

MIDWEST MOUNTAINEERING

# OUTDOOR ADVENTURE EXPO

April 22nd - 24th, 2022



Photo by Alyssa Brault

[OutdoorAdventureExpo.com](http://OutdoorAdventureExpo.com)

## EVERYTHING ON SALE!

April 22nd - 24th, 2022

Friday 2-9 (Thrifty opens at 11am), Sat 10-6, Sun 11-5

### 45 Free Presentations! 30 Exhibitors!

The Live Classroom Presentations are back!

Huge Exhibitor Tent is Back!

Featured  
Presenters:



Rudi  
Hargesheimer



Bruce  
Hyer



Rod & Sharon  
Johnson



Matt  
Davis



Rolf  
Thompson



Nattie  
Warren

**PLUS: Thursday, April 21st Canoe, Kayak, and SUP Demo**

Lake Nokomis Canoe, Kayak, and SUP Demo, Thursday 3-7 pm

Beer Sponsor: Lakes & Legends

banffmountainfestival.ca/tour

# BANFF CENTRE

**MOUNTAIN  
FILM FESTIVAL  
WORLD TOUR**



Basecamp, Denali National Park, Alaska  
© Christian Pondella

## **The Banff Film Festival is Back! Fri 04/22 & Sat 04/23 - 7pm**

**Located at U of M West Bank, Willey Hall  
( 2 blocks from Midwest Mountaineering - see map on page 9 )**

**Different films each night and different from last November!**

**Ticket purchasing is available online and in the store! Tickets are \$20\***

Order your tickets online at [www.midwestmtn.com/tickets](http://www.midwestmtn.com/tickets) There is a \$3 service fee per online order.

No \$3 service fee if tickets are purchased in the store.

**If you love outdoor excitement - you will love this film festival!** Parental discretion advised.

All attendees must have tickets. **NO REFUNDS.**

Please bring your printed ticket to the show, along with ID, which may be requested.

**We will post the films at [www.outdooradventureexpo.com](http://www.outdooradventureexpo.com) as soon as they become available.**

\* Taxes not included



# Welcome to our 74th bi-annual Outdoor Adventure Expo!

**Our mission is to help you have more fun outdoors!**

Thanks to all of our customers and vendors who have partnered with us to create an amazing outdoor adventuring community.

- The 6,000 sq. ft. Exhibitor Tent is back!
- UofM Classroom Presentations are back!
- The Thursday Boat Demo is back!
- The Banff Festival of Mountain Films is back...Fri & Sat nights @ 7pm!
- The Canoe, Kayak, and SUP auction is back (on Saturday)!

***And everything in the store is on sale!***

#### **Thursday:**

On-water canoe, kayak, and SUP demo at nearby Lake Nokomis (see below)

#### **Friday:**

Beer n Gear night with raffle and FREE tickets (see pages 6&7)  
Look for your Expo 20% OFF coupon\* 2-9pm only

#### **Saturday:**

Canoe, Kayak, and SUP Auction (see page 4)  
Look for your Expo 20% OFF coupon\*  
Biggest day with 30 FREE presentations + 30 exhibitors

#### **Sunday:**

Less crowded, get more personal attention  
Look for your Expo 20% OFF coupon\*  
15 FREE presentations + 30 exhibitors

\*20% OFF coupon excludes: boats, drysuits, Garmin, Zeleo, Enlightened Equipment, Goal Zero Yetis & Boulders and special orders.

## Paddlesport Demo at Lake Nokomis Thursday, April 21 3-7pm



## Canoe, Kayak and Stand Up Paddleboard Demo before the EXPO! Try before you buy!

**DEMO BEACH RULES:** *Caution!* Early season demos are often subject to very cold water and windy conditions. Accordingly all participants must be 13 years of age or older and 90 lbs or more. Please no dogs allowed on the beach (per city ordinance). Check in at the Midwest Mountaineering tent. All participants must sign the waiver. Check in with the Midwest staff before using any boats or equipment. Be sure you understand how the equipment works before launching (rudders, foot pedals, adjustable seats etc). Stay close to shore and within the safety boater perimeter. Adhere to all safety boater instructions at all times. Expect to get your feet wet. Bring extra warm clothes. Paddles and PFDs will be available. To request a specific boat, you must call the Paddlesports department at 612-339-3433 to indicate which canoe, kayak and/or SUP you wish to try out. Due to a nationwide shortage of canoes and kayaks, we will primarily be bringing watercraft that are requested along with a number of other popular models based upon the space that is available on the boat trailer. Contact Paddlesports with and inquiries and or questions.

**If conditions are questionable check [midwestmtn.com](http://midwestmtn.com) or call 612-339-3433**

# Canoe, Kayak, and SUP Auction

**Saturday, April 23rd, 11am** - on the grass across the street from Midwest Mountaineering  
309 Cedar Ave S, Minneapolis, Mn 55454

## Why Sell Your Canoe, Kayak, or SUP at this Auction?

There is not a better place in the USA to sell a used canoe or kayak than this auction. Located right in the heart of paddling country in Minneapolis, nearly hundreds of buyers attend this auction looking to purchase a boat!

As a seller, you have an option to set a minimum selling price for your boat. If you choose to do this, you will be charged a \$20 fee when you drop your boat off. If your boat sells, the \$20 fee will be refunded and your only charge will be a 15% commission. Past auction results show that over 90% of all boats meet or exceed any minimum prices established. You will also be able to receive payment for your boat shortly after the buyer makes payment at the auction.

Ok, so you have decided to sell your boat at the auction. Here is a great, quick tip that will help your boat bring top dollar: tape a note on the boat describing where you used it, how long you have owned it, how it performed or tips for the new buyer. Put the note in a plastic sheet protector if it is raining.

## How to Buy a Canoe, Kayak, or SUP at this Auction?

Buying a boat at the auction is easy. All you need to do is show your photo ID to the auction staff and you will receive a bidding number and a tip sheet explaining how the auction works. Bidding numbers are free.

The auction starts at 11:00a.m. and the preview hour is from 10:00 – 11:00a.m. We recommend that you arrive by 10:00a.m. so you will have enough time to preview all the boats. Buyers can pay with a Minnesota check, cash or credit card. Still have questions? Please feel free to call auctioneer Keith Sharer at 320-267-1963. He will answer any additional questions you may have.

If you need help determining what type of boat is best for your needs, bring an experienced friend, or do your homework early. Look for generalities, not necessarily specifics. A great Brand X boat might show up. It could be the perfect boat for you! You will need to know if its hull design fits your paddling style. Consult the current manufacturer's websites or catalogs. A good one is [Wenonahcanoe.com](http://Wenonahcanoe.com). Click on Resources under Wenonah Canoes and Current Designs Kayaks. They offer generic hull design discussions. Sorry, the Midwest Mountaineering staff, are not available during the auction. We are in the tents selling the new boats and new accessories!

