

Pictured Rocks Kayak & Hike Adventure (11 Water Miles, 13 Trail Miles)

Wednesday, August 17 at 7AM through Saturday, August 20 at 6PM

Let your love of kayaking take you on an exploration through Pictured Rocks National Lakeshore. Known for the multicolored Pictured Rock Cliffs, this adventure will allow you to explore the landscape from the water and from the land. You will experience scenic views, interesting rock features, lake views, and over nine popular waterfalls! This adventure will give you the perfect experience of paddling and hiking you've been looking for.

This trip includes significant elevation gain and steep terrain while on trail as well as potential wind and waves on the water. Previous kayaking experience recommended.

Attendance at the pre-trip informational meeting and kayak practice is required (Thursday, August 11th, 6-8:00 pm at Wiregrass Lake Meadowhawk Shelter). Attendance is also recommended at the Backpacking 101: Are You Ready for the Trail? (Tuesday, August 9th 7-8:30 PM Blue Creek Conservation Area).

COVID Policy: Metroparks uses current CDC guidelines—all guests are required to verify that they have one of the following: A.) Received the COVID-19 booster, B.) Received the second dose of Pfizer-BioNTech or Moderna vaccine within 5 months of trip date (or the J&J vaccine within 2 months of trip date) OR, C.) Viral COVID-19 test (PCR or antigen) must be taken no more than 72 hours before the scheduled report time of trip. Guests must use a lab, pharmacy, or other qualified testing site to provide negative results before the group departs. This policy is subject to change. For any questions, refer to <https://www.cdc.gov/> or contact your trip leader.

Fee: \$575 per guest. Tents, sleeping bags, pads, stove and cook sets available to borrow. Program fees include all equipment, camping permits, transportation, and kayak rentals. Meals are not included.

Because of the intense planning for this trip, 50% of the fee is considered a non-refundable deposit per the refund policy. If you need to cancel for any reason, please call Ashley Smith at 419-265-2920. Anyone who would like to cancel their trip due to concerns related to COVID-19 may do so with no financial penalty.

The following packet contains information and resources you need to prepare for the trip including the trip agenda, packing list, and food suggestions for the trip. Please feel free to reach out to your trip leader with any additional questions.

Morgan Sopko: Morgan.Sopko@MetroparksToledo.com or 419-261-4975

Travel Plan

Guests will meet at Oak Openings Preserve Metropark, Mallard Lake parking lot at 6:45AM for a 7:00AM sharp departure. The 461 mile trip each way will take about 7-8 hours.

Tentative Schedule (This is our desired plan however it could be subject to minor changes. You will be advised of the final schedule at the mandatory pre-trip meeting.) Please note that hiking and paddling mileages are approximate.

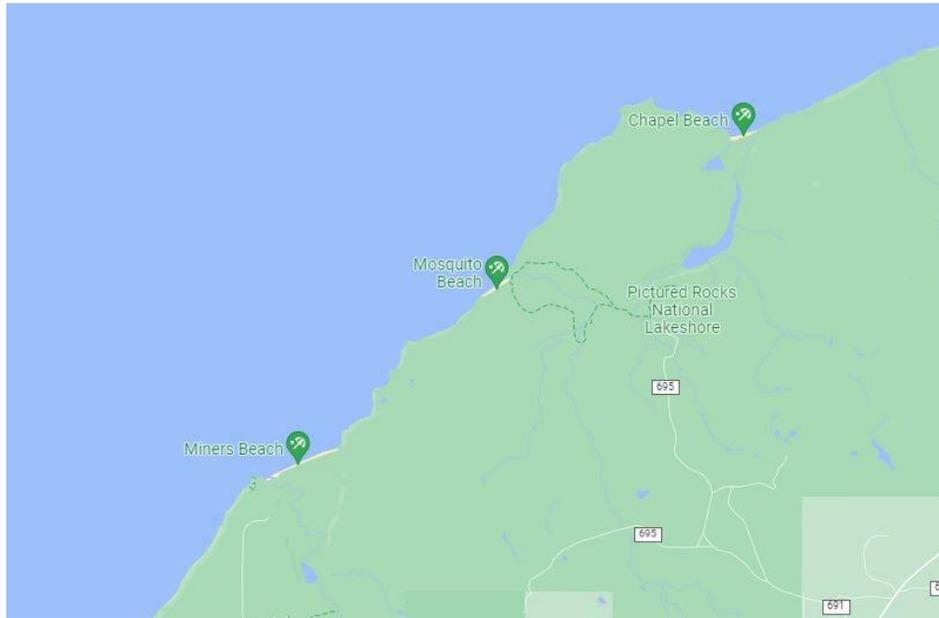
Wednesday, August 17 th	<ul style="list-style-type: none"> • 7:00AM: Depart Oak Openings • 3:30 PM: Arrive at Munising Tourist Park Campground, Munising, MI • Setup camp & explore the area • Prepare dinner, eat, evening share
Thursday, August 18 th	Paddle Day <ul style="list-style-type: none"> • 7:00AM: Wake, breakfast • 8:00AM: Travel via Minibus to Outfitter (~15 minute drive) • Outfitter will shuttle us to Miners Beach to launch • 10:00AM: Paddle on Lake Superior (~11 miles) • Lunch on the paddle is provided • 4:00PM: Dock at Chapel Beach & hike ~3 miles along Chapel River to our shuttle • 6:00PM: Arrive back at camp • Prepare dinner, eat, evening share
Friday, August 19 th	Hike Day (backup paddle day) <ul style="list-style-type: none"> • 7:30AM Wake, breakfast • Travel via Minibus to the Chapel Basin Parking Lot • Hike the Chapel Mosquito Loop Trail (~10 miles round trip) • Lunch on the trail • Travel back to the campsite • Prepare dinner, eat, evening share
Saturday, August 20 th	<ul style="list-style-type: none"> • 7:30AM Wake, breakfast • Break camp • Change into travel clothes, travel home • We will make one meal stop along the way

