



**YMCA CAMP DU NORD**  
**FAMILY CAMPS**  
**ADULT RETREATS**  
**CABIN RESERVATIONS**

**FALL/WINTER/SPRING**  
**2015-2016**



# YMCA CAMP DU NORD



Families today know how difficult it is to find the time and the space to create meaningful connections and memories with each other. Life is busy - our schedules keep us moving quickly from one event to the next- work, school, sports, clubs, social outings...the list continues. Where is the time for families and friends to really BE together, to spend a few days connecting without technology at their fingertips? Where is the time for each of us to take a much deserved break, to breathe in fresh air, laugh with friends, and connect with a gorgeous landscape? We all deserve a place to play, to explore and to grow. At YMCA Camp du Nord, we believe we are that place. What we offer is quite simple, and in its simplicity something remarkable happens.

Each season in the north woods provides spectacular beauty and ample opportunities for outdoor adventure.

Don't just take our word for it. Come experience it!

**Niki Roussopoulos Geisler**  
Executive Director



**CAMP DU NORD**  
3606 North Arm Road  
Ely, MN 55731

## WE WELCOME YOU

YMCA Camp du Nord seeks to promote an atmosphere where all persons feel welcome, included, and respected. At du Nord, we pride ourselves on appreciating the value of diverse populations and welcome all! Our programs are designed to enhance the relationships of any and all those that you consider a part of your family.

## OUR MISSION

YMCA Camp du Nord's mission is to strengthen families by providing opportunities for individual and family growth, supporting spiritual development and enhancing environmental awareness in a wilderness setting. Guided by

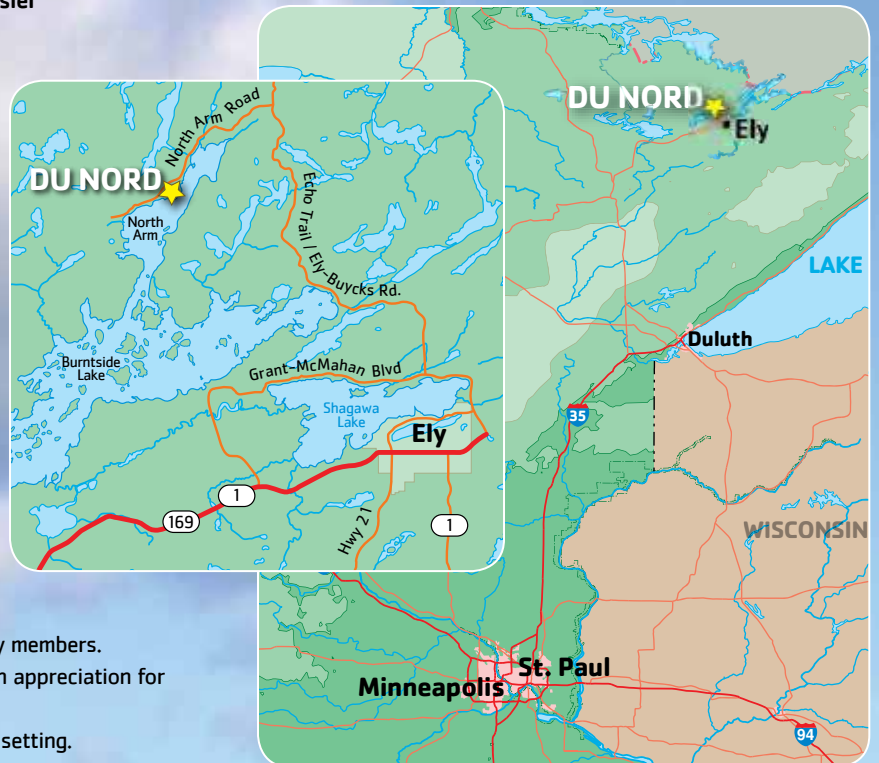
our mission, our programs seek to:

- Enrich family life and inter-family relationships.
- Develop new insights and understanding between family members.
- Cultivate awareness of the natural world and strengthen appreciation for the outdoors.
- Encourage spiritual growth and renewal in a wilderness setting.

## WHO WE ARE

YMCA Camp du Nord is not only a superb and well-renowned Family Camp, but also a top of the line retreat destination. Because of its proximity to the Boundary Waters Canoe Area Wilderness, du Nord is in a unique position to help families, groups, and individuals connect with nature and with each other. In operation since 1960, YMCA Camp du Nord has a rich history of offering activities that enhance personal relationships outside of our everyday routines- in the beautiful north woods of Minnesota.

Camp du Nord is also an excellent location for a family holiday or getaway, reunion, group retreat, wedding, and more! Want to come to camp on your own? Cabins and meal service are available for reservation all year long.



# FAMILY CAMPS FALL, WINTER, SPRING

Our **Family Camp** programs during the fall, winter, and spring seasons offer a small-scale version of our summer camp experience for families. These programs run from Thursday to Sunday, unless otherwise noted, and often coincide with school breaks. What better way to create long-lasting family memories than a fun-filled adventure in a cabin up north? Program highlights include: age groups (youth programming), crafts, hiking, canoeing, cross country skiing, sledding, sports activities, campfires, saunas, naturalist presentations and much more!

## AUTUMN ADVENTURES

**October 15–18, 2015**

### DU THANKS

**November 25–29, 2015**

Families may arrive Wednesday. Programing and meals will begin with Thanksgiving Dinner on Thursday evening.

## WINTER WONDERLAND

**February 25–28, 2016**

### CABIN FEVER

**March 17–20, 2016**

### SPRING FLING

**May 12–15, 2016**



“It’s a place to unplug and reconnect with yourself and those you love. In a safe, beautiful, peaceful, supportive environment.”



## FAMILY CAMP WEEKEND SAMPLE SCHEDULE THURSDAY EVENING:

4:00-6:00 p.m. . . . Arrive and settle into cabin

### FRIDAY & SATURDAY

8:00. . . . . Breakfast

9:30. . . . . Age Groups

12:30 . . . . . Lunch

2:00-4:00 . . . . . Family Activities

Skiing, Hikes, Paddles, Crafts, etc.

5:30. . . . . Dinner

7:00. . . . . Evening Family Activities: Campfire, Night Hike,

Sing-alongs, Family Sauna, Nature, Presentations

9:00-10:00 . . . . . Women’s Sauna

10:00-11:00. . . . . Men’s Sauna

### SUNDAY

10:30 . . . . . Brunch for ALL families

12:00 . . . . . Departure

## 55<sup>TH</sup> ANNIVERSARY CELEBRATION FEST DU NORD: MUSIC FESTIVAL

**September 4–7, 2015 (Friday–Monday)**

Help us close out the summer and celebrate the 55th anniversary of Camp du Nord with family, friends and a number of talented Minnesota musicians! Spend Labor Day weekend enjoying performances and informal jam sessions in an intimate wilderness setting or, you could just paddle across the lake on your own with the sounds of music dancing across the water.

# FAMILY CAMPS PRICING

Cabins are reserved on a first-come-first serve basis. Visit our website at [dunord.org](http://dunord.org) for cabin and site descriptions, photos and a map of camp. Meal service is available for an additional charge. Please note: Exceeding cabin capacity by one person only of any age is permissible at a fee of \$35 per night. Prices per family camp sessions.

