

Our adventure on Sand, Oak, or Stockton Island is special because it provides an ideal setting for families and less ambitious paddlers to explore the Apostle Islands and simultaneously maintain a flexible itinerary. Because you will be base camped on an island, it gives you more time to do what you want rather than putting up and taking down camp everyday.

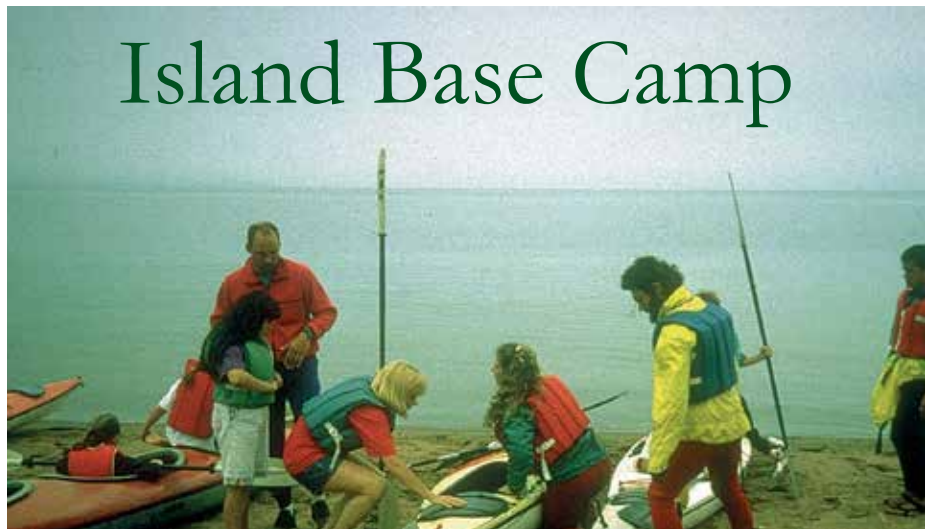
On Sand Island there are opportunities to visit the sea caves along Swallow Point and the lighthouse built in 1881 out of "Brownstone" (the local sandstone colored by iron staining). From a basecamp on Sand Island there is also a chance to explore York and Raspberry Islands.

If you decide to basecamp on Stockton Island instead, you will get a chance to explore a different part of the Apostles. Stockton offers impressive cliffs, beautiful sand beaches, quarries, as well as miles and miles of hiking trails. It also boasts one of the highest densities of black bear in North America. Don't worry though, there are food lockers provided, and few are lucky enough to spot one of these native animals. They try to stay away from people, as long as camps are kept neat and clean.

Oak Island sports the largest vertical relief in the Apostle Islands – its highest point is more than 450 feet above the lake. Oak has some of the best hiking in the islands, a beautiful sand spit, a hidden cave and half a dozen neighboring islands to explore as day trips, including Manitou Island with its historic fish camp. Day trips can consist of several short paddles or longer, more demanding crossings. All activities will



place an emphasis on cultural, historical and wilderness education. Although Trek & Trail has a full list of options to fill the days, there will be plenty of time for personal relaxation and solitude, if that is a desired component of the trip. Our guides are prepared to accommodate both novice and experienced campers.



Island Base Camp

Thank you for choosing Trek & Trail as your guide for an extended outdoor adventure. Our Island Base Camp trip will teach you the techniques of sea kayaking and allow your family or group of friends to spend time together as you explore the wonders of the Apostle Islands National Lakeshore. On your four day trip you will have an opportunity to view several of the 22 Apostle Islands. Sand, Oak, and Stockton Islands are diverse and fun to explore; we can travel to other islands for day trips. All islands have natural histories rich with evidence dating back to the last ice age.

Where To Meet: All trip participants should meet at Trek & Trail in Bayfield at 8:45 am on the day your trip begins.

Accommodations: To find lodging we recommend contacting the Bayfield Chamber of Commerce for accommodation information: 800.447.4094.

Weather: Weather is always a factor that demands attention when going out on Lake Superior. Sea kayaking is a very versatile activity, and if you're prepared it's easy to enjoy the mystical lake atmosphere provided by light rain or cloud cover.

Food: Trek & Trail provides its participants with a beach lunch and snacks during full-day programs. Lunches normally include: sandwiches, vegetables, chips or crackers, cookies, and a beverage.

Prior Conditioning: Trek & Trail strives to provide you with an enjoyable experience. Pre-trip conditioning and physical activities will help prepare you for your trip. Suggestions for conditioning include: sit-ups, push-ups, cycling, rowing, canoeing, swimming, and calisthenics that strengthen your shoulders, arms, and abdominal muscles. Persons with health problems, particularly heart problems, are required to consult their physician prior to participating.

Your Account: Any remaining balance on your account is due within 45 days of your trip. Please be sure you have an accurate understanding of our cancellation policy.

