



Pedal & Paddle



Women's Multi-sport Tour



June 13 - 16, 2018

Goes International

Welcome to Wahoo! Adventures 2018 Pedal & Paddle Tour!

A four day, three night women's multi-sport adventure in Northern Minnesota and Ontario, Canada

Hosted by Wahoo! Adventures Founder, Kerri Kolstad

Dates: **Wednesday, June 13 - Saturday, June 16, 2018**

The tour will end on Saturday, June 16th after lunch.

Wednesday Check In starts at 3:00 pm - pick your bunk, explore the grounds and fabulous views.
Social Hour & Welcome begins at 5:00 pm

Base Camp: The Hungry Hippie Farm
401 County Road 14, Grand Marais, MN
www.hungryhippiefarm.com

Tour Benefits

- Small group size of 14 women led by Wahoo! Adventures Founder, Kerri Kolstad
- Pajama Party Lodging with bunk beds (upgrade available for additional fee)
- Healthy "Chef Dave" meals served outdoors through lunch on Saturday
- Welcome reception upon arrival
- Wine, beer, and soda during social hours and dinners
- Bicycle rentals upon request, no additional cost
- SAG support and snacks while cycling
- Stone Harbor Outfitters kayak tour
- Transportation to kayaking, cycling, and hiking locations bike to base camp
- Photos uploaded to Flickr
- Fabulous Lake Superior views
- Downtime to nap, knit, journal, hike, or just relax
- Freedom from electronic distractions (limited/spotty cell phone reception)

Not included are personal purchases such as souvenirs, snacks, or entrance fees (for locations outside of tour) and staff gratuity.

Traveling Internationally

You MUST have a valid passport for this trip.

Please review the requirements for entry at the [US Department of State website](#). Please note that anyone with a criminal record (including misdemeanors or alcohol-related driving offenses) will not be able to enter Canada.

Cancellation Policy and Travel Insurance

Before May 1st	You will be refunded your deposit, minus a \$50 administration fee.
After May 1st	Refund is not guaranteed. You will be refunded your trip fee, minus a \$50 administration fee <i>if we are able to fill your spot on the tour.</i>

Life happens, so we recommend travel insurance which is fairly reasonable for this tour. We work with Mindy Ferber from Eyeball Travel – Contact her at eyeballtravel@gmail.com or 847-869-2050.

Accommodations

We have reserved the cutest converted and restored barn for our group, the Hungry Hippie Farm. We will have access to two full bathrooms and one 1/2 bath, a common area for coffee/breakfast, and a deck with a fire pit and fantastic views of Lake Superior. The tour price includes a **cozy bunk bed in the pajama party loft**. There are also five private, queen rooms on the lower level that you can upgrade to on a first come, first served basis, for an additional \$150.

What to expect from the weather

Temperatures on the North Shore in June can range from 40 – 80 degrees, so **dressing in layers** is always preferred. We will **bicycle rain or shine**, although you can choose to shorten your mileage or enjoy a day at camp or one of the hiking options. Mosquitoes and horseflies may be an issue, but we will have bug spray available.

Food

Chef Dave prides himself on providing **nourishing, healthy, gourmet meals**. You can expect breakfast, lunch, and dinner each day. Please inform Wahoo! of any **food allergies**.

Training for the Tour

Ensure a great day on the water and on your bicycle by **training ahead of time**. Kayaking requires upper body and core strength. For cycling, no matter which distance you select, challenge yourself to train and be comfortable with that distance. You will feel a sense of accomplishment when you reach the Canadian Border if you complete the distance you have challenged yourself to make!

Bicycling

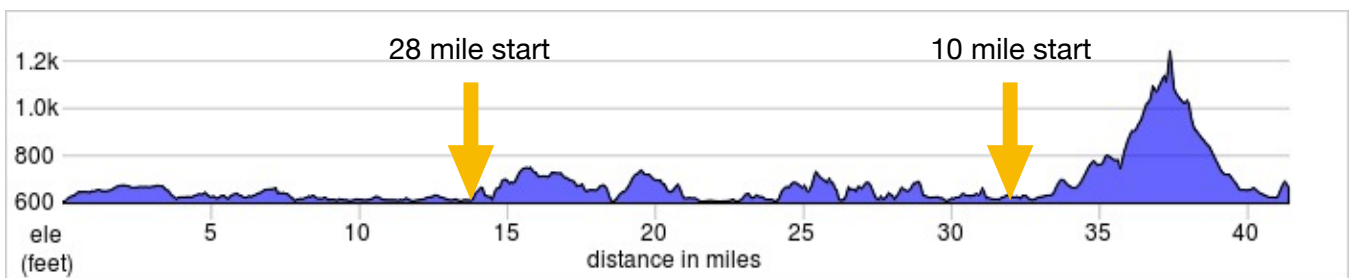
You will be **cycling on the shoulder of Highway 61**, north of Grand Marais. The shoulders are 10 feet wide, and are generally in good condition. The traffic is less busy in this area, but you should be comfortable riding next to traffic.

