



YMCA OF THE GREATER TWIN CITIES  
651 Nicollet Mall, Suite 500  
Minneapolis, MN 55402

YMCA CAMP WIDJIWAGAN  
3788 North Arm Road  
Ely, MN 55731

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

### SUMMER 2019 LOTTERY

#### LOTTERY REGISTRATION DEADLINE:

January 4

#### LOTTERY RESULTS COMMUNICATED:

January 10-11

#### OPEN ENROLLMENT BEGINS:

January 16

### REGISTRATION & FINANCIAL AID INFORMATION NIGHTS

**December 3 | 6:30-7:30pm**

**December 4 | 7:30-8:30pm**

St. Paul Eastside YMCA Community Room

875 Arcade St., St. Paul, MN

### New Camper Orientation

**April 25, or April 29, 2019**

**6:30-7:30pm**

St. Paul Eastside YMCA Community Room

875 Arcade St, St. Paul, MN

Have a question?

Contact us at 612-822-2267

Email us at: [info@widji.org](mailto:info@widji.org)



We  
Welcome  
All



WIDJIWAGAN  
YMCA WILDERNESS ADVENTURES



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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WILDERNESS ADVENTURES FOR TEENS

Online registration opens September 2018

YMCA CAMP WIDJIWAGAN  
2019 Summer Schedule  
[widji.org](http://widji.org)



# 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 experiences.**

## **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 differences, 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 successful wilderness trips is preparation. All Widji sessions begin with two or three days at our base camp on Burntside Lake. 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, setting a 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 travel most days and camp in a different place most nights. Free from the distractions of their lives at home 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 or Wilderness Water Safety, 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 proven safety record that spans more than 80 years. While we cannot guarantee accident-free travel, our priority is the health and wellbeing of all our campers. Our attitude and investment in accident prevention and incident response enables our staff to respond appropriately and situationally. Staff members are trained in professional-level wilderness first responder skills, provided with resources and taught skills specific to the areas we travel, and work under established policies and procedures designed to reduce the likelihood of illness and injury. In addition, we provide communication devices to our trip leaders to allow them to access additional resources whenever technology and the environment allow. In the event of an illness or injury, it is important for parents and campers to understand that communication with emergency medical services is not always possible due to the remoteness of our trips.

## **TRAIL GROUPS AND FRIEND REQUESTS**

We group campers according to the gender that they identify with, their age and experience. Groups are kept small by design (4–8 people). We encourage campers to come to camp ready to make new friends. Strong friendships formed on trail are a big part of what makes a Widji experience unique. 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. Siblings will be placed in different groups if registered for the same session.

**We open our registration process with a lottery. On Lottery Day, we randomly order all registered campers and assign sessions and subsequent waitlist positions in this order. The lottery is designed to give all campers who have registered before January 4th, 2019 an equal opportunity to be placed in the trip of their choice. Visit [Widji.org](http://Widji.org) for more information about the lottery.**





# BACKPACKING ADVENTURES

Widji’s introductory and intermediate backpacking program offers trips of increasing challenge and length designed to match the maturity, leadership and wilderness skill development of our campers. Campers interested in learning to backpack have a number of beautiful destinations to choose from, including Isle Royale, the Porcupine Mountains along Lake Superior, the Bighorn Mountains in Wyoming and the Absaroka and the Spanish Peak ranges 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 experience the natural beauty of these destinations. See page 10-11 for session options, dates and fees.

“I just loved being in the mountains and bonding with the amazing people in my group. I also enjoyed being able to learn new skills and challenge myself.”

– Bighorns Backpack Camper



A photograph of four young campers standing in a forest. They are all wearing blue life vests. The camper on the far left is wearing glasses and black shorts. The camper next to him is wearing a brown hat, a blue long-sleeved shirt, and maroon shorts with yellow stripes. The camper in the center is wearing a yellow long-sleeved shirt and blue plaid shorts. The camper on the far right is wearing sunglasses and grey shorts. They are all smiling and giving thumbs up. In the background, there are tall pine trees and a body of water. A campfire pit is visible in the lower right corner.

# 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 people 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 fun, personal growth, leadership development, practicing resiliency and building friendships. Introductory and intermediate canoe sessions range in length from 5 – 19 days with 1-14 days spent traveling in the wilderness. See page 10-11 for session options, dates and fees.

