



Wild Outdoor Women

Lake Metigoshe State Park—Bottineau, ND
February 10-12, 2023

Wild Outdoor Women (WOW) events are primarily for ladies over the age of 16 who wish to learn or improve skills associated with a variety of outdoor recreational activities, meet other outdoor enthusiasts or simply enjoy various recreational activities at Lake Metigoshe State Park.

- Participants register by purchasing tickets for the number of sessions for which participants want to participate in; lodging and meals are optional.
- Registration opens on **December 15, 2022** at 12:00pm via ShowClix <https://bit.ly/LMSP2023WinterWOW> and closes at 11:59pm on **January 29, 2023** or as activities are sold out.
- Participation is limited; ticket sales are limited to one per person, per activity.
- Sales are final—no exceptions. Registered participants may send a replacement if notification and paperwork is completed on or prior to 5pm on February 1, 2023. If, for whatever reason, LMSP needs to cancel the event or a portion of the event, refunds will be available.

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EVENT SCHEDULE & FEES

Friday, February 10

7:00pm-9:00pm

Session I

Tubing at Bottineau Winter Park (\$22)
Wander Into the Darkness (\$25)

Campfire Social (Dorms)

Saturday, February 11

7:00am-7:45am

* Breakfast (Dining Hall)

7:45am-8:00am

Travel to Assigned Activity Location

8:00am-10:00am

Session II

(Downhill skiers meet at
at the Bottineau Winter Park
at 9:30am; can ski until 5pm)

Intro to Downhill Skiing (\$80) (through Session IV)
Fur Handling Muskrat & Mink (\$60) (through Session IV)
Intro to XC Skiing (\$25)
Intro to Skishoeing (\$25)
Wildflower Winemaking (\$25)
Kicking Burnout Culture: Level Up Your Resilience (\$50)
Animal Tracking on Snowshoes (\$25)

10:00am-10:30am

Break & Travel to Activity Location

10:30am-12:30pm

Session III

Intro to Downhill Skiing (Cont.)
Fur Handling Muskrat & Mink (Cont.)
Darkhouse Spearfishing (\$60) (through Session IV)
Intro to XC Skiing (\$25)
Intro to Skishoeing (\$25)
Wildflower Winemaking (\$25)
Tackle Box Basics (\$30)

12:30pm-1:30pm

* Lunch (Dining Hall)

1:30pm-2:00pm

Break & Travel Activity Location

2:00pm-5:30pm

Session IV

Intro to Downhill Skiing @ BWP (Cont.)
Fur Handling Muskrat & Mink (Cont.)
Darkhouse Spearfishing (Cont.)
Birds of a Feather Carve Together (\$60) (through Sessions V)
Survivor (\$35)
WOW Triathlon (\$35)
Self-Guided Skishoeing (\$18)

5:30pm-6:30pm

* Supper (Dining Hall)

6:30pm-7:00pm

Break & Travel to Activity Location

7:00pm-9:00pm

Session V

Birds of a Feather Carve Together (Cont.)
Spearfishing Decoy Painting (\$45)
Aurora Borealis Sky Painting (\$35)
The Breads & The Bees (\$30)

Campfire Social (Dorms)

Sunday, February 12

7:00am-7:45am

* Breakfast (Dining Hall)

7:45am-8:00am

Travel to Assigned Activity Location

8:00am-11:30am

Session VI

Darkhouse Spearfishing (\$60) (Until 3pm)
Instant Potheads: An Intro to Instant Pots (\$40)
Intermediate XC Skiing (\$35)
Empowered Herbalism (\$45)
Wildlife Cooking (\$40)
Self-Guided Skishoeing (\$18)

11:30am

Safe Travels Home!

**Please view optional meal ticket descriptions via ShowClix to view menu and pricing.*



Registration

Registration will open on December 15, 2022 at 12pm via ShowClix <https://bit.ly/LMSP2023WinterWOW> and will close January 29, 2023 at 11:59pm or as sessions fill. Participants register online by purchasing tickets that represent the number of sessions and the activities for which you want to participate in as well as optional lodging and meals. Onsite registration during the event is not available. Waiting lists are not managed (see cancellation policy). **Take note of the times for which activities take place as there are activities that span multiple sessions; ShowClix will not alert you if you double-book yourself.**

Once registered, participants will receive a confirmation email generated by ShowClix. If you do not obtain it, please contact aschimetz@nd.gov to get the confirmation re-sent electronically. Print off your confirmation to reference the sessions, activities, meals and/or lodging for which you registered. Lists will be posted in the park's kitchen/dining hall for reference throughout the weekend of the event.

