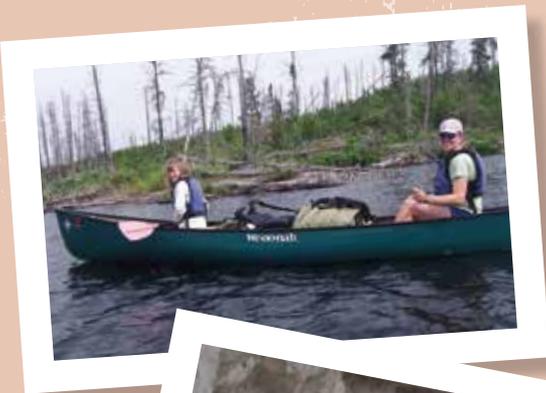




Adventure is out there and our trips will bring campers right into the thick of it. Adventure trips focus on meeting the needs of youth and adults with social skill difficulties and mild development disabilities.

Led by a trained wilderness guide who promotes independence and growth, these trips foster friendships, build skills, raise adrenaline, and enhance confidence through exploration of the great outdoors.



## ..... ADVENTURE TRIPS

### SAFETY REQUIREMENTS

Wilderness trips can be a great place to awaken potential and discover what a person is truly capable of accomplishing. Our trips influence personal growth, enhance an individual connection with nature, and foster higher levels of independence and self-worth.

These trips are designed for varied skill levels. If this is your first time in the outdoors we recommend a beginner/intermediate trip.

**Beginner Trips.** These trips are based at Camp Courage in Maple Lake. Campers will set up tents in a remote location and will take day adventure trips within two hours of one of True Friends' campuses. Examples include the Minnesota River, Red Wing, Taylor's Falls, and the St. Croix River.

These trips include canoeing, hiking, biking, rock climbing, swimming, fishing, and overnight tent camping at a True Friends camp site.

**Intermediate Trips.** These trips are based in various state and national parks including the North Shore of Minnesota, Boundary Water Canoe Area (BWCA) in Minnesota, Upper Peninsula of Michigan, and Devil's Lake Wisconsin.

These trips include all the adventures of the Beginner Trips with added and more advanced challenges. Intermediate trips are designed for individuals with experience in the outdoors who are looking to practice basic camping skills, campsite preparation, and overnight tent camping with limited facilities.

**Advanced Trip.** The Advanced Trip is an extended 10-day excursion with a home-base of Isle Royale in Michigan. This trip is for the avid outdoor adventurer looking for an opportunity to push the limits of their skills.

The trip includes multiple day backpacking expeditions in remote wilderness areas requiring campers to be able to carry their own gear for an average of 4-6 miles a day. Campers attending the Advanced Trip must be a successful graduate of an Intermediate Trip with True Friends or a similar trip with another organization.

**All trip applications are reviewed before being approved. Requirements for ALL trips include:**

- Campers must be able to complete own Activities of Daily Living.
- Campers must be physically fit to navigate terrain with their personal gear (all trips involve hiking for long distances on uneven and sometimes difficult terrain).
- Campers are expected to follow the direction of Trip Leaders. Safety is our primary priority, if behaviors become an issue campers will be removed from the trip and caregivers will be expected to collect the camper from the trip location.
- The application, annual physical, physician medication list, and a specialized Adventure Trip questionnaire must be completed in full before the camper will be confirmed for the trip.

If you have any questions about eligibility or would like more information before you apply, please call 952.852.0101 Ext. 206.

## BEGINNER TRIPS

**Outer Loop.** This trip explores key locations around the Twin Cities metro area. Examples include rock climbing at Taylor's Falls and Red Wing Bluff, hiking at Willow River State Park, canoeing the St. Croix, Mississippi, Minnesota Rivers, tent camping at Lake Maria and Interstate State parks.

**Central.** Campers will learn outdoor living skills before departing on day trips. Day trips include canoeing on the Mississippi River, rock climbing at the St. Cloud Quarries, hiking and an overnight tent camping experience at Lake Maria State Park. This is the ideal beginner trip!

