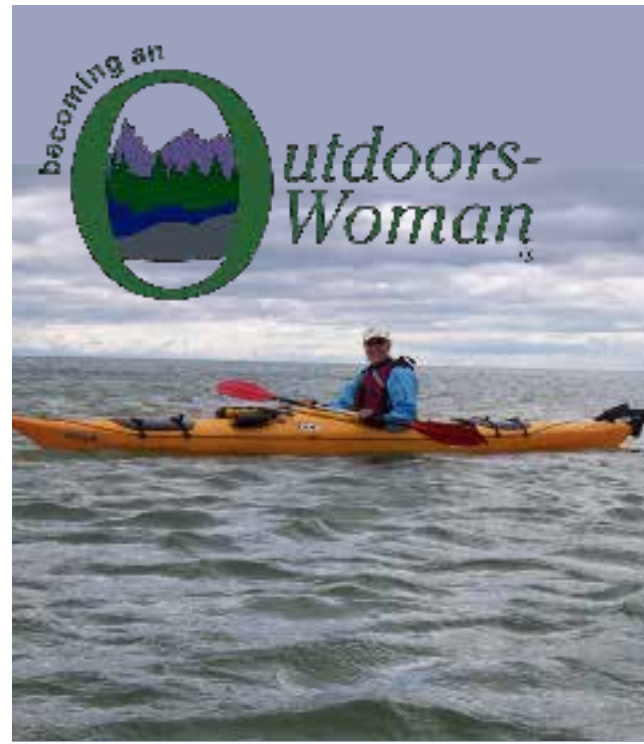


Becoming an Outdoors-Woman presents..

Apostle Islands Sea Kayaking Adventure

September 7-9, 2018 Bayfield, Wisconsin



A Beyond BOW weekend of sea kayaking and island exploration. This workshop is being offered in partnership with the Door County Adventure Center.

Suitable for beginner to novice level kayakers. No experience necessary to participate. Our participants range in age from 18-80+. All ages and fitness levels are welcome. All equipment, lodging and meals included in the registration fee.

Workshop Schedule

Friday, September 7

Noon -Welcome and introductions with lunch at Woodside Cottages (www.woodsidecottages.com), in Bayfield. This get-to-know-the-group session will provide you an opportunity to share what you would like to learn during the workshop.

Certified, patient BOW kayak instructors will tailor the lessons to fit your level experience. Beginners will start at the beginning and novice (or adventurous) paddlers will be able to take it to the next level while still setting your own pace.

We'll spend the afternoon at Friendly Valley Beach getting comfortable with gear, terminology, some basic skills and safety. All the equipment is provided including sea kayaks, paddles, personal flotation and spray skirts. (You may choose to rent a wetsuit. Water temperatures are likely to be cold so most people will want one).

6pm - Dinner at Ethel's Restaurant - included in registration fee. (www.ethelsat250.com)

7pm - Hike and shop historic downtown Bayfield

9pm - Campfire

Saturday, September 8

8am - Paddler's Breakfast

9am - Paddle from Meyers Beach to the Apostle Islands Sea Caves (Distance approximately 2 miles. <http://www.nps.gov/apis/naturescience/caves.htm>)

Noon - Shore lunch

1pm - Paddle back to Meyers Beach

5:30pm - Dinner in Bayfield (not included)

7pm - Free time

Sunday, September 10

8am - Paddler's Breakfast

9am - Morning paddle (TBD)

Noon - Lunch and wrap-up

Schedule continued on next page



University of Wisconsin
Stevens Point



Workshop registration fee: \$699. Includes 2 nights lodging, 6 meals, instruction and equipment rental.

To register: A \$200 non-refundable deposit is due to hold your reservation; balance due on August 31, 2018. Email confirmation will be sent within 48 hours of receipt. We will maintain a waiting list to use if cancellations arise.

Cancellation policy: A \$200 processing fee will be assessed to all cancelled registrations. Registrants who do not cancel by Friday, August 17, 2018, will be assessed the full program fee. You may send a substitute.

Lodging: Included in your registration fee. Participants will stay at the Woodside Cottages in Bayfield, www.woodsidecottages.com. A packing list and map to Woodside Cottages will be sent with your confirmation.

Participants understand that: 1) photographs may be taken during sessions and may be used in future support of the program, and 2) in the event of an unavoidable cancellation, evening programs and instructors may change. BOW will provide excellent alternatives if this situation arises.

Special needs and physical exertion levels: If you have any special needs, including dietary needs, please contact Peggy at 715/346-4681. We will do our best to accommodate your needs. This workshop includes activities that require a moderate amount of physical exertion. If you can walk at a leisurely pace, you will be able to have fun at this event. If you have any questions or concerns about the level of fitness recommended in order to participate, please contact us.

Additional workshop notes: This event will be held regardless of weather conditions. However, the activity schedule will be flexible in order to adjust to weather. Participants will receive information with their confirmation letter on what to bring and how to dress for comfort.

www.uwsp.edu/cnr-ap/bowwi/Pages/
For more information contact Peggy Farrell, pfarrell@uwsp.edu

BOW programs are designed for women 18 and older. Workshops are held in a safe and supportive atmosphere. No experience is necessary - beginners are encouraged to attend.

BEYOND BOW - Apostle Islands Sea Kayaking - September 7-9, 2018

REGISTRATION INFORMATION

Only one person may register per form.

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Email confirmation will be sent within 48 hours after your reservation is received.

Mail to: WI BOW
800 Reserve St.
Stevens Point, WI 54481

Please charge: ___ \$200 deposit OR
___ full registration fee: **\$699.00**

___ Check **payable to UWSP**

___ VISA ___ MasterCard Ex. date _____

___ Discover

Name on card _____

Card # _____