

KoWaKan Teen Trek, July 16-21, 2023 (Camp # 208)

Get Ready for a fantastic week of adventure, challenge, fun, and discovery.... about you and your faith! Our KoWaKan guides are excited about your arrival, and we are all looking forward to a great adventure together that we won't soon forget! Expect to spend most of your time outdoors enjoying God's creation and doing fun activities like swimming, canoeing, orienteering, and learning outdoor skills like cooking over a fire. This letter begins your journey into a very special and challenging area, the Boundary Waters Canoe Wilderness (BWCA)!



Registration and Travel Information:

- For your convenience, check-in for our KoWaKan Teen Trek will take place at Camp Koronis, 15752 Lake Ave (formerly County Rd. 181), Paynesville, MN 56362. Camp Koronis is less than two hours NW of the Twin Cities and transportation to and from KoWaKan Adventures base camp in Ely will be provided from Camp Koronis free of charge. Registration check-in for Teen Trek begins at **3 PM on Sunday, July 16th**, and check-out will be at **3 PM on Friday, July 21st**.
- In emergencies, or to communicate any travel complications, parents may contact Koronis/KoWaKan Executive Director Dan Ziegler's cell phone: (612) 913-6002.
- Campers traveling in camp vehicles will be expected to abide by the following safety rules:
 - Passengers must remain seated with seatbelt on while vehicle is in motion.
 - Passengers must keep hands and arms and all body parts inside the vehicle.
 - Passengers must not distract the driver or throw things & must follow instructions.
 - In the case of accident or emergency, passengers must follow staff safety instructions.
- Upon return to Camp Koronis, Campers will be released only to the people indicated on their reservation form (including themselves if they come to camp alone).

YOUR PREPARATIONS / PACKING LIST:

- There is an attached packing list that you need to look at closely AND be sure to bring those items listed as "**Needed**". There are also some optional items as well as items listed as **Do Not Bring**. Please remember that this is a wilderness camp experience with no fashion expectations - only effective clothing needs for your personal comfort and survival!
- Please pay attention to the insights shared on our packing list. Clothing colors do not matter. Used is often better than brand new. Hard soles needed for your feet! And more....
- Please also note that it is generally 7-8 degrees cooler on average from temperatures found in southern Minnesota

HEALTH HISTORY FORM, PARTICIPANT COVENANT & REGISTRATION PAYMENT

- Every camper must have a completed (signed by parent/guardian) Health History & Permission form. **Be sure to fill this out online or bring this with you to camp!**
- We ask that every camper sign and agree to abide by the **Participant Covenant**.
- We request you make your final payment for camp prior to coming north.

CASH TO BRING

- There will be limited items to purchase from KoWaKan such as T-shirts, bandanas, water bottles, etc. You may also want to have funds for food and refreshments while traveling. Campers registering before April 30 will also receive a \$25 store credit that can be used at KoWaKan or at the Camp Koronis camp store.
- Otherwise, all costs related to your camp are covered with your registration fee



WHAT TO EXPECT

- Plan on lots of rain! Even if it doesn't – *it's good to be prepared for it!* So have a decent raincoat or poncho. Rain pants are also good to have as the water can wick up your "once-dry" pants running off your raincoat
- Plan for both heat and cool. So both long sleeve/long pants/warm socks/warm sweatshirts....typical for the Fall in Minnesota AS WELL AS 90 plus degree heat! Keep this in mind when going over the packing list.
- Expect to learn multiple ways to live in the wilderness, to become an important part of a strong community that works, plays, learns, discovers, and grows together!
- Expect to discover more of yourself and more about creation our environment, the value of the BWCA, and more about the creative mind of your Creator and God

WHAT IS EXPECTED

- Please read, consider, and sign your enclosed copy of our **KoWaKan Covenant** to each other. This is important as we work and play together on this adventure, and we expect your commitment to be a part of this.
- Please remember that this is a wilderness adventure and help is not always "close at hand"! We must care for each other and work to avoid accidents and injuries that might be serious and cause the adventure to end for you and everyone else!
- You are expected to take part in all aspects that serve your community including camp needs, cooking, clean-up, and more.
- We also expect that you will have the best experience of your summer!
- Please don't bring alcohol, non-prescription drugs, animals, weapons, or personal sports equipment. Personal vehicles must be parked and locked in camp parking lot.

Please feel free to call our office with any questions or needs you might have (320)243-4544. Our Staff are preparing as well to help make your adventure experience safe and fun! Our prayers are that you will discover a great deal more of both yourself and your relationship with God.

