

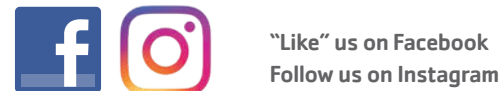


YMCA OF THE GREATER TWIN CITIES  
YMCA CAMP MENOBYN  
651 NICOLLET MALL, SUITE 500  
MINNEAPOLIS, MN 55402

NONPROFIT ORG.  
US POSTAGE  
**PAID**  
YMCA OF THE  
GREATER  
TWIN CITIES MN

### NEW CAMPER INFORMATION NIGHT

MONDAY, APRIL 27TH 7-8PM  
YMCA CENTER FOR INNOVATION  
AND DEVELOPMENT  
2525 Wabash Ave, St Paul 55114



"Like" us on Facebook  
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Visit us at [campmenogyn.org](http://campmenogyn.org)  
Have a question? Contact us at 612-822-2267  
Email us at: [info@CampMenogyn.org](mailto:info@CampMenogyn.org)



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



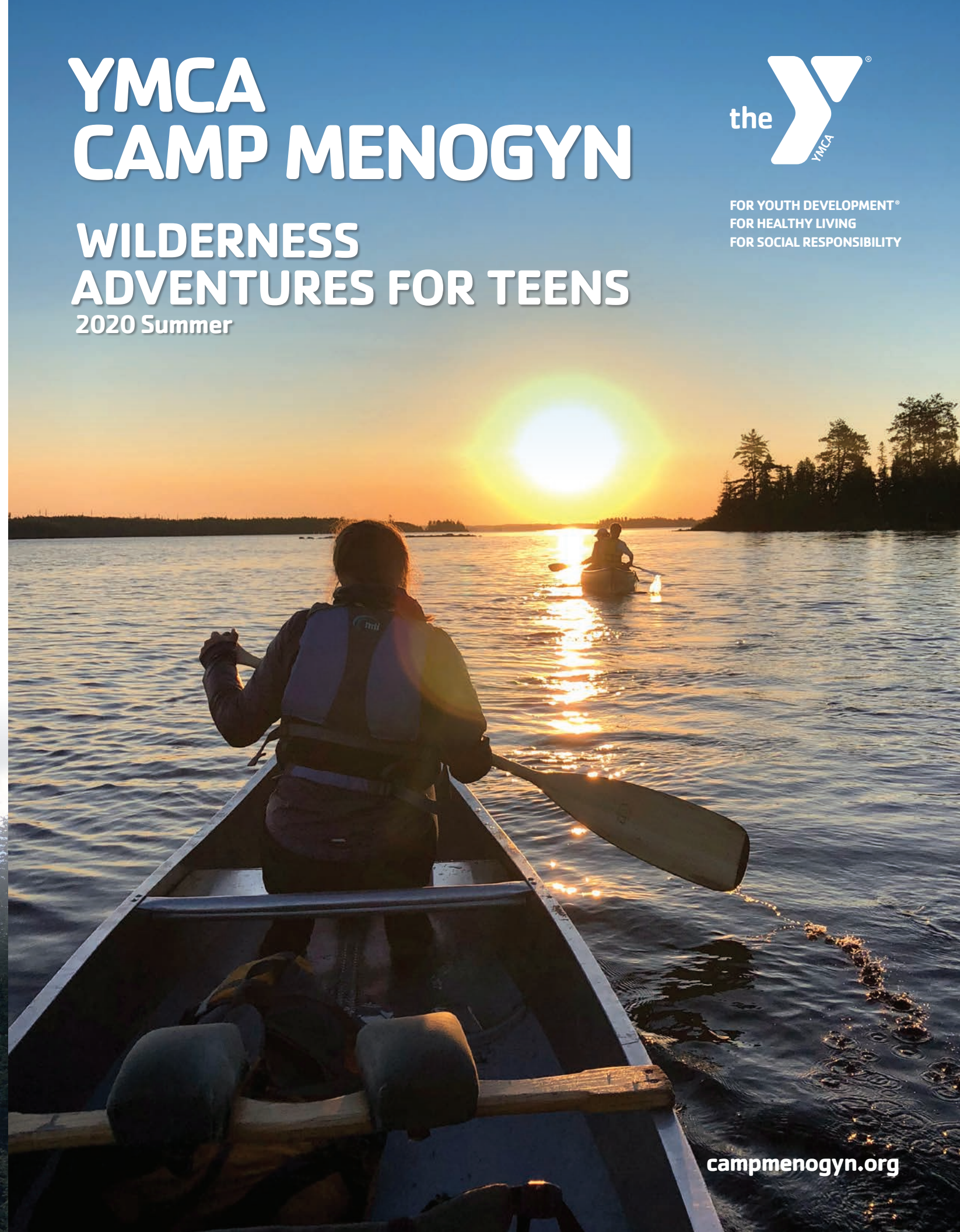
25% RECYCLED MATERIALS USED

# YMCA CAMP MENOBYN

## WILDERNESS ADVENTURES FOR TEENS 2020 Summer



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



[campmenogyn.org](http://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.

At Menogyn, teens are provided with unique and powerful ways to learn and care about themselves, about others, and about the world. As 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: 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 6 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 our backcountry 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.



### Scholarships:

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 scholarships please visit [campmenogyn.org](http://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, the Northwest Territories, and Nunavut.

"The trail guides are well-trained, accepting, and encouraging role models."

-Menogyn camper



# BACKPACKING ADVENTURES

Whether hiking on the Border Route Trail, 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.

# ROCK CLIMBING

Both novice and experienced climbers will enjoy these adventures! Under the supervision of our highly skilled staff, each group is provided a variety of climbing routes across a wide range of difficulty. 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 from Seagull Lake in the Boundary Waters to Section 13 on the Superior Hiking Trail.



"This was my daughter's third summer at Menogyn and each year she has had an amazing bond with her trail guide and mates."

-Camper Parent



# THE TRAIL EXPERIENCE

Trail groups typically include 3 – 6 campers 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.



The Menogyn Magic happens on all of our wilderness trips, regardless of their length. Register today to secure your Summer 2020 wilderness adventure!

[campmenogyn.org](http://campmenogyn.org)