To ensure that you have complete information surrounding each activity, please be sure to read all of the activity descriptions for which you are registering and take note of the indication of indoors/outdoors and the physical rating.

Although many ladies would like to come to the event with a friend or family member, we also want to provide everyone an equal opportunity; therefore, individuals will be limited to purchasing one ticket/person for all of the activities. Those that want to attend with friends or family members will need to coordinate a time to register individually, factoring in ticket availability at that time.

Cancellation Policy

All sales are final-no exceptions. If you have registered, but are no longer able to attend for whatever reason, you are able to send a replacement as long as prior notification is given via email aschimetz@nd.gov and necessary liability waivers have been completed and submitted on or prior to February 1, 2023 at 5pm. Any participants that do not attend and are not able to send a replacement waive their full registration amount. Should weather forecast not be ideal, the event will go on and we'll modify as we are able. Please plan and pack appropriate gear as well as a positive attitude. If LMSP deems it necessary to cancel the event, full refunds will be provided. Refunds will be available if, for whatever reason, LMSP needs to cancel specific activities affiliated with the event.

State Park Entrance Fees

Special thanks to Starion Bank (Bottineau, ND), and Souris River Telephone (SRT) Communications for their continued support in purchasing advertising space which covers the state park entrance fees for all registered WOW participants. Entrance fees are normally \$7/vehicle/day or \$35 for an annual permit.

Those interested in purchasing a 2023 annual pass to utilize after the event can do so via <https://bit.ly/NDPRDEntrance>; they will be mailed to you. The 2023 annuals are now available and are valid through April 30, 2024. Annual permits waive entrance fees into all of the ND State Parks.

Email Addresses

Email addresses and the names of the ticket holders that are provided during registration process will be very important as emails will be utilized to obtain your ShowClix confirmation as well as updates, activity locations and other information surrounding the event. If we do not have the correct names and/or email address, you may not obtain the information you need ahead of the event. Check your email often and consider checking junk folders looking for emails from both ShowClix and aschimetz@nd.gov.

Activity Descriptions

To ensure that you have complete information surrounding each activity, please be sure to read all of the activity descriptions for which you are registering. This information may include special items to bring, what to wear, will indicate if the activities is indoors/outdoors and a physical activity rating.

Some activity ratings may vary as they depend upon the level you choose to do them, an individual's physical condition or the trail or activity may vary in difficulty throughout the session itself. We hope you find all of this information helpful when choosing and preparing for your activities.



Lodging & Restrooms

Those interested in staying within the Lake Metigoshe State Park dorms (\$10/night) need to purchase a ticket to represent the night(s) lodging, if desired, on or prior to 11:59pm on January 28, 2022. Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloth and personal toiletries. Beds are not assigned; simply claim a bunk upon your arrival in the appropriate dorm, depending if you are a night owl or an early riser.

The comfort stations will be open and available for those looking for restrooms and/or showers throughout the event weekend. Comfort stations with flushing toilets, sinks and showers are located adjacent to the kitchen/dining hall and dorms and within the modern campground loops. In addition, there is a vault toilet near the Warming House on the north side of the parking lot.

Local hotel lodging is available at the lake as well as in Bottineau, ND (14 miles SW of Lake Metigoshe State Park). Visit www.bottineau.com for information on local accommodations. Metigoshe Ministries also has a variety of guest rooms available that sleep 4-7 people in each room. Visit www.metigosheministries.com for additional information.

Meals

Meals that will be available onsite for the event include Saturday's breakfast, lunch and supper in addition to Sunday's breakfast. Please purchase tickets for the optional meals on or prior to January 28 at 11:59pm via ShowClix; meals will not be available for purchase at the event.

Meals will be served out of the park's dining hall located near the entrance of the park throughout the time indicated on the event schedule; please allow yourself time to eat and get to your session(s) on time.

There are very limited breakfast options available at the lake. Please view meal ticket descriptions via ShowClix to view menu and pricing. Those with dietary restrictions, allergies, etc. should plan to bring their own food. A refrigerator, freezer and microwave will be available for you to utilize. Anything kept in the refrigerator needs to be labeled in terms of date and contents.

