



DOG SLEDDING AND WINTER FUN

FEBRUARY 3 - 7, 2018

TRIP SUMMARY

HIGHLIGHTS

- Experience the exhilaration of mushing a team of sled dogs through pristine winter wilderness
- Learn or improve your cross country skiing on endless miles of well-groomed ski trails
- Snowshoe the loop on Oberg Mountain with its 8 overlooks
- Luxuriate in your private room in a beautiful lakeside condo with a view of Lake Superior
- Explore the totally charming town of Grand Marais
- Relax your tired muscles in the hot tub and sauna

TRIP AT A GLANCE

Dates:	Feb 3 - 7, 2018
Location:	Tofte, MN
Cost:	\$1,765.00
Activities:	Multisport
Arrive:	9:30 am in Duluth, Minnesota (DLH) on February 3
Depart:	3:30 pm at the airport in Duluth on February 7

TRIP OVERVIEW

Combining lots of outdoor activity, natural beauty, and four nights in an award-winning resort, this wintertime adventure vacation is the perfect recipe for an interlude in your daily life that is at once invigorating and deeply relaxing. The invigorating part comes from the very fun activities of dog sledding, cross country skiing, and snowshoeing. The relaxing part comes from the rest of the trip. It's not just the hot tub or saunas, or even the optional massages. It's also the beauty and quiet of the condos, with their windows looking out over Lake Superior; delicious meals that you don't have to plan or cook; and the camaraderie of other women. We guarantee that by the end of five days you will have completely escaped the daily grind. Maximum group size: 10

RATING

This trip is for any woman who wants to experience a variety of winter activities while staying in wonderful accommodations. This trip can be as relaxed or active as you choose! If you want to have the energy to do everything we offer, some prior conditioning is definitely a good idea. **Rating:** [\[1\]](#) [\[2\]](#) [\[3\]](#) 4 5

WHAT'S INCLUDED

- Experienced guides who are expert teachers and will teach you everything you need to know
- Four nights lodging in a private room
- All meals from lunch on Saturday thru lunch on Wednesday
- Skis and snowshoes, ski passes
- Round trip transportation from Duluth, MN
- One full day of dog sledding with two women per sled

Not included: Transportation to/from Duluth, alcoholic beverages, guide gratuities, pre- or post-trip lodging

OUR ITINERARY

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1



FEBRUARY 3, SATURDAY

The trip begins Saturday at 9:30 a.m. in Duluth, Minnesota, when we pick you up at either the Duluth airport (DLH) or your pre-trip hotel. Final arrangements will be made closer to the trip beginning. We will drive up to Tofte, about a two hour drive from Duluth, and share a welcome lunch at the Coho Cafe, a local gem. After taking time to settle in, we'll stretch our legs with a snow shoe walk on nearby Oberg Mountain (weather permitting). Following a short climb to the top (only in Minnesota would this be considered a mountain) there is a relatively flat loop trail leading to 8 different overlooks, a perfect introduction to the area. We'll end our day with a hearty dinner and afterwards enjoy a roaring fire, relax our muscles in a hot tub or sauna, or just sit in our comfortable living room and gaze out the window at the vast frozen lake.

DAY 2



FEBRUARY 4, SUNDAY

This morning we'll go for a cross country ski near Bluefin Bay. The trails are appropriate for a variety of ski levels and your guides provide the instruction you need to improve your skiing techniques. In the afternoon you may choose to relax or read at our condo or do some snowshoeing, or perhaps go out for another ski. There's a run that's all downhill and lots of fun! And of course there is a massage therapist available by appointment. Those wanting down time are welcome to relax at the resort and take advantage of its many amenities.

DAY 3



FEBRUARY 5, MONDAY

Today is our dog sledding day! We get up early to meet our dogs and guides - sled dogs are some of the funniest, friendliest, most quirky dogs there are and they love to pull. After learning how to harness and hook them up, we're off for a full day of sledding. We'll drive the sled across lakes and through the woods and learn how to assist the dogs by "poling." We will experiment with shifting our weight on the runners to help the sled turn and jump on and off the runners when we're going up hill. After an active morning we'll all need a break, so we'll stop to make a fire and have a hot lunch. With two women in every sled, you have the opportunity to switch between the very vigorous activity of driving the sled and a more relaxing time of sitting cozily bundled in the sled and watching the spectacular winter scenery go by. We guarantee that if you love dogs, you'll adore sled dogs!