## CABIN AND TENT SITE RATES

### DU NORD VILLAGE

THOR'S LODGE .....	\$1545
LYNX LODGE .....	\$1350
LUNTA LOFT, THE WINDS .....	\$1095
DANE LODGE.....	\$1065
JACK'S II .....	\$840
SANS SOUCI, PILOT HOUSE.....	\$300

### PINE POINTE VILLAGE

NORTHERN LIGHTS, GREENSTONE .....	\$1065
BALD EAGLE, OSPREY, TIMBER WOLF .....	\$825
CHICKADEE, SPLIT ROCK, RAVEN.....	\$750
WINTERGREEN .....	\$675

### NORTHLAND VILLAGE

TWILIGHT, SUNSHINE, WHITE PINE, NORTH STAR .....	\$870
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### ADDITIONAL SITES AVAILABLE FOR FEST DU NORD

SALT LICK .....	\$500
NORTH COVE, NUGGET, TOTEM.....	\$380
PLATFORM CABINS.....	\$280
PLATFORM TENTS .....	\$240
RUSTIC CAMP SITES AND AUTO TENT SITES.....	\$200

## MEAL SERVICE\*

### FAMILY CAMPS

#### BREAKFAST, LUNCH & DINNER FRIDAY & SATURDAY

- Meal service will be available beginning on Friday morning, ending at brunch on Sunday.
  - Brunch on Sunday morning is included in the cost of your registration fees.
- |            |                  |
|------------|------------------|
| \$70 ..... | 13 years & older |
| \$53 ..... | 8-12 year olds   |
| \$35 ..... | 4-7 years olds   |

- No cost for children three years of age and under.
- We are not able to offer refunds on paid meal service within three weeks of your visit to camp.
- Please visit [dunord.org](http://dunord.org) for schedule and meal information.

### FEST DU NORD

#### BREAKFAST & LUNCH SATURDAY AND SUNDAY, BRUNCH MONDAY

- Concessions and food vendors will be available during the afternoon concerts.
- |            |                    |
|------------|--------------------|
| \$57 ..... | 13 years and older |
| \$44 ..... | 8-12 years olds    |
| \$32 ..... | 4-7 year olds      |

### DU THANKS

#### THANKS GIVING DINNER THURS., BREAKFAST, LUNCH & DINNER FRIDAY & SATURDAY

- Brunch on Sunday morning is included in the cost of your registration fees.
- |            |                    |
|------------|--------------------|
| \$86 ..... | 13 years and older |
| \$65 ..... | 8-12 years olds    |
| \$43 ..... | 4-7 year olds      |

# FAMILY CAMP REGISTRATION FORM

## FALL, WINTER, SPRING

Complete this form and return with payment to:  
**CAMP ADMINISTRATIVE OFFICE**  
 532 County Road F  
 Hudson, WI 54016  
**(P)** 651-645-6605  
**(F)** 651-646-5521  
**(E)** info@dunord.org

Please place a check mark by the weekend for which you are registering.

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Fest du Nord</b><br>September 4-7, 2015      | <input type="checkbox"/> <b>Winter Wonderland</b><br>February 25-28, 2016 |
| <input type="checkbox"/> <b>Autumn Adventures</b><br>October 15-18, 2015 | <input type="checkbox"/> <b>Cabin Fever</b><br>March 17-20, 2016          |
| <input type="checkbox"/> <b>du Thanks</b><br>November 25-29, 2015        | <input type="checkbox"/> <b>Spring Fling</b><br>May 12-15, 2016           |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Is this your first time attending Camp du Nord?  Yes  No

How did you hear about Camp du Nord? \_\_\_\_\_

Cabin Preference: (early registration provides more opportunity of honoring your cabin requests. We will do our best to consider all requests.)  
 \_\_\_\_\_

Number of people in group: \_\_\_\_\_

Special Concerns: Please identify any camper(s) and describe any allergies, dietary needs, disabilities or impairments that may have a bearing on involvement by this person or by others attending camp: \_\_\_\_\_

### Meal Plan

**Family Camp:**  Yes  No    **Fest du Nord:**  Yes  No    **du Thanks:**  Yes  No

Number of people eating on the meal plan selected: \_\_\_\_\_ 13 years and older    \_\_\_\_\_ 8-12 year olds    \_\_\_\_\_ 4-7 year olds    \_\_\_\_\_ 0-3 year olds

### Program Fees (refer to page 4 for prices)

Lodging \$ \_\_\_\_\_

Meals \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

50% of balance due at time of registration. Remaining balance due one month prior to program date.

Amount paid at registration: \$ \_\_\_\_\_ Balance Remaining: \$ \_\_\_\_\_

Charge my credit card:  Visa  MasterCard  American Express  Discover

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

**Automatically charge my credit card when remaining balance is due (one month before program date).**

**Note: Per PCI Compliancy, credit cards are not stored in the system.**

My check for the entire amount is enclosed. Make check payable to YMCA Camp du Nord.

**Cancellation Policy:** \$50 of the fee is non-refundable. If you cancel within 3 weeks of your reserved date, you will be charged the total fee.

In Case of Emergency: Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# WAIVER AND RELEASE OF LIABILITY AND ASSUMPTION OF RISK

Please complete and return with registration. Please submit one waiver per family.

## PARTICIPANT INFORMATION Please attach a separate page if needed.

### ADULTS

Name	Age	Any medical condition, allergy or medications that may impact participation
Name	Age	Any medical condition, allergy or medications that may impact participation
Name	Age	Any medical condition, allergy or medications that may impact participation

### MINORS STAYING WITH THE ABOVE ADULT(S)

Name	Age	Any medical condition, allergy or medications that may impact participation
Name	Age	Any medical condition, allergy or medications that may impact participation
Name	Age	Any medical condition, allergy or medications that may impact participation
Name	Age	Any medical condition, allergy or medications that may impact participation
Name	Age	Any medical condition, allergy or medications that may impact participation

### ASSUMPTION OF RISK AND RELEASE OF LIABILITY

I hereby acknowledge these risks and expressly assume all risk of injury arising out of or resulting from my participation in the physical activities and Camp du Nord experience.

Further, by my signature below (or signature of parent or legal guardian for participants under the age of 18), I hereby release and forever discharge the YMCA of the Greater Twin Cities and Camp du Nord, its officers, directors, employees and volunteers, (hereinafter collectively referred to as "ASSOCIATES"), from all liability, any and all past, present, or future claims, demands, obligations, actions, causes of actions, rights, damages, expenses, of any nature whatsoever, either at law or in equity, whether statutory, or in contract or in tort including but not limited to bodily injury, wrongful death, property damage, damage to, including theft of property, or any other damages arising out of, or resulting from, my participation in Camp du Nord experience. I do further agree that I shall not bring any claims, demands, legal actions and causes of action against Camp du Nord and the YMCA of the Greater Twin Cities and its ASSOCIATES as stated above in this clause, for any economic and non-economic losses due to bodily injury, death, property damaged sustained by me or my minor children and/or legal ward in relation to the premises and operations of Camp du Nord and the YMCA of the Greater Twin Cities.

I certify to the best of my knowledge that only the people listed on my registration form will be using the facilities which I have rented. I additionally agree to notify the administrators of Camp du Nord should anyone not listed on my registration form spend the night in the cabin where I am located.

### PHOTOGRAPHY RELEASE

I hereby release all pictures for myself and my children taken by the YMCA for promotional purposes and programming materials including the YMCA website.

