

# TRUE NORTH TREKS

Young Adult Cancers Survivors *Charting A New Course*

2016



***Shared experiences empowered by nature and mindful meditation.***  
Recalibrate, rejuvenate, and reconnect to life.

## Lewis & Clark Canoeing Trek Caregiver/Survivor - Montana

The Upper Missouri has a rich and interesting history, including Lewis and Clark campsites, century-old pioneer homesteads, wildlife abounds throughout the area where elk, mule and white-tailed deer, big horn sheep, coyotes, and pronghorn antelopes can be seen.

### Itinerary... May 29-June 4

- May 29: Fly into Great Falls, MT
- May 30: Exp. Prep/Canoe/Camp
- May 31-June 3: Missouri River
- June 3: Back to Great Falls
- June 4: Fly Home



## Idaho Backpacking Trek Survivor - Idaho

Located in the Idaho Panhandle National forest, the Selkirk Mountains begin in Sandpoint and stretch north all the way into Canada. The Selkirk Mountains are littered with high granite peaks and abundant with alpine lakes. Numerous animals such as moose, elk, deer, bear, mountain lions and various birds of prey call this range home.

### Itinerary... July 24-30

- July 24: Fly into Spokane, WA
- July 25 Exp. Prep/Hike
- July 26-29: Selkirk Mountains
- July 29: Back to Sandpoint
- July 30: Fly Home



## Boundary Waters Canoeing Trek Survivor - Minnesota

The Boundary Waters Canoe Area Wilderness of northern Minnesota provides ample opportunity for the sights, sounds and smells of forests and lakes while paddling and portaging through the sparkling and pure lakes that make up the expansive labyrinth of the remote wilderness area.

### Itinerary... August 21-27

- August 21: Fly into Duluth, MN
- August 22: Exp. Prep/Canoe/Camp
- August 23-26: Boundary Waters
- August 26: Back to Duluth
- August 27: Fly Home

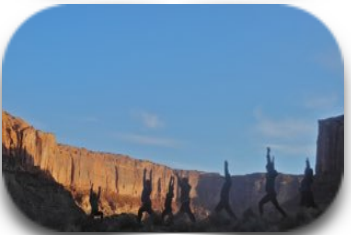


## Green River Canoeing Trek Caregiver/Survivor - Utah

Come join us and paddle the historical and the relaxing waters of the Green River in Utah. We will paddle 55 plus miles from the put in to the take out, while along the way witness and experience sights and sounds that only Utah's desert has to offer.

### Itinerary... September 11-17

- September 11: Fly into Grand Junction, CO
- September 12: Exp. Prep/Canoe/Camp
- September 13-16: Green River
- September 16: Back to Grand Junction
- September 17: Fly Home



## Ready to apply or need information?

Email Gwen: [gwenvictorson@truenorthtreks.org](mailto:gwenvictorson@truenorthtreks.org)

Call Gwen: (208) 627-8628

Apply online: [www.truenorthtreks.org](http://www.truenorthtreks.org)

