



YMCA OF THE GREATER TWIN CITIES
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Minneapolis, MN 55413

YMCA CAMP MENOBYN
WINTER OFFICE
YMCA Camping Services
3425 Ihduhapi Road
Loretto, MN 55357

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
YMCA
TWIN CITIES, MN

NEW CAMPER INFORMATION NIGHT

MONDAY, APRIL 23, 2018

7-8 PM

REI, Bloomington



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Have a question? Contact us at 612-822-2267

Email us at: info@CampMenogyn.org



YMCA of the Greater Twin Cities is a not-for-profit 501c3 organization.

WILDERNESS ADVENTURES FOR TEENS

YMCA CAMP MENOBYN 2018 Summer Schedule



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



campmenogyn.org

OUR MISSION

Founded in 1922, YMCA Camp Menogyn's mission is to provide transformational experiences in a wilderness setting emphasizing quality, personal growth, and relationships. Our summer program focuses on high quality canoeing, backpacking, and rock-climbing adventures for young people ages 12 – 18.

The name Menogyn has roots in the Ojibwe language relating to the full and healthy growth of the important crop Manoomin, or wild rice. Just as the growth of wild rice is vital for the Ojibwe community the growth and development of our youth is vital to our global community. At Menogyn, teens are provided with unique and powerful ways to learn and care about themselves, about others, and about the world. At Menogyn campers explore the wild landscapes of North America, from the Boundary Waters to Alaska, they grow as individuals and as members of a welcoming and diverse community.

Menogyn lives by the core values of the YMCA of caring, honesty, respect, and responsibility. These values influence the ways in which campers interact with their guides, their peers, their equipment and the places they travel. Campers leave Menogyn with lasting friendships, increased self-confidence, strong leadership skills, and a deep appreciation for truly wild spaces.

THE MENOGYN MAGIC

Menogyn is all about getting small groups of teens into wild places and within that environment is where the real magic happens. Campers are involved in their tripping experience every step of the way. The first two days of each session are dedicated to preparation – group bonding, learning essential camping skills, setting a menu and planning the route. After that, it is time to embark on the true adventure!

PROGRESSION OF CHALLENGE

Facing challenges in adaptive, creative and positive ways is vital to a teen's growth and development. Menogyn offers sessions from 5 days to 50 days, providing opportunities for progressive challenges in a range of wilderness adventures that become more remote and demanding. Menogyn campers returning for several summers have an unparalleled chance to explore wild places across the continent and further pursue their own skill development.

AN UNPLUGGED EXPERIENCE!

At Menogyn, teens have the increasingly rare opportunity to unplug from all electronic devices. There is no cell service at Menogyn and at most of our tripping destinations. We place everyone's mobile and electronic devices in our safe at camp so that participants can enjoy a true wilderness experience without interruption. This freedom allows teens to interact with their peers in a genuine and direct manner, which leads to the development of strong interpersonal skills and lasting friendships rooted in common experience and achievement.

Financial Assistance:

Menogyn 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 campmenogyn.org or call 612-822-2267.



CANOEING ADVENTURES

We offer canoe trips for a variety of skill levels. Our trips progress in difficulty, giving campers new challenges and environments to explore year after year. Our shorter trips spend their time exploring the Boundary Waters in northern Minnesota. As the trips get longer in length the groups venture farther north into Canada's Quetico Provincial Park, the rivers of Manitoba and Ontario and beyond.

"My trip was amazing AND magical AND perfect AND I gained so much from it."

-Menogyn camper



BACKPACKING ADVENTURES

Whether hiking on Minnesota's North Shore, Isle Royale in Lake Superior, or out west in the Rocky Mountains, Menogyn backpacking trips are an excellent way for teens to experience the wonders of wild spaces. Similar to our canoeing program, the backpacking program offers new challenges as campers return to camp each year. Developing skills and awareness in equipment selection, orienteering and Leave No Trace practices help campers to progress through more demanding terrain.



