



YMCA OF THE GREATER TWIN CITIES
2125 E Hennepin Ave
Minneapolis, MN 55413

YMCA CAMP WIDJIWAGAN
3788 North Arm Road
Ely, MN 55731

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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JOIN US FOR OUR NEW CAMPER ORIENTATION

April 26, 2017 or May 1, 2017

6:30-7:30pm

2125 E. Hennepin Ave, Minneapolis



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Have a question?

Contact us at 612-822-2267

Email us at: info@widji.org



25% RECYCLED MATERIALS USED

WIDJIWAGAN
YMCA WILDERNESS ADVENTURES



WILDERNESS ADVENTURES FOR TEENS

YMCA CAMP WIDJIWAGAN
2017 Summer Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OUR MISSION

Widjiwagan was founded in 1929 and has been operating continuously since then as a wilderness adventure program.

Our Mission is simple – “to develop, in young people, respect for self, community and the environment, through wilderness adventure and environmental education.”

Respect is the foundation of all Widji sessions and trips.

RESPECT FOR SELF:

Respect begins by believing in yourself and your own capabilities. At Widji, we stress taking care of yourself and taking responsibility for your actions.

RESPECT FOR OTHERS:

We emphasize goal setting, sharing and working together as a group to accomplish more collectively than would be possible individually. We honor individual difference, believing diversity presents many opportunities for learning and personal growth.

RESPECT FOR THE ENVIRONMENT:

Widji travel in the wilderness follows “Leave No Trace” ethics and standards.

RESPECT FOR EQUIPMENT:

We stress the importance of taking care of the tools and equipment we use in wilderness travel.



GENERAL INFORMATION

BUILDING A FOUNDATION

The key to providing successful wilderness trips is preparation. All Widji sessions begin with two to three days at base camp. During this time, campers meet their counselors and fellow group members and begin planning. Campers are involved in all aspects of the trip preparation: goal setting, establishing a menu, route, and honing the many skills they will use on their trip.

WILDERNESS SETTING

The real magic of Widji happens in the wilderness – friendships form and memories are made! Once “on trail,” groups spend the rest of their session canoeing or backpacking in wilderness areas. Groups move most days and camp in a different place most nights. Free from the distractions of civilization, groups get to know each other and come together to accomplish their goals.

PROGRESSION OF CHALLENGE

The Widji program has been carefully crafted to offer progressive challenge and growth opportunities for teens ages 11–18. Campers build upon their wilderness skills and take on greater leadership roles as they return to Widji year after year.

TRAIL COUNSELORS

Leadership is the key to a quality wilderness experience. Widji trail counselors are teachers, role models, coaches and mentors. All Widji counselors have participated in our extensive staff training and hold lifeguard, CPR and Wilderness First Responder certifications. We select staff members based on their personal and professional experience and interest in wilderness trips and working with teens as well as their judgment and leadership ability.

RISK MANAGEMENT

Widjiwagan has a history of safe wilderness travel that spans more than 80 years. It is important for parents and campers to acknowledge that instant communication with emergency medical services is not always possible due to the remoteness of our trips. Because of this, we have developed a risk management strategy that couples advanced wilderness first aid protocols and training with a thorough knowledge of the areas we travel. Our program cannot guarantee accident-free travel. However, our attitude and investment in accident prevention can ensure that, in the event of an accident or illness, our counselors have received the training necessary to inform appropriate and expeditious decisions.

TRAIL GROUPINGS AND FRIEND REQUESTS

Campers are grouped as much as possible according to age and experience. Groups are kept small, by design (4–8 people). A big part of what makes Widji special is the strong friendships that groups form on trail. We encourage campers to come to camp ready to make new friends. We also understand that sometimes two campers may want to share a trail group. We will try to honor friend requests for up to two friends but we cannot accommodate requests for more than two friends to be grouped together. Sibling pairs will be in different groups if registered in the same session.