I learned “that everyone has something to give to a group and that even if it’s a little thing, that’s okay.”

– Quetico Canoe Camper



# CAMP LIFE

**FOOD**  
At Widji, campers are involved in the menu planning and can tailor the menu to suit their tastes. 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.**

**GEAR**  
Widji offers detailed Canoeing, Backpacking and Pathfinder specific gear lists on our website, widji.org, under the Forms and Publications tab. The Summer Information Guide, 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. 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. However, 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!

# ADDITIONAL INFORMATION

**CLOSING CELEBRATION**  
**We invite parents/guardians, family and friends to attend their camper’s Closing Celebration. This evening consists of a banquet dinner (optional and limited capacity), social hour, camp tour and closing campfire.** These events offer an opportunity to share in the Widji trail experience and celebrate the accomplishments of returning campers. Closing Celebrations are held on the night before the last day of your camper’s session. More information and a schedule of the evenings events is available in our Summer Information Guide at widji.org. Registration is required at least one week in advance for the dinner portion of the evening. Space in the dinner portion of the evening is limited; registrations are processed on a first come first serve basis.

**REQUIRED FORMS**  
Widji requires completion of additional forms each year before campers arrive. The additional forms are available online at widji.org.

# WIDJI TRIPS

## BIGHORN MOUNTAIN BACKPACK

Entering grades 8–10

The Bighorn Mountains of Wyoming offer an excellent introduction to mountain backpacking for confident first-time or experienced backpackers. After three days of preparation at Widji, groups of four campers and two counselors drive for two days by van to Bighorn National Forest in north central Wyoming. Campers spend approximately eight days hiking at elevations of 8,000–10,000 feet and experience the beauty and majesty of the western mountains.

Bighorns	#Days	Fees
7/1 – 7/19 (boys only)	19	\$2,720
7/8 – 7/26 (girls only)	19	\$2,720
7/22 – 8/9 (boys only)	19	\$2,720
8/5 – 8/23 (girls only)	19	\$2,720

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

Entering grades 7–11

BOLD and GOLD trips are ideal for beginning and experienced canoers alike. Trail groups of four to six campers and two counselors will travel into the BWCAW for 6–12 days. 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. BOLD & GOLD trips are an incredibly fun way for campers to learn about themselves and learn what it means to be a leader and team member. To learn more visit ymcamn.org/boldgold or contact Program Director Kurt Simer (kurt.simer@ymcamn.org).

BOLD & GOLD	#Days	Fees
6/24 – 7/5	12	\$1,300
7/8 – 7/19	12	\$1,300
7/15 – 7/26	12	\$1,300
7/29 – 8/9	12	\$1,300
8/5 – 8/20	16	\$1,730
8/12 – 8/20	9	\$975
8/12 – 8/23	12	\$1,300

## QUETICO CANOE

Entering grades 9–12

The rugged portages, generally less populated campsites and pristine lakes of Canada’s Quetico Provincial Park provides adventure for campers who are excited about challenging themselves. Trail groups of four to six campers and one counselor travel deep into the heart of the Quetico. Campers will refine their technical skills and learn the basics of expedition style canoe tripping. **Quetico campers are required to have a valid passport.**

Quetico Canoe	#Days	Fees (includes permit fee)
6/13 – 6/28	16	\$2,110
6/17 – 7/5	19	\$2,480
6/24 – 7/12	19	\$2,480
7/1 – 7/19	19	\$2,480
7/8 – 7/26	19	\$2,480
7/15 – 8/2	19	\$2,480
7/22 – 8/9	19	\$2,480
7/29 – 8/16	19	\$2,480
8/5 – 8/20	16	\$2,110
8/12 – 8/23	12	\$1,600

## ROCKY MOUNTAIN BACKPACK

Entering grades 9–12

The rugged yet beautiful terrain of the Absaroka Mountains and the Spanish Peak Range of southwestern Montana offer experienced campers a fun challenge and the opportunity to hone their skills in pristine, mountain wilderness areas. After training and orientation at Widji, groups of four to six campers and one counselor will travel for two days by van to reach their destination. Both mountain ranges offer excellent alpine backpacking terrain with many opportunities for campers to hike above treelines and off trail, as well as have a great adventure!