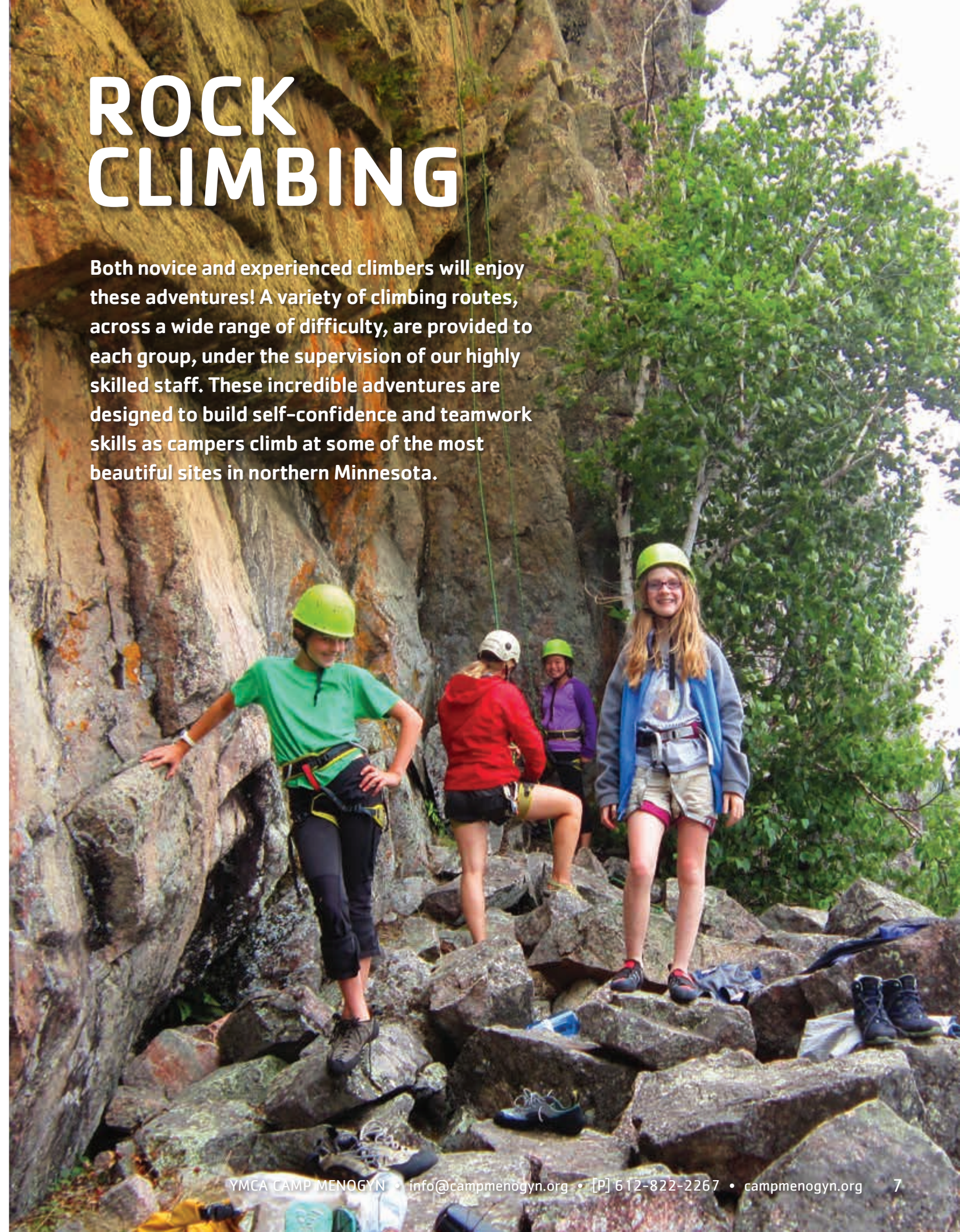
"I couldn't believe the transformation for my 13 year old daughter. She came home from her 8 day ready to take on the world!"

-Camper Parent



ROCK CLIMBING

Both novice and experienced climbers will enjoy these adventures! A variety of climbing routes, across a wide range of difficulty, are provided to each group, under the supervision of our highly skilled staff. These incredible adventures are designed to build self-confidence and teamwork skills as campers climb at some of the most beautiful sites in northern Minnesota.



CAMP LIFE

AFTER TRAIL

Every Menogyn trail group, no matter how long the session, returns to Camp Menogyn on the second to last day of the session. Campers are welcomed back to camp with a fun thematic welcome skit performed by our engage work campers and staff. Campers then clean their equipment, visit the health officer, take a hot sauna, and enjoy a scrumptious banquet. After dinner, an all-camp closing campfire celebrates everyone's achievements and experience. The evening ends with small trail group closing ceremonies in which groups and individuals can reflect upon their own growth and accomplishments. After breakfast the next morning, campers will head home on the bus or are picked up by a parent or guardian.

MEALS

Menogyn has excellent food! From daily fresh bread in the dining hall to creative and intricate meals made over a campfire, Menogyn campers enjoy tasty and nutritious meals throughout their time at camp, regardless of special dietary needs. Campers will have the opportunity to express their input on menu planning and take some ownership of their meal prep on trail. Please be sure to list any special dietary concerns you may have on your camper's health history form!

