**SUNSET ON CAMPUS SKI NIGHTS**

**LOCATION:** WRC West Trails, Cedar Falls, IA  
**DATE:** Wednesdays, Feb. 2nd, 9th, & 23rd at 7pm  
**COST:** $5/person

Spend some time with UNI Outdoors while cross-country skiing for the first time. No experience is necessary, but be sure to dress for the weather! Sign up online or in WRC 174. Please arrive 10 – 15 minutes early!  
*Max Number of Participants: 10

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**CLIMB & XC SKI:** **WINONA, MN**

**LOCATION:** Winona, MN  
**DATE:** Saturday, Feb. 5th – Sunday, Feb. 6th  
**PRE-TRIP MEETING:** Tuesday, February 1st, 5pm, WRC 174  
**COST:** Student $75, University $80, Guest $90

A wise man once asked, “what’s cooler than being cool?” The answer, ice cold, and we took that to heart! Join us as we venture north to Winona, MN to ice Climb on beautiful bluffs overlooking the city and cross-country ski trails to the south. This trip will be the coolest thing you’ve done all year! No experience is necessary, but an adventurous spirit will keep you warm!  
*Max Number of Participants: 7

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**ROCK REVOLUTION:**

**LOCATION:** WRC Climbing Wall, Cedar Falls, IA  
**DATE:** Saturday, February 26th  
**COST:** FREE

Spend some time with UNI Outdoors on a romantic candle-lit cross-country ski trail just west of campus! Snow permitting, we will meet in the Outdoor Recreation Office, WRC 174 to gear up and head out to the trails. Skis, boots, and headlamps are provided, and if you bring your own personal mug, hot chocolate will be provided! No experience is necessary, but be sure to dress for the weather! Sign up online or in WRC 174.  

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**MINES OF SPAIN & SWISS VALLEY**

**LOCATION:** Dubuque, IA  
**DATE:** Saturday, February 19th  
**PRE-TRIP MEETING:** Tuesday, February 15th, 5pm, WRC 174  
**COST:** Student $20, University $25, Guest $30

Need to take a break from this semester? Come enjoy yourself as we head to Dubuque to explore the Mines of Spain and Swiss Valley on skis! There are miles of fun, well-groomed XC trails to ski on, and all gear will be provided. No experience is necessary but be sure to dress appropriately for the weather. Sign up in WRC 174.  
*Max Number of Participants: 7

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**TRAINING:** **AMERICAN RED CROSS WILDERNESS FIRST AID**

**LOCATION:** WRC, Cedar Falls, IA  
**DATE:** Saturday, Feb. 19th – Sunday, Feb. 20th 8am – 4pm, each day  
**COST:** Student $150, Guest $180

Fast-paced and hands-on, this two-day course covers a wide range of wilderness medicine topics for people who travel in the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, “What do I do now?” During this course, you’ll learn how to prepare for the unexpected. In just two days, you’ll have the knowledge, skills, and ability to make sound decisions in emergency situations. This course is ideal for trip leaders, camp staff, outdoor enthusiasts, and individuals in remote locations. This course does not include CPR. Sign up in advance in WRC 174 or online.  
*Max Number of Participants: 24

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**PACK, PADDLE, RAFT:**

**LOCATION:** Santa Fe River, FL & Ocoee River, TN  
**DATE:** Friday, March 11th – Sunday, March 20th  
**PRE-TRIP MEETING:** Friday, February 22nd, 5pm, WRC 174  
**COST:** Student $600, University $650, Guest $700

An island in Georgia, crystal clear swimming holes, and springs in Florida, whitewater rafting in Tennessee, and MANATEES! Need we say more? Come spend your spring break with us in the southeast corner of the US! We will be ferrying to Cumberland Island for some day hiking, canoeing and swimming in crystal clear springs on the Santa Fe River, and whitewater rafting the Ocoee River as we make our way into some warmer weather on this 10–day adventure. Don’t forget an adventurous spirit to keep you afloat through an unforgettable experience in some of the most beautiful landscapes and waterways down south.  
*Max Number of Participants: 7