Camp KoWaKan 2023



Camp Minnesota

A ministry of the Minnesota Conference
of the United Methodist Church

KoWaKan Adventures Directions

Note: Using your GPS with the address may not give you the correct directions. Use the directions below or the coordinates **+42° 57' 31.32", -90° 32' 40.56"**

Emergency Contact: 612-913-6002

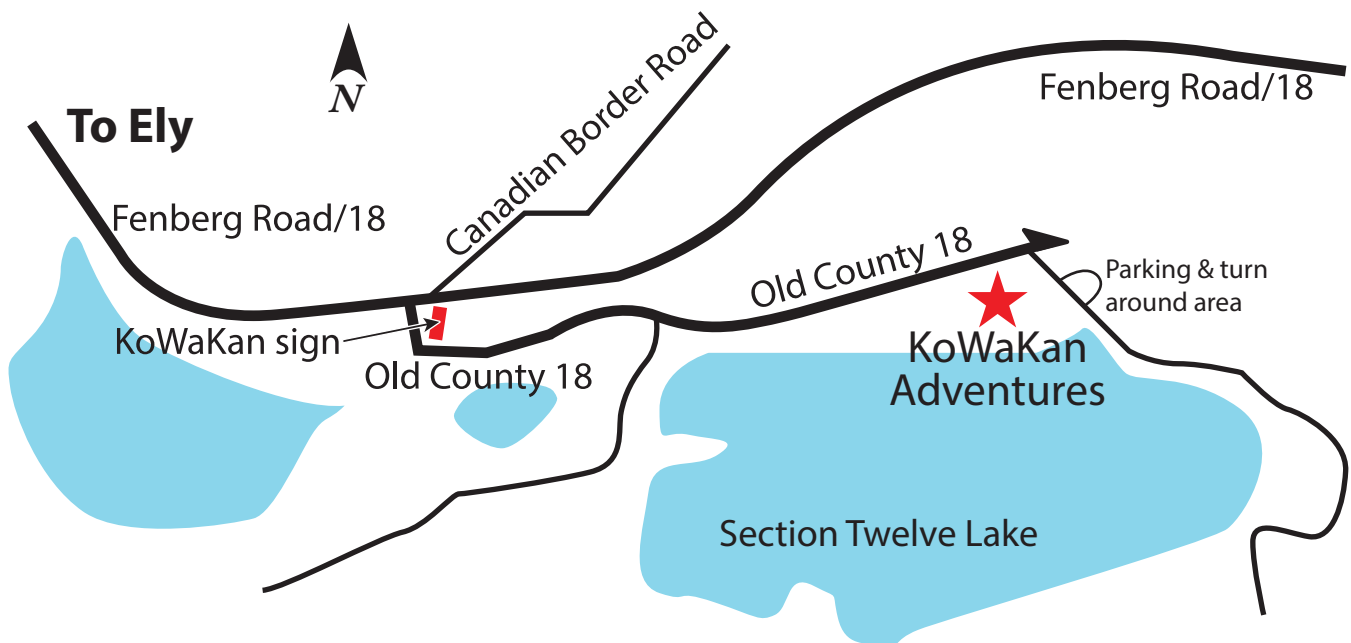
Quick Directions from Twin Cities

Minneapolis/St. Paul to Ely

- 1) I-35 North for 110 miles (Look for the Cloquet, MN. Exit just past the Black Bear Casino).
- 2) Exit onto MN-33 into Cloquet. Continue north on MN-33 for 20 miles.
- 3) MN-33 becomes US-53.
- 4) Stay on US-53 until you pass through Virginia, MN.
- 5) Four miles after Virginia, take MN-169 north towards Ely.

From Ely to KoWaKan

- 1) Go East out of Ely on Sheridan Street (169).
- 2) Hwy 169 becomes Fernberg Road.
- 3) At mile mark 15 you'll pass the Northwinds Lodge on left. Prepare to make right turn in ½ mile.
- 4) Turn right onto Old County 18. Look for a KoWaKan sign at the intersection (across from Canadian Border Road).
- 5) Follow Old County 18 as it turns left. Go by a small lake in about a ¼ mile on your right side. Follow the KoWaKan directional signs for another ¼ mile to our welcoming area.
- 6) Drive to the "turn-around" area on the east end of camp and unload and park there.



Minnesota United Methodist Camping & Retreats Ministry

122 W. Franklin Ave. Ste. 400
Minneapolis, MN 55404

(855) 622-1973

camps@campminnesota.org

Scenic Directions from Twin Cities

Minneapolis/St. Paul to Duluth to Ely. Northern Minnesota is a beautiful place!

- 1) I-35 North to Duluth for 154 miles.
- 2) When I-35 ends, there is a stoplight. Turn right at the light onto MN-61 "North Shore Drive."
- 3) Stay on MN-61 for 57 miles.
- 4) Turn left onto MN-1 and drive 60 miles into Ely.
- 5) Follow above directions from Ely to KoWaKan.

Things To See and Do on the Way:

Tobies Restaurant and Bakery: In Hinckley Minnesota (seventy miles north of the Twin Cities). It has a traveler's tradition and rite of passage to the North Land since 1948. Stop in for a "world famous" caramel roll!

In Duluth:

- o Great Lakes Aquarium / Glensheen Historic Estate / Aerial Lift Bridge / Canal Park
- o The original Grandma's Restaurant
- o Finland, Minnesota (MN-1), if you are low on gas, get it here. There are no other gas stations until Ely (60 miles away).

In Ely:

- o Sir G's; tasty pizza and large group accommodations
- o Front Porch: Great coffee, amazing atmosphere and free WiFi with purchase
- o Rockwood – full range on menu – great food with outdoor patio option
- o International Wolf Center
- o Root Beer Lady Museum
- o National Bear Center
- o U.S. Ranger Station: Just east of Ely, this free visit offers Boundary Waters history and information as well as a good place to pick up some souvenirs. It also directly connects to Mesabi Hiking trail.