### To Sell

**Your Canoe, Kayak, or SUP....**  
Bring canoes, kayaks, and SUP's  
between **7:00 and 10:00 am** to the  
Outdoor Adventure Expo  
tent entrance on 3rd Street.  
Auction Staff will be on hand to help unload  
your canoes, kayaks, or SUP's.

### To Buy

**a Canoe, Kayak, or SUP...**  
**Inspection at 10:00 am**  
**Auction at 11:00 am**  
(Rain or Shine)  
All buyers will need a bidding number.  
Bidding numbers are free.

### Terms:

**Sellers:** If sellers choose to set a minimum selling price (a reserve), they will be charged a \$20 reserve fee when the boat is dropped off. If the boat sells, that \$20 fee shall be reimbursed to the seller. A 15% commission will be charged if the item sells. Sellers will be paid by check on the day of the auction shortly after the purchaser pays for the boat.

**Buyers:** Get your free bidding number at the auction. Simply show auction staff a driver's license or proper identification. Buyers shall pay a 10% buyers premium (13.5% for credit card payment) for all purchases. For example, if buyer purchases a canoe for \$500 an additional \$50 shall be added to the purchase price. Sales tax also applies. All boats must be picked up by 2:30p.m. after the auction. Boats are the responsibility of the owner during the auction, and of the new owner as soon as the auctioneer says "Sold!". Don't forget to bring tie-down equipment to transport your purchase, or buy a rack on sale!

**Additional terms:** Cash, Minnesota check or Visa / Mastercard / Discover / American Express accepted. Keith Sharer Auction and Midwest Mountaineering are not responsible for accidents. No property shall be removed from premises until paid for. Any statement made by the auctioneer on the date of the auction takes precedence over printed matter. Auctioneers have the sole discretion of selling auxiliary components as a unit or separate, and reserve the right to forbid or remove any and all persons from participating in the auction. All boats are sold "As Is." Contact Keith Sharer License #73-05-001 if you have further questions at 320-267-1963.

# Green

## Initiatives from Midwest Mountaineering

### Midwest Mountaineering continues to be a green friend to the outdoor community.

The “**Green Line**” light-rail connects downtown St. Paul with downtown Minneapolis. The U of M West Bank stop is just 1/2 block from our front door. The “**Blue Line**” Cedar Riverside stop is just 3 blocks from our door. The environment wins when you ride the rails. Try it. It’s fun!

The **solar panels** on our roof continue to supplement our energy use. We have switched to all LED bulbs.. We are a Clean Energy Partner with Arcadia Power. Many building improvements have earned us an “**Energy Star Certification.**”

Our **product selection** features gear and clothing made by some of the most energy efficiency minded companies in the world. Merino wool and more down than ever are examples of products that are and always have been great green choices.

We’re working toward becoming paperless. We’re doing more scanning and emailing now, including the Expo newspaper. We’re trying to do our part to protect our planet.

We subsidize employees who use public transportation and we pay employees to **ride their bikes!**

### Get Here:

See map to the right for **Freeway Exit** access and **Light Rail** stations. Present your LRT ticket to the cashiers for \$2 off your purchase!

### Park Here:

Use parking areas shown in **blue** on map to the right.

**U of M Ramps on 3rd and 4th Streets are your best bets.**

Sorry - No Validated Parking During Expos

**Midwest Mountaineering**  
309 Cedar Ave South  
Minneapolis, MN 55454  
[www.midwestmtn.com](http://www.midwestmtn.com)





# Beer & Gear

(and root beer, too!)

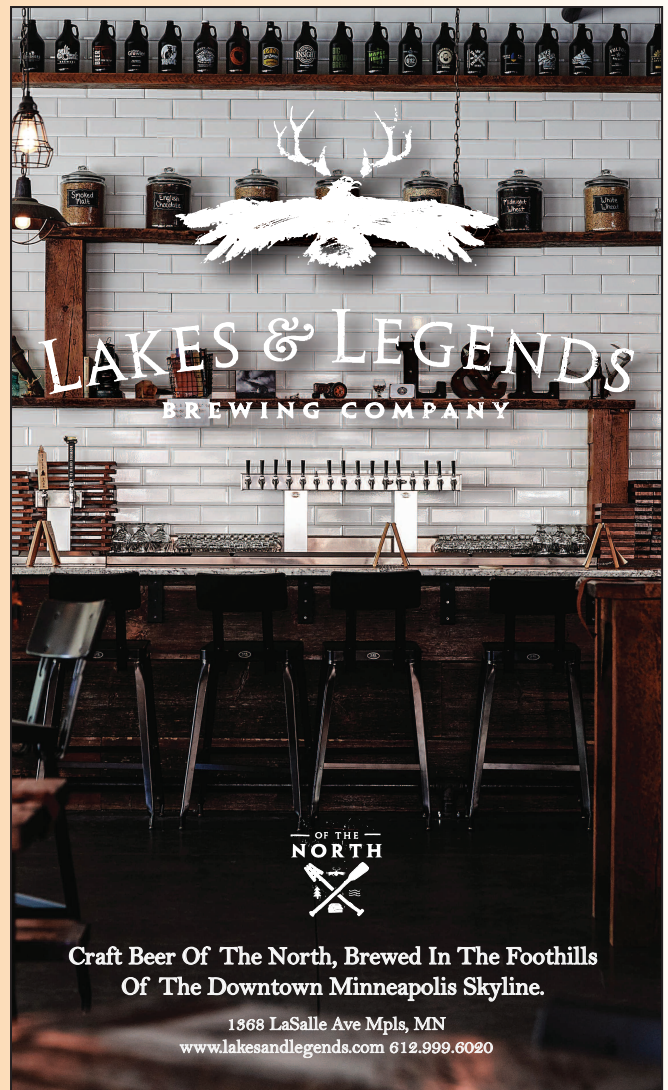
Friday, April 22nd 2-8pm  
It's a Social and a Raffle with  
**thousands in prizes**  
**At least 50 Winners!**

**Beer + FREE**  
**souvenir**  
**pint glass = \$7**

Get your PINT  
of Lakes & Legends  
beer or root beer  
served in an  
Expo Souvenir Pint  
( Friday only )

(while supply of 100  
Expo pint glasses last)

*You keep the pint glass!*



# Beer & Gear

## (and root beer, too!)

### ***It's Easy to Enter the Raffle!***

Get your free raffle card and punches just by socializing with the Expo Exhibitors! Collect card punches from at least 8 Exhibitors, then drop your card in the jar of the prize you'd like to win.

One raffle entry per person.

- **You don't get stuck with a prize you don't want**
- **You have a week to pick up the prize**
- **Winners notified by email**

### ***Socialize all evening!***

You'll be surrounded by like-minded people, manufacturers reps, exhibitors, and Midwest Mountaineering employees, all eager to share the excitement of our great outdoors.