Our days will start early, but it takes on average 1.5-2 hours to break camp, eat breakfast, and hit the trail. There are several scenic stops along the way to stop and take photos. This is YOUR trip, so please make sure you let leaders know when you want to stop for photo ops!

Hike & Paddle Profile

The paddle is on Lake Superior which can be choppy, windy, and cold. Most paddlers will be touring in an Old Town Looksha T model tandem sea kayak. The outfitter only uses tandem kayaks due to their stability and speed. Odd persons on the paddle will go with a guide or a person with another group. Staff will show you proper sea kayaking technique and water safety before leaving the launch. Participation in a Metroparks "Try it! Kayaking" program is recommended prior to the trip.

Our paddle will launch at Miners Beach, break for lunch at Mosquito Beach, and conclude at Chapel Beach.



The hiking terrain on this trek will vary. Some sections are gravel and/or paved while some sections have near constant elevation changes, both uphill and downhill. For those of us who live in flat NW Ohio it will be totally different from what we are used to and therefore possibly more strenuous. The terrain can be rocky, rooty, or sandy. However if we take our time this will be a great trip for all guests!

Hike the Chapel Mosquito Loop Trail: ~10 miles round trip:



Food Plan

Pack bus snacks for the trip down and back. Pack a lunch for the trip down and we will make a food stop for dinner on the way home. Bring a refillable water bottle for the ride.

Trail food

Guests will need to bring their own food. Generally speaking you want to select food items that are calorie dense and high in complex carbohydrates and protein. We will have no access to refrigeration or coolers so please avoid foods that will spoil. Avoid foods that will squish or crumble easily.

For the trek you will need to pack:

- 3 dinners – Wednesday, Thursday, Friday
- 2 lunches – Wednesday, (Thursday is provided for us by outfitters), Friday (on trail)
- 3 breakfasts – Thursday, Friday, Saturday
- Pack trail snacks between breakfasts and dinners and to supplement meals. Food for a typical day on the trail usually involves breakfast, morning snack, lunch, afternoon snack, and dinner.

Meal Pro Tips

- We will take the time to boil water in the mornings for coffee/tea/oatmeal/dehydrated meals, but please plan for a relatively quick breakfast. Lunches should be ready to eat and require no cooking. We'll have time to cook for dinners.
- Consider repackaging anything with a lot of packaging to save weight and space. Space is limited, so opt for lightweight, low bulk foods. Calorie needs vary per person, but plan for somewhere between 2500-4000 calories per day.
- Many sources quote that backpackers usually carry 2 pounds of food per person per day. That is a ballpark number and not a hard fast rule, but if your food bag weighs more than 8 pounds you should consider more calorie dense, lighter weight foods.
- Many backpackers opt for light-weight freeze dried meals. There are several brands to choose from, and meals can typically be found at Bass Pro, Cabelas, REI, Walmart, or online. Freeze dried meals typically just require adding boiling water. Pre-packaged varieties usually come sized for 1 or 2 persons/servings, or you can purchase bulk canisters that you can control your own portions by portioning into freezer strength zip-lock bags. For those that do not wish to purchase freeze-dried meals please see the sample meals section below for other trail-friendly meal suggestions.
- For more information on meal planning please see REI's expert advice:
 - <https://www.rei.com/learn/expert-advice/planning-menu.html>

Sample Meals

Breakfast: select 1 or more, supplement with bars, trail mix, dried fruit, jerky etc.