CANOEING ADVENTURES

Campers participating in our introductory and intermediate level canoe trips have the opportunity to experience Widji and develop their canoe, camping and navigation skills through our progression of increasingly challenging canoe trips. Campers will travel in small groups of around 6 peoples and explore the Boundary Waters Canoe Area Wilderness in northern Minnesota or Quetico Provincial Park in Ontario, Canada. Pristine northern waters offer challenge and beauty, prompt reflection and serve as an backdrop for personal growth, leadership development, practicing resiliency and building friendships. Introductory and intermediate canoe sessions range in length from 10 – 21 days with 6-18 days spent traveling in the wilderness.

“I learned that an amazing team can bring you through the hardest portages, the longest paddles and the biggest obstacles.”

- Introduction to Canoeing Camper



BACKPACKING ADVENTURES

Widji's introductory and intermediate backpacking program offers trips of increasing challenge and length designed to match camper's leadership and wilderness skill development and increasing maturity. Campers interested in learning to back pack have a number of beautiful destinations to choose from, including Isle Royal, the Porcupine Mountains along Lake Superior, the Big Horns Mountains in Wyoming and the Absaroka and the Spanish Peak Range in Montana. Campers participating in these trips will learn hiking, navigation and camping skills and travel in small groups of around 6 people. These campers will also build friendships, develop their interpersonal and leadership skills and practice resiliency as they overcome the challenges offered by the beautiful natural world.

"I saw so much growth in my son; maturity, pride in meeting challenges - from going by himself without knowing anyone, to working hard learning new skills and making new friends. It was a wonderful experience for him!!!"

- Widji Parent

CAMP LIFE

GEAR

Widji offers detailed Canoeing, Backpacking and Pathfinder specific gear lists on our website, widji.org, under the Forms and Publications tab. The Camper Information Handbook, posted in the same location, offers information on gear retailers. These documents will answer many of your questions – we encourage you to check them out!

In general, campers should come prepared for a variety of weather. Summer weather in the areas we travel can quickly change from sunny and warm to cool and wet.

Dressing in layers is the best way to keep comfortable under a variety of conditions. Great trail clothing can often be found inexpensively at Army Surplus Stores, Goodwills and amongst old clothes at home. Expect that your clothes will get dirty and will be well used when you return. Widji will provide group gear items including canoeing or backpacking packs.

Your trail boots will probably be the most important piece of gear that you will bring to camp. Boots should have a sturdy sole, cover your ankle bone and have space for wool socks. We encourage campers to break boots in by walking around in them before arriving at camp in order to avoid blisters! Please feel free to contact us at 651-645-6605 with any questions. We are happy to help in your preparation for camp!

PHYSICAL FITNESS

At Widji, we aim to give campers agency in shaping their wilderness experience to suit their unique goals and those of their group. You will work together with your counselor and group mates to plan a route for your trip that you all feel excited about and is the right pace. That being said, canoeing and backpacking are physically demanding activities.

We recommend that you prepare yourself to have the most fun at camp by being physically active before you arrive. Walking at a solid pace, going for runs and playing group sports are all great ways to get ready for Widji!

FOOD

At Widji, campers are involved in the menu planning and can tailor the menu to suit their tastes. But generally, meals are made from scratch out of common grocery items and specialized dehydrated goods.

Common menu items include:

Breakfast: granola, pancakes, oatmeal, cinnamon rolls, Grape Nuts.

Lunch: cheese, sausage, raisins, gorp (trail mix), crackers, peanut butter, and tortillas.

Dinner: macaroni and cheese, calzones, burritos, soups.

Groups are mostly limited by their own imaginations!

Note: We can accommodate most food allergies and other dietary needs on trail. Please contact us with any concerns.

A photograph of two people walking away on a dirt path through a dense forest. The person in the foreground is carrying a large green pack on their back. The person in the background is carrying a canoe on their back. The scene is lush with green foliage and trees.