### ***Check out the gear***

All Midwest Mountaineering merchandise will be on sale! Talk to the many manufacturers' reps. Use your 20% off coupon. You will get this via e-mail, if you are one of our email list subscribers.

(Sign-up at: [www.midwestmtn.com/maillinglist](http://www.midwestmtn.com/maillinglist))

### ***Raffle drawing held at 8pm***

Winners names will be announced. You need not be present to win, Winners providing an email address will also be notified by email. A list of winners will also appear on the Expo website Saturday at 9am [OutdoorAdventureExpo.com](http://OutdoorAdventureExpo.com)

***Beer & Gear is sponsored by***

***LAKES & LEGENDS***

# Outdoor Adventure Expo Presentations

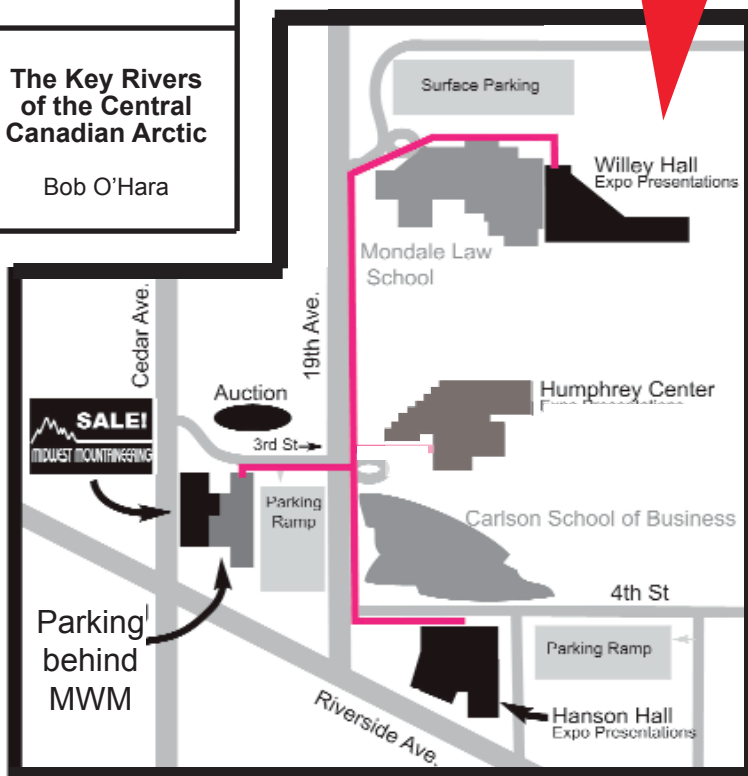
Our in-person presentations will be held at Hanson Hall, or outdoors on the Grassy Knoll across the street from Midwest Mountaineering.

<b>Sat Apr 23rd</b>	<b>11:00 to 12:00</b>	<b>12:15 to 1:15</b>	<b>1:30 to 2:30</b>	<b>2:45 to 3:45</b>
<b>UofM Hanson Hall 102</b>	<b>Thirteen Best Lake Superior Backpacking Trails</b> Rudi Hargesheimer	<b>Hudson Bay Bound: Two Women, One Dog, Two Thousand Miles to the Arctic</b> Natalie Warren	<b>Canoeists and Caribou Like the Same Habitats in Wabakimi</b> Bruce Hyer "Mr. Wabakimi"	<b>Wabakimi: World's Largest Wilderness Paddling Area</b> Bruce Hyer "Mr. Wabakimi"
<b>UofM Hanson Hall 103</b>	<b>Tour de Minnesota: 1700 miles, 28 days of Solo Bikepacking</b> Rolf Thompson	<b>Costa Rica, a Nature Lovers Paradise</b> Maria Murillo	<b>Paddling the Missouri Breaks: Path of the Lewis &amp; Clark Expedition</b> Berlin Nelson	<b>Three Great Hikes of Europe - Mont Blanc, Iceland, and Corsica</b> Polly + Lee Scotland
<b>UofM Hanson Hall 104</b>	<b>Writing the Wild Stories</b> Frank Bures	<b>Trekking in the Italian High Alps</b> Chris Wallace	<b>Top Hikes on the North Country National Scenic Trail</b> Matt Davis	<b>Candian Rockies and Banff</b> Alex Falconer
<b>UofM Hanson Hall 105</b>	<b>Mississippi River Canoe and Kayak Events June 10-12, 2022</b> Scott Miller	<b>Mississippi Speed Record for Fastest Paddle</b> Scott Miller	<b>THRIVE Adventures: New Zealand</b> Al McDonald	<b>The Story Behind 2021 Mississippi Paddling Speed Record</b> Frank Bures
<b>UofM Hanson Hall 106</b>	<b>The 29th Day: Surviving a Grizzly Attack in the Canadian Tundra</b> Alex Messenger	<b>Wales</b> Hywell Roberts	<b>Backpacking Loop of the North Wind River Range</b> Eslpeth Ronnander + Erik Pieh	<b>Pictured Rocks National Lakeshore Backpacking</b> Rudi Hargesheimer
<b>UofM Hanson Hall 107</b>	<b>Wilderness Survival Essentials</b> Scott Oeth	<b>Candian Rockies and Banff</b> Rod & Sharon Johnson	<b>10 Mistakes I've Made Canoe Camping in the BWCA</b> Tiger Beaudoin	<b>Peak Performance for your Outdoor Adventure</b> Golden Sun and Healing Taj
<b>Grassy Knoll across the street</b>			<b>Cooke Custom Sewing Tarp Demo</b> Dan Cooke	

# Outdoor Adventure Expo Presentations

Our in-person presentations will be held at Hanson Hall, or outdoors on the Grassy Knoll across the street from Midwest Mountaineering.

Sun Apr 24th	11:00 to 12:00	12:15 to 1:15	1:30 to 2:30	
UofM Hanson Hall 102	<b>Adventure Film Making Panel</b>  Ben Fontenot	<b>Paddling the Missouri Breaks: Path of the Lewis &amp; Clark Expedition</b>  Berlin Nelson	<b>"Superior Sendies" Screening + Q&amp;A</b>  Ben Fontenot	
UofM Hanson Hall 103	<b>THRIVE Adventures: The Inca Trail</b>  Al McDonald	<b>Hudson Bay Bound</b>  Natalie Warren	<b>AAC Climbers Forum</b>  AAC Members	2:45 to 3:45
UofM Hanson Hall 104	<b>Trekking in the Italian High Alps</b>  Chris Wallace	<b>An Introduction to Isle Royale National Park</b>  Liz Dengate	<b>A Thru-Hike of the Pacific Crest Trail</b>  Alison Young	Wales  Hywell Roberts
UofM Hanson Hall 105	<b>BEMER Better Circulation Better Recovery Better Life</b>  Lisa Grant & Kay Troan	<b>63 Plus Years in the BWCA</b>  Bob O'Hara	<b>Hiking in Costa Rica</b>  Maria Murillo	
UofM Hanson Hall 106	<b>Stand Up Canoe- ing: The Lost Art of Canoe Poling</b>  Scott Oeth	<b>Canoe Adventures on the Namekagon River</b>  Paul Siegel	<b>The Key Rivers of the Central Canadian Arctic</b>  Bob O'Hara	



# Expo Presentations **A-D** by presenter's last name.



## **25 Mistakes I've Made Canoe Camping in the BWCA (so you don't have to)** **Tiger Beaudoin**

Canoe camping can be daunting. Tiger knows: He's guided first-timers, grandparents, parents with children, and paddled solo across our favorite wilderness for years.

