



2012 WOMEN SPOUSE / PARTNERS OF VETERANS' WILDERNESS COURSES

CANYONS INTRO TO BACKPACKING

Desert Canyons, Utah

April 23-27 2012

\$100

Unwind through the canyons.

This trip is a powerful, energizing way for women spouses/domestic partners of veterans to enjoy the wilderness their service helped to protect, while gaining the courage, confidence, and self-acceptance that help support you and the transitions in your relationship. Get grounded on an introductory backpacking course in Utah's slickrock canyons, deepen connection with one's self and enjoy the opportunity to process internally or share experiences in the company of others on a similar journey. Our flexible and varied range of activities makes this experience appropriate for anyone looking forward to creating a more active, healthy lifestyle.

This course covers all the backpacking basics, from safety and route finding to backcountry cooking, pack fitting and equipment lists. Enjoy the serene stillness of the desert, as you follow a route deep into a steep-walled canyon, with a year-round running stream and sweeping views of the La Sal Mountains from the mesa top. *No backpacking experience needed. Begins and ends in Grand Junction, CO.*

What can I expect on a Women's Wilderness Course?

Our courses are real-life adventures, and the excitingly unpredictable nature of a real expedition makes every course different. Unlike a guided, "adventure travel vacation," this is YOUR adventure, and you'll be a full participant, including cooking meals, setting up camp, and meeting as a group to plan and organize each day. You can expect some "down-time" for hanging out and talking, or journal writing time, but mostly you will be actively learning, doing, and moving.

What Do I Need to Bring?

Not much! After you've been confirmed on the course, you will be sent a packet that will include a list of things to bring. Women's Wilderness can supply all backpacking gear, including backpacks, tents, sleeping bags and sleeping pads. In most cases we can loan you clothing if needed, including raingear and fleece clothes. We suggest that you bring well water-proofed, broken-in, solid hiking boots. We do have a selection of leather boots to loan. If you need to borrow hiking boots; please let us know so you can come in ahead of time to try them on. Thanks to our generous sponsors, we invite you to demo a Sierra Designs women's specific sleeping bag or Kelty backpack; we also have some GoLite packs to try. Just email us to arrange!

Where Are We Going?

This course takes place in a slickrock canyon near Moab, Utah, with a year-round running stream, tall red and orange sandstone walls, and a side canyon with the sixth largest arch in the country. Views from the mesa tops stretch to the snowcapped La Sal mountains to the south, and the Colorado River basin to the north. The desert course involves less elevation gain than the mountain course, but terrain can be rough and involves scrambling in spots. Weather in April can range from warm to hot in the days and cool to cold at night. The area is approximately a six-hour drive from Boulder.

THE WOMEN'S WILDERNESS INSTITUTE ♦ Strong Girls. Strong Women. Better World.

1501 LEE HILL DRIVE UNIT 16 ♦ BOULDER, CO 80304

PHONE: 303.938.9191 ♦ FAX: 303.938.5071 ♦ www.womenswilderness.org

Itinerary*

Day One	Meet in Grand Junction at 7pm for our pre-trip meeting. Here, you'll meet your fellow veterans, Women's Wilderness staff, get any equipment you need and pack gear. (Optional van ride from Boulder: meet at 1 pm for van ride to Grand Junction.)
Days Two – Four	Gather at 8am in Grand Junction. Load the van, and drive to trailhead. Arrive at the trailhead, eat lunch, and backpack up the canyon approximately three miles to a campsite on a beautiful slickrock bench. Depending on group desires, days will either be spent day hiking from a basecamp-style campsite to beautiful arch features and canyons, journal writing, and other optional activities; or, you will move camp each night to a different site making a loop and extending the route. Either option the group chooses, you will see beautiful canyon landscapes and spectacular views.
Day Five	Pack up campsite and hike out to the trailhead. Drive back to Grand Junction. Arrive in Grand Junction by 1:00 pm. For those returning to Boulder with Women's Wilderness, van departs next day at 8am

*This is a proposed itinerary. Due to unforeseen events, the actual itinerary will vary according to the needs of the group and weather.

What Will We Eat?

We carefully plan the menu to make sure that participants aren't carrying more weight than necessary, and all meals are included in course cost. There is always plenty to eat, and we pack snacks for munching throughout the day. However, if you have your favorite snack items, feel free to bring them along as well. Meals are designed to accommodate a full range of preferences – from vegetarian to full meat protein-loving divas! We can accommodate some common food allergies and dietary needs, so if you have dietary restrictions please let us know at least one week before your course.

How Will I Get to the Course Site?

The course will begin and end in Grand Junction, Colorado, and transportation will be provided from there to the trailhead. Optional transportation from Boulder is provided, to and from Grand Junction, for no additional fee. The van will leave Boulder at approximately 1pm on the afternoon before the course, and return the morning following the course end. Details about the meeting place and reduced rates for lodging in Grand Junction will be provided in your confirmation packet.

What About Fitness?

This course is an introduction to backpacking, but it is important that you be in good health and reasonably fit. Packs will weigh 35-40 lbs, and hiking will include some short uphill sections. Day hiking may involve travel off trails and over rough terrain. As a rough guideline, we suggest that you be able to hike uphill at a good pace for an hour at a time. If you'd like suggestions for training for your course, please call us.

Pre-Trip Meeting

There will be a pre-trip meeting from 7-9pm on the evening before the course. This meeting gives you a chance to meet other participants and the staff, check and borrow gear and clothing, and get last minute questions answered. Please bring everything to the meeting that you're planning on taking and your field staff will help you make sure you have what you need for the course and nothing extra.

Payment Schedule & Cancellation Policy

A \$50 application fee will hold your spot on the course for two weeks while you receive and return your completed enrollment packet. This fee is non-refundable, unless for some reason we cannot accept you on the course. Half of the remaining course fee is due with registration, and the rest of the fee is due two months before the course start. Payment plans may be able to be arranged – please contact us if this would help you pay for the course.

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CANCELLATION POLICY – PLEASE READ!

Our cancellation/refund policy is based on our investment in staff time, course planning, and food and equipment purchases before your course. Course tuition includes a \$50 nonrefundable application fee.

Cancellation refunds will be given according to the following schedule:

Days prior to course start:

More than 60 days: 100% of full tuition minus \$50 application fee.

21-59 days: 50% minus \$50 application fee.

8-20 days: No refunds; however 50% minus the \$50 application fee may be transferred to another course in 2012.

7 days or less: No refunds or transfers.

If we cancel a trip: TWWI reserves the right to cancel a trip if sign-up is inadequate to make the trip economically feasible for us to operate. If this happens, we will fully refund the stated cost including the application fee. However, TWWI is not responsible for additional expenses incurred by you in preparing for the trip, e.g. transportation costs, gear, etc.

Trip Insurance

Safeguard your adventure! Plans can change without warning, which is why we recommend securing your course by investing in trip insurance, for example with:

Travelguard.com 1.800.826.4919

Insuremytrip.com 1.800.487.4722