

UNIUniversity of
Northern Iowa

Outdoor Recreation



FALL 2022 DAY TRIPS & CLINICS

UNI OUTDOORS offers a variety of educational workshops, all kinds of events on campus, and annual climbing competitions for all levels of climbers! All of UNI Outdoors trips, clinics, and events are available to UNI students, faculty, staff, and community members. Scan the QR Code to check out our website or stop by WRC 174 for more information on how you can start your next adventure!



CLINIC: TOP ROPE BELAY

LOCATION: WRC Climbing Wall**DATES:** Aug. 29th, Sept. 13th, Sept. 26th,
Oct. 11th, Oct. 24th, Nov. 8th, Nov. 28th**TIME:** 6:00pm – 8:00pm**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.

PADDLE THE CEDAR:

LOCATION: George Wyth State Park, Waterloo, IA**DATE:** Saturday, September 3rd**PRE-TRIP MEETING:** Wednesday, August 31st,
5pm, WRC 174**COST:** \$30/person

Come with us to enjoy nature and take time to rejuvenate on a quick paddle through the local waterways! We will be exploring all of the water trails George Wyth State Park has to offer in this relaxing day trip! We will supply all the gear needed, no experience necessary! Sign up in WRC 174.

CLINIC: LEAD CLIMBING

LOCATION: WRC Climbing Wall**DATES:** September 6th, October 3rd & 18th,**TIME:** 6:00pm – 9:00pm**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 teach you what you need to know to become lead climbing certified at the wall. This 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

CANOE CLINIC:

LOCATION: WRC Pond, Cedar Falls, IA**DATE:** Thursday, September 8th, 5 – 7pm**COST:** Student \$10, University \$15,
Guest \$20

Learn the basics of canoeing, proper paddling strokes, and essential gear needed for canoeing. This hands-on clinic is designed to teach you the foundational skills of canoeing so you can embark on your own paddling adventure! No experience is needed and all equipment is provided. Sign up online or in WRC 174.

CLIMBING: PICTURED ROCKS

LOCATION: Monticello, IA**DATE:** Saturday, September 10th**PRE-TRIP MEETING:** Monday, September, 6th
5pm, WRC 174**COST:** \$50/person

Pictured Rocks is one of the most popular climbing destinations in the state of Iowa and for good reason! The limestone rock quality is the best in Iowa. Enjoy the blooming flora of spring as you climb. Join us for this exhilarating adventure! No experience is necessary and all equipment is provided. Sign up in WRC 174

KAYAKING: WAPSI RIVER

LOCATION: South Independence to Quasqueton, IA**DATE:** Saturday, October 8th**PRE-TRIP MEETING:** Wednesday, October 5th,
5pm, WRC 174**COST:** \$35/person

Come along on a quick trip down the Wapsi! Enjoy a relaxing kayaking experience as we paddle a section of this beautiful Iowa river! No experience necessary!

PADDLE UNDER THE MOON

LOCATION: Big Woods Lake, Cedar Falls, IA**DATE:** Sunday, October 9th**COST:** \$10/person

Paddling Big Woods... AT NIGHT! You will get to experience Big Woods Lake when it comes to life under the light of a full moon! Join us for an adventure after dark! No experience necessary! Sign up online or in WRC 174.

CLINIC: RAPPEL

LOCATION: WRC Climbing Wall**DATES:** Wednesday, October 12th, 3 – 5pm**COST:** Students \$10, Guest \$20

Want to get ready to climb outside? Then this hands-on clinic will teach you what you need to know to begin rappelling! This clinic will cover how to set up a rappel and use back ups to ensure a safe descent. Individuals interested must be belay certified. Sign up in WRC 174.

BOULDER BASH:

LOCATION: WRC Climbing Wall**DATE:** Saturday, November 12th, 12 – 6pm**COST:** Student \$10, University \$15, Guest \$20

Boulder Bash is a friendly and fun spirited bouldering competition open to climbers of ALL skill levels. This competition will provide exhilarating boulder problems and an incredible atmosphere! Stop by WRC 173 or visit our website to register!