

# Rock Climb and Sea Kayak Combo

Saturday, July 11, 2009

9 am -5 pm



## HERE'S WHAT TO EXPECT:

Learn, explore and have fun in beautiful natural settings. We'll climb the friendly climbs of Ely's Peak in the morning and sea kayak Duluth's waterfront in the afternoon. No climbing or paddling experience is necessary.

## WHERE:

Meet at the Ely's Peak parking lot (see map on the back) at 8:50 am. We will hike as a group to the climbing area.

## CLIMBING:

It's about a 15-minute hike on a rocky, up-hill trail to the climbs where we will put on our harnesses and helmets and learn some climbing basics. We'll climb at our own pace and take turns climbing and belaying (managing the safety rope) for each other.

## LUNCH:

We will wrap-up our climbs at around Noon and drive to the UMD Aquatic Center on Park Point (about 20 minutes) to eat lunch. Bring a bag lunch or stop on the way to grab a sandwich or another quick bite. Lunch tables, refrigerator and microwave are available. We'll begin our sea kayaking from right there at the Aquatic Center.

## SEA KAYAKING:

After a brief introduction to the kayaks we'll head to the beach and do a safety practice in case of an accidental capsiz. From there, we'll paddle along the Duluth waterfront to see the sights in single and two-person kayaks.

## WHAT TO BRING:

### Climbing

- Sturdy clothing, hiking boots or tennis shoes (no sandals)
- small day pack to carry the following items:
- rain jacket, sun hat and warm jacket or sweater
- filled water bottle and snacks
- sunscreen, insect repellent, sun glasses, personal items

### Sea Kayaking

- swimsuit
- shoes that will get wet
- nylon wind shell that can get wet
- sun hat, sunscreen, eyeglass strap

## WE PROVIDE:

- first aid kit
- safety equipment

### Climbing

- harnesses
- helmets
- ropes
- climbing hardware

### Sea Kayaking

- kayaks
- paddles
- lifejackets (PFD's)
- wetsuits
- kayak accessories

## FACILITIES:

### Climbing

- no toilet facilities or shelter

### Sea Kayaking

- indoor shelter
- portable toilet
- changing curtains
- fridge and microwave
- lunch tables

## COST:

\$110 per person

## INFO & REGISTRATION

Phone: (218)726-7128

Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)  
[www.umdrsop.org](http://www.umdrsop.org)

## KAIIA WEBSTER:

Coordinator

(218) 726-6257

[kwebster@d.umn.edu](mailto:kwebster@d.umn.edu)

**The Real Classroom is Outside...Get Into It!**

Directions to Ely's Peak

From Duluth, take **I-35 South**.

Exit at **Midway Road** (Exit # 246 about five miles out of Duluth) and travel **south** (left turn at end of exit ramp).

Continue about 2 miles on Midway. (Midway Road becomes **Beck's Road**.)

Look for a parking lot on the left, about 2.5 miles from the highway, just before crossing a small bridge.

Park in the gravel parking lot that has a kiosk for Ely's Peak.

UMD Recreational Sports Outdoor Program Staff will meet you there 5-10 minutes prior to your scheduled contract time.

*(Note: the old parking area on 123<sup>rd</sup> Avenue is no longer in use. Please park at the new lot.)*

