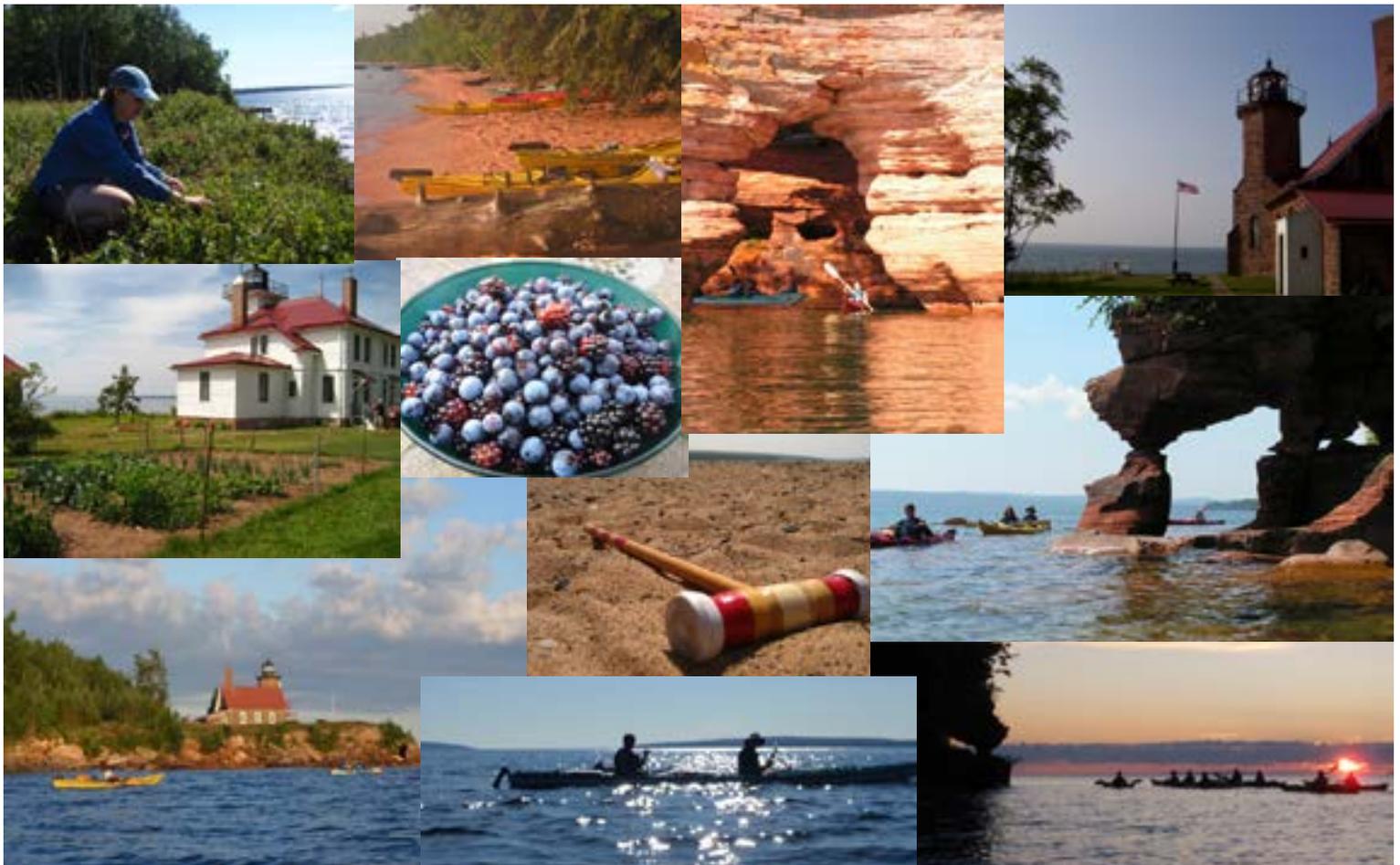


Custom Kayak Trips

Go outside together. Keep going.