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**ADVENTURE TRIPS 2022**

- Skiing and snowboarding at Sundown Mountain Resort, Dubuque, IA  
  - **LOCATION:** Sundown Mountain Resort, Dubuque, IA  
  - **DATE:** Saturday, March 5th  
  - **PRE-TRIP MEETING:** Monday, February 28th, 5pm, WRC 174  
  - **COST:** Student $100, University $110, Guest $125
  
If you’ve been to one of our ski nights, or even if you’ve never tried skiing before, we are headed to the beautiful Sundown Mountain Resort in Dubuque, IA to try our hand at downhill skiing and snowboarding. Come shred some powder with us on this awesome day trip! Don’t forget, nothing keeps you warmer than an adventurous spirit!  
*Max Number of Participants: 9

- Training at WRC, Cedar Falls, IA  
  - **LOCATION:** WRC, Cedar Falls, IA  
  - **DATE:** Saturday, March 2nd, 5pm, WRC 174  
  - **COST:** Student $600, University $650, Guest $700

Sing it from depths of the earth to the mountain tops, UNI Outdoors is going to the Gila Wilderness! Gila is home to some of the most beautiful rock formations in the world with the added marvel of dwellings being built straight into the stone. Along this trail, we’ll reach new heights to see these beautiful abodes. But that which goes up must come down, as we descend into one of the largest cave systems in the U.S. Carlsbad caverns. No experience is necessary, but an adventurous spirit is a must.  
*Max Number of Participants: 7
Peshtigo River, WI

Student $75, University $90, Guest $110

Student $20, University $25, Guest $30

- TOP ROPE BELAY
  - Friday, April 22nd – Sunday, April 24th
  - on clinic is designed to teach you everything you need to know to become belay certified on the UNI Climbing Wall. This hands-on clinic will cover the use of knots, belay devices, and other safety equipment. Additional times can be arranged for groups of 6 – 12. Sign up online or in WRC 174.
  - *Max Number of Participants: 10

- CLINIC: LEAD CLIMBING
  - LOCATION: WRC Climbing Wall, Cedar Falls, IA
  - DATE: Monday, March 21st & Tuesday, April 5th
  - TIME: 7:00pm – 10:00pm
  - COST: Student $15, Guest $25
  - *You must be top-rope belay certified to take this clinic
  - *Max Number of Participants: 6

- CLINIC: TOP ROPE BELAY
  - LOCATION: WRC Climbing Wall, Cedar Falls, IA
  - DATES: Jan. 31st, Feb. 15th, Feb. 28th, March 29th, and April 11th
  - TIME: 7:00pm – 9:00pm
  - COST: Student $15, Guest $25
  - Learn the basics of climbing gear, safety, and belaying on UNI’s Climbing Wall. This hands-on clinic is designed to teach you everything you need to know to become belay certified on the UNI Climbing Wall. Along with your proper belaying techniques, this clinic covers the use of knots, belay devices, and other safety equipment. Additional times can be arranged for groups of 6 – 12. Sign up online or in WRC 174.
  - *Max Number of Participants: 10

- PADDLING: BUFFALO RIVER

- LOCATION: Ponca, AR
  - DATE: February 7th, 2022
  - COST: Student $15, Guest $25

- WOMEN’S CLIMBING:
  - LOCATION: Devil’s Lake State Park, Baraboo, WI
  - DATE: Friday, April 22nd – Sunday, April 24th
  - COST: Student $75, University $90, Guest $110

- On-Campus: Broomball

- LOCATION: Panther Ponds near the WRC
  - DATES: February 7th, 5:00pm – 7:00pm
  - COST: Free

- RAFTING: PESHTIGO RIVER

- LOCATION: Peshtigo River, WI
  - DATE: Friday, April 8th – Sunday, April 10th
  - COST: Student $120, University $130, Guest $150

Do you like climbing, pizza, and good vibes? Then the Red River Gorge is the spot for you! Join us as we journey down to the mysterious Kentucky where we’ll camp at the world’s famous climbing locations in America, boasting over 3,000 routes! No experience necessary, but an adventurous spirit is a must!

