

Welcome to the Laketrails Women's Way canoe trip! It's a great way to meet people and share a wilderness experience in beautiful Lake of the Woods!

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Our women's canoe trip will take place from July 14-20, 2019. Participants are responsible for getting themselves to Young's Bay and home again, although depending on where everyone is coming from, it *might* be possible for us to help people arrange rides together--no guarantees on this, however.

Laketrails provides all of the community camping gear--tents, packs, food, cook wear and utensils, canoes, paddles, life jackets, etc. Participants need to bring their own sleeping bag, toiletries, and whatever personal gear they prefer. Here's the link to the campers' list of what to bring: http://laketrails.org/info/#what_to_bring. But, please note that these items are our best recommendations and not to be considered an exclusive list.

The schedule looks something like this:

Day 1 (July 14)--Arrive at Young's Bay in the Northwest Angle about 2:00 p.m. and meet your group. We'll transport you out to the island where you'll get settled in a cabin and then begin planning and packing for your trip.

Day 2--After breakfast and final preparations, the group leaves for their trail experience.

Days 2-6--"On trail." This means paddling to various locations among the islands and waterways of Ontario, camping in tents, cooking over campfires, possibly portaging into some interior lakes, etc.

Day 6--Return from trail, clean and put away the camping gear, enjoy a swim and sauna with your group, relax for the evening.

Day 7--Depart for Young's Bay after breakfast and then home.

You can expect to see a fair amount of wildlife--bald eagles, pelicans, deer, possibly black bears, and if you're *really* lucky, maybe even a moose. The scenery is beautiful and mostly pristine (once you get away from the U.S. side of the border). Weather conditions in mid-July are usually warm and sunny, although it's not unusual to experience afternoon rain showers or sometimes evening thunderstorms. The bugs vary depending on the type of year--wet or dry. But, upon registration we'll send you recommendations on "bug dope" and treating clothing for keeping yourself relatively comfortable.

The Guides will have a couple routes in mind, but the final decision on where to go will be determined by the group. Usually groups will follow a circuitous route, beginning and ending at Base Camp, but sometimes we'll "launch" you farther from camp at the start of the trip. Expect to paddle for several hours each day with breaks for food and rest as needed. And, if the group prefers, a lay-over day can be scheduled into the trip.

Meals on trail are also determined by the group. Laketrails provides a limited variety of fresh fruits and vegetables and also uses some canned and dehydrated foods for trail. If you have any dietary restrictions, please be sure to note this on your health form (which must be received by camp at least 2 weeks prior to the start of the trip). Some typical trail meals include soups and pasta dishes, burritos, even pita pizzas.

Base Camp sleeping accommodations are in rustic cabins. Laketrails uses some really nice outhouses, but make sure you have your flashlight if you need to visit in the night. Meals are served in our Lodge.

Please let us know what other information we can provide. We look forward to hearing from you!