Yes  No Initials \_\_\_\_\_

### TRANSPORTATION/MEDICAL

#### PARENT/GUARDIAN AUTHORIZATION

1. In the event that I/any family member need immediate medical attention for injuries received while participating in a YMCA program, I authorize the YMCA staff to give me or any family member reasonable first aid, and to arrange transport of myself or any family member to a health care facility for emergency services as needed.
2. I give permission for myself /any family member to be transported by the YMCA as needed for field trips, inclement weather, or late pick up. I also give my permission to participate in walking field trips.
3. I also give permission for myself or any family member to enter Canada with the YMCA. I also understand that I/all family member's will need to bring our passports to camp if the trip involves such travel to Canada.
4. I hereby acknowledge that the YMCA will assume that either parent of the child may pick up the child at any time during the program unless there is pertinent court documentation on file at the YMCA that indicates otherwise.
5. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. The YMCA receives medical information on campers/participants that may need to be shared with medical providers.
6. If I or any family member requires use and administration of an epi-pen, prescription or over the counter medication, it is my responsibility to ensure that the epi-pen and/or medication are on me or my family member or within our personal belongings every day of the program. If YMCA staff is required to administer and use the epi-pen and/or medication, I agree to forever release and discharge the YMCA and its directors, officers, and employees from any and all liability arising out of or resulting from use or administration of the epi-pen and/or medication.
7. I give my permission for the YMCA to administer sunscreen as needed.

### WAIVER

We/I have read and understand the above information and agree to assume all risks for myself, the minors in my care or my minor children attending in my absence. (all participants 18 years of age or older listed on this form and/or staying in this cabin must sign our Liability Waiver)

Date	Signature Parent/Guardian
Date	Signature Parent/Guardian Not Attending
Date	Signature

Date	Signature
Date	Signature
Date	Signature

# WOMEN'S ADULT RETREATS

Our **Adult Retreat** opportunities offer just that...a much needed retreat. We all deserve a bit of time away to renew, relax and have some fun!

- ♦ The registration fee includes the cost of all meals, housing, programs and equipment use.
- ♦ Opportunities for personal growth through reflection, solitude, enjoyment of nature's grandeur and quiet woodland setting next to the Boundary Waters Canoe Area Wilderness.
- ♦ Small group activities and workshops offer a place to make new friends and catch up with old ones.
- ♦ Evening events, whether a performance or all-group gatherings, is a time and place for fun and fellowship.

## WOMEN'S FALL RETREAT

**October 1-4, 2015**

Our September Women's Retreat brings amazing women from all over the country to the beautiful and vibrant autumn north woods. Professional and fun facilitators offer a wide variety of workshops; including creative arts, health and fitness, personal growth, and outdoor adventures. Let's not forget about nutritious and delicious meals, and plenty of time for relaxation and entertainment. Join us for a weekend all about YOU!

**\$330** Registration Deadline: August 20, 2015

## WOMEN'S SKI & SNOWSHOE RETREATS

**January 28 – 31, 2016**

**February 18 – 21, 2016**

This is your chance to get out on skis or snowshoes and experience winter in the north woods. Guides will be available to take you on the winter trails, or you can head out on your own adventure. Enjoy evenings saunas or relaxing by campfires!

**\$290** Registration Deadline: December 3, 2015

## WOMEN'S SPRING RETREAT

**April 28 – May 1, 2016**

Our May Women's Retreat offers a pre-summer weekend, focused 100% on YOU! What woman doesn't need a little R & R before a busy summer schedule? Professional and fun facilitators offer a wide variety of workshops; including creative arts, health and fitness, personal growth, and outdoor adventures. Let's not forget about nutritious and delicious meals, and plenty of time for relaxation and entertainment. Join us for your very own north woods retreat.

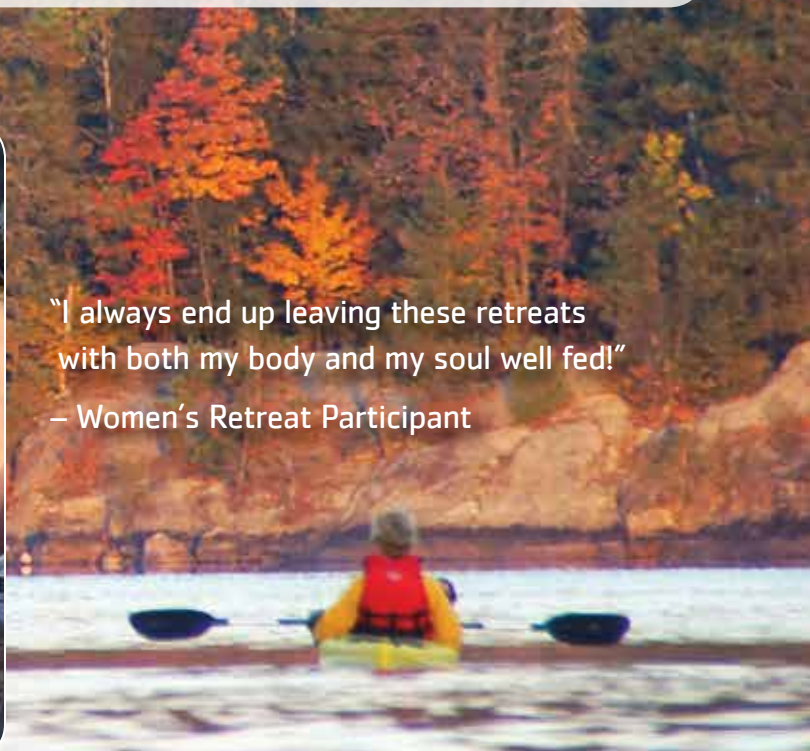
**\$330** Registration Deadline: March 17, 2016

**PLEASE REGISTER EARLY - IT IS COMMON FOR OUR RETREATS TO FILL BEFORE THE DEADLINES.**



"I always end up leaving these retreats with both my body and my soul well fed!"

– Women's Retreat Participant



# MEN'S & COUPLE'S ADULT RETREATS

## MEN'S SKI, SNOWSHOE & ICE FISHING

January 21 – 24, 2016

Gather your buddies, extended family, or both for a fun-filled weekend at Camp du Nord in the winter time, just for the guys! Enjoy two days and three nights of winter bliss, including the opportunity to get out on the trails for skiing and snowshoeing, on the lake for some ice-fishing, and in the dining hall for delicious food. Join us for Men's Ski, Snowshoe and Ice-Fishing weekend in 2016!

\$250: Registration Deadline: December 10, 2015

## WINTER COUPLE'S GETAWAY

March 10-13, 2016

Escape for the weekend and relax at your favorite north woods destination with your significant other. The weekend provides opportunities for group social time, outdoor guided adventures, skiing, snowshoeing, massages, winter saunas, and peaceful time together as a couple! Whisk your partner away for a weekend up north.

**\$450** per couple for your own cabin (full-amenity)

**\$400** per couple for your own rustic cabin

**\$350** per couple if you sign up with another couple to share a full-amenity cabin

Registration Deadline: January 28, 2016

Registration fee includes the cost of all meals, housing, programs, and equipment use.