*Max Number of Participants: 7

Devil’s Lake State Park, Baraboo, WI

Backbone State Park, Dundee, IA

Red River Gorge, KY

- Devil’s Lake State Park
  - Saturday, May 14th
  - COST: Student $20, University $25, Guest $30
  - Come climb with us to one of the most beautiful state parks in Iowa. There is a multitude of great climbing routes from which to choose as you enjoy the fresh outdoor air and idyllic views! No experience is necessary and all equipment is provided. Sign up in WRC 174.
  - *Max Number of Participants: 7

- Backbone State Park
  - Saturday, May 14th
  - COST: Student $20, University $25, Guest $30
  - Come climb with us to one of the most beautiful state parks in Iowa. There is a multitude of great climbing routes from which to choose as you enjoy the fresh outdoor air and idyllic views! No experience is necessary and all equipment is provided. Sign up in WRC 174.
  - *Max Number of Participants: 7

- Red River Gorge
  - Thursday, March 31st – Sunday, April 3rd
  - COST: Student $110, University $120, Guest $130
  - Elevate your sense of adventure while suspended 500 feet above Devil’s Lake. Discover the beauty and wonder of the Baraboo Range climbing with more than 1,700 routes. All levels of climbing experience are welcome and encouraged.
  - *Max Number of Participants: 7

- CLINIC: LEAD CLIMBING
  - LOCATION: WRC Climbing Wall, Cedar Falls, IA
  - DATE: Monday, March 21st & Tuesday, April 5th
  - TIME: 7:00pm – 10:00pm
  - COST: Student $15, Guest $25
  - If you are ready to take the next step in climbing, sign up to learn how to lead climb at the UNI Climbing Wall. This hands-on clinic will cover the use of quick-draws, clipping techniques, and the proper belay techniques used in lead climbing. Individuals interested should be able to climb at least a 5.9 comfortably and be able to do multiple laps on North Face without resting. Sign up in WRC 174.
  - *You must be top-rope belay certified to take this clinic
  - *Max Number of Participants: 6

- CLINIC: TOP ROPE BELAY
  - LOCATION: WRC Climbing Wall, Cedar Falls, IA
  - DATES: Jan. 31st, Feb. 15th, Feb. 28th, March 29th, and April 11th
  - TIME: 7:00pm – 9:00pm
  - COST: Student $15, Guest $25
  - Learn the basics of climbing gear, safety, and belaying on UNI’s Climbing Wall. This hands-on clinic is designed to teach you everything you need to know to become belay certified on the UNI Climbing Wall. Along with your proper belaying techniques, this clinic covers the use of knots, belay devices, and other safety equipment. Additional times can be arranged for groups of 6 – 12. Sign up online or in WRC 174.
  - *Max Number of Participants: 10

- PADDLING: BUFFALO RIVER

- LOCATION: Ponca, AR
  - DATE: February 7th, 2022
  - COST: Student $15, Guest $25

- WOMEN’S CLIMBING:
  - LOCATION: Devil’s Lake State Park, Baraboo, WI
  - DATE: Friday, April 22nd – Sunday, April 24th
  - COST: Student $75, University $90, Guest $110

- On-Campus: Broomball

- LOCATION: Panther Ponds near the WRC
  - DATES: February 7th, 5:00pm – 7:00pm
  - COST: Free

- RAFTING: PESHTIGO RIVER

- LOCATION: Peshtigo River, WI
  - DATE: Friday, April 8th – Sunday, April 10th
  - COST: Student $120, University $130, Guest $150

Do you like climbing, pizza, and good vibes? Then the Red River Gorge is the spot for you! Join us as we journey down to the mysterious Kentucky where we’ll camp at the world’s famous climbing locations in America, boasting over 3,000 routes! No experience necessary, but an adventurous spirit is a must!

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