



Outdoor Adventures

MLK Cross Country Ski

January 15th – 18th (4 days)

Trip Disclosure

Trip Narrative

Explore the frozen woods of northern Michigan! Get outside and enjoy the winter wonderland in beautiful Hiawatha National Forest on the shore of Lake Superior. Learn to cross-country ski or embellish your skills on the beautiful woodland trails, relax and play in the snow. Enjoy peaceful nights amid the stars and moonlight in rustic McKeever cabin.

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: MLK Cross Country Ski
 B. Trip Start Time & Location: January 15th at or before 4 pm, OAC
 C. Trip End Time & Location: January 18th at or after 3 pm, OAC
 D. Trip Duration (days): 4 days
 E. Minimum/Maximum Participants: Min 8/ Max 10
 F. Pre Trip Meetings: January 11th, 7 pm at OAC
 G. Early Price & Deadline: \$190 until December 17th
 H. Regular Price & Deadline: \$215 until January 8th

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: 3 Breakfasts
 2 Lunches
 2 Dinners
 F. Group Equipment: Tents, stoves, fuel, kitchen equipment (pots, pans, etc.),



Outdoor Adventures

MLK Cross Country Ski

January 15th – 18th (4 days)

Trip Disclosure

January 15th

Leave Ann Arbor Friday afternoon and drive north to rustic McKeever Cabin in Hiawatha National Forest, on the shore of McKeever Lake. There will be stops along the way for dinner and snacks. Upon arrival at the cabin, build a fire, and sip hot drinks while relaxing and enjoying the great north!

January 16th

Wake up and cook a hot breakfast Saturday morning before driving to the nearby Munising Ski Trail. Learn to cross-country ski or practice existing skills while skiing up and down rolling hills through old forests and farm fields, along the Pictured Rocks escarpment. Maybe even catch sight of some wildlife, such as fox, coyote, or ruffed grouse! Stop along the way for a picnic lunch in the snow and hot drinks. After a long day of skiing, return to the cabin to relax and get to know fellow-adventurers around a fire or while looking for shooting stars. Or perhaps the beautiful northern lights!

January 17th

On Sunday ski along the McKeever Hills Trail through various forests and past several frozen lakes. This trail is quieter and less manicured than others and will allow you to enjoy the peaceful north woods. Return to the cabin to warm up and enjoy a hot meal and spend one last night before heading back to Ann Arbor.

January 18th

Leave McKeever cabin Monday morning to make the return drive to Ann Arbor. Stop along the way, and return to Ann Arbor with new friends, memories and skills.

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>