



UWSP Adventure Tours Celebrates 25 Years

Welcome to the inaugural edition of UWSP Adventure Tours (AT) "Destinations". Destinations is a quarterly newsletter you will receive via e-mail that serves as an outlet for us to let you know exactly what's going on with us, who our leaders are and what new, exciting and upcoming destinations are on tap. From a humble beginning, Adventure Tours now provides educational wellness opportunities to see not only foreign cultures but also the grandeur of the United States.

Beginning in the School of Health, Physical Education, Recreation and Athletics, with one bike trip to Europe, it later moved to the School of Health Promotion and Human Development and quickly expanded to include multiple bike and hiking excursions. 2010 marks 25 years for Adventure Tours for the Health Promotion and Human Development Department at UWSP. Focusing upon providing adults with cultural wellness experiences over 1,400 people have traveled to over 100 locations in a host of different countries.

Education remains its primary goal as participants are introduced to travel, world ethnic groups, history and cultures. Putting wellness into action is AT's primary goal.



Veteran tour leader John Munson stops to pause by the sea on one his many popular tours.

Getting to Know You: AT Leader Corey Huck



Corey Huck joined the faculty at UWSP in the department of Health Promotion and Human Development in the fall of 2008. Corey, an active outdoorsman and adventurer received his PhD from Arizona State University. His research focuses on Exercise

Physiology, Physical Activity and Health and Wellness.

During his time in Arizona, Corey hiked the Grand Canyon frequently, leading many groups new to this amazing wonder of the world. One of his claims to fame is that he has hiked from rim to rim and return in 22 hours.

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Take a Bearing: Other 2010 Tours

- *Hike Grand Canyon*
- *Bike France*
- *Kayak the Apostle Islands*
- *Hike Ireland and the UK*
- *Backpack Wyoming*
- *Raft the Grand Canyon*
- *Bike the Natchez Trace*

Dogsled the Boundary Waters—February 21-26

You want me to go where??? Minnesota in February? It's time to unleash your inhibitions about the weather and head out on trail with sled and dogs as your mode of transportation. Here's a magical chance to see this pristine area as a winter wonderland and travel like native people and explorers have for centuries.

AT Leader Sterling Straith is leading this unique experience into the Boundary Waters of Minnesota. On this trip you will be taught the basics of mushing, introduced to your own team of dogs, and spend much of three days with a partner traversing the trails on your own dog sled. Your last full day will include a day trip traveling by x-country ski or snowshoes to an ancient Indian Pictographs



Take a break this winter and cross the beauty of the boundary waters driving your own team of dogs!

historic site. Evenings will be spent in cozy warm lodges with gourmet food. Your final day will include a visit to the International Wolf Center in Ely, MN before heading home.

Don't miss this once in a lifetime opportunity and follow in the footsteps (or maybe that's dogprints) of Sergeant Preston of the Yukon. Mush your huskies!

Talking to the Animals

Did you know that dog sledding comes with it's own unique set of positions and commands for the dogs?

Lead dog— at the head of the team and follow commands of the driver.

Wheel dog—right in front of the sled—generally the strongest dogs on the team

Gee—to turn right

Haw—to turn left

Hike—to start or get going (nope it really isn't "mush"!)

Whoa—stop

On by—Pass another team or anything that could distract the team

Return to the Magical Isle of Mallorca March 18-28

Mark Koepke leads our 4th cycling trek to the Spanish Island of Mallorca this coming March. Mallorca is a cyclist's paradise and you will find yourself meandering through its pastoral interior or rugged coastline. Slip away from the cold and ice and immerse yourself in the sun and blue skies of this unique Spanish island filled with fragrant orchards, stunning scenery and a dip in the Med... if you're so inclined!

Cyclists abound on the Island (1415 sq. miles) which is home to the early season training camps of several professional cycling teams, drawn to the "Isle of Calm" by mild weather, excellent roads and a superb ambiance. Glide by medieval castles protecting peaceful coves on sea blue shores and make new friends while enjoying ocean breezes tinted with the smells of lemons and olives.



"Mallorca is a cyclists dream!"