In this fast-paced presentation, he'll list 25 lessons learned "the hard way" while paddling hundreds of miles and portaging thousands of rods in the BWCA and Quetico. Using these packing, equipment, camping & fishing tricks, you'll enjoy a safer, more worry-free experience in the BWCA.

**Saturday, April 23, 1:30 pm**  
**U of M Hanson Hall, Room 107**



## **Writing the Wild: Stories from the World Stone Skipping Championship, Hunting for Sasquatch, Hiking the Grand Portage** **Frank Bures**

Last spring, a historic event took place on the Mississippi River: Two teams made competing attempts to break the Mississippi River paddling world record, covering 2,350 miles in 18 days, 4 hours, and 51 minutes. Award-winning, Minneapolis-based writer Frank Bures covered the race for Outside Magazine. He served on the support crew for one of teams.

**Saturday, April 23, 11:00 am**  
**U of M Hanson Hall, Room 104**



## **A Race Into History: The Story Behind the 2021 Mississippi Paddling Speed Record** **Frank Bures**

Last spring, a historic event took place on the Mississippi River: Two teams made competing attempts to break the Mississippi River paddling world record, covering 2,350 miles in 18 days, 4 hours, and 51 minutes.

Award-winning, Minneapolis-based writer Frank Bures covered the race for Outside Magazine. He also served on the support crew for one of teams.

**Saturday, April 23, 2:45 pm**  
**U of M Hanson Hall, Room 105**



## **Tarp Setup Demonstration** **Dan Cooke**

Does your rain-fly flap in the wind? Have you ever wanted to leave the tent behind and sleep in a tarp shelter?

Dan Cooke, of Cooke Custom Sewing, will demonstrate a variety of ways you can utilize a tarp to better enjoy your wilderness adventure.

**Saturday, April 23, 1:30 pm**  
**Grassy Knoll, across the street**

**Saturday, April 23, 3:30 pm**  
**Grassy Knoll, across the street**



## **Top Hikes on the North Country National Scenic Trail** **Matthew Davis**

Matthew will share some suggested hikes on the North Country Trail in North Dakota, Minnesota, Wisconsin, and "da UP."

We'll also cover what's happening with new trail building projects, trail maintenance efforts, and volunteer opportunities.

Matthew Davis has worked since 2006 for the North Country Trail Association as the Regional Trail Coordinator for ND-MN-WI.

**Saturday, April 23, 1:30 pm**  
**U of M Hanson Hall, Room 104**



## **Visiting the Island: An Introduction to Isle Royale National Park** **Liz Dengate**

Meet Isle Royale, a wilderness archipelago in Lake Superior.

You'll get an intro to the island that may help you plan a future backpacking trip, while also learning a little about the island's ecological community, including its famous wolves and moose.

Liz Dengate is a high school science teacher who worked as a park ranger on the island for three seasons and volunteers on summer research trips for the island's wolf and moose research program..

**Sunday, April 24, 12:15 pm**  
**U of M Hanson Hall, Room 104**

## Expo Presentations **G-J** by presenter's last name.



### **Running for the Boundary Waters** - Alex Falconer

Screen a film about my record setting Boundary Waters Travers - the first known run linking both the Border Route Trail and Kekekabic Trails in one continuous trail run through the heart of the Boundary Waters Wilderness.

I have a 12 minute mini documentary (that's currently in the running for a Webby, best of the internet award), will then discuss the run itself as well as wrap in an update on our efforts to Save the BWCA from sulfide-ore copper mining.

**Saturday, April 23, 2:45 pm**  
U of M Hanson Hall, Room 104



### **Sea Kayaking Lake Superior "Superior Sendies" film screening with Q&A** Ben Fontenot

Even when they're hundreds of miles away from an ocean, pro sea kayaker Ben Fontenot and the rest of the crew find places and situations that sound like something of fantasy for a coastal kayaker. Often filmed from the hip and cockpit, this series is a fun and candid experience of the Great Lakes coastal paddling community.

Watch the complete series on the big screen (approx. 45min) with a Q&A at the end with Ben.

**Sunday, April 24, 1:30 pm**  
U of M Hanson Hall, Room 102



### **Adventure Filmmaking Panel** - Ben Fontenot

Join us for a discussion on Adventure Filmmaking. Gain insights and perspectives from local adventure filmmakers.

**Sunday, April 24, 11:00 am**  
U of M Hanson Hall, Room 102



### **BEMER Better Circulation, Better Recovery, Better Life** Lisa Grant and Kay Troan

Everyone loves the way Bemer increases circulation because it promotes overall energy, vitality, strength, conditioning and endurance. What that means is that we can perform at a higher level and recover quickly and get back in the game or the yard or on the floor playing with the kids.

Because it is a natural effect, the Olympic committee approves it during training and competitions, 'legalized blood doping' is one phrase we hear. Used by people around the world and over 4,000 hospitals/clinics for the past 23 years.

**Sunday, April 24, 11:00 am**  
U of M Hanson Hall, Room 105



### **Pictured Rocks National Lakeshore Backpacking** Rudi Hargesheimer

Pictured Rocks National Lakeshore has one of the best Lake Superior Backpacking trails. The 42-mile Lakeshore trail is part of the much larger 4,600 mile North Country National Scenic Trail.

Rudi will show images from multiple trips to this paradise in the Midwest. Maps will be included and logistical details will be discussed. Driving time to PRNL is 7hrs from Mpls. Close!

**Saturday, April 23, 2:45 pm**  
U of M Hanson Hall, Room 106



### **Thirteen Best Lake Superior Backpacking Trails** Rudi Hargesheimer

Circumnavigating Lake Superior adventurers can stop to backpack on thirteen of the best trails in the USA and Canada.

This presentations visits them all! Maps and photos will be presented.

The scenery rivals the best of the west and the trails are much closer to us! Included will be the NEW Mdaabii Miikna Trail at Pukaskwa National Park on the northeast side of the big lake.

**Saturday, April 23, 11:00 am**  
U of M Hanson Hall, Room 102

## Expo Presentations **M-M** by presenter's last name.



### **Canoeists and Caribou Enjoy the Same Wilderness Habitats in Wabakimi Bruce Hyer**

Bruce Hyer was a co-creator of Wabakimi Wilderness Park.

