Lewis & Clark Canoeing Trek  
Caregiver/Survivor - Montana  
The Upper Missouri has a rich and interesting history, including Lewis and Clark campsites, century-old pioneer homesteads, wildlife abounds throughout the area where elk, mule and white-tailed deer, big horn sheep, coyotes, and pronghorn antelopes can be seen.

Idaho Backpacking Trek  
Survivor - Idaho  
Located in the Idaho Panhandle National forest, the Selkirk Mountains begin in Sandpoint and stretch north all the way into Canada. The Selkirk Mountains are littered with high granite peaks and abundant with alpine lakes. Numerous animals such as moose, elk, deer, bear, mountain lions and various birds of prey call this range home.

Boundary Waters Canoeing Trek  
Survivor - Minnesota  
The Boundary Waters Canoe Area Wilderness of northern Minnesota provides ample opportunity for the sights, sounds and smells of forests and lakes while paddling and portaging through the sparkling and pure lakes that make up the expansive labyrinth of the remote wilderness area.

Green River Canoeing Trek  
Caregiver/Survivor - Utah  
Come join us and paddle the historical and the relaxing waters of the Green River in Utah. We will paddle 55 plus miles from the put in to the take out, while along the way witness and experience sights and sounds that only Utah’s desert has to offer.

Ready to apply or need information?  
Email Gwen: gwenvictorson@truenorthtreks.org  
Call Gwen: (208) 627-8628  
Apply online: www.truenorthtreks.org