



Mindful Paddling & Hiking Guide Services



What are “Mindful” Paddling and Hiking Tours? Not paddling hard or fast, or slinging the heaviest pack on your back, but being present to the experience; taking time in nature to see, hear, smell, taste and feel along the way. Slow things down; bring your camera, and be willing to be dazzled.

- * **BWCA Paddling Cost:** \$275 for up to two people & \$50 per person up to five.
- * **Hiking Guide Cost:** \$60/person
- * **Canicross Hiking Guide (includes one of the Points Unknown Sled Pets and all instruction):** \$129/person

Call for details - 218.370.0283