EQUIPMENT AND CLOTHING

For a complete packing list, please visit campmenogyn.org. Menogyn provides all group equipment and technical gear such as canoes, packs, tents, cooking pots, climbing gear, paddles and life jackets. We also have extras of the Big Three (boots, sleeping bags, and rain gear) to lend if needed.



ADDITIONAL INFORMATION

SMALL GROUP EXPERIENCE

Trail groups typically include 3 – 8 campers (single gender) and one or two trail guides. Each trail group is unique. We have wilderness trips right for everyone, no matter your level of camping or previous wilderness experience. Every Menogyn trip is carefully designed to ensure all campers are challenged, and have fun. From carrying their fair share of the load to cooking meals, Menogyn campers are fully engaged in all aspects of trail life.

FRIENDLY, DEDICATED, WELL-TRAINED STAFF

We hire trail guides and staff members committed to being positive role models for teens. The Menogyn staff is a wonderful mix of college-aged individuals with varied interests and backgrounds. We carefully select our staff based on previous youth work and outdoor experiences. All staff members complete an intensive pre-season training program at the start of the summer. All Menogyn trail guides are also certified in backcountry medicine (Wilderness First Responder) and in either Wilderness Water Safety or Red Cross Lifeguarding.

HEALTH, SAFETY, AND WELLNESS

Camper safety and well-being comes first at Menogyn. While some risk is part of any wilderness experience, Menogyn trail guides are trained to execute sound judgment and employ best-practice risk management techniques in all situations. In addition, all Menogyn groups go on trail with a state-of-the-art satellite phone that allows them to contact camp or emergency officials if needed. There is always a qualified volunteer medical professional (usually a doctor or nurse) at Menogyn to assist campers and staff while they are on trail and in camp.

REQUIRED FORMS

Menogyn requires completion of the following forms each year before campers arrive.

[HEALTH HISTORY FORM](#)

[PHYSICAL EXAM FORM](#)

[TRANSPORTATION FORM](#)

[COPY OF HEALTH INSURANCE CARD](#)

[CONTACT INFORMATION AND AGREEMENT FORM](#)

PASSPORT: Campers traveling to Canada (Quetico, Nor' Wester Canoe and some Nor' Wester Backpacking Trips) must bring a valid passport to camp and send us a photocopy of their passport prior to arrival.

CAMPER QUESTIONNAIRE: This is optional but highly encouraged.



Menogyn Trips

BWCAW INTRO TO CANOE

Entering grades 7 – 8

This is a great opportunity for younger campers to experience the Menogyn Magic for the first time. Campers will spend one night at Menogyn and will then enjoy a 2 night small group canoe trip in the beautiful Boundary Waters Canoe Area. Everyone will have fun learning how to paddle, portage, and set up camp.

| Date | # Days | Fees |
|-------------|--------|-------|
| 6/23 – 6/27 | 5 | \$550 |
| 7/23 – 7/27 | 5 | \$550 |
| 8/16 – 8/20 | 5 | \$550 |

BWCAW CANOE

Entering grades 7 – 12

Campers placed with others of similar age

An incredible adventure for teens! Regardless of skill level or previous canoeing experience, Menogyn trailguides work with campers to develop new skills as they enjoy a six or nine day wilderness canoe trip in the Boundary Waters Canoe Area. Traveling in a small group, campers will paddle and portage 4 – 12 miles per day and will camp at designated BWCA camp sites.

Note: Campers entering 7th grade are only eligible for 5 or 8 day sessions.

| Date | Grade | # Days | Fees |
|---------------|-------|--------|---------|
| 6/20 – 6/27 * | 7-10 | 8 | \$800 |
| 6/29 – 7/6 | 7-10 | 8 | \$955 |
| 7/12 – 7/19 | 7-10 | 8 | \$955 |
| 7/29 – 8/5 | 7-10 | 8 | \$955 |
| 8/7 – 8/14 | 7-10 | 8 | \$955 |
| 8/16 – 8/23 | 7-10 | 8 | \$955 |
| 8/16 – 8/25 | 8-10 | 10 | \$1,230 |
| 6/29 – 7/9 | 8-10 | 11 | \$1,350 |
| 7/23 – 8/2 | 8-10 | 11 | \$1,350 |
| 7/23 – 8/2 | 11-12 | 11 | \$1,350 |

* Early season discount

FOR A LONGER ADVENTURE

With 11 – 13 days on trail in the Boundary Waters Canoe Area, campers can experience longer routes and have time to further develop their wilderness canoeing and camping skills. There is also more time to create lasting friendships and have fun!

