



# Outdoor Adventures

## March Nordhouse Dunes

March 19<sup>th</sup>-21st (3 days)

### Trip Disclosure

#### Trip Narrative

Explore dunes that date back between 3,500 and 4,000 years! We'll enjoy the waves of sand and waves of water that beautiful Lake Michigan has to offer. On our hike you will find woody patches of juniper, stunted jack pine, some small stands of northern hardwoods, and dune marshes with wetland species such as hemlock and larch. Keep an eye out for the many species of waterfowl and songbirds that have been identified here, as well as white-tailed deer, coyotes, foxes, raccoons, porcupines, skunks, and squirrels. The Nordhouse Dunes Wilderness Area, with its extensive shore dunes system, is the perfect place to get away from it all. While small, the area is just 3,450 acres, it boasts an impressive title: it is the only congressionally designated wilderness area located along the Lake Michigan shoreline in Michigan's Lower Peninsula.

#### Goals

Introduce backcountry camping equipment and organization to participants. Introduce hiking techniques. Develop respect and appreciation for the beauty of the area. Provide a positive group experience for participants that requires trust and communication.

#### 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.

#### 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. Participants will be carrying 40 pound packs 3-10 miles a day

#### Trip Information

A. Trip Name:	March Nordhouse
B. Trip Start Time & Location:	March 19 <sup>th</sup> at/or before 4 pm OA rental center
C. Trip End Time & Location:	March 21st at/or after 6 pm OA rental center
D. Trip Duration (days):	3 days
E. Minimum/Maximum Participants:	Min 8, Max 10
F. Pre Trip Meetings:	March 15th, 7 pm at OA rental center
G. Early Price & Deadline:	\$100 until February 25th
H. Regular Price & Deadline:	\$125 until March 12th

#### Trip Price Includes

A. Lodging:	Front and backcountry camping
B. Transportation:	Vans to and from the park
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.),



# Outdoor Adventures

March Nordhouse Dunes

March 19<sup>th</sup> -21<sup>st</sup> (3 days)

## Trip Disclosure

March 19th	Meet at the Outdoor Adventure Center at or before 4 pm, load up vehicles and hit the road. Our trip takes us across Michigan’s Lower Peninsula. The car ride to Ludington is roughly 4 hours, but we will stop along the way and also grab some dinner. Upon arriving at the site, we’ll set up camp and most likely have a campfire complete with s’mores. We’ll be at a primitive camp site on Friday night.
March 20th	After getting up and making breakfast, we’ll pick up permits for our vehicles and drive out towards the Wilderness Area. Leaving our vehicles at the trailhead, we’ll start our hike in the area. We will hike to Nordhouse Lake to eat lunch, then continue to the lakeshore to relax and find a campsite. Because this is a wilderness area, there are no designated campsites. We’ll travel until we find a spot that suits the group well. We’ll set up camp and enjoy the solitude and beauty of Lake Michigan.
March 21st	After eating breakfast and breaking down camp, we will have some time to explore the rest of the park or take a quick day hike along the cliffs. We’ll aim to head out mid morning for the return drive to Ann Arbor. Upon the return to the Rental Center, we’ll unload the gear and clean up what messes we made. After that we’ll send you on your way!
Expectations Of Participant	<ul style="list-style-type: none"> <li>• All participants <b>MUST</b> 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.</li> <li>• All participants <b>MUST</b> complete the OA medical information, trip waiver, and trip release forms</li> <li>• 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).</li> <li>• All participants must adhere to Outdoor Adventures policies and procedures.</li> </ul>
Trip Does NOT Include	<p><i>(Note: Other costs may arise for which the participant will be solely responsible).</i></p> <ul style="list-style-type: none"> <li>• Travel to/from parts B and C of trip information section</li> <li>• Shots, immunizations, or other medical costs</li> <li>• Taxes, entry fees, or other costs associated with entering or leaving a country</li> <li>• Passport application or other document fees</li> <li>• Personal rental items during the program (photos, videos, backpacks, climbing gear, mountain bike, wet suits, etc).</li> <li>• Meals outside those specified in part E of trip price includes section</li> <li>• 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.</li> </ul>
Resources	<p><b>Outdoor Adventures website:</b> OA Policies, Trip Itineraries, &amp; Price Information  <a href="http://www.recsports.umich.edu/outdooradv/">http://www.recsports.umich.edu/outdooradv/</a></p> <p><b>U.S. State Department:</b> Passport Information, International Travel Information  <a href="http://state.gov/">http://state.gov/</a></p> <p><b>Centers for Disease Control (CDC):</b> Information on recommended immunizations and precautions for international travel.  <a href="http://cdc.gov">http://cdc.gov</a></p>