

University of Minnesota Duluth - Recreational Sports Outdoor Program

Montana Snow Kite Training Trip to Mt. Haggin & Georgetown Lake

Welcome, this trip promises to be a wonderful exploration of Montana's mountain terrain using kites, alpine or tele skis, snowboards, cross country skis and snowshoes. You will be actively involved with and learning about snow kiting on flat and rolling terrain, riding in powder, backcountry travel, lift served skiing and cross country skiing. Our home for the week will be the high quality rustic Sugar Loaf Lodge and Cabins. Each evening will be spent cooking dinner, relaxing by the woodstove and expanding our winter sports knowledge with friends. We will also visit the Fairmont Hot Spring swimming pool and water slide to round out our mountain experience.

HERE'S WHAT TO EXPECT:

We will begin our journey here in Duluth and drive together in a van to Anaconda, Montana. Our home base will be Cabin 3 at Sugar Loaf Lodge where we will monitor wind conditions and decide what to do from day to day. If it's not windy we can go cross country skiing across the street from our cabin, back country skiing, visit Ski Discovery for lift served action or hit the Fairmont Hot Spring. If it's windy we start kiting at Georgetown Lake and then move to the rolling terrain of Mt. Haggin. This location offers plenty of action and remote accommodations where you can relax and enjoy the mountain scenes.

WHEN: Depart: January 2, 2010 at Noon from UMD-RSOP Trailhead, SpHC Lobby
Return: January 10, 2010 at Noon
(A one day delay in our return may occur due to winter storms)
Pre-Trip Meeting: December 16, 2009 from 6-8pm in SpHC 153H

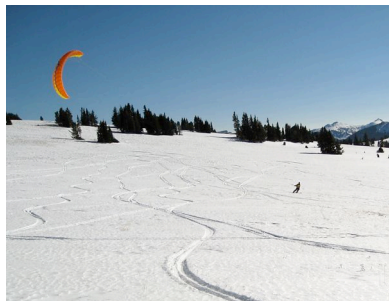
PREPARATION:

- *Equipment* – attached is an equipment list that includes what we provide and what you need to obtain. Follow this closely, it is based upon extensive experience.
- *Fitness & skills* – this trip is an introductory to intermediate level trip in which most anyone can participate as long as they are comfortable skiing or snowboarding and have basic snow kiting skills. All participants must be UMD RSOP Snow Kiting Members or obtain trip leader approval. Contact Randy Carlson at (218) 726-6177 or e-mail rcarlso6@d.umn.edu for more details.
- *Health & Liability Form* – complete these forms and return them no later than the scheduled pre-trip meeting.

THE OUTDOOR PROGRAM PROVIDES:

All kite gear, food while at Sugar Loaf Lodge, transportation, and instruction.

COST: UMD Students: \$450 / Others: \$695
Registration Deadline: 4pm on Monday, December 14, 2009
Sign up early to ensure you get one of six spots on the trip!



LEADERS:

- Randy Carlson & Pat Kohlin

GOALS:

- Have fun with other people who enjoy exploring the mountain environment
- Develop snow kiting, snowboarding and skiing skills in a safe and supportive small group atmosphere
- Breathe in the mountain air and enjoy the powder snow

RESOURCES:

Snow kiting books and DVDs are available for review in Randy's office. Useful websites are listed on the itinerary if you wish to preview our featured destinations.

OFFICE & PHONE NUMBERS:

Randy's Office: 128 SpHC
(218) 726-6177

GENERAL INFO:

Phone: (218)726-7128
Email: rsop@d.umn.edu
www.umdrsop.org

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

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Montana Snow Kite Training Trip - Itinerary

This itinerary is designed to be flexible based on many factors that include: wind conditions, snowstorms, variable skill levels and group interest. Visiting cross country ski trails, alpine ski areas, hot springs and historical points of interest will also be included in the trip. Listed are highlights of what will be seen and done.

Wednesday, December 16 (6:00-8:00pm)

Mandatory pre-trip meeting in Sports and Health Center room 153H – Introductions, group expectations, itinerary, safety, physical preparation, limitations, equipment, meals, and final payment due at this meeting.

Saturday, January 2

Meet for depart from the UMD RSOP Trailhead in the SpHC Lobby at Noon, drive west toward Anaconda, MT throughout the afternoon and evening.

Sunday, January 3

Drive into the mountains as the sun rises, check in at the Sugar Loaf Lodge around 9am, head to the cross country ski trails or Georgetown Lake for snow kiting, purchase groceries and return to Cabin 3

Monday, January 4

Full day of snow kiting on Georgetown Lake then look around town.