Hyer is a caribou biologist, who will talk about why threatened woodland caribou and canoeists both love and thrive in the 5 million acres of the pristine Wabakimi Wilderness boreal forests.

**Saturday, April 23, 1:30 pm  
U of M Hanson Hall, Room 102**



### **Wabakimi: World's Largest Wilderness Paddling Reserve Bruce Hyer**

Wabakimi Wilderness Park and its associated Waterway Parks, Conservation Reserves and Nature Reserves total 5 million acres, far larger than Quetico and BWCA combined, and twice as big as Connecticut. Wabakimi is only a 9 hour drive from Minneapolis, but last year had only 700 paddlers ...all season!

Bruce Hyer was a driving force behind its creation, and will talk about access, routes, history, politics, biology, ecology, and the elusive and threatened woodland caribou of Wabakimi's boreal wilderness.

**Saturday, April 23, 2:45 pm  
U of M Hanson Hall, Room 102**



### **Canadian Rockies / Banff Rod & Sharon Johnson**

Rod and Sharon, along with their dog Finney, drove to the Canadian Rockies to hike in one of the world's most scenic areas.

They will tell you how to have a Canadian Rockies adventure of your own. Their handout will include information on permits, bears, what to bring, a few of the many spectacular hikes and adventures and disadvantages of going in the various seasons. Especially if you're considering your dog to Canada, don't miss this presentation.

Rod Johnson is the owner and 1970 founder of Midwest Mountaineering, your locally owned outdoor adventure outfitter.

With his wife, Sharon, Rod has traveled the globe in search of great outdoor adventures which can be shared with you each Outdoor Adventure Expo! They truly love helping others have fun and safe outdoor experiences. Come catch their enthusiasm!

**Saturday, April 23, 12:15 pm  
U of M Hanson Hall, Room 107**



### **THRIVE Adventures: New Zealand - An Adventurer's Paradise Al McDonald**

Far and wide I've traveled, and New Zealand still holds its place among my 'best of the best.' With vistas to stir your soul, culture to awaken your mind, and adventure to challenge your body, it is nothing short of a traveler's paradise.

**Saturday, April 23, 1:30 pm  
U of M Hanson Hall, Room 105**



### **THRIVE Adventures: The Inca Trail Al McDonald**

Take a photographic walk through the Mountains of the Sacred Valley of Peru. Learn about the Inca Ruins and the ancient culture conquered by the Spanish. Do you have what it takes to hike the famous pilgrimage, the Inca Trail to Machu Picchu?

It takes preparation and guts but the ruins along the way that are only accessible via the trail. Pictures never do justice but over the years Thrive Adventures tour guide Al MacDonald has snapped a fantastic array.

**Sunday, April 24, 11:00 am  
U of M Hanson Hall, Room 103**

## Expo Presentations **M-O** by presenter's last name.



### **The Twenty-Ninth Day: Surviving a Grizzly Attack in the Canadian Tundra** Alex Messenger

A six-hundred-mile trip in the Canadian wilderness is a seventeen-year-old's dream adventure, but after he is mauled by a grizzly bear, it's all about staying alive.

This true-life wilderness survival epic recounts seventeen-year-old Alex Messenger's near-lethal encounter with a grizzly bear during a canoe trip in the Canadian tundra. The story follows Alex and his five companions as they paddle north through harrowing rapids and stunning terrain.

**Saturday April 23, 11:00 am**  
U of M Hanson Hall, Room 106



### **Mississippi River Canoe & Kayak Events June 10-12, 2022** Scott Miller

Come and learn all about the Mississippi River Paddle Weekend: five new paddling events happening on the Mississippi River just north of Minneapolis this June. There are three canoe and kayak races and a recreational tour taking place on Sunday, June 12th, 2022 and an ultra-distance race that starts Friday, June 10th.

**Saturday, April 23, 11:00 am**  
U of M Hanson Hall, Room 105



### **Mississippi Speed Record: Attempt to Set the Guinness World Record** Scott Miller

Scott Miller led a team of four men on an epic journey on the Mississippi River. A rival team broke the previous record just two weeks before his team launched. In this presentation Scott will tell you the story of his team's attempt.

Scott will also discuss the merits of the Mississippi River as an extraordinary place to paddle. The first 500 miles of the river are part of the state of Minnesota's water trail program and have dedicated maps and campsites. Scott will discuss the attractions, challenges, and resources available for every section of our nation's most famous waterway.

**Saturday April 23, 12:15 pm**  
U of M Hanson Hall, Room 105



### **Costa Rica, A Nature Lovers Paradise** Maria Murillo

Learn about Costa Rica, a small country that makes up 5% of the earth's biodiversity. Visitors can enjoy the majestic volcanoes, beaches, cloud forest, rainforest as well as picturesque landscapes.

Costa Rica offers many activities for families, for the adventurous and for those who just want to relax and enjoy nature at a slow pace.

**Saturday, April 23, 12:15 pm**  
U of M Hanson Hall, Room 103



### **Hiking in Costa Rica, an Enjoyable Experience** Maria Murillo

Costa Rica has many hiking opportunities for all levels.

I will share information with you about the different areas of Costa Rica with the type of hikes you can do in each area.

Learn about National Parks that provide fantastic hiking for all members in your group and other areas of the country that will provide you with unique places that will create unique experiences on this beautiful country.

**Sunday, April 24, 1:30 pm**  
U of M Hanson Hall, Room 105



### **Paddling the Missouri Breaks: Path of the Lewis & Clark Expedition** Berlin Nelson

The Lewis and Clark expedition of 1804-1806 was a unique American adventure. To experience their route through the Missouri River Breaks of Montana, two fellows paddled the 149 miles from Fort Benton to James Kipp Recreation area over nine days, camping along the river bank in the footsteps of the expedition.

**Saturday, April 23, 1:30 pm**  
U of M Hanson Hall, Room 103

**Sunday, April 24, 12:15 pm**  
U of M Hanson Hall, Room 102

# Expo Presentations **R-W** by presenter's last name.



## **Wilderness Survival Essentials**

**Scott Oeth**

Many basic survival skills taught are insufficient for the extreme cold that we can experience in this region.

Learn what basic skills someone should have and what gear someone should carry to safely and comfortably head into the wild.

**Saturday, April 23, 11:00 am**  
**U of M Hanson Hall, Room 107**



## **Stand Up Canoeing: The Lost Art of Canoe Poling**

**Scott Oeth**

Scott has made several trips to Maine to learn the skill that has become all but lost in the Midwest.

He'll share what he's learned, and why he loves having the ability to stop in the middle of whitewater, pole up rapids, explore rivers without the need for a shuttle, travel along dried up creeks that would leave a paddler cursing, and being able to stretch your legs and back during a long day in the boat.