Below is the **elevation map** for our route. Note that it is a moderately flat route to about mile 15, then a few rolling hills. Keep in mind the map legend is from 600 feet to 800 feet in elevation with the full 200 hundred foot climb at Mount Josephine taking about 2 miles to get to the top.

42 Mile Route Test your stamina on scenic Highway 61 from Grand Marais to the Canadian Border. You'll enjoy a view of many small and large Lake Superior bays just off to the right.

28 Mile Route This route joins the 42 mile route at Judge Magney State Park, and continues to be filled with scenic views.

10 mile Route This route joins the others at Grand Portage Monument/Fort, where you'll pedal the last hilly Mount Josephine stretch with awe-inspiring views before you reach the Canadian Border.



All riders **must wear helmets** at all times, follow the rules of the road, and be good ambassadors of bicycling. A small group of 14 ensures your comfort and safety on our cycling day. We are there for you on this tour! There will be one to two **rest stops** depending on the mileage you select and the weather. The SAG vehicle will be available throughout the day, providing rest stops and **a ride if needed**.

Bring your own bike Guests are welcome to bring their own bikes on this tour. Please ensure that it has had recent routine maintenance and is in good working order. Wahoo! personnel will transport your bike, but won't be able to service it. Don't forget to bring your helmet, tools, extra tubes, and any special equipment you need. A bike pump will be available.

Renting a Wahoo! bike Upon request, a Specialized Sirrus Sport hybrid bicycle will be provided for no additional fee. These 24 speed bikes have straight handlebars with bar ends to help prevent wrist fatigue. A helmet and bike lock are also provided. You are responsible for the bicycle, helping to keep it in working order, and locking it when left unattended. Replacement cost of a Wahoo! bicycle is \$700. Wahoo! will repair any flat tires or perform routine maintenance.

Kayaking

The bays of Little and Big Trout Bay will make for an easy, beautiful access to Lake Superior. We will travel to the Little Trout Bay Conservation Area where sparkling waters, a rugged landscape and tree-clad coasts await. **Local guides** from Stone Harbor Outfitters will help us gear up, and share stories and history of the area throughout the day as we paddle. Each person will don a **PFD and wetsuit, and paddle a single 14.5 ft Wilderness Systems Tsunami kayak** throughout the day, stopping for a scenic shore lunch.

You won't want to leave!

Be sure to check out the local attractions in [Grand Marais](#) and [Cook County](#) either before or after your tour.

[ExploreMinnesota.com](#) describes it best:

"Only in Grand Marais, every nook and cranny has personality – authenticity. An amazing arts culture, unmatched natural beauty, colorful restaurants, a wide range of lodging, unique shops and galleries are all harbor-side on Lake Superior. It's an easy stroll to find and enjoy it all – besides, that's how you catch the details. Outdoor paintings on charming signs and door panels, children's mosaics, whimsical yard art all contribute to the sense of creativity that is everywhere."

"Being on a Wahoo! tour is my favorite kind of vacation. Once I arrive, I can trust that they have all the details covered. I can just enjoy doing the things I love outdoors. It's so relaxing and fun - like a kid on vacation - that I usually don't want to head home and be an adult again!"

- Laura P., Wahoo! customer since 2010

Packing list

In Your Luggage

- PASSPORT
- Toiletries/Medications
- Shower towel
- Bathroom items that are easily transported to/from shower
- Sheet for hot weather
- Special shoes (i.e. water, bicycle, hiking, shower flip flops)
- Fanny pack/backpack
- Sunscreen
- Camera
- Sunglasses
- Hat
- Bug spray
- Binoculars
- Ziploc bags to keep things dry in kayak or wet weather
- Swimsuit and Beach Towel
- Waterproof Jacket
- Layers of clothing for a variety of temperatures
- Extra socks
- flashlight / headlamp
- ear plugs
- pajamas
- hobbies for evenings – books, knitting, magazines, cards
- street clothes and shoes for evenings in town
- favorite snack foods
- foods for special diets

On Your Bicycle

- helmet
- identification, insurance card, credit card, money
- spare tube
- riding gloves
- bike shoes
- sunglasses
- large water bottle
- sun screen
- camera
- medications you may need during the day
- basic first aid supplies
- bike bag
- basic tools
- bike lock if bringing your own bike
- extra tubes if bringing your own bike

Kayak Day Items

- Gloves – Bike/Fitness/Yard Gloves will work
- Waterproof Gear / We will be given wetsuits
- Strap on Sandals or Water Shoes
- Plan for a chilly morning on the water – hats, warm gloves, vest