# ADULT RETREAT REGISTRATION FORM

Complete this form and return with payment to:  
**CAMP ADMINISTRATIVE OFFICE**  
 532 County Road F  
 Hudson, WI 54016  
**(P)** 651-645-6605  
**(F)** 651-646-5521  
**(E)** info@dunord.org

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Is this your first time attending Camp du Nord?  Yes  No

How did you hear about Camp du Nord? \_\_\_\_\_

Roommate/cabin request: (early registration provides more opportunity of honoring your roommate/cabin requests. We will do our best to consider all requests.) \_\_\_\_\_

Special Concerns: Please identify any allergies, dietary allergies, dietary needs, disabilities or impairments that may have a bearing on program involvement. \_\_\_\_\_

In Case of Emergency: Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Winter registrations: Do you need ski equipment? Yes \_\_\_ No \_\_\_ Boot size \_\_\_\_\_ Height \_\_\_\_\_

**Registration Fee:** Please place a check mark by the weekend for which you are registering.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <b>Women's Fall Retreat</b><br>October 1-4, 2015<br><b>\$330</b> Reg. Deadline: August 20, 2015                      | <input type="checkbox"/> <b>Women's Ski and Snowshoe</b><br>February 18-21, 2016<br><b>\$290</b> Reg. Deadline: December 3, 2015   | <input type="checkbox"/> <b>Women's Spring Retreat</b><br>April 28 – May 1, 2016<br><b>\$330</b> Reg. Deadline: March 17, 2016 |
| <input type="checkbox"/> <b>Men's Ski, Snowshoe &amp; Ice Fishing</b><br>January 21-24, 2016<br><b>\$250</b> Reg. Deadline: December 10, 2015 | <input type="checkbox"/> <b>Couple's Getaway</b><br>March 10-13, 2016<br><b>\$450</b> /couple for your own cabin (full-amenity)<br><b>\$400</b> /couple for your own rustic cabin<br><b>\$350</b> /couple if you sign up with another couple to share a full-amenity cabin<br>Name of other couple: _____<br>Reg. Deadline: January 28, 2016 |  |
| <input type="checkbox"/> <b>Women's Ski and Snowshoe</b><br>January 28-31, 2016<br><b>\$290</b> Reg. Deadline: December 3, 2015               |  |  |

**Payment:**

Charge my credit card:  Visa  MasterCard  American Express  Discover

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Make check payable to YMCA Camp du Nord.

**Cancellation Policy:** \$50 of the fee is non-refundable. If you cancel within 3 weeks of your reserved date, you will be charged the total fee.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in YMCA activities, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence the YMCA of the Greater Twin Cities and its owners, directors, officers employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

1. I acknowledge that participating in YMCA activities involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, broken bones, torn ligaments or other injuries as a result of falls or contact with other participants; death as a result of drowning or brain damage caused by near drowning in pools or other bodies of water; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
2. **I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees.** My participation in these activities is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue my participation.

3. **I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in these activities, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct.** Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in these activities, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
5. In the event that I file a lawsuit, I agree to do so in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

**By signing this document, I agree that if I am hurt or property damaged during my participation in this activity, then I may be found by a court of law to have waived our right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.**

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understood this document and I agree to be bound by its terms.**

## AUTHORIZATION

1. In the event that I need immediate medical attention for injuries received while participating in a YMCA program, I authorize the YMCA staff to give me reasonable first aid, and to arrange transport of myself to a health care facility for emergency services as needed.
2. I give permission for myself to be transported by the YMCA as needed for field trips, inclement weather, or late pick up. I also give my permission to participate in walking field trips.
3. I also give permission for myself to enter Canada with the YMCA. I also understand that I will need to bring my passport to camp if the trip involves such travel to Canada.
5. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. The YMCA receives medical information on campers/ participants that may need to be shared with medical providers.
6. If I require use and administration of an epi-pen, prescription or over the counter medication, it is my responsibility to ensure that the epi-pen and/ or medication are on me or within my personal belongings every day of the program. If YMCA staff are required to administer and use the epi-pen and/ or medication, I agree to forever release and discharge the YMCA and its directors, officers, and employees from any and all liability arising out of or resulting from use or administration of the epi-pen and/ or medication.

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (with area code) \_\_\_\_\_ Date \_\_\_\_\_

**THIS FORM MUST BE SUBMITTED WITH THE REGISTRATION FORM**

# CABIN RESERVATIONS

Come up with your family, friends or bring a group.

## DISCOUNTS

- **GET THURSDAY NIGHT FREE** when staying Friday and Saturday nights.
- **MID-WEEK DISCOUNT 50% OFF** Sunday–Wednesday nights.
- **DECEMBER 50% OFF FROM DECEMBER 1–20**
- **APRIL AND MAY 50% OFF** all reservations.

Discounts exclude weddings, holidays and Family Camp Weekends.

Only one discount applied per reservation.

Please note: Exceeding cabin capacity by one person only of any age is permissible at a fee of \$35 per night

## RUSTIC CABINS & TENT SITES

All cabins have electricity and kitchens. The cabins are near a centrally located shower house with modern bathroom conveniences. Nearby biffies are also available. These cabins are only available September and May.

**WINDS:** sleeps 9, 4 bedrooms, kitchen, woodburning stove, bathroom, lake view, screened porch. Beds: 2 queen, 2 long bunk beds, 1 roll out twin **\$295 /night**

**SALT LICK:** sleeps 6, 2 bedrooms, kitchen, fireplace, lake view, screened porch. Beds: 1 full and 2 bunk. **\$150/night**

**NORTH COVE:** sleeps 5, 2 bedrooms, bathroom, kitchen, fireplace, lake view. Beds: 1 full, 1 bunk, 1 twin. **\$190/night**

**NUGGET:** sleeps 4, 2 sleeping alcoves, kitchen, fireplace, lake view. Beds: 1 full, 1 bunk. **\$110/night**

**TOTEM:** sleeps 4, 2 bedrooms, kitchen, lake view. Beds: 1 full and 1 bunk. **\$110/night**

**SIAM:** sleeps 4, 1 bedroom, kitchen, deck, lake view. Beds: 1 full, 1 bunk. **\$110/night**

**PILOT HOUSE:** sleeps 2, 1 room with fireplace, kitchen. The romantic porch extends over the lake offering great views. Beds: 1 full. **\$100/night**

**SANS SOUCI:** sleeps 2, 1 room with kitchen, fireplace, lake view. Beds: 1 full Available year round **\$100/night**

**\*PLATFORM CABINS/PLATFORM TENTS:** sleep 6 **\$40/night**

**\*TENT SITES:** sleep 8 **\$15/night**

**\*AVAILABLE ONLY IN SEPTEMBER**

## FULL FACILITY CABINS

The full facility cabins have bathrooms, full kitchens and are scenically located. Cabins are convenient to all program activities and waterfront areas.