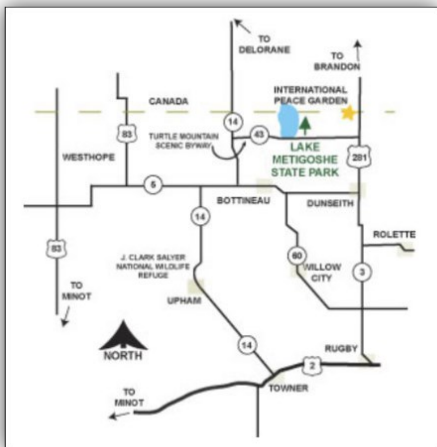
All other meals are on your own. For information on where to eat in the Bottineau-Lake Metigoshe area, please visit <https://bottineau.com/eat/>.

Veteran Scholarship Available

Annie's House Adaptive Recreation Program is supporting veterans as well as the upcoming event by providing a great opportunity for women veterans that have a 10% service connected disability or greater. This is a limited opportunity so please contact Rachael.Buss@annecenter.org for complete details.

Arrival to LMSP

Please do not utilize GPS navigation systems when traveling to the park as they usually direct visitors to the wrong area of the lake. Follow a North Dakota map in addition to local road signs. Look for the flag poles and large entrance sign. There is not a formal check-in process; please be at your activity locations on time and ready to start.



Lake Metigoshe State Park is located 15 miles NE of Bottineau, North Dakota. The park entrance is located along the Lake Loop Road, about 3 miles off of Highway 43.



What to Bring

Please be prepared for changing weather conditions to maximize your safety, comfort and enjoyment. Reference activity descriptions and/or lodging info as it applies for additional information as to what to expect so you can plan and pack accordingly.

Consider bringing additional items to include, but not be limited to winter survival kit, hand sanitizer, quality footwear, extra clothing layers, lip balm, sunscreen, ball cap, hand/toe warmers, winter face mask, scarf, extra socks, extra gloves, sunglasses, snacks, re-fillable coffee cup, re-fillable water bottle, book and camera.

Activity Locations

Activity locations will be communicated to registered participants via email the week prior to the event. Please take a look at the information and ask any questions that you have ahead of time to ensure you know where to go when you arrive for your activities. It may be tough to find staff during the event.

A majority of the sessions will take place within the state park boundary. A few activities will meet and take place outside of the state park, requiring a bit longer drive (up to 9 miles for one activity). Activities that take place outside of the state park indicate the location and distance within its activity description.

Should you have questions during the event, feel free to stop in at the dining hall as you will be able to reference the activity lists generated by Eventbrite. You'll also be able to access the maps, event schedule with locations listed, area information, promo items, etc.

Out of respect for staff, instructors and other participants please do your best to be at your activity locations on time; those that are late risk not catching up to the group and/or activity.

'Round the Fire

Participants are welcome to sit and relax by the fire throughout the weekend in either of the two dorms located adjacent to the dining hall and comfort station. Participants can come and go as they please to sit and warm by the fire, as often as needed. Firewood is provided in both dorms. Consider bringing a book or craft project if you have time in between sessions. This is also a great time to meet other enthusiasts and share stories and experiences from the great outdoors.



Activity Descriptions

Session I
Friday, February 10
7:00pm-9:00pm

Tubing at Bottineau Winter Park

Physical Activity Rating: Easy (Outdoors)

Hit the tubing hills at the Bottineau Winter Park under the Friday night lights and feel like a kid again by experiencing all the thrills of sledding without the long hike back up the hill! Grab a tube and have an absolute blast speeding down the seven tubing lanes at the Bottineau Winter Park. Participants are required to drive and/or make arrangements to meet directly at the Bottineau Winter Park, which is located approximately 9 miles west of Lake Metigoshe State Park along Highway 43.

Wander Into the Darkness

Instructor: Erika Kolbow, ND Parks & Recreation Department

Physical Activity Rating: Moderate (Outdoors)

Afraid of the dark? Want to know more about the night sky? What animals are active at night? Join us for a snowshoe hike into the dark, where we will explore the animals of the night, some of our nighttime adaptations, and tell some of the stories of the stars (weather dependent). Snowshoes will be provided but if you have your own you are welcome to bring them.



