

University of Minnesota Duluth - Recreational Sports Outdoor Program

North Shore Stream Ski

SUNDAY FEBRUARY 28, 2010

12-5PM

If you like to ski and you are up for a challenge than join us for an afternoon of one of the most wonderful experiences on the North Shore.

HERE'S WHAT TO EXPECT:

Pack your sense of adventure and explore the frozen waterfalls and rapids of a Northern Minnesota stream on cross-country skis. We will introduce frozen river navigation techniques, while we look for tracks in the snow and wolf kill sites. This is a slightly more challenging outing so basic skills are needed but you don't have to be an expert. Come and enjoy the beauty of the Split Rock River ... it doesn't get much better than this!

WHERE:

Meet at the "Trailhead" in the lobby of the Sports and Health Center

WHAT TO BRING:

- Wear clothing that is appropriate for the conditions (*Check the weather.*) and allows freedom of movement.
- Extra socks.
- Your skis should be waxed and ready for use and it is nice to have boots with ankle support. Sturdy poles are a must. Expensive, high-performance gear is discouraged because the rivers can exact a toll on equipment. Skis available to rent at the RSOP rental center.
- You will need to pack a snack and water to bring on the river
- A small backpack to take so you can carry your extra items easily.
- You can also bring a non-breakable mug for hot cocoa, we will provide the hot drinks

COST:

\$8 for UMD Students/\$14 Others

REGISTER BY:

Noon, February 25



GOALS:

- Learn safe techniques for traveling on streams in the winter
- Explore the natural history of the area (tracks, geology, plants)
- Have fun skiing.

EXPLORE MORE WITH THE OUTDOOR PROGRAM:

- Twelfth Annual Outdoor Gear Swap, March 6 from 9:30-noon
- Trip Planning BWCA and Quetico, March 29 from 7-9pm
- Maple Syruping, April 5 from 4-6pm

GENERAL INFO:

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