



ADVENTURE INITIATIVE

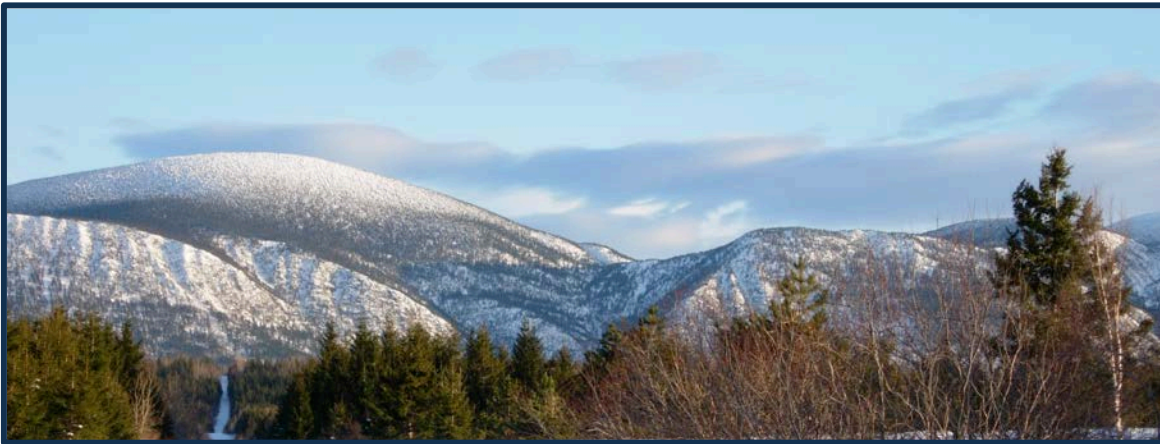
A Healthy Hometowns Program

Gaspe Ski Tour 2012

North of Maine and New Brunswick lies the Gaspe Peninsula. Stretching out into the St. Lawrence Seaway, this rugged piece of Quebec is home to the Chic Choc mountains and some of the deepest snow found in eastern North America. This season Maine Winter Sports Center's Healthy Hometowns Program offers you the opportunity to tour this incredible region. We will ski along a backcountry hut system that brings you through heart of the park, as well as explore day trips near the Gaspe's highest peaks. Don't miss this opportunity to share in the adventure and let your skis take you somewhere unforgettable.

Dates: March 27th – April 1st

Price: \$345 - Price if you are a member of your local ski / outing club
\$395 - Price for non-members
(Fee includes food, lodging, guides, and transportation.)



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

Trip Itinerary & Details:

We will depart from northern Maine on Tuesday, March 27th and head for Relais Chic Choc. Here we will spend the night and prepare to ski into the Chic Chocs

the next day. Wednesday through Sunday we will explore the backcountry huts found within the western end of the park, near Mt Logan. As we travel we will work on skills and techniques that make backcountry travel easier, safer and more fun for everyone.

Sunday, April 1st we will ski out of the park and drive back to Aroostook County. The plan is to have you home in time to unpack, relax and begin sharing stories of your week's adventure with friends and family.

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 in the Parc de la Gaspesie. 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. Deadline for registration is Monday, March 5th. A 50% deposit is required to reserve your spot, and spaces are limited!

Cancellations made prior to March 10th will be given a full refund minus a \$20 administrative charge. Cancellations made after March 14th will be given a 50% refund, and cancellations made after March 20th will not be given a refund.

Pre-Trip Meeting: There will be a pre-trip meeting on Wednesday, March 7th at 6:30 at the MWSC office in Caribou. Please call the office for directions – 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:

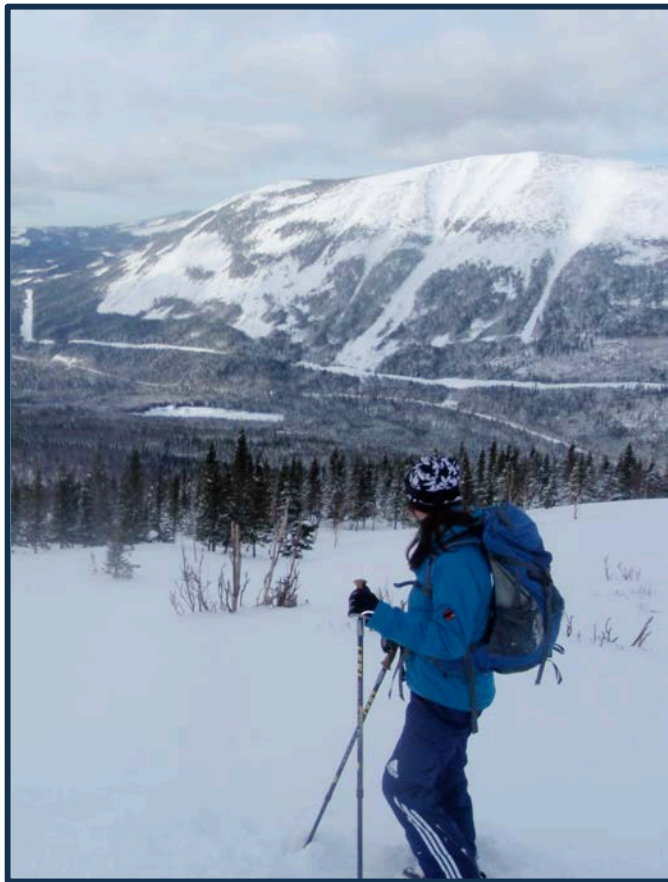
- Depart the MWSC office in Caribou at 7:00 AM on Tuesday, March 27th
- Arrive at Relais Chic Choc at 1:00 PM and settle in.
- Depart from Relais Chic Choc by 2:00 PM on Sunday, April 1st
- Return to the MWSC office in Caribou by 7:00 PM

Environment & Weather: Weather in the Gaspé can be 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 the most avid outdoorsman 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 at least a small pack. If you have questions about your physical preparedness, pre-existing conditions, or ways to prepare, don't hesitate to contact Mike at MWSC.



Instructors:

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 skis, and leading whitewater kayak trips in the rainforests of Panama. He is a registered Maine Guide and a Wilderness First Responder.

Lauren Jacobs is a coach for Healthy Hometowns. She has spent the better part of her life exploring the Maine outdoors, including a trip down the Allagash, a week-long winter backpacking trip in the Mahoosuc Mountains, and a 150-mile section hike of the Maine portion of Appalachian Trail. Experienced as a backpacking trip leader, Lauren is certified in Wilderness First Aid.

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

Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering
Martin Volken, Scott Schell & Margaret Wheeler, The Mountaineers

Websites of Interest:

www.sepaq.com
www.mainewsc.org



**HEALTHY
HOMETOWNS**

A Program of the
Maine Winter Sports Center

