

# Wild Woman! Climb & Sea Kayak Combo

**Saturday, July 25, 2009**  
**9:00 am - 5:00 pm**



## HERE'S WHAT TO EXPECT:

Learn, laugh and have fun with other active women in beautiful natural settings. We'll climb on gentle sea cliffs near Lake Superior in the morning, enjoy a lakeside picnic, then kayak on Lake Superior in the afternoon.

## WHERE:

Meet at the Silver Cliff Parking Area, a 40-minute drive north of Duluth on Hwy 61.

## CLIMBING:

From the parking area, it's a short walk to the climbs where we will put on our harnesses and helmets and go over some climbing basics. We'll take turns climbing and belaying (managing the safety rope) for each other as we scale the slopes of Silver Cliff.

## SEA KAYAKING:

We will carry our one- and two-person kayaks down the beach to our launch site. In the calm water area we'll review how the group will stay together and what to do in case of an accidental capsized. From there, we'll paddle by the rock formations and beaches of this beautiful section of Lake Superior's shore.

## WHAT TO BRING:

-Bring your lunch in a cooler or container that will keep it cool in your car while we are climbing.

### 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, bug dope, sun glasses, other personal items

### Sea Kayaking

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

## COST:

\$ 125 per person

## WE PROVIDE:

- first aid kit
- safety equipment

### Climbing

- harnesses
- helmets
- ropes
- climbing hardware

### Sea Kayaking

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

## YOU PROVIDE:

- meals
- transportation

## EXPERIENCE LEVEL:

Beginners are welcome..

## INFO & REGISTRATION

Phone: (218)726-7128

Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)

[www.umdrsop.org](http://www.umdrsop.org)

### **KAIJA WEBSTER:**

**Coordinator**

(218) 726-6257

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

[www.umdrsop.org](http://www.umdrsop.org)

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