**Sunday, April 24, 11:00 am**  
**U of M Hanson Hall, Room 106**



## **63 Plus Years in the BWCA**

**Bob O'Hara**

Growing up with a rowboat, Bob was introduced to the canoe at camp—a wood canvas model. He was immediately hooked. Couple this with reading Sig Olson in the 50's and he was moved to explore the area around Ely by canoe.

After high school, Bob and three friends drove to Duluth then took a train to Ely and set out on a 15-day, unguided canoe adventure that started in Moose Lake and ended in Shagwa lake Ely.

**Sunday, April 24, 12:15 pm**  
**U of M Hanson Hall, Room 105**



## **The Key Rivers of the Central Canadian Arctic**

**Bob O'Hara**

For over 50 years, Bob O'Hara has led over dozens of canoe expeditions to the far north. He has explored rivers in Alaska, Northwest Territories, Nunavut, Manitoba and Quebec, making first descents on a number of rivers. During this time there has been major changes in travel, equipment, communication, maps, clothing and food. Bob will share with you the essentials of canoe expedition travel, provide a handout on the basics and look at what planning an expedition will look like.

Bob O'Hara is member of the Explorers Club of New York and the Midwest Mountaineering's Minnesota Explorers Hall of Fame. A long time canoeist, Bob will celebrate 60 consecutive years in the BWCAW/Quetico this year.

**Sunday, April 24, 01:30 pm**  
**U of M Hanson Hall, Room 106**



## **Peak Performance for Your Outdoor Adventure**

**Theodore Rick**

Theodore is the developer of Taj Kinesiotherapy – an advanced breath and stretching therapy with skilled work in micro scar release as well as TK Reflexology the doorway to balancing the whole bodies system. Pulse testing is used to help pinpoint the custom therapy. Stop by our booth for a FREE 5-minute chair massage! Tips donated to Friends of the Boundary Waters Wilderness.

**Saturday, April 23, 2:45 pm**  
**U of M Hanson Hall, Room 107**



## **Wales**

**Hywell Roberts**

**Saturday, April 23, 12:15 pm**  
**U of M Hanson Hall, Room 106**

**Sunday, April 24, 2:45 pm**  
**U of M Hanson Hall, Room 104**



## **An On and Off-Trail Backpacking Loop of the North Wind River Range**

**Elsbeth Ronnander & Erik Pieh**

Despite many miles of maintained trails, there's only one that crosses the continental divide. That didn't deter this group of four from completing a loop, plus an attempt to climb Gannett Peak, Wyoming high point, via the Tourist Creek Route.

**Saturday, April 23, 1:30 pm**  
**U of M Hanson Hall, Room 106**

## Expo Presentations **R-W** by presenter's last name.



### **Three Great Hikes in Europe: Tour du Mont Blanc, Corsica, and Iceland** Polly & Lee Scotland

Treks in Mont Blanc, Iceland and Corsica, France, three of the adventures from Scotland's recent book, *The Adventurer & Her Husband* will be presented.

These three hikes involve five European countries with plenty of elevation changes. Your ears may pop!

**Saturday, April 23, 2:45 pm**  
U of M Hanson Hall, Room 103



### **Exploring the Namekagon - Guided River Expeditions** Paul Siegel

The Namekagon is a hidden gem of a river nestled in the North West corner of Wisconsin completely protected and managed by the National Park Service.

Often referred to as the mini boundary waters, this remote and squirrely river offers gentle rapids and primitive riverside campsites. Limited access throughout the riverway makes it one of the best kept secrets in the paddling community.

**Sunday, April 24, 12:15 pm**  
U of M Hanson Hall, Room 106



### **Tour de Minnesota: 1700 Miles, 28 Days of Solo Bikepacking** Rolf Thompson

A cross between bike touring and bikepacking, Rolf's trip in 2021 took him around the perimeter of Minnesota on bike trails, paved and gravel roads.

A lifelong Minnesotan, Rolf discovered numerous State Parks, small towns and rarely traveled remote byways, was delighted by people he met, and developed a new appreciation of the state's landscapes, geography, and history, while traveling at the pace of a bicycle.

**Saturday, April 23, 11:00 am**  
U of M Hanson Hall, Room 103



### **Trekking in the Italian Alps** Chris Wallace

We present trekking and sightseeing the throughout the Val D'Aosta region of Italy located in the Northwestern part of the country near France and Switzerland.

Join us as we show off this spectacular region of the Alps!

**Saturday, April 23, 12:15 pm**  
U of M Hanson Hall, Room 104

**Sunday, April 24, 11:00 am**  
U of M Hanson Hall, Room 104

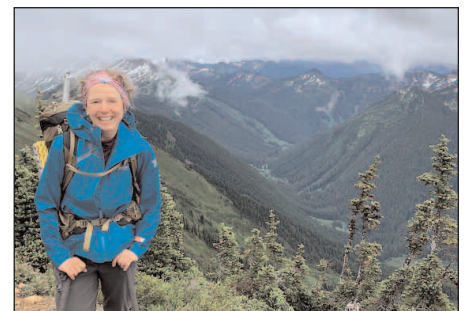


### **Hudson Bay Bound: Two Women, One Dog, Two Thousand Miles to the Arctic** Natalie Warren

Natalie Warren recounts her journey as one of the first two women to canoe 2,000 miles from Minneapolis to Hudson Bay, a route made famous by Eric Sevareid in *Canoeing With the Cree*.

**Saturday, April 23, 12:15 pm**  
U of M Hanson Hall, Room 102

**Sunday, April 24 12:15 pm**  
U of M Hanson Hall, Room 103




### **Luck Plus a Whole Lotta of Pluck. A Thru-Hike the Pacific Crest Trail** Alison Young

Two years ago, Alison Young (aka Blissful Hiker) made a last-minute decision to walk the entire PCT from North to South after she lost her job.

Trail Angels, decent weather and practically zero natural hazards (like wildfire) as well as just the right amount of solitude and togetherness made for one of the most thrilling (and doable) thru-hikes ever.