| Date | Grade | # Days | Fees |
|-------------|-------|--------|---------|
| 6/23 – 7/6 | 9-12 | 14 | \$1,720 |
| 7/12 – 7/27 | 9-12 | 16 | \$1,940 |
| 7/23 – 8/5 | 9-12 | 14 | \$1,720 |
| 8/7 – 8/20 | 9-12 | 14 | \$1,720 |

BWCAW CANOE WITH PADDLE BUILD

Entering grades 9 – 12

For some 14 and 16 day sessions, campers can build their own canoe paddle. Groups stay an extra day in camp before going out on trail. Our skilled canoe master instructs campers in crafting a solid wood paddle. Campers learn how to use a hand plane, Spokeshave, and shaving horse. They then use their new paddle on trail. All materials and tools provided.

| Date | # Days | Fees |
|-------------|--------|---------|
| 6/23 – 7/6 | 14 | \$1,760 |
| 7/12 – 7/27 | 16 | \$2,000 |
| 7/23 – 8/5 | 14 | \$1,760 |

QUETICO CANOE

Entering grades 10 – 12

Campers deepen their expedition canoeing skills as they paddle and portage for 16 – 19 days through the beautiful lakes and rivers of Ontario's Quetico Provincial Park. The Quetico is more remote and more challenging than the BWCA – a perfect opportunity for experienced campers.

Quetico campers must bring a valid passport or passport card.

| Date | # Days | Fees |
|------------|--------|---------|
| 6/20 – 7/9 | 20 | \$2,440 |
| 7/12 – 8/2 | 22 | \$2,650 |

ENGAGÈ WORK CAMPER PROGRAM

Engagè sessions allow campers to earn money toward their Menogyn adventure while helping out at camp. Engagè campers do camp chores, work on service projects, and plan and participate in "Welcomes" that greet campers coming off trail. For an application, please visit campmenogyn.org or call us at 763 – 479 – 1146.

| Date | # of Days | Date | # of Days |
|-------------|-----------|-------------|-----------|
| 6/20 – 6/27 | 8 | 7/29 – 8/5 | 8 |
| 6/29 – 7/9 | 11 | 8/7 – 8/14 | 8 |
| 7/12 – 7/19 | 8 | 8/16 – 8/25 | 10 |
| 7/23 – 7/27 | 5 | | |

BWCAW ROCK CLIMB

Entering grades 8 – 10

A great introduction to outdoor rock climbing. After a two hour canoe paddle to a campsite, campers spend 3 – 4 days climbing on Seagull Lake in the BWCA.

| Date | | # Days | Fees |
|-------------|-------|--------|---------|
| 7/12 – 7/19 | Girls | 8 | \$1,000 |
| 7/29 – 8/5 | Girls | 8 | \$1,000 |
| 8/7 – 8/14 | Boys | 8 | \$1,000 |

SUPERIOR HIKING TRAIL CLIMB & BACKPACK

Entering grades 8 – 11

With 11– 13 days on trail, campers climb at several amazing sites on or near the Superior Hiking Trail and enjoy backpacking between the climbing locations. Menogyn groups have climbed at Palisade Head, Shovel Point, Section 13, and Mystical Mountain.

Previous experience is not required, but a basic knowledge of climbing is helpful.

| Date | | # Days | Fees |
|-------------|-------|--------|---------|
| 6/23 – 7/6 | Boys | 14 | \$1,770 |
| 7/12 – 7/27 | Boys | 16 | \$2,000 |
| 8/7 – 8/20 | Girls | 14 | \$1,770 |

BWCAW CANOE & ROCK CLIMB

Entering grades 8 – 10

Campers get an excellent taste of both wilderness canoeing and rock climbing on this combined trip. Trail groups split their time between canoeing through the Boundary Waters Canoe Area and climbing at Seagull Palisade as they learn skills for both types of wilderness adventures.

| Date | | # of Days | Fees |
|-------------|--|-----------|---------|
| 6/29 – 7/9 | | 11 | \$1,370 |
| 7/23 – 8/2 | | 11 | \$1,370 |
| 8/16 – 8/25 | | 10 | \$1,250 |

BORDER ROUTE BACKPACK

Entering grades 7 – 12

Campers placed with others of similar age.