- Cold cereal with dehydrated milk (add water at breakfast)
- Bagel or tortilla with peanut butter
- Instant oatmeal (two packs for most people)
- Tea, instant coffee, hot cocoa
- Dehydrated meals

Lunch: select 1 or more, supplement with bars, trail mix, dried fruit, jerky etc.

- Bagels or tortillas with peanut butter and jelly or honey
- Tuna or chicken packets with crackers

Dinner:

- Dehydrated or freeze dried meals (Mountain House, Backpackers Pantry, etc.)
- Any combination of quick-cook pasta, dehydrated potatoes, instant rice, or pasta and rice sides with chicken or tuna packets, canned beans, or nuts for protein. For example:
 - Mac and cheese with chicken or tuna packets
 - Ramen noodles with chicken and instant mashed potatoes
 - Mexican rice with tortillas and chicken packets or beans
 - Thai noodles with peanuts and peanut butter

Snacks: Plan for a morning snack between breakfast and lunch, and an afternoon snack between lunch and dinner. Snacks also make good supplements to meals. Many people find they prefer to bring a mixture of both salty and sweet snacks. Popular snacks include: goldfish, Cheez-its, chips, jerky, granola bars/protein bars/energy bars, dehydrated fruit, trail mix, fruit snacks, teddy grahams, cookies, nuts.

Water: Plan to carry 3-4L of water a day. We will filter along the trail and in-camp. All water on the trail must be filtered. **For the kayaking excursion, the outfitter states each person needs to carry 2 liters of water for the duration of the paddle.** This can be the equivalent of water bottles that add up to 2 liters or a bladder.

Resources for purchasing backpacking food:

<https://www.alpineaire.com/us/us>
<https://www.backcountry.com/backpacking-food>
<https://www.mountainhouse.com/>
<https://www.backpackerspantry.com/>
<https://goodto-go.com/>
<https://www.rei.com/>

Packing List

All items need to be packed in zip top bags or dry bags to keep them waterproof.

Backpack (available to borrow)

We will be day hiking with a meal on Day 3. You may want a full backpack or a daypack to carry your water, food, extra items.

- Internal frame (60-80 liters recommended)
- External frame (65+ liters recommended)
- Pack Cover – waterproof nylon pack cover or extra 30 gallon trash bag (Metroparks packs come with pack covers if you are borrowing)



Sleep systems

- 1 person backpacking tent (available to borrow)
- Packable sleeping bag (available to borrow) in stuff sack lined with 30 gallon trash bag. Must be rated to 20 degrees or lower and made of down or synthetic down. We do not want oversized “sleepover bags” that are bulky and heavy. Bags should weigh less than 4 lbs.
- Sleep pad (available to borrow)
- Inflatable pillow (optional) or stuff a jacket into a stuff sack

Clothing

NO COTTON, PLEASE. Cotton does not insulate if it gets wet. Choose synthetic materials such as nylon, polyester, spandex, or wool. Fleece is good.

- 1 pair good hiking shoes/boots, well broken in.
- 1 pair of water shoes or sandals for the paddle and hike day
- Camp shoes (optional but recommended to let feet breathe.)
- 2 pair medium weight wool hiking socks.
- 1 set clean underwear per day
- Hiking shirt and pants/shorts: 1 set, quick dry, non-cotton required- Wear this on arrival.
- Sleep Clothes – these are only for inside the tent. Depending on how cold or warm you sleep you may want a tee-shirt/shorts or long johns. Non-cotton.
- Packable rain gear, jackets and pants, such as Frogg Toggs (\$40 at Walmart or online). If you opt to use an emergency poncho, make sure to bring rain pants as well for your lower half.
- Wool sweater or down or fleece jacket (when paired with your rain suit this should be suitable for most weather conditions). No cotton jackets.
- Wicking base layer (tops/bottoms): Optional but recommended
- Hat, gloves, buff (optional)

Camp Kitchen

- Bowl/plate depending on what you are eating. Light-weight and not glass.
- Cup/measuring cup
- Dinner and breakfast utensils and plates will be provided
- Food bag: medium stuff sack that can be clipped to a carabiner
- 1 gallon zip top bag for garbage
- Cook kits (if applicable, available to borrow)
- Backpacking stove (if applicable, available to borrow)
- Food (see Food Plan for meal planning suggestions)

Miscellaneous

- Pocket knife or multi-tool.
- Waterproof matches or lighter (a few cotton balls or small candle piece for fire starters.)
- Headlamp or lightweight flashlight and extra batteries (available to borrow)
- bandana/hankie
- Lip balm (with sunscreen recommended)
- Toothbrush and travel tube toothpaste
- Personal first aid items: Staff will have a full first aid kit, but we cannot administer medications. Please bring a personal supply of your pain reducer of choice in case of sore muscles, headache, etc. (a small supply of ibuprofen, antacids such as Tums, Tylenol and



aspirin should cover most inconveniences that may occur). Also include band-aids, antiseptic wipes, and foot care kit- Moleskin, foot powder.