**Sunday, April 24, 1:30 pm**  
U of M Hanson Hall, Room 104



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With experience hubs  
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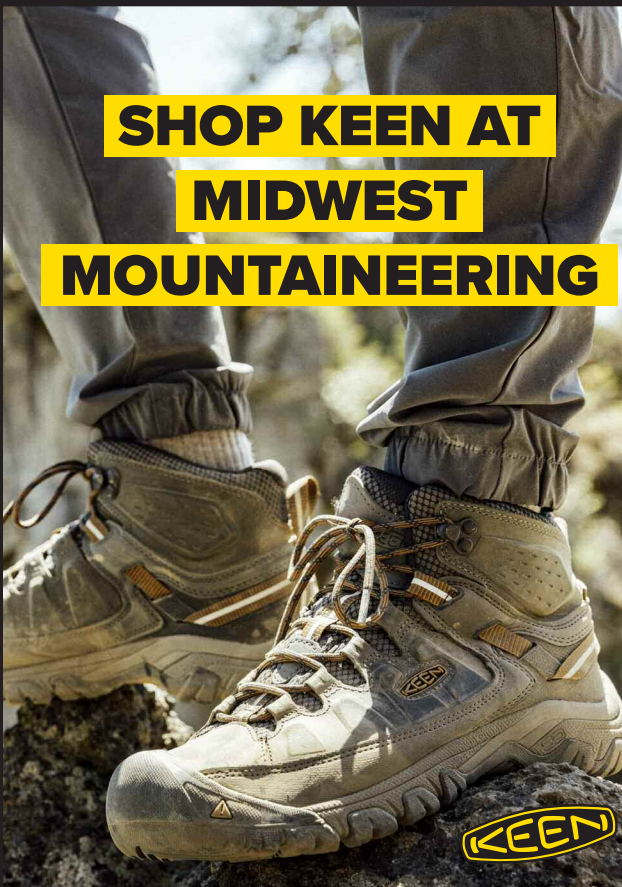
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MOUNTAINEERING**

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**Big Agnes  
steepshot springs, co.**

**PEOPLE  
PRODUCT  
PLANET**

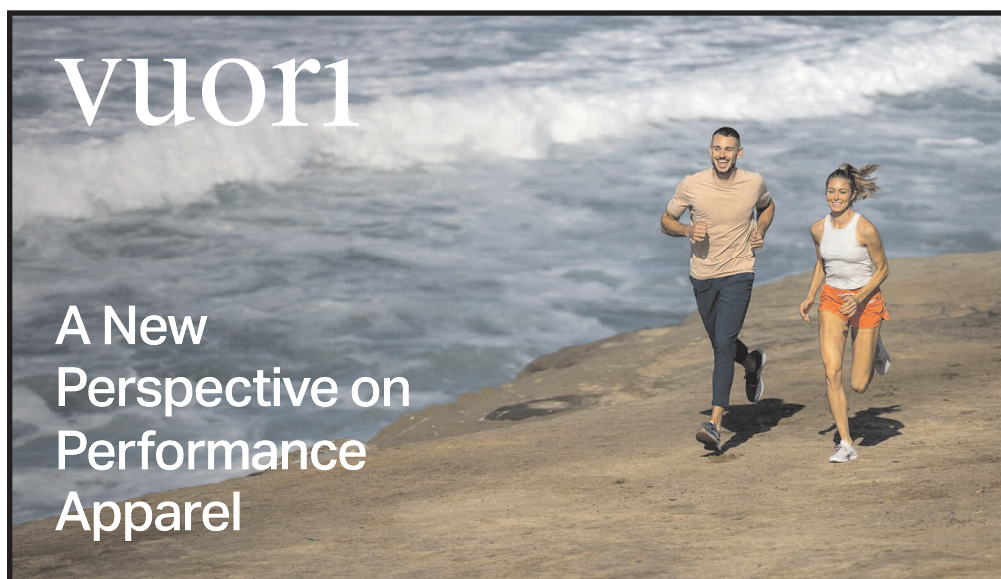
We're a small company with the mountains in our backyard. Inspiring you to get outside is at our core. We couldn't do that without our people, product, and partners protecting the planet. From our manufacturing, facilities' operations, and day-to-day practices we are committed to reducing our impact on the local and global environment. With a constant eye on reuse, and three US facilities powered through 100% renewable energy offset programs, we strive to incorporate practices from design ideation to end-of-life solutions committed to protecting the outdoors. See you on the trail!

Find out more on  
[BigAgnes.com](https://BigAgnes.com)  
Photo: Noah Wetzel



### Expo Exhibitors:

- All Energy Solar
- American Alpine Club – Twin Cities Chapter
- BEMER Group North America
- Campaign to Save the Boundary Waters
- Destination Tanzania Safaris
- Embark Maple
- Friends of the Boundary Waters Wilderness
- Frost River
- Gregory
- Healing Taj Holistic Stretching and Massage
- Identity International
- Inland Sea Kayakers
- Luna Rose Canoe Adventures
- Marine Mills Folk School
- Minnesota Rovers Outdoors Club
- North Country Trail Association
- Northern Lakes Girl Scout Canoe Base
- Potter's Pasties
- Rapids Riders Canoe and Kayak Club
- Sierra Club
- SPACE Trailers
- Summits On The Air
- Swiftwater Adventures
- Trek Ski Plus - Aosta Valley Adventures
- Unruly Women
- Vermilion Community College
- Visit Winona
- Wabakimi Canoe Outfitters
- WaterLegacy





**GUIDE  
YOUR WAY.**  
MAKALU FX CARBON

**LEKI**

### Expo Sponsors:

- Keen
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- Leki
- Mountain Hardwear
- Gregory



**Get  
Outdoors!**

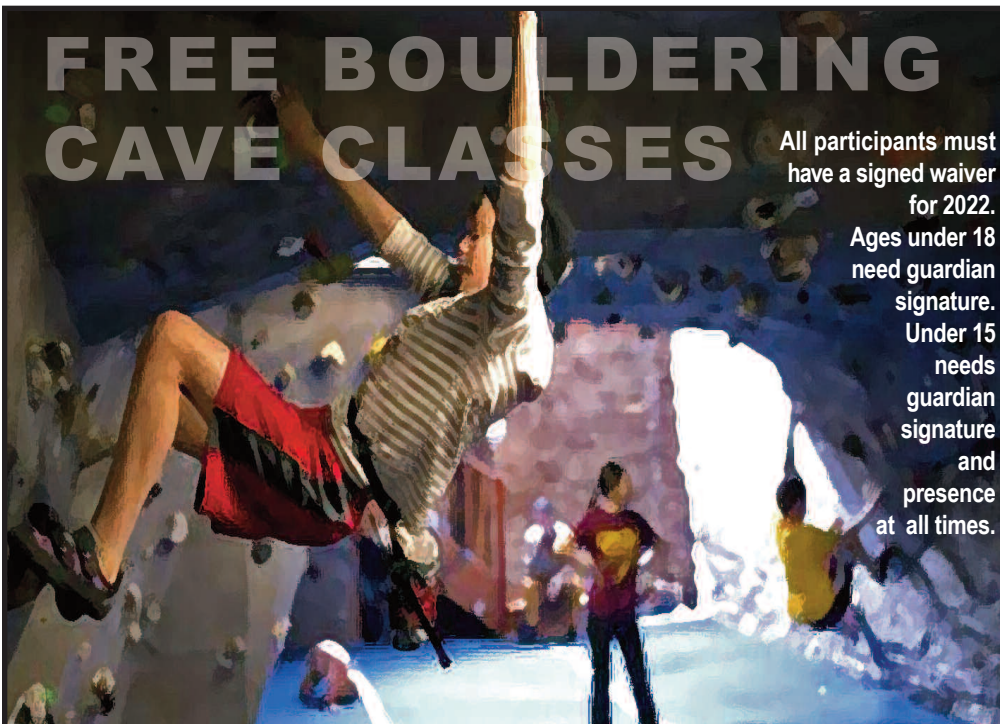
#midwestmountaineering

**\$1**



**All Weekend!**

(Proceeds benefit  
American Alpine Club  
scholarship program.)

