

North Shore Ice Adventure

Saturday, February 21, 2009

8:00 am - 8:00 pm



HERE'S WHAT TO EXPECT:

Ski down the frozen Devil's Track, a beautiful North Shore river that includes a box canyon section that the group will navigate by rappelling down to the next level of ice to continue skiing. Near the mouth of the river, we'll stop at Nightfall, a dramatic 200-foot ice climb. Instructors will get you switched from ski gear to ice climbing gear for your top rope ascent of this frozen waterfall. Next, ski to the mouth of the river near Lake Superior and a warm van ride back to UMD. All transportation, equipment and instruction is provided for this true North Shore winter adventure.

WHERE:

We'll meet you at the Trailhead in the Sports and Health Center Lobby at 7:50 am. (See directions on the back.) From there we'll car pool to a nearby climbing area.

WHAT TO WEAR:

- Warm Layers
- Warm hat that will fit under a helmet.
- Warm mittens (with a water resistant shell if possible)
- Wool socks (include a thin liner sock if you have one)
- Gaiters (nylon cuffs for your lower leg, if you have them)

COURSE EQUIPMENT:

We provide skis, boots, poles, harness, helmet, crampons, ice climbing boots, ice tools, ropes, ice screws, belay devices, carabiners, anchor materials and first aid kit.

Bring the following items in a small day pack that you can carry with you to the climbing area:

- ___ filled water bottle
- ___ a bag lunch and snacks
- ___ sun glasses with strap
- ___ thermos with hot tea or cocoa (optional)

SIZING YOUR BOOTS BEFORE THE COURSE:

You must go to the RSOP Equipment Rental Center by Noon on February 20 to try on and size ice climbing boots.

COST: \$45 UMD Students/\$65 Others
Sign up by noon February 20



INFO & REGISTRATION:

RSOP Day Office:

153 Sports and Health Center
(218) 726-7128
rsop@d.umn.edu
www.umdrosop.org