



**ADVENTUROUS**  
Christians

## What to expect on an AC canoe trip

Here at AC we are thrilled to take out first-time canoe trippers as well as experienced veterans. Life on trail is very different from life at home and provides many fun moments and challenging experiences. The BWCAW (Boundary Waters Canoe Area Wilderness) is made up of many lakes that are connected by trails called portages. On a normal day you will cover 6-10 miles, cross multiple lakes and portages, and prepare meals over the fire before curling up in your tent to go to bed.



We travel in canoe groups of up to 9 people including your AC guide. This is based on the forest service regulations that help preserve the wilderness. Canoe groups work as a team to lift canoes, carry packs, set up tents, collect firewood, cook food, wash dishes and other camp chores.



While this may seem daunting, don't worry, your AC guide will be with you and will teach you the new skills you will need to know. You will learn paddling strokes for steering a canoe, how to lift



heavy packs, how to set up tents and hang bear bags, just to name a few.



Besides the wilderness experience, our other main focus is learning about God. Being in the woods provides an environment with few distractions where you can see God working through creation and through your teammates. Each day your trail guide will lead devotions and quiet time will be set aside for Bible reading and journaling.



**A Covenant Pines Ministry**

81 Bow Lake Rd | Grand Marais, MN 55604  
218.388.2286 | [ac@adventurouschristians.org](mailto:ac@adventurouschristians.org)  
[www.adventurouschristians.org](http://www.adventurouschristians.org)