DAY 4

FEBRUARY 6, TUESDAY



We plan to ski at Pincushion Mountain, a cross country ski area with a variety of trails and a great place on the North Shore for both traditional and skate skiing. If more snowshoeing is what you desire, we will explore a scenic trail at George Washington Pines. After a hearty lunch, we will have time to explore the shops and galleries of Grand Marais, or you can explore more trails by ski or snowshoe. Grand Marais is a charming and friendly town and though some of the stores are closed in winter, it's still well worth a visit. We'll head back to Bluefin and have a bit of time to relax and get ready for our last dinner out together.

DAY 5

FEBRUARY 7, WEDNESDAY



Today we will hike on one of the nearby frozen rivers giving us the chance to see a beautiful river gorge. The sense of power and nature is even more spectacular on this winter hike. We will plan to share a final lunch and leave Tofte by 1:00 p.m. We will be back at the Duluth airport not later than 3:30 p.m. The Duluth Airport is quite small and you can plan to fly out anytime after 4:30 pm.

ADDITIONAL TRIP INFORMATION

GETTING THERE

If you are flying, the closest airport is Duluth (DLH). Most women find that in order to be in Duluth in time for the morning pick up, it is necessary to arrive a day early and stay overnight in Duluth. We will be sending a list of recommended hotels 5 months prior to the trip beginning.

If you are driving you have 2 options for where to park: 1. You can park your car in the parking lot at the Duluth airport for \$12/day (2017 rates) and be picked up at the airport. Once parked, it is a very short walk to the airport. (There is no shuttle service.) 2. If you are coming early and staying at either the Days Inn or the Country Inn and Suites, parking is free for the duration of the trip. Ask at reception where to leave your car.

If you would like help with flight/travel plans we recommend our travel agent Sara Schuitemaker at sara@scaneastwest.com or call 800/727-2157

ACCOMMODATIONS

We spend four nights at the award-winning [Bluefin Bay resort](#). Bluefin is a collection of well-designed, comfortably appointed seaside vacation homes located right on the lake, each with fireplaces, Jacuzzis, and great views. They also boast a year-round outdoor pool and hot tub, two saunas, an indoor pool and whirlpool/spa and an exercise room. We've reserved two and three bedroom homes, each with a king or queen bed in every room and 2 shared bathrooms. You can [see the floor plan here](#).

WEATHER

We've given up trying to predict Minnesota winter weather. Typically, this time of year temperatures range from 25 degrees below to 25 degrees above. Historically there are more sunny days than overcast or cloudy days. A few snowy days or a little snow is always hoped for on this trip. Please know that blizzards do occur and the trip itinerary and/or travel plans are subject to change.

TRAVEL INSURANCE

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at [Travelex Insurance](#). To get the best rates, use 20-0016 as your location number on the Get A Quote page.

PACKING LIST

OUTDOOR CLOTHING

- 1 pair insulated boots: minimum rating of -25 F See 'Notes on Packing List'
Note: Duck boots and insulated hiking boots **ARE NOT** adequate.
- 2-3 pairs of hiking socks: We recommend mid-calf length to fit over inner layers. (Smartwool, Ultimax, etc.)
- 2 pair liner socks: Silk or synthetic equivalent (only if you already use them)
- 1 Medium weight long underwear, top and bottom (Smartwool/synthetic such as Capilene, polypropylene)
- 1 medium weight wool or fleece sweater/shirt
- 1 insulated synthetic or down jacket.
- 1 heavy-weight/windproof fleece jacket.
- 1 pair warm/insulated pants to wear over long underwear – wool, fleece or down work.
- 1 waterproof jacket NON-INSULATED with a hood (rain jacket) - See 'Notes on Packing List'
- 1 pair wind pants (can be rain pants) - See 'Notes on Packing List'
- 1 warm vest: fleece, down, wool, or synthetic.
- 1 scarf/neck gaiter/balaclava/buff (fleece, wool or other synthetic material)
- 1 pair Liner gloves: wool or synthetic equivalent – necessary for dog sledding.
- 1 pair WARM mittens (make sure mittens fit over liner gloves, windproof material on the outside is preferable.
- 1 warm hat: wool or fleece that covers your ears (you may want to bring 2 hats in case one gets wet)