- Sun protection: hat with brim, sunscreen, long sleeves, sunglasses
- Feminine hygiene items
- 2 large rubber bands (optional but helpful in compressing trash and other uses)
- 2 extra gallon size zip top plastic bags
- ½ roll toilet paper –Think of your own needs.
- Hand sanitizer or small bottle Dr. Bronner’s soap (scent free if possible)
- Several yards of duct tape (wrap around a water bottle or hiking poles or keep a small spool in your first aid kit.)
- Repair kit: Needle and dental floss, repair kit for inflatable sleeping pads if applicable, stove repair kit if applicable
- Hiking poles strongly recommended (available to borrow) or ski poles
- Campsite chair
- Shower shoes and personal items.

Water

- Water bottles that add up to 3-5 liters.
- OR 1 bladder water system and at least one water bottle (for ease of drinking in camp/ when your pack is off). Together these should add up to 3-5 L.

Optional

- Camera
- Whistle
- Note pad/pencil
- Watch

Group gear

Group gear will be provided for you by Metroparks.

- Camp Suds for handwashing provided
- Group first aid kit provided (you still need to bring your own first aid basics listed above)
- Camp shovel/trowel provided

For travel

We recommend packing a travel bag separate from your backpack to leave in your car. In this bag you will want to pack:

- 1 clean mask per travel day. We require everyone to wear a mask during transit.
- Clean travel clothes for the ride home
- Wet wipes and deodorant to freshen up (optional, but you’ll feel better after!)
- A water bottle separate from your hiking water
- Snacks



Frequently Asked Questions

1. What do I do with my trash on the trail? Will there be garbage cans?
 - a. We will pack in and pack out all trash and practice Leave No Trace on the trail. For an overview of Leave No Trace (LNT) outdoor ethics: <https://lnt.org/>
2. What if I am a beginner?
 - a. If you have never backpacked before, our Backpacking 101 educational programs are for you! Training in advance will be key to a successful trek. Please take the time to train by hiking with a weighted backpack in the months leading up to the overnight.
3. What will the campsites be like?
 - a. We will be camping in an established campground.
<https://munisingtouristpark.com/>
 - b. We will use a trowel/cat-hole system for bathroom purposes on the trail.
4. Not to get into the dirty details, but what does trowel/cat-hole system mean? How do we go #1 and #2 on the trail?
 - a. #1 should be aimed at rocks if possible. Animals are often attracted to the salts and minerals in urine will chew on bark – damaging trees. Using the rock also prevents eroding loose soils.
 - i. Used TP for drying purposes should be packed out.
 - ii. A “pee-dana” or bandana used for wiping #1 only is an excellent option. Keep on the outside of backpack for drying and UV sunlight sanitizing.
 - b. #2 needs to be buried in a cat-hole. We have trowels, but the waste does not touch this tool. Use a stick to push the waste in the hole if your aim is not true.
5. Ok, now that I know that, what if I am on my period?
 - a. Similarly, all products, before and after use, will need to go in your bear bag. You cannot bury any products. Multiple zip-top bags are recommended for this.
 - b. Please be prepared as several factors like tenting with others, altitude, or exertion can bring on a menstrual period even if it is not scheduled.
6. Why all the info? This is overwhelming.
7. None of this information is intended to scare off potential guests but it is very important to make sure you have a full understanding of this trek. Our hope is that you either have all the information you need or feel comfortable asking us the hard questions! We are very excited about the planning and execution of this trip and hope to fulfill some adventuring dreams!

Going in the Woods

Please follow these simple steps when nature calls:

1. Find a spot at least 200 steps from any water source
2. Dig a hole 6-8 inches deep and bury human waste
3. Pack out used toilet paper



When people are not responsible going in the woods they contaminate the water you swim in, fish from, and drink. Bacteria and viruses found in human feces are known to cause hepatitis, blue baby syndrome, salmonella, giardia, and other gastro-intestinal diseases. Remember, the water in the rivers and lakes you visit may flow into your own drinking water supply.