



Outdoor Adventures

Cross Country Ski Weekend

January 29th-31st (3 days)

Trip Disclosure

Trip Narrative

Explore the frozen woods of northern Michigan! Get outside and enjoy the winter wonderland in Wilderness State Park. Learn to cross-country ski or embellish your skills, star gaze on the beaches of the Mackinac Straights and keep toasty warm while staying in a rustic cabin with other adventure-seeking people.

Goals

Have fun, make friends, learn to cross-country ski or embellish your skills, bundle up and enjoy what a Michigan winter has to offer.

Activity Difficulty Assessment

No need to have had prior experience. Necessary skills will be taught before and during the trip. Enthusiasm, willingness to learn, and a fondness of nature are all you need! More experienced outdoors people are also welcome to freshen up on skills or just hang out with people with similar interests. Must be in good physical condition. Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician. .

Environmental Hazards

Risks include, but are not limited to: thermoregulatory risks, including hypothermia; injuries related to hiking and backcountry camping including soft-tissue injuries, dislocated joints, strains, sprains, fractures, concussions, burns, cuts, and potentially death. . With proper preparation and following of guidelines, however, most of these risks can be minimized. Clothing and outerwear must be adequate and will be subject to inspection.

Participant Screening

Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician.

Trip Information

A. Trip Name:	Cross Country Ski Weekend
B. Trip Start Time & Location:	January 29 th at or before 4 pm
C. Trip End Time & Location:	January 31 st at or after 6 pm
D. Trip Duration (days):	3 days
E. Minimum/Maximum Participants:	Min 8/ Max 10
F. Pre Trip Meetings:	January 25 th , 7 pm at OAC
G. Early Price & Deadline:	\$175 until January 8 th
H. Regular Price & Deadline:	\$200 until January 22 nd

Trip Price Includes

A. Lodging:	Rustic cabins
B. Transportation:	Vans to and from site
C. Leaders:	TBD
D. Rentals:	25% discount on OA rental gear
E. Meals:	2 Breakfasts 1 Lunches 1 Dinners
F. Group Equipment:	Tents, stoves, fuel, kitchen equipment (pots, pans, etc.),



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January 29th

Leave Ann Arbor during the afternoon and arrive at Wilderness State Park about 4 hours later. Hike about ¾ mile to rustic Big Stone Cabin in the north woods and cook dinner while warming up around the woodstove. Relax, play games, or play in the snow at night.

January 30th

Cook a hot breakfast in the morning then drive 2 miles to the Swamp Line Road Trailhead and ski about 8 miles on groomed trails through the peaceful woods. Have a break along the way for a picnic lunch and hot drinks, before returning to the cozy cabin. Possible stargazing and bonfire on the beach or optional night hike.

January 31st

Cook breakfast and have an optional ski before returning to Ann Arbor with new friends, refreshed and ready to tackle the week. Stop along the way for a break and snacks.

Trip Does NOT Include

(Note: Other costs may arise for which the participant will be solely responsible).

- Travel to/from parts B and C of trip information section
- Shots, immunizations, or other medical costs
- Taxes, entry fees, or other costs associated with entering or leaving a country
- Passport application or other document fees
- Personal rental items during the program (photos, videos, backpacks, climbing gear, mountain bike, wet suits, etc).
- Meals outside those specified in part E of trip price includes section
- Rentals - Participants are responsible for providing trip specific items such as a trail ready backpack, sleeping bag and pad tat are subject to a leader's inspection. All associated costs are participant's responsibility.

Expectations Of Participant

- All participants **MUST** attend the pre-trip meeting. The date, time and location of this meeting varies from trip to trip, and can be found at the OAC website.
- All participants **MUST** complete the OA medical information, trip waiver, and trip release forms
- Participants are expected to provide, at their own cost, all personal gear, including but not limited to: sleeping bags, backpacks, eating utensils, shoes, boots, mountain bike, and clothing suggested at the pre-trip meeting (waterproof layers, etc).
- All participants must adhere to Outdoor Adventures policies and procedures.

Resources

Outdoor Adventures website: OA Policies, Trip Itineraries, & Price Information
<http://www.recsports.umich.edu/outdooradv/>

U.S. State Department: Passport Information, International Travel Information
<http://state.gov/>

Centers for Disease Control (CDC): Information on recommended immunizations and precautions for international travel.
<http://cdc.gov>