WOLF RIDGESM
ENVIRONMENTAL LEARNING CENTER

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www.wolf-ridge.org

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Who We Are

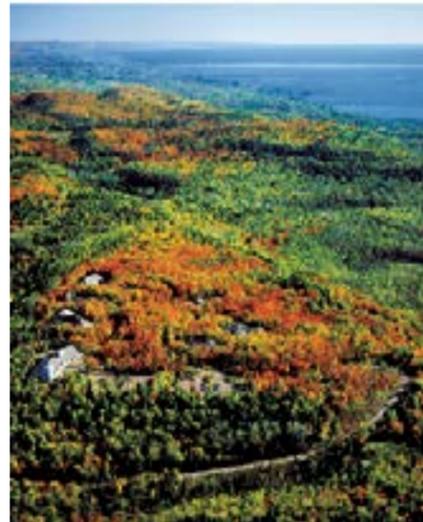
Wolf Ridge Environmental Learning Center is an accredited residential environmental education school for persons of all ages and abilities. We are located on 2000 acres of land, which includes Wolf and Raven Lakes, nearly a mile of the Baptism River, and a half mile of Sawmill Creek. Trails, covering rugged terrain, lead to many overlooks, lakes, streams, and activity sites. The main buildings are located on a plateau overlooking Lake Superior.

We offer immersion programs which involve direct observation and participation in outdoor experiences and focus on ecology and science, human culture and history, character development, and outdoor recreation.

Preparing For Your Trip

Before you arrive at Little Sand Bay- Apostle Islands Nat'l Lakeshore

Please fill out the pink [Health, Information and Release](#) and the blue [Group Information and Agreement](#) forms. These forms have two sides to complete. The information provided on these forms is confidential and will only be used by staff members who work directly with your group. Please return them to Wolf Ridge no later than two weeks prior to your kayak trip.



How do I get to the Apostle Islands Nat'l Lakeshore- Little Sand Bay?

From HWY 2 that runs east/west across northern Wisconsin:

1. Turn north on and follow WI-13 N through Bayfield and Red Cliff, WI (24.5 miles)
2. Take Slight right onto Old Countyhighway K Rd. Follow for 4.8 miles.
3. Turn right onto Little Sand Bay Rd/Park Rd. Follow for 2.0 miles.
4. Turn left onto Little Sand Bay Rd/Park Rd. Follow this until you get to the campground. Follow campground signs.

Plan to arrive at Little Sand Bay campground no later than 11 am on the first day of your kayak trip. Your guide will be there waiting for you. The campground is located next

to a ranger station. The campground itself is arranged inside an oval shaped drive. Look for a kayak trailer and a smiley person who will likely be waving at you. Your guide will help you get settled in the camp, show you how to set up your tent, and provide an orientation to your trip.

Kayaking in the Apostle Islands Nat'l Lakeshore

Lake Superior Conditions

During July and August, the average surface temperatures for the waters surrounding the Apostle Islands can range from the high 40's to the upper 70's. Because of this variation, your naturalist guide may require the use of Farmer John wetsuits. Even though air temperatures can be very warm, paddlers need to be prepared for the possibility of a capsized kayak and immersion in very cold water.

Your kayak guide will carry and use a VHF radio that broadcasts current nearshore marine conditions including wind speed, wind direction, and predicted wave heights. Your guide will use these forecasts, along with other factors, to make appropriate judgments about paddling schedules.

Because the majority of the paddling that groups do in the Apostle Islands entails crossings of 2-4 miles that may take 1-2 hours to complete, paddling groups are susceptible to rapidly changing/building lake conditions that can include storms, large waves, and strong winds. Your guide will include these considerations during your kayak skills training on the first day of your trip and will make conservative judgements of when to travel on the water.

Risk Management

Wolf Ridge trip leaders are trained in Wilderness First Aid, CPR and either Lifeguarding or Wilderness Water Safety. While on trail, they carry a cell phone that is used for emergency purposes only. In the Apostle Islands response time may take anywhere from minutes to hours. Such is the nature of wilderness water travel.



In addition, your kayak guide will carry a VHF marine radio. This radio transmits emergency messages up to three miles and can be heard by park officials, the US Coast Guard, and/or other boaters. Emergency flares, pfd's, wetsuits, tow ropes, paddle floats, spray skirts, whistles, double kayaks, and solid training are also part of the Wolf Ridge risk management plan for paddling in the Apostle Islands.