### NORTHLAND VILLAGE

**TWILIGHT, SUNSHINE, WHITE PINE & NORTH STAR:** Cabins sleep 7, bathroom and a full kitchen, gas fireplace, 2 bedrooms and a loft, in-floor heat, central vacuum, and a screened porch. Beds: 1 queen, 5 long twins. **\$285/night**

### DU NORD VILLAGE

**THOR'S LODGE:** sleeps 16, woodburning stove, spacious kitchen, 6 bedrooms, 2 bathrooms, deck. Beds: 6 full and 4 twin. **\$645/night**

**LYNX LODGE:** sleeps 14, hand-hewn log cabin with kitchen, 5 bedrooms, fireplace, 2 bathrooms, Beds: 2 queen, 10 twin in bunk and stand alone configurations. **\$570/night**

**DANE LODGE:** sleeps 10, hand-hewn log cabin with large kitchen, 3 bedrooms upstairs, stone fireplace in great room, half bath. Beds: 2 full, 2 twin and 2 bunk. **\$410/night**

**LUNTA LOFT:** sleeps 10, large kitchen, 2 bedrooms, 2 alcove bedrooms, fireplace in great room, 2 bathrooms. Beds: 2 queen and 3 bunk. **\$435/night**

**JACK'S II:** sleeps 7, great room with woodburning stove, kitchen, 2 bedrooms and sleeping loft, bathroom. Beds: 1 queen, 3 twin (one is a roll out), and 1 bunk. **\$285/night**



### PINE POINTE VILLAGE

**GREENSTONE:** sleeps 11, fireplace, full kitchen, 4 bedrooms and sleeping loft, screened porch, deck, 2 bathrooms. Beds: 2 queen and 7 long twin. **\$440/night**

**NORTHERN LIGHTS:** sleeps 11, fireplace, full kitchen, 4 bedrooms and sleeping loft, 2 decks, 2 bathrooms. Beds: 2 queen, 7 long twin. **\$430/night**

**BALD EAGLE, OSPREY, TIMBER WOLF :** Cabins sleep 7, screened porch, 2 decks, 2 bedrooms and sleeping loft, fireplace, full kitchen, bathroom. **BALD EAGLE & OSPREY** Beds: 1 queen and 5 long twin.

**TIMBER WOLF** Beds: 2 queen and 3 long twin. **\$285/night**

**CHICKADEE, SPLIT ROCK, RAVEN:** Cabins sleep 5, screened porch, 2 decks, 2 bedrooms, full kitchen, bathroom, fireplace. Beds: 1 queen, 1 long twin and 1 bunk. ADA accessible cabins. **\$210/night**

**WINTERGREEN:** sleeps 4, screened porch, 2 decks, 2 bedrooms, fireplace, full kitchen, bathroom. Beds: 1 queen and 2 long twin. **\$205/night**

# ADDITIONAL INFORMATION

## HOUSING FACILITIES

See page 11 for cabin descriptions.

**DU NORD VILLAGE** consists of 14 unique cabins, all of which are available for use by families, individuals or groups. The unique character of each of the du Nord Village cabins offers a variety of housing that allows families, individuals and organized groups to return year after year and experience a different cabin each time. Cabins come with an assortment of amenities providing a variety of queen beds, double beds, bunk beds and single beds. Six cabins are fully winterized with heat and water.

**PINE POINTE VILLAGE** has cabins which have all been constructed since the year 2000. There are nine cabins available complete with heat, wood-burning fireplaces, full kitchens and indoor bathrooms. Cabins sleep 4, 5, 7, or 11 people. Each cabin has at least one bedroom with a queen-size bed.

**NORTHLAND VILLAGE** consists of four log cabins, which have all been constructed since the fall of 2007. All four cabins are available for families or groups. The cabins all have heat, full kitchens and an indoor bathroom. They have gas fireplaces and a loft. Cabins sleep 7 people.



## MEETING AND DINING FACILITIES

The Lodge du Nord Dining Hall includes facilities for banquet or family style dining. This building is great for large-group gatherings, weddings and receptions.

The Morning Glory Program Center in Pine Pointe Village includes a meeting/classroom area and a lounge that also serves as a large-group gathering area. Fee is \$75 for two days of exclusive use and \$25 per additional day. If your group reserves five or more cabins, the fee for Morning Glory is waived.

## MEAL SERVICE

Hearty and nutritious meals are available in the Lodge du Nord Dining Hall for groups of 30 or more people. Meals are served family style and can also be served buffet style on request. With proper notice, our staff can accommodate most dietary needs, restrictions and wishes. Please consult rates below for meal prices. All meal service requests must be finalized two weeks prior to your visit to camp. Form available at [dunord.org](http://dunord.org). We are not able to offer refunds on paid meal service within three weeks of your visit.

## PROGRAM EQUIPMENT

Each of the villages at Camp du Nord has a sauna: two electric and one wood burning. The wood burning sauna will be available one time during your stay. Additional saunas may be requested, (but are not guaranteed) at an additional fee of \$100 per sauna. All villages have access to the Camp Trading Post where cross-country skis and snowshoes are available for rent.

In fall and spring canoes, rowboats and kayaks are available at no additional cost.

## FALL/WINTER/ SPRING ACTIVITIES

- Hiking
- Cross country skiing
- Snowshoeing
- Ice fishing
- Sledding
- Observing wildlife
- Paddling
- Sauna
- Campfires and s'mores

## MEAL SERVICE FEES FOR GROUPS

(Meals are available for groups of 30 or more.)

	Breakfast 8:00	Lunch 12:30	Dinner 5:30	Sun. Brunch 10:30	All Meals
<b>13 years of age and older</b>	\$8.75 breakfast	\$11.50 lunch	\$14.75 dinner	\$12.00 brunch	\$35.00 day/3 meals/person
<b>8-12 years of age</b>	\$6.75 breakfast	\$8.50 lunch	\$11.50 dinner	\$9.00 brunch	\$26.75 day/3 meals/person
<b>4-7 years of age</b>	\$4.75 breakfast	\$5.75 lunch	\$7.25 dinner	\$7.00 brunch	\$17.75 day/3 meals/person
<b>3 years of age and younger:</b>	No charge				

# CABIN REGISTRATION FORM FALL, WINTER & SPRING

Complete this form and return with payment to:  
**CAMP ADMINISTRATIVE OFFICE**  
 532 County Road F, Hudson, WI 54016  
**(P)** 651-645-6605 **(F)** 651-646-5521  
**(E)** info@dunord.org

One registration form required per address.

**RESERVATION PREFERENCE:**

Arrival Date: \_\_\_\_\_ Cabin Preference \_\_\_\_\_  
 Departure Date: \_\_\_\_\_ 2nd Choice \_\_\_\_\_

**MAIN CONTACT FOR BILLING AND COMMUNICATION:**

Name \_\_\_\_\_  
 Address: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 In Case of Emergency: Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Is this your first time at Camp du Nord?  Yes  No

How did you hear about Camp du Nord? \_\_\_\_\_

**LIST ALL MEMBERS OF YOUR PARTY. ATTACH A SECOND SHEET IF NEEDED:**

Name _____	Email _____	Birthdate _____
Name _____	Email _____	Birthdate _____
Name _____	Email _____	Birthdate _____
Name _____	Email _____	Birthdate _____
Name _____	Email _____	Birthdate _____
Name _____	Email _____	Birthdate _____
Name _____	Email _____	Birthdate _____

Special concerns: Please identify any camper(s) and describe any allergies, dietary needs, disabilities or impairments that may have a bearing on involvement by this person or by others attending camp: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Would you like your group to have a sauna during your stay?  Yes  No Preferred date & time \_\_\_\_\_

\*This does not guarantee a sauna time. Staff will confirm with you upon arrival. One sauna per visit.

50% of balance due at time of registration. Remaining balance due one month prior to program date.

Payment in Full: \$ \_\_\_\_\_ Amount paid at registration: \$ \_\_\_\_\_ Balance Remaining: \$ \_\_\_\_\_

Charge my credit card:  Visa  MasterCard  American Express  Discover

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

**Automatically charge my credit card when remaining balance is due (one month before reservation date).**

**Note: Per PCI Compliancy, credit cards are not stored in the system.**

My check for the entire amount is enclosed. Make check payable to YMCA Camp du Nord.