Brendel and Ruppel Lead AT Hiking Vienna to Venice May 29– June 10



It's 234 miles from Vienna Austria to Venice Italy. Before you say "wow, that's a long hike from Vienna to Venice" we are prepared to offer you a ride some of the time. Jutta Brendel and Richard Ruppel will lead this (literally) cross country hiking trek starting in Vienna and ending in Venice. Explore the magnificent city of Vienna on foot, with its splendid architecture, local café's and restaurants

tasting true Austrian cuisine. Hike Mayrhofen in the Austrian Tirol, a hiker's paradise in the Zillertaler Alps not far from Innsbruck . End this tour with 3 days to explore Venice, its architecture and its culture before returning to the US. **Trivia:** What famous actress fell into one of the canals while filming in Venice? Bonus round: Name the film. E-mail your answer to bikehike@uwsp.edu

Discovering the Land of Enchantment—May 22-May 30

New Mexico is a myriad of art, culture, scenery, weather and cuisine. Tie it all together and throw in your bike and you have our first tour to the sunny southwest. AT Leader Greg Diekroeger is an avid cyclist and outdoor enthusiast and has banked time in regions of Colorado on his bike. He is joined by Scott Semel, another cycling aficionado with specific experience biking in this mountainous region of New Mexico. Scott lived near the headwaters of the Pecos River north of Santa Fe for 3 years and can tell you the best places to eat (especially in Santa Fe).

Spend a few days in Santa Fe acclimating to the altitude while exploring Palace of the Governors, the Georgia O'Keefe Mu-

seum and if you're daring... the Ski Basin road. It's a TOUGH uphill climb and check your breaks before turning around and heading back to town!

You'll literally walk in the footsteps of O'Keefe near her home at Ghost Ranch or choose to spend a day hiking the trails of the Valles Caldera National Preserve. The rest of the time will take us to Los Alamos, Taos and a return to Santa Fe for an evening before heading home. Join us for one of the Southwest's premier destinations in the Land of Enchantment!

New Mexico boasts 300 days of
sunshine a year...

...what are YOU waiting for?



Attention Early Birds and UWSP Alumni

Please be aware of the following discounts and early bird deadlines for upcoming tours.

Early Bird Deadline—register before December 15 and receive a \$200 discount off your trip.

UWSP Alumni—Alumni who have completed degrees at UWSP will receive a 5% discount on the total tour package

(airfare not included in the total).

Multiple registrants—register 3 or more people with your group or family and receive an additional \$100 off your tour price. Applies to only one registration in the group. Registrations must be received and processed at the same time for the discount to be applied.

For more information regarding discounts please contact our office.

Credit Card Processing

Coming Soon!

Adventure Tours will begin to accept credit cards starting after March 31, 2010. Stay tuned for more information!

A Peak at 2011... With More to Come!

Alpine Skiing in the French and Swiss Alps

When: January 2011

Where: This tour is based between Zermatt Switzerland and Chamonix, France.

Who: Richard Ruppel leads this new winter tour. Richard is a veteran AT leader and expert skier.

Bike Around Lake Constance

When: May 2011

Where: This tour will bike the entire perimeter of Lake Constance between Germany, Switzerland and Austria

Who: Jutta Brendel, who's popular tours to Italy make her a dynamic and entertaining leader who will guide you on this journey.

Hike Austria

When: July/ August 2011

Where: Graz, Grebenzen and Vienna Austria are our bases for this upcoming tour.

Who: John Munson who leads numerous AT trips will return to Austria for a wonderful two weeks of hiking.



UWSP ADVENTURE TOURS

1901 4th Avenue
CPS Room 100
Stevens Point, WI 54481

Phone: 715-346-4080
Fax: 715-346-2429
E-mail: bikehike@uwsp.edu
www.uwsp.edu/hphd/adventuretours

Join us for the Journey!

Visit us on the Web:
www.uwsp.edu/hphd/adventuretours

Established in 1985 UWSP Adventure Tours is unique in that our trips are specifically designed to incorporate wellness oriented components and an active itinerary.

Our trips also provide a cultural component for the cities and countries we visit whether it's right in our backyard or across the globe. We invite you to come and see for yourself why so many of our participants return year after year.

Whether on foot, in the saddle, in or on the water (frozen or otherwise), we welcome you to *join us for the journey!*

Leave No Trace—Principles We Can All Live By

One of the things that sets Adventure Tours apart from other adventure organizations is our commitment to health and wellness. It is evident in the types of activities we choose to deliver in addition to the information you receive prior to and during your tour. Embedded in that commitment is an underlying philosophy that cares for self and others, including the world we live in. All of us want to leave this world a better place for our children and our grandchildren to experience. We're privileged to travel and experience other countries, cultures and our very own backyard.

The Leave No Trace Center for Outdoor Ethics (www.lnt.org) provides seven simple principles to use when biking through the fields in Mallorca, walking in the streets of Dublin or as backcountry as the wilds of Wyoming. Many of these principals we all already live by but for a quick refresher, here they are.

From Your Backyard to Your Backcountry



Traveling in natural environments such as the Grand Canyon requires a commitment to preserving and protecting such fragile environments for others to enjoy in the future with simple practices.

7 Principles of Leave No Trace

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors