price: \$28.00

Hiking at night can be a very different and fun experience. Come join our staff for some good food and a night hike under the moon and stars.

**Backpacking Superior
Trail, Minnesota
June 21st – June 23rd**

Registration Deadline: June 17th
Pre-Trip Meeting: June 18th at 6:00pm
Departure: 7:00am; **Return:** 6:00pm
Participants: 10
Pass Holder Price: \$90.00
Non-Pass Holder Price: \$152.00

Backpacker Magazine describes the Superior Trail as one of the “most scenic” trails to be found. It is a trail located in northeastern Minnesota and runs along the rocky ridgeline above Lake Superior. The trail is very well marked and has 81 designated camp sites, among other great attributes. This trip will provide good hiking and great camping, not to mention great views. So come join our staff on this fun adventure.

**Canoe the Boone River
July 13th**

Registration Deadline: July 8th
Departure: 10:30am
Return: 5:00pm
Participants: 12
Pass Holder Price: \$27.00
Non-Pass Holder Price: \$46.00

The Boone River offers some very scenic surroundings and a fun stretch of river. There will be some small rapids on this section of the Boone River along with some flat-water stretches to cruise through. This is one of Iowa’s most beautiful rivers.

**Kayaking Ada Hayden
July 18th**

Registration Deadline: July 15th
Departure: 5:00pm
Return: 7:30pm
Participants: 10
Pass Holder Price: \$10.00
Non-Pass Holder Price: \$17.00

Ada Hayden is located just north of Ames. The lake provides many opportunities for paddling as well as other boating activities. This trip will provide beginner kayakers a great opportunity to be introduced to kayaking and also provide others a chance to paddle with new people. Come join the ORP staff on this relaxing and fun outing.

**Whitewater Rafting
in Wisconsin
July 19th – 21st**

Registration Deadline: July 15th
Pre-Trip Meeting: July 17th at 6:00pm
Departure: 6:00am; **Return:** 10:00pm
Participants: 12
Pass Holder Price: \$152.00
Non-Pass Holder Price: \$278.00

Have you ever gone over a 12 foot waterfall? Here’s your chance! This trip is a great opportunity for you to get introduced to whitewater rafting. The Peshtigo and Wolf Rivers offer great white water rafting in the Midwest. We will paddle down three different stretches of river over three days, each one more exciting than the last. The culmination being the 12 foot waterfall! Are you up for the challenge?

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