Tuesday, January 5

Explore the backcountry terrain above Cabin 3, pursue first day of snow kiting at Mt. Haggin or use the cross country ski trails.

Wednesday, January 6

Full day of snow kiting at Mt. Haggin or hit the lift served runs at Ski Discovery from 9:30am-4:00pm.

Thursday, January 7

Full day of snow kiting or rest day then hit the Fairmont Hot Springs after dark and play in the pool and on the water slide until they close at 9:30pm.

Friday, January 8

Full day of snow kiting or backcountry skiing. Your legs will be strong at this point.

Saturday, January 9

Hit the cross country ski trails or relax in the morning. Planned pack-up and drive day with departure for Duluth by 2pm. If snowstorms are an issue Cabin 3 is available to us for this night.

Sunday, January 10

Planned driving and arrival day in Duluth by Noon.

Monday, January 11

Alternate driving and arrival day in Duluth by Noon, only if necessary due to snowstorms.

INTERESTING INFO:

- The Sugar Loaf Lodge usually has at least five feet of snow on the ground by early January. Visit www.sugarloaf lodgeandcabin.com for the latest snow report and details on their services.
- The Soup Shack at Sugar Loaf Lodge serves delicious homemade soup, bread and pie.
- Snow kiting on rolling mountain terrain with deep snow requires a solid understanding of rotating winds to fly a steady kite.
- Skis with climbing skins or snowshoes help when rigging a kite in deep snow.
- Wildlife should not be approached while snow kiting because elk and other animals should not expend energy worrying about us in the deep winter snow.

USEFUL WEBSITES:

www.driftsnowkitemag.com/2008/06/23/2008-snowkite-ride-guide-montana

www.skidiscovery.com

www.fairmontmontana.com/hotsprings/waterslide.asp

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Montana Snow Kite Training Trip - Equipment

On this trip the weather may vary from sunny with a high of 30 degrees to cold, snowing, and windy with temperatures below zero. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers. Pack equipment in duffel bags with stuff sacks inside to keep items organized. Bring a smaller day pack for easy access articles in the van.

WE FURNISH:

- Van & Trailer
- Kites & Harness
- Wind meter & flag
- One telemark or cross country ski package
- One pair of snowshoes
- Books, Maps, DVDs & Player
- Backcountry travel & repair kit
- First Aid and basic medicine kit
- Shovels, chains and roadside emergency kit
- Food & menus
- Cooking, eating and cleaning supplies are in Cabin 3

YOU NEED TO BRING:

- Snowboard or alpine skis with boots & boot dryers
- Alpine ski helmet, goggles and face mask
- Long underwear, fleece layers and socks for ski boots
- Outer shell pants with powder cuff and shell jacket with hood
- Two pairs of winter mittens with big cuffs for kiting
- Lighter weight ski gloves and hat for cross country skiing
- 1 pair winter boots
- Sleeping pad (closed cell, air mattress or Thermo-rest)
- Sleeping bag (to 10⁰) in compression stuff sac
- Pillow and food money for van
- Flashlight or Headlamp w/ fresh batteries
- Slippers or comfortable shoes for at the cabin

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| • Wool or fleece winter hat | • Duffel bags |
| • 2 pair loose fitting pants | • Small day pack |
| • wool or fleece shirt | • Swimsuit |
| • Wool or fleece shirt/sweater | • Beach towel |
| • 3 cotton t-shirts | • Sunglasses |
| • 2 pair wool socks | • Spare prescription glasses |
| • Underwear | • Sunscreen and hand lotion |
| • Zip up vest and bandana | • Soap/shampoo/hygiene kit |
| • 1 quart nalgene water bottle | • Toothbrush & paste |

RENTAL:

If you don't have some of the major items, you can rent from the new UMD RSOP Rental Center. Call 218-726-6134. Open Mon. 9am to 6pm, Tues.-Th. 11am to 6pm, Fri. 11am-7pm.

EQUIPMENT TIPS:

- Synthetic fabrics are great insulators – they work well to keep you warm in combination with a zip up vest and shell jacket.
- Multiple layers retain more heat than one heavy layer.
- Fleece pants are thicker and work better for kiting when worn under shell pants since we tend to sit down on the snow a lot.
- An oversized winter shell with a big hood that fits over your helmet like what snowboarders wear works well for snow kiting.
- Gloves allow you to slip you hand in and out easier to handle lines and will keep you hands warmer.

EXTRAS YOU CAN BRING:

camera, journal, pencil/pen, books to read, field guides, electronics for van ride, extra money for local shops.

DO NOT BRING:

- Valuables
- Rec. drugs or alcohol

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