



# LAKE COUNTRY WILDERNESS CANOEING ADVENTURE

In Michigan's Upper Peninsula south of Lake Superior sits the isolated Sylvania Wilderness— a roadless land of wild creatures, 34 pristine lakes, cobblestone shorelines, sandy beaches and unspoiled old growth forests. Sylvania is a place set apart where humans are only visitors and where days are measured by the movement of the canoe through clear blue water or the footsteps of the hikers across the land.

All canoe trips begin at Camp Amnicon where campers prepare for their wilderness adventure. The group receives training in canoe technique and equipment care, camping skills, packing out, safety, first aid and wilderness regulations. *You do not need previous canoeing or wilderness camping experience to enjoy this trip.* As the trip progresses, each member of the group gains confidence in themselves, learns the value of teamwork and experiences the satisfaction of setting and accomplishing goals.

## WILDLIFE

As a roadless wilderness area, Sylvania offers the opportunity to experience the presence of a variety of wildlife. The timeless call of the loon still echoes across moonlit waters. The wilderness is also home to white-tailed deer, bald eagles, beavers, fox, osprey, otter and many other wildlife species.

## TRAVEL

Groups paddle lake to lake carrying everything necessary to live in the back country, stored in packs in the canoe. Between lakes, the canoes and gear are “portaged” overland to the next lake. Groups travel between four and six hours per day on travel days. A “layover” day is sometimes planned to allow opportunities for day hiking, swimming, or basking in the sun. Nights are spent chatting, cooking and singing over the campfire and sleeping in tents at the wilderness campsites.

## EQUIPMENT

Amnicon provides all the necessary canoeing and camping equipment including: canoes, packs, tents, cooking supplies, food and first aid supplies. Campers bring clothing a sleeping bag and personal items. A “what to bring” list for everyone is included in the pre-arrival packet.

## TRANSPORTATION

The group is responsible for transportation to and from the trailhead from the Amnicon base camp. The transportation of gear and canoes is done by the camp and is included in the cost of the trip.

## SAFETY

Safety is a prime concern for Amnicon. Each trip is led by skilled guides. They are certified in lifeguarding, CPR and first aid and have also had training in emergency simulations. Amnicon has a 37 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 from several public roads that come into or close to the Sylvania Wilderness area. These roadways are always within 5 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
- 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 onto canoe trailer
- Depart for the Sylvania Wilderness Area
- Paddle to your campsite and 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

### DAYS THREE-FIVE (*traveling days*)

- Breakfast and First Word
- Break camp
- Canoeing through clear lake 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
- Break camp and paddle to take out point
- Travel back to Amnicon
- Unpack and clean up
- Evaluation and farewells
- Depart from Amnicon in the afternoon

*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*