ADDITIONAL INFORMATION

BANQUET & CLOSING CAMPFIRES

We invite parents/guardians, family and friends to attend their camper's banquet and closing campfire. These events offer an opportunity to share in the Widji trail experience and celebrate the accomplishments of returning campers. Registration is required at least one week in advance for the banquet dinner and breakfast the following morning. Banquets are held on the night before the last day of the session. Please visit widji.org for banquet registration and information about accommodations in or around Ely. For accommodations in or around Ely, please visit ely.org. Banquet space is limited, registrations are processed on a first come first serve basis.

REQUIRED FORMS

Widji requires completion of the following forms before campers arrive:

HEALTH HISTORY FORM

PHYSICAL FORM

TRANSPORTATION FORM

INSURANCE CARD

PASSPORT: Campers traveling to Canada (Quetico, Advanced Canoers and some Advanced Explorer Backpackers) must bring a valid passport to camp and send us photocopy of their passport prior to arrival.

CAMPER QUESTIONNAIRE: Optional but highly encouraged

All of these forms as well as information on out-of-state transportation assistance and gear lists are available to download from our website, widji.org, under the Forms and Publications tab. Forms may be returned by mail to YMCA Camp Widjiwagan, 2125 E. Hennepin Ave. Suite 100, Mpls, MN 55413, faxed to 612 223 6322 or uploaded at http://ymcamn.org/contact_us

WIDJI TRIPS

PATHFINDERS CANOE TRIP

Entering grade 6

This 5 day experience will introduce campers to the basic canoe and camping skills for an overnight camping trip. This program will focus on the tradition and history of Widji, the BWCAW, and northern Minnesota fur trade and logging history. Campers will spend their first 2 days getting ready for their overnight camping trip. On the 3rd morning of camp, the campers will paddle to a nearby campsite on Burntside Lake to get a sense of what 'trail life' is like and camp overnight with their fellow Pathfinders and two Widji Counselors. The group will return the next day and be involved with the banquet and closing activities. This trip is a great way to introduce an eager camper to Camp Widjiwagan.

| Pathfinders | # of Days | Fees |
|-------------|-----------|-------|
| 6/19 – 6/23 | 5 | \$530 |
| 6/25 – 6/29 | 5 | \$530 |
| 7/8 – 7/12 | 5 | \$530 |
| 7/14 – 7/18 | 5 | \$530 |
| 8/2 – 8/6 | 5 | \$530 |
| 8/11 – 8/15 | 5 | \$530 |

INTRODUCTION TO CANOEING SESSIONS

Entering grades 7–8

These sessions are ideal for first-time campers looking for an introduction to the Widji experience and the Boundary Waters. Campers will learn the basic skills of canoeing, camping, and navigation in a fun and supportive environment. A typical Intro trail group consists of two Widji trail counselors and four to six campers. After three days of training and orientation at Widji, groups venture out 'on trail' for six to ten days in the BWCAW. Although canoeing and portaging can be demanding, working as a team allows campers to accomplish a lot more together than they could as individuals. All campers are expected to pitch in and do their share of the work, carrying packs and tents across portages which may be up to a mile long!

| Intro Canoe | #Days | Fees |
|--------------|-------|---------|
| 6/15 – 6/23* | 9 | \$855 |
| 6/25 – 7/5 | 11 | \$1,295 |
| 7/1 – 7/12 | 12 | \$1,410 |
| 7/8 – 7/18 | 11 | \$1,295 |
| 7/14 – 7/24 | 11 | \$1,295 |
| 7/20 – 7/30 | 11 | \$1,295 |
| 7/26 – 8/6 | 12 | \$1,410 |
| 8/11 – 8/23 | 13 | \$1,525 |
| 8/19 – 8/28* | 10 | \$950 |

*Discounted session

BWCAW SESSIONS

Entering grades 8–10

These canoe adventures, the mainstay of Widji's canoe program, are our most popular trips—perfect for excited, first-time campers as well as seasoned canoeists. Each group of five campers is under the leadership of one Widji trail counselor. Over the course of the trip a group may travel 60–140 miles through the heart of the Boundary Waters Canoe Area Wilderness, learning and refining their paddling and camping skills along the way.