**CANCELLATION POLICY:** \$50 of the fee is non-refundable. If you cancel within 3 weeks of your reserved date, you will be charged the total fee.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

EFFECTIVE 8/01/13

Please complete and return with registration. Please submit one waiver per family.

**PARTICIPANT INFORMATION** Please attach a separate page if needed.

**ADULTS**

Name	Age	Any medical condition or medications that may impact program participation
Name	Age	Any medical condition or medications that may impact program participation
Name	Age	Any medical condition or medications that may impact program participation

**MINORS STAYING WITH THE ABOVE ADULT(S)**

Name	Age	Any medical condition or medications that may impact program participation
Name	Age	Any medical condition or medications that may impact program participation
Name	Age	Any medical condition or medications that may impact program participation
Name	Age	Any medical condition or medications that may impact program participation
Name	Age	Any medical condition or medications that may impact program participation

In consideration of participating in YMCA activities, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence the YMCA of the Greater Twin Cities (hereinafter referred to as YMCA) and its owners, directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

- I acknowledge that participating in YMCA activities involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, broken bones, torn ligaments or other injuries as a result of falls or contact with other participants; death as a result of drowning or brain damage caused by near drowning in pools or other bodies of water; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
- I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My/My child's participation in these activities is purely voluntary and we elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I or my child are unable to participate due to physical or medical conditions, then I will immediately discontinue participation.
- I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my/my child's participation in these activities, or our use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct or conduct that constitutes greater than ordinary negligence. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
- I represent that I have adequate insurance to cover any injury or damage I or my child may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I/my child have no medical or physical conditions which could interfere with our safety in these activities, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
- In the event that I file a lawsuit, I agree to do so in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
- I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I or my child is hurt or our property is damaged during participation in these activities, then I or my child may be found by a court of law to have waived our right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if the YMCA did not utilize waivers as a method to lower insurance and administrative costs. I have read and understood this document and I agree to be bound by its terms.

**PARENT/GUARDIAN AUTHORIZATION SECTION — TRANSPORTATION/MEDICAL**

- In the event that I/my child need immediate medical attention for injuries received while participating in a YMCA program, I authorize the YMCA staff to give me or my child reasonable first aid, and to arrange transport of myself or my child to a health care facility for emergency services as needed.
- I give permission for myself and/or my child to be transported by the YMCA as needed for field trips, inclement weather, or late pick up. I also give my permission to participate in walking field trips.
- I also give permission for myself or my child to enter Canada with the YMCA. I also understand that I/my child will need to bring our passport to camp if the trip involves such travel to Canada.
- I hereby acknowledge that the YMCA will assume that either parent of the child may pick up the child at any time during the program unless there is pertinent court documentation on file at the YMCA that indicates otherwise.
- I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. The YMCA receives medical information on campers/participants that may need to be shared with medical providers.
- If I or my child requires use and administration of an epi-pen, prescription or over the counter medication, it is my responsibility to ensure that the epi-pen and/or medication are on me or my child or within our personal belongings every day of the program. If YMCA staff is required to administer and use the epi-pen and/or medication, I agree to forever release and discharge the YMCA and its directors, officers, and employees from any and all liability arising out of or resulting from use or administration of the epi-pen and/or medication.

**GENERAL**

- I hereby release all pictures of myself or my child taken by the YMCA for promotional purposes and programming materials including the YMCA website.
- I give my permission for the YMCA to administer sunscreen as needed and to change my child's diaper while my child is in their care.
- I acknowledge that certain sections of this waiver may not apply to me and/or my child and the programs or activities that we have chosen but agree to be bound by any applicable language.

Date	Signature Parent/Guardian	Date	Signature
Date	Signature Parent/Guardian Not Attending	Date	Signature
Date	Signature	Date	Signature

# RESERVATION PROCEDURES

Adult retreats require payment in full at the time of reservation. A 50% non-refundable deposit is required to make a reservation for family camp or cabin reservations.

Reservation forms should be mailed, scanned, or faxed. All reservations are accepted on a first-come, first-served basis.

## FINAL PAYMENT

The reservation balance plus any food service fees etc., is due one month before your visit.

## CANCELLATION POLICY

\$50 of the fee is non-refundable. If you cancel within 3 weeks of your reserved date, you will be charged the total fee.

**“Fun, knowledgeable staff, excellent setting, variety of activities. Overall a great family vacation!”**

## PERSONAL PRICING PLAN

YMCA Camp du Nord welcomes all who wish to participate, within resources available, and annually raises funds to help make that possible. Please let us know if we may serve your family in this way. Personal pricing is available online at [dunord.org](http://dunord.org) or by calling the du Nord Administrative Office at 651-645-6605 and requesting an application. All requests for personal pricing are kept strictly confidential.

