



**When?... Sept 27 - Oct 3, 2020**

**Where?... Green River, Utah**

**Who?... Survivor & Caregiver Trek**

### The Experience

***Shared experiences empowered by nature and mindful meditation.***

Recalibrate, rejuvenate and reconnect to life. Get ready to explore the beauty of the wilderness, take a closer look at the person you've become since your cancer diagnosis, and meet other young adult cancer survivors who know what it's like to hear the words, "You have cancer". At True North Treks (TNT) we bring young adult cancer survivors together in outdoor settings away from medical clinics and doctors' offices. The natural world can be a place of stillness and healing, and offers a chance to gain perspective by getting away from the everyday stresses of life back home. Following the guiding metaphor of the North Star, TNT gives young adult cancer survivors tools to find their own "true north" through connecting with the outdoor world, connecting with other young adults with cancer, and connecting with oneself through practicing mindfulness meditation and yoga.

- **Dates:** Sept 27 - Oct 3, 2020
- **What's Covered?** Flights, lodging, ground transport, expedition expense, tent, sleeping bag, and other group gear.
- **What's Not Covered?** Food purchased in transit, fishing license and/or equipment, airline baggage fees, any airline fees incurred due to airline and/or personal delay/logistics, and alcohol.
- **What to Bring?** A packing list will be provided.
- **TNT Guides:** Our qualified guides provide safe, fun, and meaningful adventures.
- **Climate:** Temperatures 45 - 80 degrees.
- **Tents:** We sleep in 2-3 person high quality tents.
- **Canoes:** Mixture of canoes for a variety of experiences and styles.
- **Paddling:** Mix length paddle days with time for relaxation/exploration on side hikes.
- **Cuisine:** Healthy fresh food, including vegetables, fruits, nuts, grains and meat. We accommodate all dietary needs/restrictions/preferences.
- **Pay it Forward Pledge:** Participants pledge to "pay it forward" a minimum of \$1,200 to fund a future young adult cancer survivor's or caregiver's trek through peer-to-peer fundraising efforts (which we'll help you get started with if you'd like the support) within 3 months after the trek.





## The Destination

This June TNT is offering a unique and exciting **canoeing experience** on the magical and calm waters of the Green River. Participate with other young adult cancer survivors and their caregivers (e.g., spouse, parent, friend) to connect with nature, one another, and help replenish your spirits through training and practice in mindfulness meditation and yoga. These waters meandering through the Stillwater and Labyrinth Canyon make up some of Utah's most beautiful scenery. We will paddle a 55 plus mile stretch of flat water that will follow the rolling desert hills of eastern Utah into the majestic depths of Labyrinth Canyon. We will travel through the ancient times and history of the landscape as we view the ruins and rock art sites of the Pueblo Indians. Red cliffs, desert sunsets, and warm days await this memorable experience.

## Itinerary

### Sept 27: Grand Junction, CO

- Participants will fly into Grand Junction.
- We will camp in the area.

### Sept 28: Ruby Ranch, UT

- We will depart from camp in the morning and be shuttled to the rivers edge. Here we will do some trip preparations and get on the water.

### Sept 28 - Oct 2: Labyrinth Canyon of the Green River

- AM yoga & mindful awareness practices (MAPS) throughout the day.
- We will paddle the Labyrinth Canyon section of the Green River for 5 days and 4 nights.  
Note: Trek itineraries are subject to change and will be adjusted to meet the needs of the entire group.

### Oct 2: Grand Junction, CO

- We will be picked up at Mineral Bottoms and be shuttled back to Grand Junction.
- We will clean up at a hotel and enjoy a final meal in town together.

### Oct 3: Grand Junction, CO

- Participants fly home.

## Ready to apply or need more information?

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

**Call Gwen:** (208) 627-8628

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