## INTERMEDIATE TRIPS

**North Shore.** We will spend several days exploring all the North Shore has to offer. Campers will stay at state park group sites along the shores of Lake Superior, setting up camp and exploring the wonders of the North Shore wilderness. Viewing waterfalls, swimming, fishing, and hiking are part of the North Shore experience. This trip is light on carrying gear, but heavy on adventure!

**South By South West.** During this adventure, we will explore the prairie land and history of southwest Minnesota. Campers will experience a beautiful variety of picturesque landscapes in the heart of the Sioux territory and will stay in a teepee in the Upper Sioux Agency State Park, hike Pipestone National Monument, canoe the Minnesota River, and rock climb at Blue Mounds State Park.

**North Country.** Campers will enjoy the opportunity to explore a unique area of Minnesota. Beginning with a visit to the Headwaters of the Mississippi in Itasca State Park, campers will explore the home of Charles Lindberg, hike Savannah Portage, tame the white water of the Kettle River, and rock climb at Banning State Park. Choose the North Country trip to challenge your mind and body.



**Upper Peninsula.** The Upper Peninsula Trip offers a rugged wilderness area with breathtaking waterfalls at Presque Isle, high peaks in the Porkies, and picture perfect shorelines along the Pictured Rock National Park. This trip is an adventurer's paradise with rough terrain and spectacular views.

**Wisconsin.** Our neighbors to the east have quite a bit to offer! With rock climbing at Taylors Falls and Devil's Lake, canoeing the Flambeau and Brule rivers, hiking to see waterfalls at Copper Falls and Pattison State Parks; Wisconsin has a great setup for any adventurer.

**BWCA.** Campers will embark on a 4-day, 3-night adventure through the BWCA. The group will be shuttled to Magnetic Lake where they will paddle northwest along the US/Canadian border, while crossing several bodies of water including the Pine River, Clover, Granite River, Gneiss, Maraboeuf, Saganaga, and Seagull River. Along these routes, campers will experience scenic waterfalls, rushing rapids, camping on islands, and sleeping under the stars as they make their way back to Voyageur Outfitters.

## ADVANCED TRIP

**Isle Royale.** One of the least visited national parks, but the most revisited, Isle Royale is a trip for campers looking for a true wilderness adventure. This Advanced Trip is a wild and untamed hiking experience along the island located in northwest Lake Superior. On this backpacking adventure, campers will travel on foot through 45 miles of remote wilderness with all their belongings in their packs, while experiencing all that Mother Nature has to offer.

All trips depart from **Camp Courage, Maple Lake.**



**CAMP COURAGE**  
8046 83RD ST. NW,  
MAPLE LAKE, MN 55358  
952.852.0101 Ext. 206

DATES	DAYS	PROGRAM NAME	TYPE	SESSION	AGES	1:3-MED	DEPOSIT
June 16-21	Sun.-Fri.	Beginner Boys Trip - Outer Loop		820	11-13	\$1,625	\$300
June 16-21	Sun.-Fri.	Beginner Boys Trip - Central		821	11-13	\$1,625	\$300
June 16-21	Sun.-Fri.	Beginner Girls Trip - Outer Loop		822	11-13	\$1,625	\$300
June 23-28	Sun.-Fri.	Intermediate Boys Trip - North Shore		823	11-13	\$1,625	\$300
July 7-12	Sun.-Fri.	Beginner Boys Trip - Central		824	14-17	\$1,625	\$300
July 7-12	Sun.-Fri.	Intermediate Girls Trip - South by South West		825	14-17	\$1,625	\$300
July 7-12	Sun.-Fri.	Intermediate Boys Trip - North Country		826	14-17	\$1,625	\$300
July 14-19	Sun.-Fri.	Intermediate Boys Trip - Wisconsin		827	14-17	\$1,625	\$300
July 21-26	Sun.-Fri.	Intermediate Boys Trip - BWCA		828	18-21	\$1,625	\$300
July 21-26	Sun.-Fri.	Beginner Boys Trip - Outer Loop		829	18-21	\$1,625	\$300
July 21-26	Sun.-Fri.	Intermediate Girls Trip - Upper Peninsula		830	18-21	\$1,625	\$300
Aug. 4-13	Sun.-Tues.	Advanced Boys Trip - Isle Royale		831	14-17	\$2,710	\$500