



YMCA OF THE GREATER TWIN CITIES
YMCA CAMP MENOBYN
651 NICOLLET MALL, SUITE 500
MINNEAPOLIS, MN 55402

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

NEW CAMPER INFORMATION NIGHT

TUESDAY, APRIL 23, 2019

7-8 PM

REI, Bloomington



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Visit us at campmenogyn.org

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

Email us at: info@CampMenogyn.org

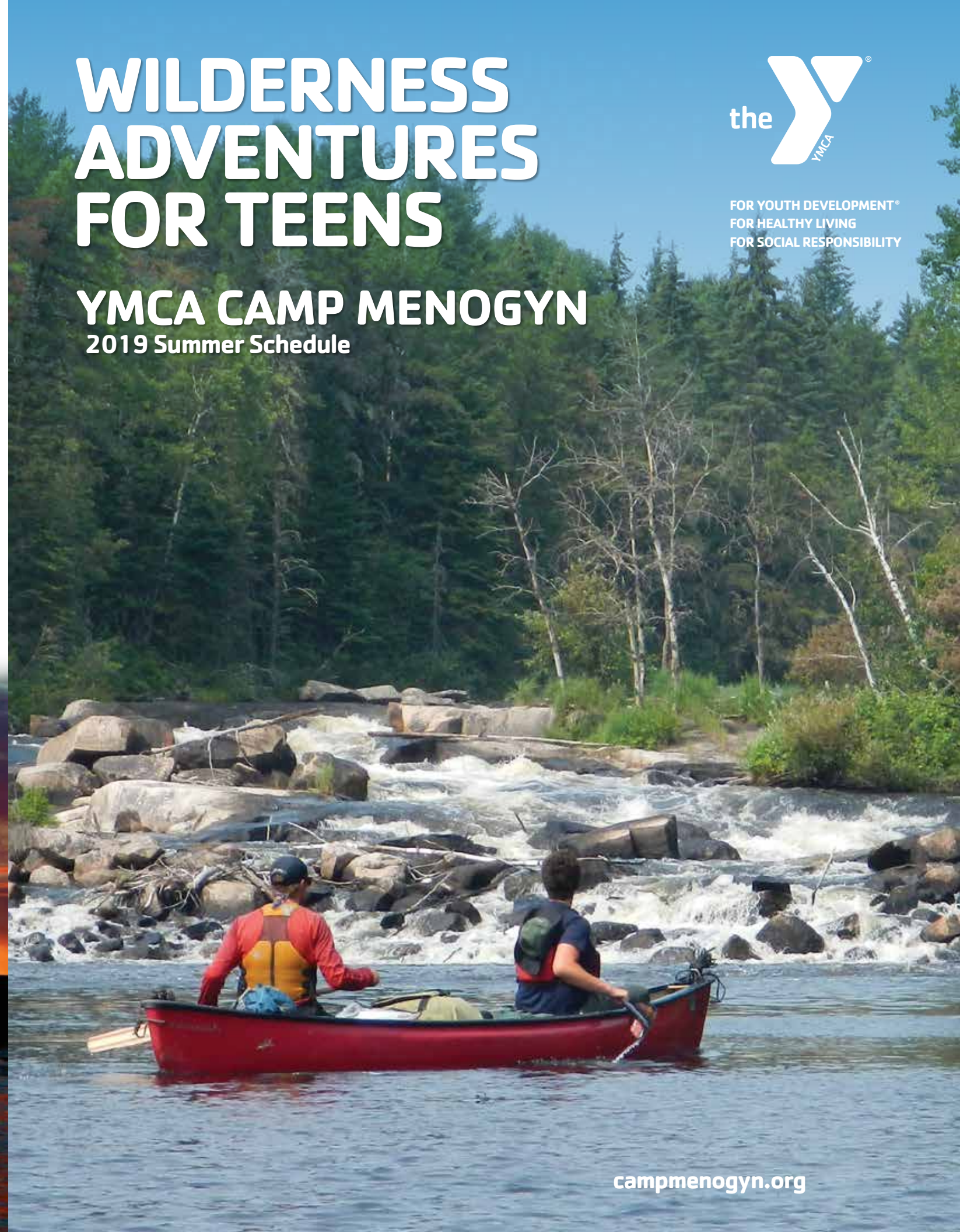
We
Welcome
All



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILDERNESS ADVENTURES FOR TEENS

YMCA CAMP MENOBYN 2019 Summer Schedule



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



25% RECYCLED MATERIALS USED

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 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 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, Ontario and beyond.