Activity Descriptions

Session II

Saturday, February 11
8:00am-10:00am

Introduction to Downhill Skiing

Instructors: Bottineau Winter Park (BWP)
Physical Activity Rating: Moderate/Arduous (Outdoors)

This day-long experience includes rental equipment, lift ticket, approximately an hour-long lesson and time on the slopes. Please come prepared and dressed for changing weather conditions. Participants are highly encouraged to stop by the BWP on Friday, February 10 between 12pm and 9pm to get fitted for equipment so it can be set aside ahead of the Saturday crowds. Participants are responsible for their own travel from Lake Metigoshe State Park to the BWP which is about 9 miles west of the park along Highway 43. Please arrive at the BWP at 9:30am; 9am if you are unable to get fitted on Friday for equipment. Ski lesson starts at 10am. You may choose to register for lunch and come back to LMSP to join WOW group for lunch, purchase lunch onsite at the Bottineau Winter Park or make your own arrangements for lunch by bringing your own. *This activity continues through Session IV; participants are able to ski until their 5:00pm closing time.*

Fur Handling Muskrat & Mink (Indoors)

Instructors: Rick Tischeafer & Cody Hilliard
Make the most of what you catch in this hands-on opportunity as participants will be learning how to properly skin and prepare muskrat and mink pelts for tanning and to take with you. Please consider wearing clothes you don't mind getting dirty as well as comfortable shoes. The day will consist of a lot of standing as you work. All materials and critters will be provided! **This activity continues through Session IV (will break for lunch).**

Intro to XC Skiing

Instructors: Emily Mercer & Lisa Kudelka
Physical Activity Rating: Moderate/Arduous (Outdoors)

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails. We'll start out with some history and discuss equipment prior to learning tips and tricks related to staying upright as well as how to fall and get up! Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.

Intro to Skishoeing

Instructor: Glee Mayer
Physical Activity Rating: Moderate/Arduous (Outdoors)

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows x-country skiers to climb uphill easier because of the skin on the bottom. Ski shoes have a free heel binding that is adjustable for any member of the family. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. It's a perfect activity for the wind swept prairies of ND where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout this guided session.

Wildflower Winemaking

Instructor: Katie Saykally
Physical Activity Rating: Easy (Indoors)

Learn the process of how to create unique and local wines from the landscape around you. Using minimal equipment and traditional wine making techniques, we can explore how to utilize the flowers and plants around you in a way you may not have thought of before.

Kicking Burnout Culture: Level Up Your Resilience

Instructor: Michelle de Leon
Physical Activity Rating: Easy (Indoors)

Prairie grasses endure brutal ND winters yet are resilient, bouncing back with color. Learn from an environmental scientist on how you can level up your resilience by learning with and from nature. You'll explore the roots of burnout and your unique relationship with it, helping you better prepare to manage the stress in your life. Imagine our time together to be full of facilitated discussions, brief activities you can do again on your own, and time for you to connect with nature and yourself.

Animal Tracking on Snowshoes

Instructor: Erika Kolbow, ND Parks & Recreation Department
Physical Activity Rating: Moderate/Arduous (Outdoors)

Ever wonder who's been wandering through? In this session, we will be learning about the basics of snowshoes, how they work, diving into some of our local critters and then heading out to track the animals you may be seeing on your hikes. We will be outside for the majority of the session so dress accordingly, preferably in layers! Warm, waterproof boots is a must too. Snowshoes are provided, but if you have your own, you are welcome to bring them.



Activity Descriptions

Session III
Saturday, February 11
10:30am-12:30pm

Intro to Downhill Skiing (Continued)

Fur Handling Muskrat & Mink (Continued)

Darkhouse Spearfishing

Instructors: Instructors: Jeff Long, Bill Demming, Tighe Teets, Cody Clemenson, Renee Aalund and Al Burgard
Physical Activity Rating: Easy
(Indoors/Outdoor)

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at a prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>. Registration is free and takes just a few minutes. Participants can either register for lunch or bring their own food/drink; those that register for lunch will either take a break and come to the park for lunch or it may be delivered on the ice. Participants may be required to drive/ carpool approximately 6 miles to/on a nearby lake. *This activity continues through Session IV.*

Intro to XC Skiing

Instructors: Emily Mercer & Lisa Kudelka
Physical Activity Rating: Moderate/Arduous
(Outdoors)

This intro is for beginners, but all skill levels are welcome! We'll go over the basics before setting out onto groomed trails. We'll start out with some history and discuss equipment prior to learning tips and tricks related to staying upright as well as how to fall and get up! Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.