Campers enjoy and learn the basics of wilderness backpacking during six days of hiking on the Superior Hiking Trail near Lake Superior or along the Border Route Trail in the Boundary Waters. Both routes offer strikingly beautiful vistas, well maintained trails, and designated campsites.

| Date | Grade | # Days | Fees |
|-------------|-------|--------|-------|
| 6/29 – 7/6 | 7 | 8 | \$990 |
| 7/29 – 8/5 | 7 | 8 | \$990 |
| 6/20 – 6/27 | 8-10 | 8 | \$990 |
| 7/12 – 7/19 | 8-10 | 8 | \$990 |
| 8/7 – 8/14 | 8-10 | 8 | \$990 |
| 7/29 – 8/5 | 11-12 | 8 | \$990 |

LAKE SUPERIOR BACKPACK

Entering grades 8 – 11

Groups will have the opportunity to explore hiking trails along the southern and western shores of Lake Superior for six to seven days. These routes provide campers with sweeping vistas over the big lake as well as varied terrain through northern forests. This allows for the further development of backcountry practices and orienteering skills through familiar landscapes. Each session will stay in designated campsites and travel along well marked and maintained trails.

| Date | | # of Days | Fees |
|-------------|--|-----------|---------|
| 6/29 – 7/9 | | 11 | \$1,520 |
| 7/23 – 8/2 | | 11 | \$1,520 |
| 8/16 – 8/25 | | 10 | \$1,400 |

ISLE ROYALE BACKPACK

Entering grades 9 – 12

After a fun 90 minute ferry ride from Grand Portage, campers enjoy 7 – 8 days backpacking established trails on beautiful Isle Royale, an island national park in Lake Superior. Isle Royale campers often see moose and fox, and may even hear wolves. Groups stay in designated campsites.

| Date | | # of Days | Fees |
|-------------|--|-----------|---------|
| 6/23 – 7/6 | | 14 | \$2,040 |
| 8/7 – 8/20 | | 14 | \$2,040 |
| 7/12 – 7/27 | | 16 | \$2,320 |

ROCKY MOUNTAINS BACKPACK

Entering grades 9 – 12

For 13 – 15 days, campers hike deep into a Rocky Mountain wilderness area (Sawtooths in Idaho, Glacier National Park in Montana, or a similar area) and explore spectacular mixed alpine terrain, at elevations up to 11,000 feet. Campers enjoy classic Rocky Mountain beauty while strengthening their mountain backpacking skills.

Previous wilderness experience is required.

| Date | | # of Days | Fees |
|------------|--|-----------|---------|
| 7/12 – 8/2 | | 22 | \$3,120 |
| 8/7 – 8/25 | | 19 | \$2,770 |

ADVANCED TRIPS

AN INVITATIONAL OPPORTUNITY FOR EXPERIENCED CAMPERS

The Menogyn Magic happens on all of our wilderness trips, regardless of their length. For campers with several years of trail experience, the Menogyn Nor'Wester and Long Trips programs provide an exceptional opportunity to explore more remote and challenging wilderness areas.

Nor'Wester sessions are 30 days long with canoeists paddling remote rivers in Ontario and Manitoba.

Backpackers hike in areas such as the Beartooths mountains in Montana or the Willmore Wilderness in Alberta.

Menogyn's Long Trip sessions are 50 days, with about 44 days on trail. The Hommes and Femmes du Nord, our longest canoe sessions, paddle the arctic rivers of the Canadian far north. The Waputik and Wahkanees, our longest backpacking sessions, explore the wilds of the Arctic National Wildlife Refuge and Gates of the Arctic National Park, both in northern Alaska.

Nor'Wester and Long Trip campers build upon everything they have learned on their previous Menogyn trips. Campers are invited on these trips based on their maturity and readiness to take on longer and more challenging wilderness expeditions.



FALL, WINTER, SPRING

FAMILY CAMP

Our family weekends are open to everyone, with or without your kids, and a stellar way to experience the Boundary Waters! You choose the adventure: paddle and portage to Rose Falls, hike to Caribou Rock or visit other scenic places near Menogyn. In the winter, go dog sledding, cross-country skiing or snowshoeing. Ties with family and friends deepen during these magical getaways.

Families or friends stay together at camp for the entire weekend.

Call 612-822-2267 for a registration form or visit us online at campmenogyn.org.

| | |
|-------------|------------------------|
| New Year's | December 30– January 2 |
| President's | February 16–19 |
| Labor Day | August 31– September 3 |

GROUPS AT MENOBYN

Menogyn is open almost every month of the year! School, church, family, and community groups come up to Menogyn to enjoy the beautiful fall, winter, and spring. The beauty and peace of the Boundary Waters in the fall and spring is something to experience whether by going on a multi-day trip or staying onsite and going out for a half or full daytrip. When winter transforms Menogyn into a snowy paradise groups coming to Menogyn get to experience of dog sledding, cross-country skiing, hiking, all while enjoying our delicious food, warm cabins, and of course a sauna!

For more information about booking your group at Menogyn, please call us at 763-479-1146.

For more information of any of these programs visit campmenogyn.org



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