“Thank you for making this amazing experience possible!”

-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.



"My son has returned to Menogyn for several years and I am so impressed with the confidence he has developed through this program!"

-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 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 head home on the bus or with a parent or guardian.

MEALS

Menogyn has excellent food! From 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. Campers will have the opportunity to express their input on menu planning and take ownership of their meal prep on trail. Please be sure to list any special dietary concerns on your camper's health history form and we will work with you to accommodate.

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 keep extra boots, sleeping bags, and rain gear on hand for campers to borrow.



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 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. All Menogyn trail guides are also certified in backcountry medicine (Wilderness First Responder) and in either Wilderness Water Safety or 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 additional forms each year before campers arrive. The additional forms are available online at campmenogyn.org.

ENGAGÈ WORK CAMPER PROGRAM

Entering grades 8 – 12

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.

Date	# Days	Date	# Days
6/17 - 6/21	5	7/28 - 8/2	6
6/23 - 6/28	6	8/4 - 8/9	6
6/30 - 7/5	6	8/11 - 8/16	6
7/7 - 7/12	6	8/18 - 8/23	6
7/14 - 7/26	13		



Menogyn Trips

CANOEING

INTRO TO CANOEING: BOUNDARY WATERS

Entering grades 7 – 8

This is a great opportunity for younger campers to experience the Menogyn Magic for the first time. Campers will prepare for their trip in camp and then spend 2 or 3 nights on trail exploring the beautiful Boundary Waters Canoe Area. Everyone will have fun learning how to paddle, portage, and set up camp.

Date	# Days	Fees
6/17 - 6/21	5	\$565
6/23 - 6/28	6	\$675
6/30 - 7/5	6	\$675
7/7 - 7/12	6	\$675
7/28 - 8/2	6	\$675
8/4 - 8/9	6	\$675
8/11 - 8/16	6	\$675
8/18 - 8/23	6	\$675

LONGER BOUNDARY WATERS ADVENTURES

Entering grades 8 – 12

An incredible adventure for teens! Regardless of skill level or previous canoeing experience, Menogyn trail guides work with campers to develop new skills as they enjoy a 10 or 11 day wilderness canoe trip in the Boundary Waters Canoe Area. There is also more time to create lasting friendships and have fun!

Date	# Days	Fees
6/17 - 6/28	12	\$1,500
6/23 - 7/5	13	\$1,625
6/30 - 7/12	13	\$1,625
7/14 - 7/26	13	\$1,625
7/28 - 8/9	13	\$1,625
8/4 - 8/16	13	\$1,625
8/11 - 8/23	13	\$1,625

Note: we will be offering a fishing emphasis option 6/23, paddle building emphasis 6/30, and trail cooking emphasis 7/28

Date	# Days	Fees
6/23-7/5 Fishing	13	\$1,660
6/30-7/12 Paddle Building	13	\$1,660
7/28-8/9 Trail Cooking	13	\$1,660

QUETICO CANOE

Entering grades 10 – 12

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

Date	# Days	Fees
6/23 - 7/12	20	\$2,600
7/7 - 7/26	20	\$2,600
7/14 - 8/2	20	\$2,600

Quetico campers must bring a valid passport or passport card.

