

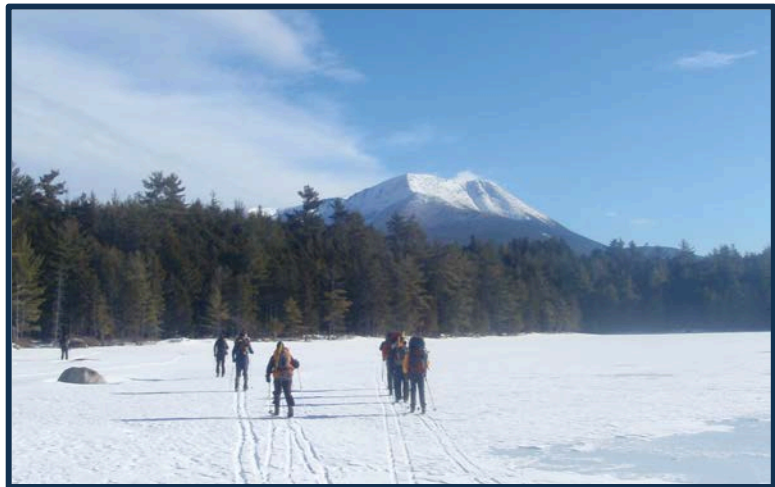


# ADVENTURE INITIATIVE

*A Healthy Hometowns Program* 

## Baxter Backcountry Ski 2012

In the heart of the Maine wilderness lays Baxter State Park, a gift to the residents of Maine from governor Percival Baxter. Thousands of people visit the park's vast wilderness and breathtaking peaks throughout the summer months, but the beauty of the Baxter region in winter is a secret reserved only for those willing to take on the adventure. This winter, be one of the lucky individuals who explores this winter wonderland. Spend your days skiing through pristine wilderness, and your nights comfortably seated by a woodstove with fun companions. Let your skis lead the way into the Baxter Backcountry.



**Dates:** February 20<sup>th</sup> – 24<sup>th</sup>

**Price:** \$245 – Price if you are a member of your local ski / outing club

\$295 – Price for non-members

*(Fee includes food, lodging, guides, and transportation.)*

**Eligibility:** Open to individuals 18 years of age and older

**Trip Itinerary & Details:** Our trip into Baxter will begin at the north entrance to the park, west of Patten. We will ski to South Branch Pond, where we will stay in lean-tos. From there we will ski south through the park, following the park's backcountry trail, first to the cabins at Russell Pond, and then on to Roaring Brook. From Roaring Brook we will have the option of doing a day tour up to the winter sanctuary of Chimney Pond before heading to cabins at Katahdin Lake. Here we will enjoy our last night of the trip watching Katahdin glow in the sunset.

On the final day we will ski out the park tote road to Abol Store, where we will load up and head home with great stories to share.



The focus of this adventure will be gaining comfort in backcountry ski touring, trip planning and prep, and sharing the adventure with others. Participants will be asked to share in all aspects of the adventure from cooking, to gear prep, navigation, and group management. The goal of adult

Adventure Initiative is to share skills and experiences that help participants create similar trips in the future.

**Food & Lodging:** All meals and snacks on this trip will be provided starting with lunch on day one and ending with lunch on the final day. Participants are encouraged to bring extra food as eating lots of calories helps make playing in the winter woods a lot more fun. Participants will also be asked to help in the preparation of meals throughout the trip.

Lodging is being provided in the form of woodstove-heated cabins at Kidney Pond Campground. All food and lodging costs are covered in your trip fee.

**Registration / Cancellation:** To register for this trip please contact Mike Smith at 227-0250, or via email at [mikes@mainewsc.org](mailto:mikes@mainewsc.org). Deadline for registration is Monday, Feb 13th. A 50% deposit is required to reserve your spot, and spaces are limited!

Cancellations made prior to Feb 10th will be given a full refund minus a \$20 administrative charge. Cancellations made after Feb 10th will be given a 50% refund, and cancellations made after Feb 17<sup>th</sup> will not be given a refund.

**Pre-Trip Meeting:** There will be a pre-trip meeting on Wednesday, Feb 8<sup>th</sup> at 6:30 at the MWSC office in Caribou. Please call the office for directions – 207-492-1444. Participants are encouraged to make this meeting as we will take time to discuss proper preparation including equipment, expectations, individual concerns and questions, and final details prior to leaving.

**Travel Itinerary:**

- Depart the MWSC office in Caribou at 7:00 AM on Monday, Feb 20<sup>th</sup>
- Arrive at Baxter State Park boundary at 9:00 AM and begin trip.
- Depart from Baxter by 4:00 PM on Friday, Feb 24<sup>th</sup>
- Return to the MWSC office in Caribou by 7:00 PM

**Environment & Weather:** Weather in Maine is highly unpredictable, especially during the winter months. Snow, sleet, ice, rain, high winds, sub-zero temps, and bitter wind-chill are all possibilities that we face when travelling into the winter woods. Only in the most extreme cases would we consider cancelling or postponing the trip due to weather. In most cases we will simply adapt to deal with the challenges that Mother Nature provides. It will be important to be prepared and pack appropriately for a range of conditions, and we will be sure to give this due attention prior to leaving for the trip.

In the event that we do need to alter our trip schedule, or cancel it completely, you will be refunded accordingly.



**Risk & Liability:** It's important that you understand winter backcountry travel, as with any active outdoor pursuit, has inherent risks. These risks include, but are not limited to: muscle sprains and strains, broken bones, cold injuries such as frostbite and hypothermia, fatigue, dehydration and exhaustion. Our job as professionals is to help you prepare for, identify, and deal with these risks appropriately.

You will be asked to fill out a liability waiver form and medical release form prior to leaving for the trip. You can download this form directly from our website.

**Preparation:** You don't have to be the world's fastest skier or best mountain climber to take-part in this trip. In fact, you don't need any previous experience. You DO need the willingness and desire to be active, and it doesn't hurt if you get out and ski, snowshoe or simply go for a walk a few times a week. We will be on our feet skiing each day, and in most cases will be carrying a pack with plenty of gear. If you have questions about your physical preparedness, pre-existing conditions, or ways to prepare, don't hesitate to contact Mike at MWSC.

**Instructor:**

Mike Smith is Director of Healthy Hometowns for the Maine Winter Sports Center. He has been actively involved in wilderness trip leading for the last 12 years. Some of his experiences include sea kayak guiding off the Maine coast, leading trips into Maine's backcountry via canoe, kayak or pack, and leading whitewater kayak trips in the rainforests of Panama. Among his favorite wilderness destinations is the Katahdin region, particularly in the winter months. He is a registered Maine Guide and a Wilderness First Responder.

**Equipment:** All group camping, cooking and first aid equipment will be provided. You will be responsible mainly for your skiing gear, backpack, clothing and sleeping bag. Upon signing up for the trip you will receive a detailed equipment list, and we will review this at our pre-trip meeting.

**References:**

Books of Interest:

*Mike and Allen's Really Cool Backcountry Ski Book*  
Allen O'bannon & Mike Clelland, Globe Pequot Press

*Katahdin: An Historic Journey – Legends, Exploration, and Preservation of Maine's Highest Peak*  
John Neff, Globe Pequot Press

Websites of Interest:

[www.Baxterstateparkauthority.com](http://www.Baxterstateparkauthority.com)

[www.mainewsc.org](http://www.mainewsc.org)



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