

# Primitive Living Skills: Living with the land.

## Skills Instructor



Wilderness Wind  
Ely, Minnesota

**Trip Cost:** \$695/person

**Price includes:** Lodging and all meals prior and after the canoe trip as well as all camping and canoeing gear. Exceptions to the latter include sleeping bag and outdoor clothing. See pack list on programmed retreats page on the Wilderness Wind web site.

**Scholarships:** A limited number of scholarships are available. Please complete the scholarship application on the web site.

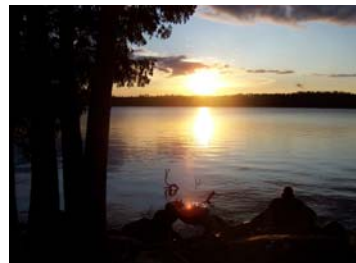
### Wilderness Wind

nurtures relationships to God and creation through wilderness living which promotes spirituality, cooperation, and environmental sustainability.

Wilderness Wind is a nonprofit corporation that has a 20-acre base camp and 3.5 acres of Lakeside property located close to Ely, Minnesota. Wilderness Wind is a member of Mennonite Camping Association and the Central Plains Mennonite Conference.



Cheryl Mast has served as Coordinator of Outdoor / Environmental Education at Amigo Centre, Sturgis, MI since 2001. After completing her education degree at Goshen College, she taught in the classroom and coached for 10 years, during which time she was introduced to the BWCAW. As her new passion in outdoor education grew, Cheryl shifted her teaching to natural settings and spent seven summers leading trips for Wilderness Wind. Since then, she has continued to share her intrigue and knowledge in wild places by leading trips in the Boundary Waters, and on various waterways and trails in Michigan. Her interest in Native American and Pioneer Skills has added a new dimension to her wilderness travels.



# Primitive Living Skills: Living with the land.



July 10-17, 2010



Wilderness Wind  
2945 Hwy 169  
Ely, MN 55731  
[www.wildernesswind.org](http://www.wildernesswind.org)

Skills Instructor:  
Cheryl Mast

# Primitive Living Skills: Living with the land.

## Registration

Imagine stepping back in time to join the Ojibwa people as they traversed and lived within this water-filled wilderness. This canoe trip will offer a glimpse of the rugged landscape they traveled as well as provide you with “tools” for living with the blessings of the land. The group will paddle and portage to different campsites; yet, there will be ample time for edible plant identification, paying attention to the rhythms and details of the natural world, crafting cordage from plant fibers and building matchless fires.

As we step off the beaten path of the Boundary Waters Canoe Area Wilderness (BWCAW), we will enter a wilderness area without designated campsites or maintained portage trails. Primitive Management Areas (PMA) allow only one group to camp in that region. The beauty, silence and simplicity of this rarity are not soon forgotten. In addition, the PMA will offer more diversity in skill development as well as foster discussions about living with the land. The proposed route maximizes access to the PMA; however, individual interests and abilities will be discussed as the group plans the route prior to and during the trip.

The schedule below is likely to evolve as the group wills.

### Day 1: July 10

Arrive at Wilderness Wind around noon for lunch at 1:00 pm

2:00-4:00 Shelter building workshop (optional activity to allow for additional travel time as needed).

4:00 Official beginning time, introductions and pre-trip preparations (Pack backpacks, review of safety and canoeing information, pack food, discuss individual and group goals and finalize the route with goals in mind). Supper and settle in at Wilderness Wind for the night.



Day 2: Drive to Boundary Waters entry point (Stuart Portage/River). Start trip: portage and paddle on the river, set up the first campsite.

Day 3 – 6: Days will be a mix of traveling by canoe, learning navigation within and outside of a Primitive Management Area and developing wilderness survival skills.

Day 7: July 16, Get off the water and enjoy a late lunch as we return to Wilderness Wind. Clean up gear and ourselves. Gather for a celebration supper and story telling.

Day 8: July 17, Departure

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Evening phone: \_\_\_\_\_

Email: \_\_\_\_\_

Special Dietary Needs \_\_\_\_\_

### **Payment Information:**

Trip Cost: \$695/person

- \$20 trip discount if registered by April 15th

Deposit: \$200 due at registration.

- \$125 is refundable until April 15, 2010

Full payment: Due May 15th, 2010

Send a check (payable to Wilderness Wind) or credit card information for your deposit or total payment.

Or visit [www.wildernesswind.org](http://www.wildernesswind.org) to pay your deposit or trip cost via credit card.

Credit Card # \_\_\_\_\_

Name on Credit Card \_\_\_\_\_

Expiration Date: \_\_\_\_\_

### **Registration Instructions:**

- 1) Complete registration, health and release forms
- 2) Return forms along with your deposit to Wilderness Wind via

Mail: 2945 Hwy 169 Ely, Minnesota 55731

Email: [kathy@wildernesswind.org](mailto:kathy@wildernesswind.org)

Phone: 218-365-5873 or 316-217-1129