

TRUE NORTH TREKS

Young Adult Cancers Survivors *Charting A New Course*

2018

Shared experiences empowered by nature and mindful meditation. Recalibrate, rejuvenate, and reconnect! Visit www.truenorthtreks.org “Upcoming Treks” for a more detailed pdf brochure for each trek!

Selkirk Mountains, Idaho

June 28-July 1, 2018

Survivor/Caregiver Mini Trek
3 Nights Retreat Camp Lodging
Hiking & Lake Kayaking

- June 28: Fly into Spokane, WA & drive to Sandpoint, ID
- June 29: Selkirk Day Hike
- June 30: Lake Pend Oreille Day Kayak
- July 1: Fly Home

Wind River Mountains, Wyoming

July 15-21, 2018

Survivor Trek
Backpacking

- July 15: Fly into Jackson, WY
- July 15-20: Wind River Mountains
- July 20: Drive to Jackson, WY
- July 21: Fly Home

Boundary Waters, Minnesota

August 12-18, 2018

Survivor Trek
Canoeing w/ Portaging

- August 12: Fly into Duluth, MN
- August 13-17: BWCAW
- August 17: Drive to Duluth, MN
- August 18: Fly Home

Green River, Utah

September 16-22, 2018

Survivor/Caregiver Trek
Canoeing w/ Day Hike Excursions

- September 16: Fly into Grand Junction, CO
- September 17-21: Green River
- September 21: Drive to Grand Junction, CO
- September 22: Fly Home

Pictured Rocks, Upper Michigan

October 11-14, 2018

Survivor Mini Trek
2 Nights Lake House Lodging
1 Night Camping/Backpacking

- October 11: Drive to Escanaba, MI
- October 12: Pictured Rocks Hike In
- October 13: Pictured Rocks Hike Out
- October 14: Return Home
- This trek leaves from the Evanston, IL area by van. Flights, if necessary, are in/out of Chicago, O'Hare or as otherwise arranged.

Apply online @ www.truenorthtreks.org by clicking on the “Apply” tab on the right hand side of the page. For Survivor/Caregiver treks each person must apply. Email gwenvictorson@truenorthtreks.org or call 208.627.8628 with any questions or concerns.