BOYS AND GIRLS OUTDOOR LEADERSHIP DEVELOPMENT (BOLD AND GOLD) CANOE

BOLD and GOLD trips are ideal for beginning and experienced canoers alike. BOLD and GOLD trail groups intentionally bring together campers from many different backgrounds to explore leadership with a focus on building courage, emotional intelligence, confidence, community awareness, and a sense of wonder for the natural environment. To learn more visit ymcamn.org/boldgold or contact Program Director Kurt Simer (kurt.simer@ymcamn.org)

Date	Age	# Days	Fees
6/23-6/28	12-15	6	\$650
6/30-7/5	12-15	6	\$650
7/7-7/26	15-18	20	\$2,160
7/14-7/26	13-17	13	\$1,405
7/28-8/2	12-15	6	\$650
8/4-8/9	12-15	6	\$650
8/11-8/23	13-17	13	\$1,405

Menogyn Trips

BACKPACKING

INTRO TO BACKPACKING: BORDER ROUTE TRAIL

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 or 3 night small group hiking trip in the beautiful Boundary Waters Canoe Area.

Date	# Days	Fees
6/17 – 6/21	5	\$565
6/23 – 6/28	6	\$675
7/7 – 7/12	6	\$675
7/28 – 8/2	6	\$675
8/4 – 8/9	6	\$675
8/18 – 8/23	6	\$675

LONGER BORDER ROUTE TRAIL ADVENTURE

Entering grades 8–10

Date	# Days	Fees
7/28–8/9	13	\$1460

ISLE ROYALE BACKPACK

Entering grades 8–10

After a 90 minute ferry ride from Grand Portage, campers enjoy 10 days backpacking established trails on beautiful Isle Royale, an island national park in Lake Superior. Isle Royale campers often see moose and fox. Groups stay in designated campsites.

Date	# Days	Fees
6/30 – 7/12	13	\$1,820
7/28 – 8/9	13	\$1,820
8/11 – 8/23	13	\$1,820

ROCKY MOUNTAINS BACKPACK

Entering grades 8 – 12

Campers hike deep into a Rocky Mountain wilderness areas of Montana and Idaho such as the Big Horns, Sawtooths, Glacier National Park and Yellowstone National Park, 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.

Entering grades 8–10		
Date	# Days	Fees
6/23 – 7/5	13	\$1,820
7/14 – 7/26	13	\$1,820
8/4 – 8/16	13	\$1,820

Entering grades 10–12		
Date	# Days	Fees
7/7 – 7/26	20	\$2,800
7/14 – 8/2	20	\$2,800

ROCK CLIMBING

CANOE & ROCK CLIMB COMBO

Entering grades 8 – 11

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	# Days	Fees
6/17 – 6/28	12	\$1,560
7/28 – 8/9	13	\$1,690
8/11 – 8/23	13	\$1,690

BACKPACK & ROCK CLIMB COMBO

Entering grades 9 – 12

While backpacking the Superior Hiking Trail, campers climb at sites such as: Palisade Head, Shovel Point, and Mystical Mountain.

Basic climbing knowledge is helpful but not required.

Date		# Days	Fees
6/23 – 7/5	Boys only	13	\$1,690
7/14 – 7/26	Boys only	13	\$1,690
8/4 – 8/16	Girls only	13	\$1,690

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, and the desire to follow the Menogyn progression, Nor’Wester and Long Trip programs provide an exceptional opportunity to explore more remote and challenging wilderness areas.

Nor’Wester sessions are 34 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 typically 48 days, with about 40 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! You can choose your own adventure as you hike, ski, snowshoe or paddle to Rose Falls, Caribou Rock, Honeymoon Bluff and other scenic areas around Menogyn. All equipment, meals and shared accommodations are included.

Registration information is available online at campmenogyn.org

New Year’s	December 30– January 2
President’s	February 15–18
Labor Day	August 30– September 2

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 you go on a multi-day trip or stay onsite and experience day trips. When winter transforms Menogyn into a snowy paradise, groups experience dog sledding, cross-country skiing, and hiking all while enjoying our delicious food, warm cabins, and of course, the sauna!

For more information about booking your group at Menogyn, please call us at 651-645-6605.

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



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