Rocky Mountain	#Days	Fees
7/1 – 7/19 (girls only)	19	\$2,720
7/8 – 7/26 (boys only)	19	\$2,720
7/22 – 8/9 (girls only)	19	\$2,720
8/5 – 8/23 (boys only)	19	\$2,720

## 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.



# WIDJI TRIPS

## PATHFINDERS CANOE TRIP

**Entering grade 6**  
This 5 day experience is a great way to introduce eager campers to canoe and camping skills, as well as the tradition and history of Widji and the BWCAW.. Campers will spend 2 days getting ready for an overnight camping trip on their third night and return for a banquet and closing campfire on night 4. Campers will get a sense of what “trail life” is like on their short canoe trip to a nearby campsite and build friendships with their fellow Pathfinders and two Widji counselors.

Pathfinders	#Days	Fees
6/17 – 6/21	5	\$565
6/24 – 6/28	5	\$565
7/8 – 7/12	5	\$565
7/15 – 7/19	5	\$565
7/29 – 8/2	5	\$565
8/5 – 8/9	5	\$565
8/12 – 8/16	5	\$565

## INTRO TO CANOEING

**Entering grades 7–8**  
These trips 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. 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
6/13 – 6/21*	9	\$915
6/17 – 6/28	12	\$1,510
6/24 – 7/5	12	\$1,510
7/8 – 7/19	12	\$1,510
7/15 – 7/26	12	\$1510
7/22 – 8/2	12	\$1,510
7/29 – 8/9	12	\$1,510
8/5 – 8/16	12	\$1,510
8/12 – 8/23*	12	\$1,240
*Discounted session		

## INTRO 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 three days at Widji, groups of four campers and two counselors embark on a three-hour ferry ride to reach Isle Royale and then spend six to seven days hiking. Isle Royale is known for its wildlife, including moose and foxes.

Isle Royale	#Days	Fees
6/13 – 6/28	16	\$2,225
8/5 – 8/20	16	\$2,225

## INTRO TO BACKPACKING: PORCUPINE MOUNTAINS

**Entering grades 7–8**  
Groups of four campers and two counselors will spend three days at Widji prepping to spend five to six days hiking along the south shore of Lake Superior through one of the largest wilderness areas of the Midwest. Campers will enjoy panoramic views of Lake Superior, stunning waterfalls and fun times with their group mates. Groups will hike along well maintained trails and spend each night at a different back-country campsite.

Porcupine	#Days	Fees
7/1 – 7/12	12	\$1,530
7/22 – 8/2	12	\$1,530

## BWCAW CANOE

**Entering grades 8–10**  
These canoe adventures, are our most popular trips – perfect for excited first-time campers as well as seasoned canoeists. Each group of between four and six 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
6/13 – 6/21*	9	\$925
6/17 – 6/28	12	\$1,515
6/24 – 7/5	12	\$1,515
7/1 – 7/12	12	\$1,515
7/8 – 7/19	12	\$1,515
7/15 – 7/26	12	\$1,515
7/22 – 8/2	12	\$1,515
7/29 – 8/9	12	\$1,515
8/5 – 8/20	16	\$2,020
8/12 – 8/20*	9	\$925
*Discounted session		

# ADVANCED TRIPS

## AN OPPORTUNITY FOR EXPERIENCED CAMPERS

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

These trips offer experienced campers the opportunity to further develop and refine their skills by traveling in more remote and challenging environments. We invite campers who are currently enrolled in grades 10 to 12 and who have demonstrated enthusiasm for wilderness travel, initiative, and an ability to work well in a group to participate in our advanced trips.

Our advanced tripping opportunities include Explorer and Advanced Explorer Canoe and Backpack trips, Mountaineer and Voyageur trips. Our advanced trip session lengths range from 25 to 50 days and travel to remote locations across the Northern United States and Canada including the Canadian and Alaskan arctic. Advance trip invitations will be mailed during the month of November.

If you have any questions about these trips please contact 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 while 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.



“My instructor was funny, fun, and had a lot of knowledge. He made me step out of my comfort zone and get off of my phone.”  
– Outdoor Learning Program Participant



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