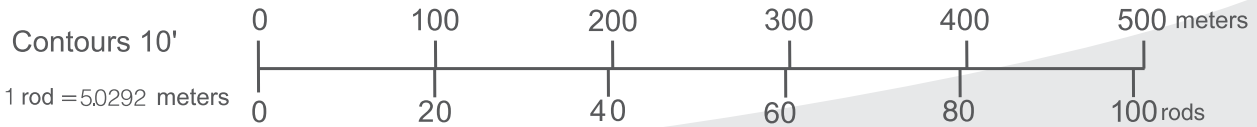


# YMCA CAMP du NORD

## Winter Map

### Legend

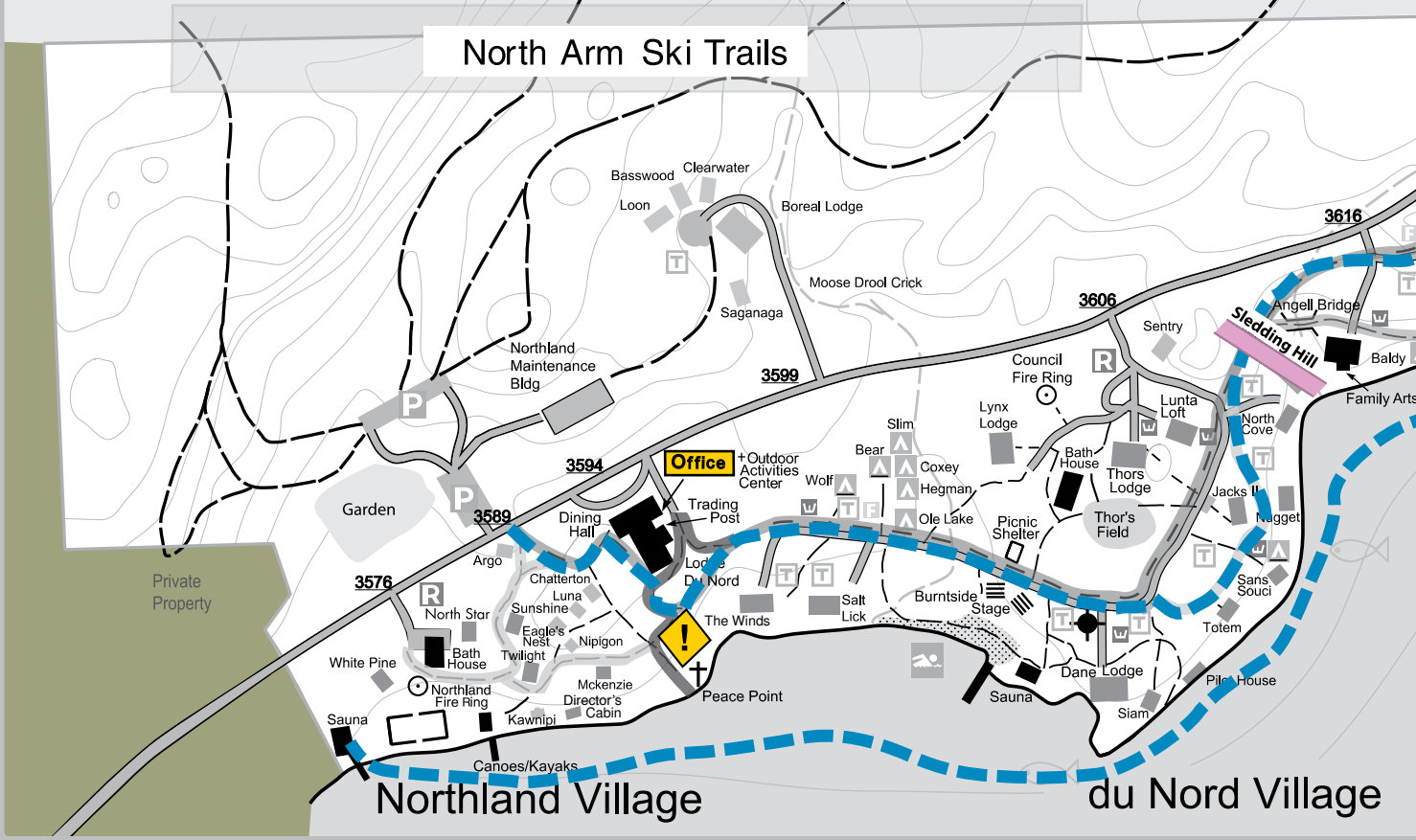
- |                       |                     |               |
|-----------------------|---------------------|---------------|
| Community Buildings   | Road, parking area  | Skiing        |
| Staff Cabins          | Fire Ring           | Caution: Hill |
| Platform Cabins       | Trail               | Sledding Hill |
| Tents (platform, non) | Private property    |               |
| Food cache, firewood  | Contours            |               |
| Recycle/trash         | Stream, Lake        |               |
| Biffy                 | Cliff               |               |
| Fishing spot          | Forest Service Land |               |
| Swimming area         | Duga Pit            |               |
|                       | Information Kiosk   |               |



**Snow**

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### North Arm Ski Trails

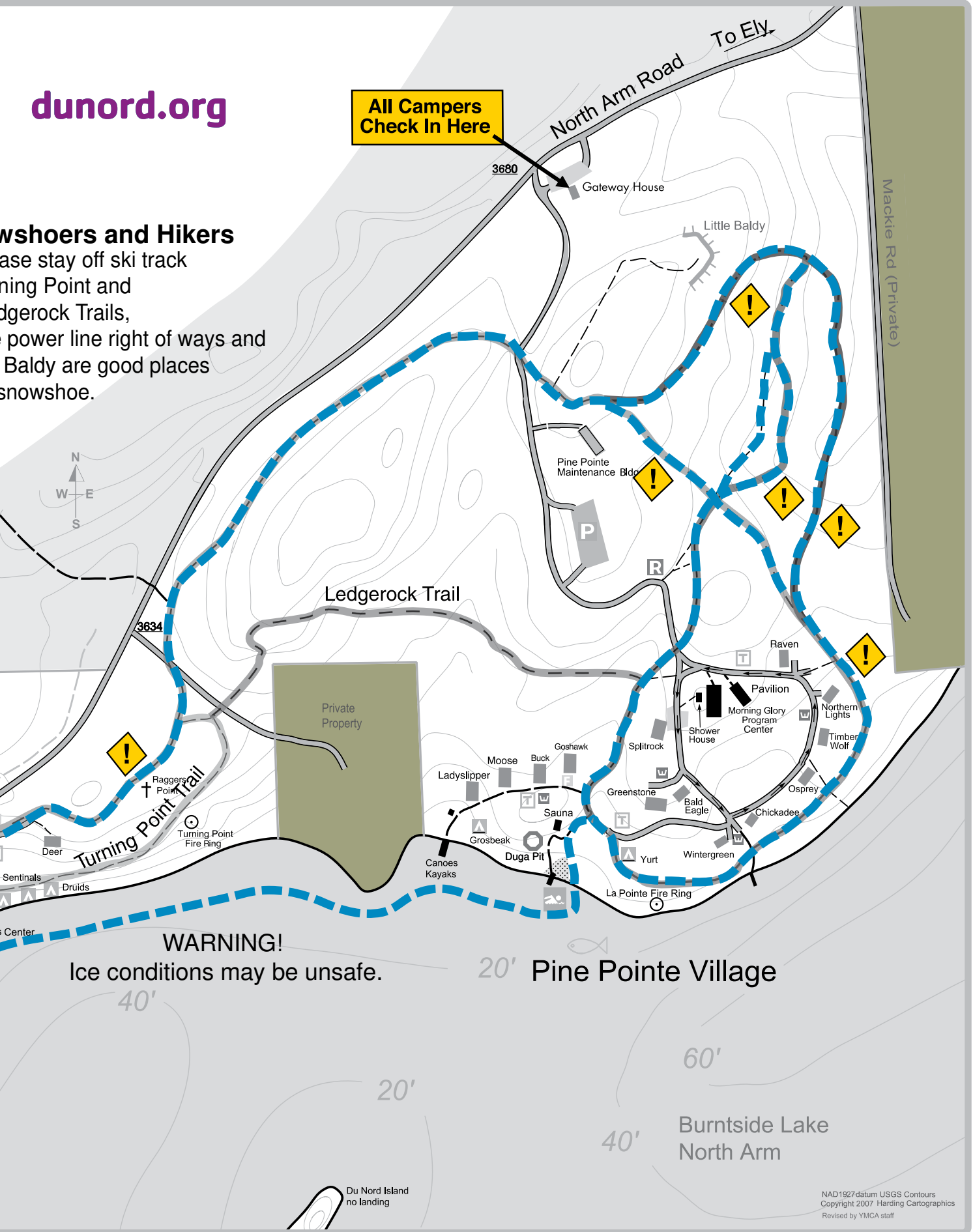




**Snowshoers and Hikers**

Please stay off ski track  
Turning Point and  
Ledge Rock Trails,  
power line right of ways and  
Little Baldy are good places  
for snowshoe.