**FREE BOULDERING  
CAVE CLASSES**

All participants must  
have a signed waiver  
for 2022.  
Ages under 18  
need guardian  
signature.  
Under 15  
needs  
guardian  
signature  
and  
presence  
at all times.

### Bouldering Cave Open Only for FREE Classes:

#### Friday:

3 - 4pm

6 - 7:30pm

#### Saturday:

10 - 11:30am

1:30 - 3pm

4 - 5:30pm

#### Sunday:

10 - 11:30am

2 - 3:30pm

Expo Bouldering Cave  
Classes offered by  
American Alpine Club,  
Twin Cities Chapter

# - CAMPING - EVERYTHING ON SALE

Outdoor Adventure Expo in-stock items only April 22nd - 24th, 2022



*All Tents, Backpacks, Sleeping Bags and Camping Gear ON SALE!*



The Takeout Cooler

**30% OFF**



MIDWEST MOUNTAINEERING

Logoed Crazy Creek Chair

**50% OFF**



NeverLeak Mugs

**50% OFF**



Pocket Rocket2 stove

**25% OFF**



Spot 400 Head Lamp

**25% OFF**



Lhasa & Legacy Lite  
trekking poles

**25% OFF**



# - FOOTWEAR / ACCESSORIES -

## EVERYTHING ON SALE

Outdoor Adventure Expo in-stock items only April 22nd - 24th 2022



*New styles and colors* for 2022!

**ALL sandals**

**20% OFF**



**Keen**

RidgeFlex Low  
M hiking shoes

**20% OFF**



**La Sportiva**

Bushida II GTX  
M trail running shoes

**20% OFF**



**Vasque**

Breeze LT NTX  
Light weight hiking boots

**20% OFF**



**Superfeet**

All insoles

**25% OFF**



**Darn Tough**

Merino wool socks

**20% OFF**



**FITS**

Merino wool socks

**20% OFF**



**Wigwam**

Performance socks

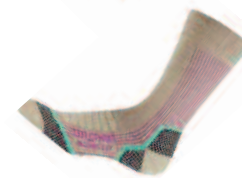
**20% OFF**



**Farm to Feet**

Merino wool socks

**20% OFF**



**Smartwool**

Merino wool socks

**20% OFF**



# - CLOTHING -

## EVERYTHING ON SALE

Outdoor Adventure Expo in-stock items only April 22nd - 24th, 2022



### 25% OFF



**M&W Torrent Shell Jacket**  
Retail \$149.00 EXPO \$111.00



### 20% OFF



**Sportswear & Accessories**



### 20% OFF



**Tops & Bottoms**



### 20% OFF

**Clothing & Accessories**



### 20% OFF

**Sportswear & Accessories**

**Also on sale:**

Aventura, Black Diamond, Bison Designs, Buff, Cotopoxi, Dorfman Pacific, ExOfficio, Freefly, Haiku, Howler Brothers, Icebreaker, Jetty, Kavu, Kari Traa, Kühl, La Sportiva, Marmot, Mont Bell, The North Face, Outdoor Research, Pistil, prAna, Purnell, Roark, Royal Robbins, Sherpa, Sunday Afternoons, Ten Tree, Tilley, Toad & Company

# - PADDLESPORTS -

## EVERYTHING ON SALE

Outdoor Adventure Expo in-stock items only April 22nd - 24th, 2022



**\$100 OFF** any in-stock  
**Canoe, Kayak, or SUP**  
**ALL Paddles, PFDs and Accessories**  
**ON SALE - 10% OFF!**

Northstar, Native, Wenonah, Perception, Pyrana, Wilderness Systems,  
Dagger, Current Designs, Eddyline, Grey Duck, Boardworks.

### Mark Your Paddlesports Calendar!



#### On-Water Demos / Try Before You Buy:

Test paddle boats and SUPs (stand-up paddleboards) with our expert staff. Call 612-339-3433 to reserve a preferred boat.

**Thursday, April 21, 3-7pm**  
Lake Nokomis - The big one! Canoe, Kayak and SUP

**Saturday, May 14, 10am-1pm**

**Wednesday, June 1, 4-7pm**

**Wednesday, June 15, 4-7pm**

**Wednesday, July 9, 4-7pm**

**Wednesday, August 3, 4-7pm**

(All demos will be held at Lake Nokomis.)

**MORE INFO by Email:**

Sign up at [www.midwestmtn.com/maillinglist](https://www.midwestmtn.com/maillinglist)

### Midwest Mountaineering Canoe, Kayak, and SUP rentals in 2022!

The Paddlesports industry is seeing another wildly busy year and availability of canoes, kayaks, and SUPs is dwindling by the day. Midwest Mountaineering is dedicated to getting you outside paddling however we can, so we have expanded our rental fleet to include many new models from Dagger, Perception, and Wilderness Systems, as well as our tried and true fleet of SUPs and canoes.

Renting may be the best way to get on the water this year so we encourage you to check out our list of available watercraft and rental rates at <https://www.midwestmtn.com/merchandise/paddling/>. All rentals come with paddles, PFDs, and other necessary accessories to get you outfitted such as straps, helmets, and skirts.

Don't let the high demand prevent you from getting out on the water this season; Take advantage of our rentals or demo days to dial in exactly what canoe, kayak, or SUP is ideal for you!

# - Thrifty Outfitters - **EVERYTHING ON SALE**

Outdoor Adventure Expo in-stock items only April 22nd - 24th, 2022



Thrifty Outfitters buys premium brand first quality new samples and closeout apparel and gear and passes the savings on to you **save 50% to 75% OFF** regular retail on apparel!

## New Spring rep samples arriving daily at



# 50% OFF



**Kids! Spin the Wheel and get a PRIZE up in Thrifty Outfitters!**



**Kids! Take a walk on the wild-side - cross the slackline and get a PRIZE up in Thrifty Outfitters!**

# OUTDOOR ADVENTURE EXPO

April 22nd - 24th, 2022

**Everything  
on SALE!**

Plus:



[OutdoorAdventureExpo.com](http://OutdoorAdventureExpo.com)

**45** Free Presentations! **30** Exhibitors!



**Email Newsletter  
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If you do not already receive our monthly email notices,  
sign up before **April 16th** at

[www.midwestmtn.com/maillinglist](http://www.midwestmtn.com/maillinglist)

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