

## OUR GUIDES

### Adam Harju

Adam is the Director of Activities at Lutsen Resort. As a former member of the U.S Biathlon team, Adam is now a professional kayak guide and rock climbing instructor. He graduated from Northland College with an Outdoor Education degree.



## 2008 CALENDER

January 24-27	Cross Country Ski Weekend
February 8-10	Winter Photography Workshop
February 22-24	Woman's Adventure Weekend
March 7-9	Woman's Adventure Weekend
May 30-June 1	Kayaking Adventure Weekend
June 14-15	Father's Day North Shore Adventure
September 24-26	Fall Color Photo Workshop
November 14-16	Gales of November Photography Workshop
December 5-7	Exploring Your Creative Nature



### Amy Voytilla

Amy holds a MA in Art Therapy. She's an ACA kayaking guide, dog sled guide, artist and she has paddled around Lake Superior. You can learn about her adventure at [www.wildernessclassroom.com](http://www.wildernessclassroom.com).

### Carin Gulstrand

Carin is the Assistant Director of Activities at Lutsen Resort. She has worked as a ski instructor, ski patroller and canoe guide. She is trained in wilderness medicine and holds a BA in Biology Education.



### Bryan Hansel

Bryan is a photographer, writer, guide, and an ACA kayak instructor. Also, he designs and builds kayaks. See his photography at [www.bryanhansel.com](http://www.bryanhansel.com). Bryan holds a BA in English and Religion.



Lutsen Resort  
PO Box 9  
Lutsen, MN 55612  
Phone: 218-663-7212  
Reservations: 800-2LUTSEN  
More info: [activities@lutsenresort.com](mailto:activities@lutsenresort.com)

## Lutsen Resort *on Lake Superior*

### *Immerse Yourself*



## ADVENTURE GETAWAYS

*"Very informative and fun...  
They love what they do and  
shared their enthusiasm. We  
would do this again."*

# ADVENTURE GETAWAYS

Adventure Getaways give you a chance to experience Minnesota's North Shore in a unique way. Immerse yourself in a variety of outdoor experiences with a small group of people during the day, returning to the resort for dinner and lodging each night.

## WOMEN'S ADVENTURE WEEKEND

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February 22-24 and March 7-9

An opportunity for women to adventure with and learn from other women while in the beautiful North Woods. Experience winter on snowshoes and cross-country skis, take a spin behind a dog team, relax with yoga and much more. Bring your mothers, sisters, daughters and friends!



## KAYAKING ADVENTURE WEEKEND

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May 30-June 1

The perfect opportunity to kick off your paddling season! The course includes an ACA Coastal Kayaking Basic Strokes and Rescues course the first day, and a full day tour the next. Explore the North Shore with guides who know it well while you refine your kayaking skills.

## PHOTOGRAPHY WORKSHOPS

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Feb. 8-10, Sept. 24-26, and Nov. 14-16

Workshop time is divided between the classroom—learning about metering, manual camera controls, lighting, composition—and the field. Evenings are spent peer reviewing the day's images. A digital camera is required. The February workshop focuses on the unique challenges of winter photography. The September workshop explores fall colors. The November workshop focuses on Lake Superior storms and waves.

## FATHER'S DAY NORTHSORE ADVENTURE WEEKEND

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June 14-15

Everyone wishes they could spend more time with their dad. This Father's Day join us for a father/son or father/daughter adventure weekend. Spend the weekend exploring the North Shore together climbing, kayaking, and hiking. This is the perfect Father's Day gift.



## EXPLORING YOUR CREATIVE NATURE

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December 5-7

Join artist Amy Voytilla and photographer Bryan Hansel for a unique weekend of exploring your inner creativity through multiple artistic media, writing, and poetry. Explore the Lake Superior shoreline during the month of dreaming, learn to connect with a moment of Zen, and end each day sampling fine wines. A camera and an open mind are required.

## CROSS COUNTRY SKI WEEKEND

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January 24-27

Finally, a Nordic skiing workshop for the fitness skier or casual racer. Each day is divided into technique coaching and a mid-to-long distance ski, both skating and classic. A waxing clinic in the evening ensures fast skis for your day on the trail! Refresh your skills mid-season - the Birkie is only a month away!

*"Fabulous. Great food and a wonderfully accommodating staff."*