



BACKCOUNTRY CANOE QUEST

What's it like to journey through land that looks much the same as it did 200 years ago? Come experience what one canoeist calls "a sense of freedom that has almost been forgotten from our ancient past". Wind your way down the beautiful Cloquet River as you build relationships with your companions and revel in the simple magnificence of God's creation.

Your wilderness journey will find you paddling stretches of quiet, placid water broken by short, bouldery rapids. You'll be nestled between tall stands of birch, aspen, spruce, and pine as you camp by the water's edge, build and cook over a crackling fire, and fall asleep to the soothing sound of the river. Come experience reflection and renewal coupled with challenge and adventure along this remarkable pilgrimage!

The Cloquet River is a remote waterway flowing down one side of a ridge that follows Lake Superior's North Shore. Camping is allowed anywhere within the State Forest, which gives your group the experience of true primitive camping and a genuine backcountry feel. Water levels on the Cloquet vary within the summer, making the adventure different each time you paddle it! Because of possible low-levels, it may be necessary to "portage" canoes and/or gear around certain sections of rapids.

Your trip will begin at Indian Lake near the town of Rollins and end at Island Lake. Experienced staff will make your trip one of enjoyment and safety, so you can concentrate on learning new skills, worshipping God, building lasting friendships, having fun, and celebrating community life together!

SAFETY

Safety is a primary concert for Amnicon. Each trip is led by mature guides who are certified in Lifeguarding, CPR and Wilderness First Aid in addition to having extensive training in emergency simulations, canoeing skills, and leadership development. Amnicon has a 38-year safety record and meets the high standards established by the American Camping Association for accreditation. In the event of an emergency, help can be obtained at several roadways that cross the river. These roadways are always within 6 hours travel by canoe or foot from where the group will be at anytime.

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Typical Schedule

DAY ONE

- Arrive at Amnicon
- Meet your guides!
- Swim assessment and canoe safety
- Sauna, volleyball, or relax
- Dinner
- Health and Safety orientation
- Go over the specifics of your trip with your guide
- Campfire, singing, devotions on the Lake Superior beach

DAY TWO

- Breakfast and First Word
- Pack your Duluth packs and load the canoes
- Depart for the Cloquet River

DAYS TWO-FIVE (*traveling days*)

- Breakfast and First Word
- Break camp
- Canoeing through clear river waters, viewing spectacular scenery and spotting wildlife!
- Set up camp
- Relax, swim, explore, games, theme study, environmental activities
- Cook dinner over an open fire
- Campfire and discussions, singing, stargazing, stories, Last Word
- Fall asleep to the lullaby of the wilderness

DAY SIX

- Breakfast and First Word
- Paddle to take out point
- Travel back to Amnicon
- Unpack, clean gear and shower
- Group Evaluations
- Depart from camp around 4 pm

Amnicon is an outreach ministry of Central Lutheran Church. Amnicon's programs are open to everyone. No one will be discriminated against because of race, color, national origin, sex, disability or age. Any person who believes that anyone has been discriminated against in any USDA related activity should write immediately to the Administrator, Food and Nutrition Service, 3101 Park drive, Alexandria, VA 22302.