INDOOR CLOTHING

- Indoor footwear: warm slippers, down or synthetic booties, heavy wool or fleece socks.
- Sleepwear and/or sweats for sleeping/wearing in the evening.
- Extra clothing for the condo after a day outside and for going out to dinner. (Casual)
- Swim suit for hot tub, sauna and swimming.

EQUIPMENT

- 1 daypack: large enough to carry all you need for the day – See 'Notes on Packing List'
- 2 Nalgene type water bottles -- Total capacity 2 Liters – See 'Notes on Packing List'
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Sunglasses (100% UV protection) w/retention strap
- Ear plugs (for a good night's sleep!)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/personal 'patch' kit – See 'Notes on Packing List'

Please note: Individuals allergic to insect stings must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- | | |
|---|--|
| <input type="checkbox"/> Camera (extra battery) and film/memory card | <input type="checkbox"/> Book, notebook, journal, pencil/pen |
| <input type="checkbox"/> Ski goggles | <input type="checkbox"/> Wristwatch/travel alarm clock |
| <input type="checkbox"/> Favorite snack | <input type="checkbox"/> Chemical hand/foot warmers |
| <input type="checkbox"/> Overmitts (a windproof barrier you wear over your mittens) | <input type="checkbox"/> Knee high Gaiters |

NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort, please be sure to follow the packing list as closely as possible. Temperatures on this trip can range from 25 above zero to 25 below zero. We recommend dressing in layers from long underwear to a wind-proof outer layer. Each layer should fit comfortably over all the preceding layers. **Please do not be intimidated by the packing list** - if you have questions about what to bring or what you can make do with, please give us a call (toll free) 877-439-4042).

Daypacks: You will need a daypack that is large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover/vest/additional jacket), extra gloves/mittens, warm hat, top and bottom wind/rain layer (if not already wearing) and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. **Note: A fanny-pack is not large enough to hold all of the items you will need for the day.**

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need.

Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Outer layer/Jackets and pants: You need **BOTH** an insulated winter coat such as a down/poly ski jacket **AND** a non-insulated jacket and non-insulated rain pants (like your summer rain gear). Gore-tex is ideal for the non-insulated (rain gear) layer. Note: This layer must fit over long underwear and other warm layers. Side zippers are recommended for pants for ease of pulling on with boots on.

Hydration: It is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. For this trip we recommend bringing 2 Nalgene type bottles (capacity to carry 2 liters). Many of us now have hydration systems and these are wonderful. However, if used during really cold weather, the water tends to freeze in the tube and renders you basically without water. There are cold weather techniques and if you are experienced in using your hydration system in cold weather and have successfully mastered this 'blow back' technique, please feel free to bring and use your hydration system. We do find it easier and recommend on this trip, to use water bottles.

Insulated boots: Probably not many of you will have -25° F boots just hanging out in your closet but yes, that's what is recommended for this trip. Keeping your feet warm, especially when dogsledding, is very important for both fun and safety. The following website is helpful in understanding the different types that are available:
<http://wintertrekking.com/clothing/boots/>

The type of boot that is the most reasonably priced and meets the requirements is the Pac Boot. These boots can also be used for general use once the trip is over. Outfitters who specialize in providing equipment/clothing for ice fishermen, hunters and mountaineering will carry this type of boot.

- It is best to have boots that have an inner lining that can be removed.
- Duck boots and insulated hiking boots (even if they say they are rated to -25F) ARE NOT adequate for this trip.

If our Dogsledding Outfitter does not think the boots you bring are adequate for the dog sledding day, they do have boot you can rent for \$5/pair for the day.