Camping Out

Your group will stay in 2 or 4 person tents. Your naturalist guide will stay in his/her own tent. Individual campsites in the Apostle Island (1-6 people) are available by reservation only and require permits. Most of the sites are close to the water/beach and may be situated near other campsites. All have outhouse or pit toilet facilities, bear proof lockers, fire pits, tent pads, and picnic tables. The mainland campground at Little Sand Bay includes shower facilities and car parking. To view different campsites in the Apostle Islands go to the following link: <http://www.nps.gov/apis/planyourvisit/campsite-directory.htm>

Lighthouse Keeper Croquet

Your group will hopefully have the opportunity to visit two historic and beautiful lighthouses during your adventure in the Apostle Islands- the Sand Island and Raspberry Island light stations. Both have undergone renovations within the past five years and are staffed by friendly and informative park staff. During the days when light keepers were stationed on the islands, families would often play croquet to pass the time. For years Wolf Ridge kayak trips have continued this tradition by bringing a croquet set along and setting up entertaining courses while visiting the light stations. Get your game face on!

General Apostle Islands Trip Itinerary (Weather Permitting)

Day 1	11 am Meet your naturalist guide at the Town of Russell/Little Sand Bay Campground. Trip orientation-You will get settled at your campsite and learn more about your trip itinerary. Orientation is a perfect time to address any questions or concerns that remain.
	Afternoon Drive to Meyers Beach (20 minutes) for an afternoon of kayak skills training and paddle to the Mawikwe Bay Sea Caves (6 miles round trip). Return to camp for the evening.
Day 2	Bright and early After breakfast, learn how to pack your sea kayaks (think of playing tetris inside a banana!)
	Mid morning Make the crossing to Sand Island (4 miles)
	Rest of the day Options include: paddle or walk to the Sand Island Lighthouse (with croquet!), paddle to the Swallow Point sea caves, practice kayak skills in the bay, take a Wild class from your Naturalist guide, relax on the beach
Day 3	Morning Make the crossing to York Island (3.5 miles). Perhaps a sunrise paddle to the east facing Swallow Point sea caves will be in order!
	Rest of the Day Make camp on York Island. Search along the York Island sandspit for ancient fossils. Relax, explore, learn, and take it easy after three big days of paddling.
Day 4	Morning Make the crossing to Raspberry Island (4 miles). Tour the Raspberry Island Lighthouse and enjoy a picnic lunch on the beach.
	Rest of the day Make the crossing to Oak Island. (2.5 miles). Make camp, play on beach, enjoy some croquet, hike the trails, learn, pick berries, play frisbee. Maybe a sunset hike to the overlook will be a good idea!
Day 5	Morning Pack up and paddle back to Little Sand Bay (8 miles). Clean up gear, load kayaks, and return to your vehicle. Bon Voyage and think about the stories you will tell when you get home!

Wild Classes

Learning and fun are at the heart of every Wolf Ridge kayak trip. Each day, your naturalist guide will offer wild classes that provide opportunities to discover a wide variety of Apostle Island related topics. Each experiential/ activity-driven class takes advantage of the cultural and natural resources in the Apostle Islands and the sense of wonder inside us all to engage, explore, and educate learners of all ages. Year after year, participants have said that wild classes were a favorite part of Wolf Ridge trips. Below is a sample list of the topics our Naturalists can offer.

- | | | |
|-------------------|-----------------------|---------------------------|
| Wildflower Walks | Wilderness Navigation | Wild Insects |
| Campfires | Wilderness Cooking | Wild Edibles |
| Sea Cave Bingo | Wild Birds | Weather Forecasting |
| Wild Trees | Wild Crafts | Lighthouse Tours |
| Fur Trade History | The Ojibwe Night Sky | Lake Superior Lore |
| Shipwreck Theater | Northwoods Mammals | Lighthouse Keeper Croquet |



The Wolf Ridge Wild Menu



Wolf Ridge has tried a wide variety of trail foods over the years. We refined our menu to offerings that are tasty, appealing and easy to prepare when people are hungry. We believe cooking and eating while on trail should be a fun and nutritious experience. We are always open to ideas, including dietary restrictions and preferences, provided we have the resources and time to implement them.