Intro to Skishoeing

Instructor: Glee Mayer
Physical Activity Rating: Moderate/Arduous
(Outdoors)

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows x-country skiers to climb uphill easier because of the skin on the bottom. Ski shoes have a free heel binding that is adjustable for any member of the family. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. It's a perfect activity for the wind swept prairies of North Dakota where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind. It is highly recommended to wear good winter footwear and to dress in layers to layer up or down throughout this guided session.

Wildflower Winemaking

Instructor: Katie Saykally
Physical Activity Rating: Easy
(Indoors)

Learn the process of how to create unique and local wines from the landscape around you. Using minimal equipment and traditional wine making techniques, we can explore how to utilize the flowers and plants around you in a way you may not have thought of before.

Tackle Box Basics

Instructors: Chris & Alecia Pulver
Physical Activity Rating: Easy
(Indoors)

Winter is the perfect time to get your tackle box ready for warmer weather. Learn the knots and supplies you need to create your own lindy rigs and spinners for open water walleye fishing. You will leave the class with around a dozen lindy rigs and spinners so you can target walleye at ice out!



Activity Descriptions

Session IV
Saturday, February 11
2:00pm-5:30pm

Intro to Downhill Skiing (Continued)
Fur Handling Muskrat & Mink (Continued)
Darkhouse Spearfishing (Continued)

Birds of a Feather Carve Together

Instructor: Emily Laaveg
Physical Activity Rating: Easy
(Outdoors)

Wood-n't you like to learn to create birds from trees? In this course, we will learn about the basics of whittling by carving out birds from blocks of wood. Through this hands-on practice, we will learn how to and not to cut into the wood for best results, the fundamentals of 3D figure carving, and how easy it can be to create anything out of a hunk of wood. This is a craft you can pick up and replicate whenever you find some wood and the desire to be creative! Wood, knives, carving gloves, and painting supplies will be provided; participants will be able to keep the gloves and carving knife at the end of the class. We will be breaking for supper. ***This activity continues through Session V.***

Survivor

Instructor: Micaela Shell, ND Parks & Recreation Department
Physical Activity Rating: Easy
(Indoor/Outdoor)

The outdoors can be an inviting and amazing place when in need of a breath of fresh air out of the office, or to spend quality time with family and friends. However, with Mother Nature things do not always go according to plan. Rain, blizzards, wind and so much more can come unexpectedly. Join us in this hands-on session for team building, supply packing and shelter building. In addition, learn to stay safe while seeking help and how to be more prepared for the unexpected.

WOW Triathlon

Instructors: Emily Mercer & Lisa Kudelka
Physical Activity Rating: Arduous
(Outdoors)

This session is for those that have some experience pertaining to archery, cross-country skiing and snowshoeing as there will be minimal instruction. All equipment will be provided, but if you have your own and want to bring it to use it, you'd be welcome to do so. We'll start with some discussion, fit everyone with gear, take a few minutes to practice archery (practice arrows only) and review the triathlon route. Afterwards, it's up to you to either simply enjoy the trail using a combination of WOW skills or have some friendly competition with fellow wild outdoor women for bragging rights!

Self-Guided Skishoeing

Physical Activity Rating: Moderate/Arduous
(Outdoors)

Looking to try something new while further exploring the park on your own? Skishoeing is a combination of snowshoeing and xc skiing. Skishoes allow snowshoers to add a gliding component and allows x-country skiers to climb uphill easier because of the skin on the bottom. Skishoes have a free heel binding that is adjustable. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. Participants should wear good winter footwear as skishoes are attached to whatever footwear you are wearing. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return all gear at or prior to 5:30pm at the warming house.



Activity Descriptions

Session V

Saturday, February 11

7:00pm-9:00pm

Birds of a Feather Carve Together (Continued)

Spearfishing Decoy Painting

Instructor: Melissa Shockman

Physical Activity Rating: Easy

(Indoors)

Getting out on a frozen lake, peering over into a giant hole in the ice and seeing a Northern Pike focus in on a spearfishing decoy is a thrill that everyone should experience....BUT what if that decoy is something YOU made? Add to the excitement of your spearing adventures or learn a new craft obsession by joining in on the art of making your very own working spearfishing decoy! We will discuss the process of making a decoy and you will get the opportunity to paint your own functional spearfishing decoy!

