



**When?... July 19 - 25, 2020**

**Where?... Wind River Mountains, Wyoming**

**Who?... Survivor 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:** July 19 - 25, 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 experiences.
- **Climate:** Temperature range is 40-80 degrees.
- **Tents:** We sleep in 2-3 person high quality tents.
- **Cuisine:** Healthy fresh food, including vegetables, fruits, nuts, grains and meats. We accommodate any 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 July TNT is offering a unique and exciting **backpacking experience** in the magical Wind River Range, Wyoming. Participate with other young adult cancer survivors in this once in a lifetime experience where we will be exploring the inspiring Wind River Reservation area. This trek will provide ample opportunity for participants to connect with nature, take a refreshing dip in the alpine lakes, and help replenish spirits through training in mindfulness meditation and yoga. We will hike from the valley floor and into the high alpine environment scattered with many hidden and exposed alpine lakes. We look forward to sharing this Wyoming experience with you!

## Itinerary

### July 19: Jackson, WY

- Participants will fly into Jackson Hole.
- Ideally we will drive several hours to our trail head and camp out there.

### July 20: Heading to the backcountry in Wyoming

- If we didn't make it out of Jackson, we will depart around 8:30 am and drive several hours to our trail head. We will finalize our preparations and camp out.

### July 20 - 24: Wyoming Wilderness

- AM yoga & mindful awareness practices (MAPS) throughout the day.
- For five days we will be traveling the forested lands and exploring the area. Note: Trek itineraries are subject to change and will be adjusted to meet the needs of the entire group.

### July 24: Jackson, WY

- We will travel out of the backcountry early afternoon and head back to Jackson to clean up at a hotel and enjoy a final meal in town together.

### July 25: Jackson, WY

- 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)