**All Campers  
Check In Here**



**WARNING!**  
Ice conditions may be unsafe.

20' Pine Pointe Village

60'  
40'  
Burntside Lake  
North Arm

NAD 1927 datum USGS Contours  
Copyright 2007 Harding Cartographics  
Revised by YMCA staff



# YMCA CAMP du NORD

## Spring-Summer-Fall Map

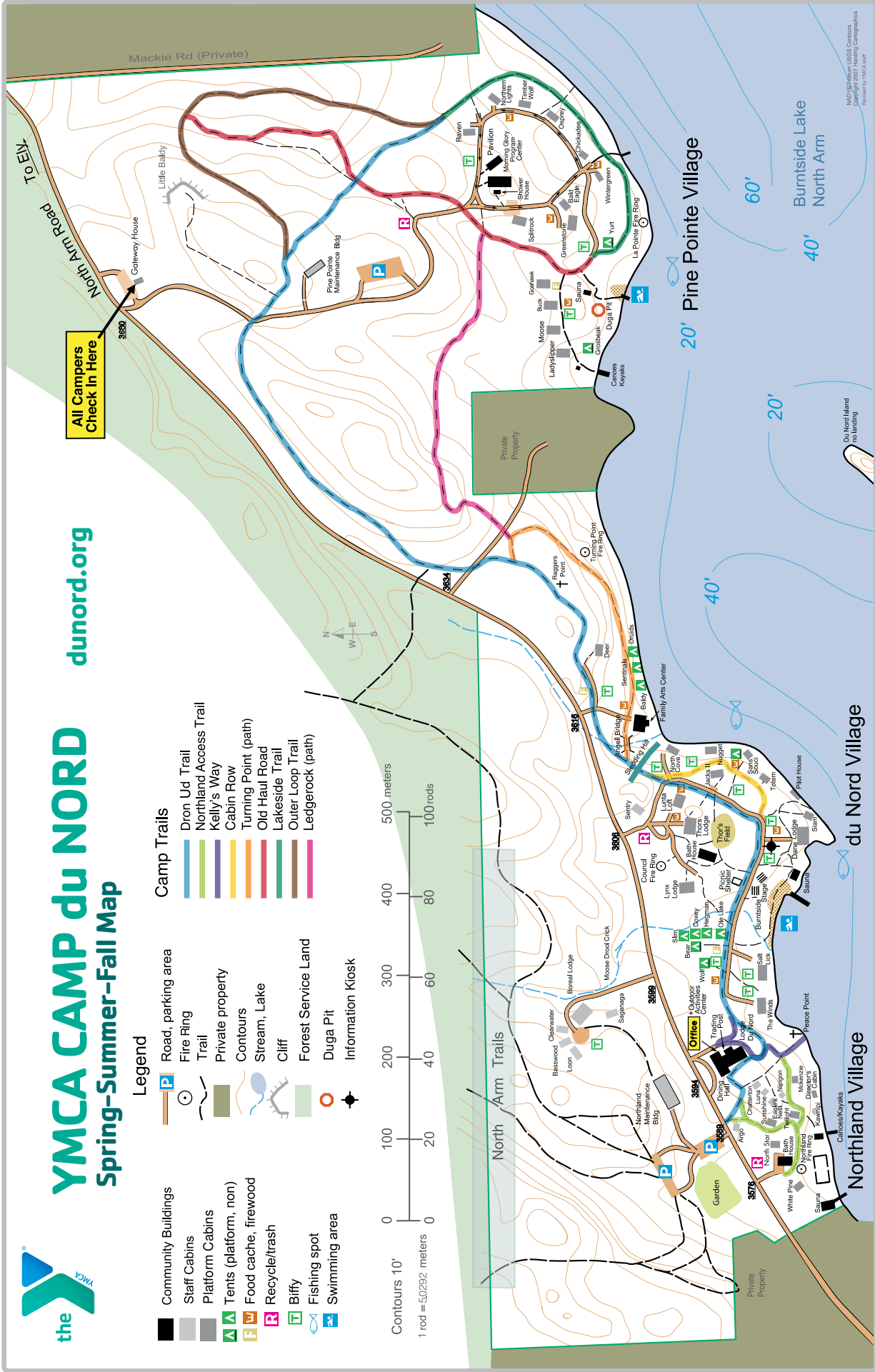
[dunord.org](http://dunord.org)

### Legend

- |  |                       |  |                     |
|--|-----------------------|--|---------------------|
|  | Community Buildings   |  | Road, parking area  |
|  | Staff Cabins          |  | Fire Ring           |
|  | Platform Cabins       |  | Trail               |
|  | Tents (platform, non) |  | Private property    |
|  | Food cache, firewood  |  | Contours            |
|  | Recycle/trash         |  | Stream, Lake        |
|  | Biffy                 |  | Cliff               |
|  | Fishing spot          |  | Forest Service Land |
|  | Swimming area         |  | Duga Pit            |
|  |                       |  | Information Kiosk   |

### Camp Trails

- |  |                        |
|--|------------------------|
|  | Dron Ud Trail          |
|  | Northland Access Trail |
|  | Kelly's Way            |
|  | Cabin Row              |
|  | Turning Point (path)   |
|  | Old Haul Road          |
|  | Lakeside Trail         |
|  | Outer Loop Trail       |
|  | Ledgerock (path)       |



Map prepared by Loretta Carlson  
Copyright 2007 Haring Cartographics  
Revised by YMCAs staff

# VOLUNTEER OPPORTUNITIES

Many YMCA Camp du Nord supporters work behind the scenes all year long! We couldn't create the kind of du Nord experience that brings so many families back to camp without the dedication and support of our volunteers. A variety of opportunities are available for you and your family to enjoy fun volunteer events both at camp and in the Twin Cities. These volunteer projects help support staff, make necessary improvements, and help keep YMCA Camp du Nord affordable for all.

## WORK WEEKENDS

Families and individuals are encouraged to take part in a long-standing tradition of Volunteer Work Weekends. The du Nord staff and Buildings and Land Stewardship Committee invites you to participate in these fun and productive events! Plan on lots of enjoyable work projects, hearty meals, evening sauna, good fellowship and memories to last a lifetime! Kids work too! Reservations are accepted on a first-come, first-served basis.

## FALL WORK WEEKEND & TREES AND TRAILS

October 8 – 11, 2015

## MEMORIAL DAY WORK WEEKEND

May 27 – 30, 2016

## SUMMER PREP WORK WEEKEND

June 3-5, 2016

Work weekend registration forms are available at [dunord.org](http://dunord.org).

## COMMUNITY BOARD/COMMITTEE VOLUNTEERS

Camp du Nord has very strong Board involvement and is always looking for additional skills, talents, and dedicated supporters. Volunteers serve a three year term on our Advisory Board of Directors, or can also join one of our active committees- i.e. Buildings and Land Stewardship, Diversity, Financial Development, Finance, Programs and Marketing, and Risk Management. Meetings are held in the Twin Cities.

## SPECIAL EVENTS

Camp du Nord is always looking for volunteers for a variety of annual special events.

- **Annual Garage Sales**, a joint fundraiser with Camp Widjiwagan
- **Esprit du Nord**, annual spring fundraiser
- **Annual Campaign**

Please contact us if you're interested in volunteering for Camp du Nord at [info@dunord.org](mailto:info@dunord.org).





CAMP DU NORD  
Administrative Office  
532 County Rd. F  
Hudson, WI 54016

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
YMCA  
TWIN CITIES MN

## OUR LOCATION

Only 250 miles north of the Twin Cities lies the Boundary Waters Canoe Area Wilderness — over a million acres of lakes and forest — a place to captivate your heart and inspire your imagination. Camp du Nord is located on the North Arm of beautiful Burntside Lake just north of Ely, Minnesota.



"Like" us on Facebook.

Follow us on Twitter.

View photos on [flickr.com/ymcacampdunord](http://flickr.com/ymcacampdunord)

Visit us at [dunord.org](http://dunord.org)

Have a question?

Contact us at 651-645-6605

Email us at: [info@dunord.org](mailto:info@dunord.org)