| BWCAW Canoe | #Days | Fees |
|--------------|-------|---------|
| 6/15 – 6/23* | 9 | \$865 |
| 6/19 – 6/29 | 11 | \$1,295 |
| 6/25 – 7/5 | 11 | \$1,295 |
| 7/1 – 7/12 | 12 | \$1,415 |
| 7/8 – 7/18 | 11 | \$1,295 |
| 7/14 – 7/30 | 17 | \$1,995 |
| 7/26 – 8/6 | 12 | \$1,415 |
| 8/2 – 8/15 | 14 | \$1,650 |
| 8/11 – 8/23 | 13 | \$1,530 |
| 8/19 – 8/28* | 10 | \$960 |

*Discounted session

QUETICO SESSIONS

Entering grades 9–12

The pristine lakes and remote wilderness trails of Canada's Quetico Provincial Park provide challenge and adventure for experienced campers. Trail groups travel deep into the heart of the Quetico and learn the basics of expedition style canoe tripping.

One Widji counselor provides leadership for up to six campers. In the Quetico the portages are more rugged than those in the BWCAW, there are no designated campsites, and it is generally less populated. **Quetico campers are required to have a valid passport.**

| Quetico Canoe | #Days | Fees (includes permit fee) |
|---------------|-------|----------------------------|
| 6/15 – 6/29 | 15 | \$1,845 |
| 6/19 – 7/5 | 17 | \$2,085 |
| 6/25 – 7/12 | 18 | \$2,200 |
| 7/1 – 7/12 | 12 | \$1,495 |
| 7/8 – 7/24 | 17 | \$2,085 |
| 7/14 – 7/30 | 17 | \$2,085 |
| 7/20 – 8/9 | 21 | \$2,555 |
| 7/26 – 8/9 | 15 | \$1,845 |
| 8/2 – 8/17 | 16 | \$1,965 |
| 8/11 – 8/26 | 16 | \$1,965 |

INTRODUCTION TO BACKPACKING ISLE ROYALE

Entering grades 7-8

Isle Royale, a National Park in the midst of Lake Superior's cold clear waters, offers a fantastic introduction to backpacking. After a few days at Widji, groups embark on a three-hour ferry ride to reach Isle Royale, where they spend six to seven days hiking. Isle Royale is known for its wildlife, including moose and foxes.

| Isle Royale | #Days | Fees |
|-------------|-------|---------|
| 6/15 – 6/29 | 15 | \$2,040 |
| 7/26 – 8/9 | 15 | \$2,040 |

PORCUPINE MOUNTAINS

Entering grades 7-8

Groups spend five to six days hiking along the south shore of Lake Superior. Campers enjoy panoramic views of the big lake. Groups hike along well maintained trails, and each night the group camps at a designated back country campsite.

| Porcupine | #Days | Fees |
|-------------|-------|---------|
| 7/1 – 7/12 | 12 | \$1,310 |
| 8/11 – 8/23 | 13 | \$1,545 |

CANOE/BACKPACKING COMBINATION

Entering grades 8-10

If you are not quite sure whether backpacking or canoeing is your calling, this is the trip for you! It is perfect for experienced or first-time campers. The canoeing segment covers the eastern portion of the Boundary Waters Canoe Area Wilderness, a rare destination for Widji groups. The backpacking segment traverses part of the beautiful and rugged Superior Hiking trail. Campers spend approximately six nights canoeing and six nights backpacking. Emphasis is placed on the fundamentals of both canoeing and backpacking, allowing experienced campers or novices the opportunity to enhance their skills in both disciplines.

| Canoe/ Backpack Combo | #Days | Fees |
|-----------------------------|-------|---------|
| 7/20 – 8/6 | 18 | \$2,250 |

BIGHORN MOUNTAIN SESSIONS

Entering grades 8-10

The Bighorn Mountains of Wyoming offer an excellent introduction to mountain backpacking for confident first-time or experienced backpackers. After several days of training at Widji, groups drive for two days by van to the Bighorn National Forest, near Buffalo, in north central Wyoming. Campers spend approximately eight days hiking at elevations of 8,000-10,000 feet.