A Little About Bayfield: Bayfield is a comfortable town with the look of a New England fishing village. While here, take time to visit Bayfield's museum and some of the local shops. The ferry ride to Madeline Island is an excellent day excursion. Ask the Bayfield Chamber of Commerce (800.447.4094) for information about potential evening activity opportunities. Great views and magnificent sunsets, vast orchards and exciting charters make up part of the beauty and special allure this area offers -- while you're here take time to enjoy it!

Questions? Please Call: 800.354.8735

Typical Island Base Camp Itinerary



How to get Here:

Trek & Trail's main store and reservation center is located in the Cooperage at 7 Washington Ave. From the junction of Hwy 2 and 13 on the outskirts of Ashland, WI, turn onto Hwy 13 North. Bayfield is 21 miles north of Ashland on Hwy 13. Once you are in Bayfield, Hwy 13 becomes Rittenhouse Avenue, the "main street" of Bayfield. Pass gas station on left (Amoco), go through town and 13 will curve to the left. Washington Ave is on the next crossing. At the ferry landing sign stop turn right on Washington Ave. and go all the way to the lake. Turn left into the parking lot. The Trek & Trail outfitting center is on the Lake side of the Cooperage building. If you park in the parking lot, be prepared to pay. Ask at the Cooperage for free parking directions.

A Few Other Considerations:

*Please make your guide aware of any pertinent medical conditions you may have -- i.e. allergies, medications you're taking, etc. If you have any questions concerning your personal fitness or your ability to participate, please be sure to consult your physician.

*We ask that all minors are accompanied by an adult on all of our tours and expeditions.

*Please remember that if you are late for a trip you are not the only one affected. Our trips are normally fully booked. Your promptness affects everyone's allotted time on the water. Please plan accordingly.

*We cannot control the weather. Occasionally we are forced to alter our trip routes. Please be understanding.

*We recommend that all participants acquire travel insurance to cover emergency medical situations, evacuations and unforeseen last minute cancellations. Please refer to enclosed brochure.



PO Box 906, Bayfield, WI, 54814
<http://www.trek-trail.com>

Day 1: After meeting your guide and fellow trip participants at 9:00 a.m., you will participate in a 2-3 hour Basic Safety Course. This course includes paddling technique, wet exits, kayak rescues, safety and weather hazards, and equipment packing. Be prepared to get wet! Trek & Trail will provide a wetsuit for the course and trip but you may want to bring along a set of clothing (long-sleeved ploypro shirt and/or wind jacket), specifically for the safety course, that you can leave behind. This way you'll still have enough warm and dry clothing for your excursion. After the Basic Safety Course you'll have lunch, then pack your gear and shuttle out to your departure site. Once on the island, we'll set up camp, relax, explore, and have dinner around a campfire. This is the perfect time to share stories, review the day, and discuss all the possible adventures to come.

Day 2: After a breakfast overlooking the lake, you'll spend the morning exploring the coastline of Sand, Oak, or Stockton Island. As you paddle, your guide can tell you about the area's cultural and natural history, which includes the formation of the Apostles' beautiful sandstone caves, the settlement of early native populations, and the development of the fishing and fur industries. After lunch, you'll have an opportunity to explore the lighthouse (if on Sand Island) and perhaps do some fishing or hiking in the woods. Your group may choose to take advantage of your guide's knowledge with a workshop on tracking, naturalist interpretation, or navigation.

Day 3: Today we'll head out to circumnavigate the island or explore nearby islands. This is a good day to do some serious paddling now that everyone's skills have started to develop. If on Sand or Stockton, it could be a good time to visit spectacular cliff areas.

Day 4: After a good breakfast, this last morning will be spent breaking camp and paddling the final crossing before loading up the vans to shuttle back to Bayfield. Once we've arrived at the Cooperage, we'll sort through the gear, make sure all the boats are emptied, and debrief before everyone departs on their safe journeys home.

Equipment & Clothing List

Chances are you'll be paddling through two of the splendid, sunny days which Lake Superior boasts. From experience, though, we know the weather conditions can vary greatly on any given day of a tour. For your safety and comfort you should come prepared by bringing the following:

- ___ Warm sweater or synthetic Pile jacket (not cotton)
- ___ Long underwear top & bottom (Synthetic works best)
- ___ Wind/Rain Jacket or paddling top
- ___ Shorts and pants of the "quick-dry," synthetic or pile variety
- ___ Footwear that you can get wet
- ___ Light Stocking Cap (if cold)
- ___ T-Shirts
- ___ Swimsuit
- ___ Sun Hat
- ___ Sunglasses
- ___ Water Bottle
- ___ Sunscreen
- ___ Walking shoes or hiking boots
- ___ Wool socks
- ___ Gloves (if cold)
- ___ Flashlight
- ___ Insect Repellent
- ___ Binoculars
- ___ Toiletries
- ___ Sleeping Bag
- ___ Sleeping Pad



Trek & Trail Provides:

- Kayak
- Sprayskirt; PFD; Paddle; Paddle Float; Bilge Pump
- Farmer bill wetsuits (if needed).
- Tents (if you have one you like, bring it)