- | | | | |
|--|---|---|--|
| <p>Breakfast foods</p> <ul style="list-style-type: none"> Bagels, PB&J milk and dried fruit Nutrigrain fruit bars Pancakes Oatmeal w/dried fruit Berry muffins Fresh fruit | <p>Lunch and Snack foods</p> <ul style="list-style-type: none"> Pitas, bagels, crackers Hearty soups Beef summer sausage Beef jerky Cheese Peanut butter and jelly Hummus mix Tabouli Mix Snack'ens mix Dried fruit mix Wolf Ridge trail mix Granola bars Fresh fruit and veggies | <p>Suppers</p> <ul style="list-style-type: none"> Mac and Cheese Pizza/Calzones; Alpine pasta Burritos/ quesadillas Thai pasta/rice <p>Desserts</p> <ul style="list-style-type: none"> S'mores Cheesecakes Pudding Brownies Apple crisp | <p>Beverages</p> <ul style="list-style-type: none"> Fruit drinks Hot cocoa Hot cider Coffee & Tea |
|--|---|---|--|



Packing Information/List

General

- Avoid cotton clothing. Cotton is hard to dry when wet.
- Fleece, wool, or synthetics (polypropylene, etc) are good choices that will stay dry and warm.
- Think layers. They allow you to adapt to various conditions. Lake Superior weather can range from very hot to very cold- all in the same day!
- If unsure, pack extra. Your guide will help you sort it out.
- Think light. Bring items that will double for different purposes, (e.g. rain gear can double as a windbreaker/paddling jacket).
- Be economical. Borrow what you can. If you do need to purchase new items, quality rain gear and a decent pair of water shoes will serve you well.



Footwear

Paddling/water shoes are required for kayaking. These shoes can be water sandals, water slippers, beach shoes, neoprene booties, or something similar. They should have durable but thinner soles, dry quickly, and fit well in the cockpit of a sea kayak. **TENNIS SHOES AND FLIP-FLOPS ARE NOT ALLOWED FOR WEARING IN KAYAKS.**

Electronic devices

Although Wolf Ridge does not require you to leave all electronic devices behind, we strongly encourage groups to unpack video games and music players before heading out on a Wolf Ridge custom group trip. If you do wish to carry a cell phone, please reserve it for emergency/camera use only. Cellular phone signals/coverage in the Apostle Islands varies by wireless carrier and location and may be intermittent or nonexistent at times.

Tobacco and Alcohol

Small amounts of wine and beer are allowed only on adult or family trips. (all participants know each other). Both alcohol and tobacco are prohibited on youth group trips. If your adult or family group wishes to bring a small amount of wine/beer on the kayak trip, you must pack it in plastic containers. Wolf Ridge prohibits aluminum and glass. If you have questions, please contact the Adventure Education Coordinator at Wolf Ridge.

5-7 Day Apostle Islands Sea Kayaking

* - Wolf Ridge can provide this item

CLOTHING- Bold items required

Paddling shoes; No tennis shoes or flip-flops

Raingear; coat/pants or poncho

- ___ Long pants- in camp
- ___ T-shirt- for paddling
- ___ T-shirt- in camp
- ___ Long sleeve shirt- in camp
- ___ Sweater/jacket; fleece/wool
- ___ Shorts- one pair; in camp
- ___ Swimsuit
- ___ Socks-2-3 pair; wool/polypropylene
- ___ Underwear/long underwear
- ___ Light, comfy in camp shoes
- ___ Brimmed hat
- ___ Stocking cap; in case of cool nights
- ___ Lightweight gloves

MISCELLANEOUS

- ___ Sleeping bag*
- ___ Sleeping pad*
- ___ Water bottle
- ___ Personal medications
- ___ Headlamp/small flashlight
- ___ Toiletries; small travel amounts
- ___ Sunscreen; spf 15 or greater
- ___ Sunglasses
- ___ Stuff sacks*
- ___ Bandannas

OPTIONAL

- ___ Journal or book to read
- ___ small pocket tool; (i.e. Swiss Army)
- ___ Camera
- ___ Binoculars
- ___ Field guides
- ___ Playing cards, dice/games
- ___ wetsuit*
- ___ kayak paddle*