Two Widji trail counselors share the leadership for each Bighorn group of four to six campers. Groups must be prepared for a variety of weather, including the occasional snow shower!

| Bighorns | #Days | Fees |
|-------------------------|-------|---------|
| 7/1 – 7/18 (girls only) | 18 | \$2,520 |
| 7/8 – 7/24 (boys only) | 17 | \$2,380 |
| 7/20 – 8/6 (girls only) | 18 | \$2,520 |
| 8/11 – 8/28 (boys only) | 18 | \$2,520 |

ROCKY MOUNTAIN SESSIONS

Entering grades 9-12

The Rocky Mountain sessions are ideal for experienced backpackers looking for a fun challenge. After training and orientation at Widji, groups travel for two days by van to either the Absaroka Mountains or the Spanish Peak Range of southwestern Montana. Both mountain ranges offer excellent alpine backpacking terrain, providing many opportunities for campers to hike above treeline. One Widji trail counselor leads each group of four to six campers.

| Rocky Mountain | #Days | Fees |
|--------------------------|-------|---------|
| 7/1 – 7/18 (boys only) | 18 | \$2,520 |
| 7/8 – 7/24 (girls only) | 17 | \$2,380 |
| 7/20 – 8/6 (boys only) | 18 | \$2,520 |
| 8/11 – 8/28 (girls only) | 18 | \$2,520 |

VISIT WIDJI.ORG TO REGISTER.

Families wishing to be included in our lottery process must register by midnight on December 12th. Open enrollment begins on Monday, December 19th. Registrants will be enrolled on a first-come, first-serve basis according to availability after this date.

ADVANCED TRIPS

AN OPPORTUNITY FOR EXPERIENCED CAMPERS

The Widjiwagan progression of challenge culminates with our advanced trips programs.

All of Widjiwagan's wilderness adventures, from the Introductory BWCAW canoe trips to the Mountaineer or Voyageur expeditions, incorporate our mission to provide a fun, quality wilderness experience that fosters respect for self, community, and the environment.

Campers who are currently in the 10th to 12th grades are eligible for advanced trips. Campers who are invited to participate in our advanced trips have demonstrated an enthusiasm for wilderness travel, initiative, and an ability to work well with others. These trips provide an opportunity for campers to continue to develop and refine their skills in the areas of wilderness travel, group dynamics, and leadership.

Our advanced tripping opportunities include backpack and canoe Explorer and Advanced Explorer trips and Mountaineer and Voyageur trips. Our advanced trip session lengths range from 25 to 50 days and travel to remote location across the Northern United States and Canada including the Canadian and Alaskan arctic. Advance trip invitations will be mailed in the fall. If you have any questions about these trips, please contact, Amy Hadow, Summer Program Director amy.hadow@ymcamn.org.



Fall, Winter, Spring

Widji serves campers year round!

2,200 students come to Widji as a part of school groups to enjoy the cooler months in the north woods. These students learn about the local ecosystem and building respectful relationships with self and others through Widji's Outdoor Learning Program. Widji also hosts a variety of weekend retreats for participants of all ages.

More information about our fall, winter and spring offerings is available at widji.org. Please contact Karen Pick, Outdoor Learning Program Director, at 218-365-2117 ext.221, to arrange weekend or week-long wilderness experiences during the non-summer months.



FINANCIAL ASSISTANCE:

Widji welcomes all who wish to participate and annually raises campership funds to ensure camp fees are not a barrier for anyone. For more information about financial assistance please visit widji.org or call 612-822-2267.

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