Aurora Borealis Sky Painting

Instructor: Sara Clemens

Physical Activity Rating: Easy

(Indoors)

Paint the magnificent Northern Lights in this non-formal painting event. Along the way, we'll discuss various fun facts about why we see them in North Dakota and tips on viewing the Northern Lights. Supplies will be provided.

The Breads & The Bees

Instructors: Elisha Mueller & Emily Joynt

Physical Activity Rating: Easy

(Indoors)

Join us as we combine two of our favorite things, baking and pollinators. We will be talking all about pollinators: what you might find in ND, how to identify them, why they are important, and how you can help by growing a pollinator garden in your back yard! While doing that, we will also be making focaccia bread that not only tastes good but looks good. We will be using a variety of herbs and vegetables to create works of art on top of our dough before putting it into the oven. Each participant will leave with yummy bread and a pack of flower seed for their own pollinator garden!



Activity Descriptions

Session VI Sunday, February 12 8:00am-11:30am

Darkhouse Spearfishing

Instructors: Jeff Long, Bill Demming, Tighe Teets, Cody Clemenson, Renee Aalund and Al Burgard

Physical Activity Rating: Easy (Indoors/Outdoors)

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at prior event. All participants need to register at <https://gf.nd.gov/fishing/darkhouse-spearfishing>.

Registration is free and takes just a few minutes. Participants will be expected to bring their own food/drink. Participants required to drive/carpool approximately 6 miles to/on a nearby lake. *This activity continues through 3:00pm.*

Instant Potheads: An Intro to Instant Pots

Instructor: Colette Schimetz

Physical Activity Rating: Easy (Indoors)

Who would like to have great, homecooked meals prepared in less time and in a single pot? Whether you are intimidated by your instant pot, are looking for quick meal ideas to prepare while camping or just want to have more time outdoors-join us! We will discuss how instant pots work and how they are cleaned before rolling up our sleeves to cook with them. We'll start simple with hard boiled eggs and make a full lunch consisting corn chowder and bbq chicken sliders with rice pudding and, if time allows, bread pudding for dessert! There's no need to register for the event's breakfast and/or lunch because of the food provided in this session. Come hungry!

Intermediate XC Skiing

Instructors: Emily Mercer & Lisa Kudelka

Physical Activity Rating: Arduous (Outdoors)

Add to your basic skills by learning more about equipment and different x-country skiing techniques. Take some time to try those techniques as you go through a winter wonderland. This outing is for those that have experience cross-country skiing and are ready for a more advanced and longer adventure out on the trail system. Please dress in layers as you'll appreciate layering up or down. Equipment is provided, but you are welcome to bring your own!

Empowered Herbalism

Instructor: Amber Havard

Physical Activity Rating: Easy (Indoors)

There are many herbal solutions to soothe bites, burns, cuts, nausea, stress, colds, coughs and much more. This hands-on experience will empower you to prepare your own natural first aid kit. We will be making items for you to take home that may include elderberry syrup, stress-reducing teas, fire cider and essential oils. Availability and time constraints will determine the activities as well as the make and take items. We will also discuss herbal safety, herb sourcing, as well as wild plants that can help any wild outdoor woman stay healthy when she is camping, hiking, or hunting.

Wildlife Cooking

Instructors: Chris & Alecia Pulver

Physical Activity Rating: Easy (Indoor)

The North Dakota Prairie provides great opportunities to fill your freezer with variety! Learn how to grind, mix and stuff deer sausage. Create a delicious rabbit dumpling soup. Use a sous vide to cook up some tasty waterfowl. Sample pheasant quesadillas and hopefully squirrel poppers!

Self-Guided Skishoeing

Physical Activity Rating: Moderate/Arduous (Outdoors)

Looking to try something new while further exploring the park on your own? Skishoeing is a combination of snowshoeing and xc skiing. Skishoes allow snowshoers to add a gliding component and allows x-country skiers to climb uphill easier because of the skin on the bottom. Skishoes have a free heel binding that is adjustable. The wide platform of the skishoe allows for floatation in deep snow. There's no need for packed or groomed trails. Participants should wear good winter footwear as skishoes are attached to whatever footwear you are wearing. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Participants should return all gear at or prior to 11:30am at the warming house.

