



# POSITIVE ENERGY **OUTDOORS**

Duluth's Outdoor Education Center



## EDUCATION PROGRAMS

[www.outdooredventures.org](http://www.outdooredventures.org)

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# TABLE OF CONTENTS

Letter to Readers ..... 3

Frequently Asked Questions ..... 4-7

(ed)Ventures ..... 8-15

    Sample Itinerary ..... 8

    Dogsledding, Winter Survival Skills, Draft Horses ..... 9

    Inland Lake Kayaking, Climbing Wall, Hiking and Snowshoeing ..... 10

    Cranberry Bog Exploration, Initiative Games ..... 11

    Family (ed)Ventures and Public Programs ..... 11

    Renewable Energy Exploration, Sled Dog Kennel Tour, Family Literacy Nights ..... 12

    Outdoor (ed)Venture Clubs ..... 12

    Scout Troops, Homeschool, ECFE Programming ..... 13

    Summer Camps ..... 14-15

Contact information ..... 16



# LETTER TO READERS

Welcome to Positive Energy Outdoors! As Duluth's year round outdoor education center, we invite you to participate in one or more of our many programs. Outdoor education blends physical and social skills with experiences in nature, providing important learning opportunities for young people. Non-competitive outdoor education programs help youth increase physical activity levels and develop capacities for creativity, problem solving and emotional and intellectual development.<sup>1</sup>

Positive Energy Outdoors is located just 15 miles north of Duluth. Our 40 acre facility is surrounded by over 600 acres of public land, and includes waterfront on Fredenberg Lake, a 100 acre private lake, with easy access to Island Lake Reservoir. Our beautiful forested property also includes a large cranberry bog and miles of trail access for hiking, snowshoeing, dog sledding and sleigh and wagon rides. Positive Energy Outdoors' draft horses and kennel of friendly Alaskan husky sled dogs are also housed on site. We produce our own power with a 3kw wind turbine and 1200 watt solar array. Other program sites include Lincoln Park, Ely's Peak in Duluth and the North Shore of Lake Superior.

Whether you choose dog sledding on our 1/2 mile bog loop, kayaking on Fredenberg Lake or driving a team of draft horses, Positive Energy Outdoors' programs encourage people and animal powered exploration of the outdoors.

We look forward to helping your group explore the outdoors!

Sincerely,

Stephanie Love, M.S. Experiential Education  
Blake Cazier, B.A.S. Teaching Earth Science  
POSITIVE ENERGY OUTDOORS Co-Founders and Directors

<sup>1</sup>Kellert, Stephen R. "Nature and Childhood Development." In *Building for Life: Designing and Understanding the Human-Nature Connection*. Washington, D.C.: Island Press, 2005.

## FAQ

"JACK'S EXPERIENCE WITH YOU HAS BEEN SO POSITIVE! BEING CHALLENGED BY ADHD AND ASPERGER'S, IT'S RARE FOR HIM TO FIND AN ENVIRONMENT THAT IS UPLIFTING AND SUPPORTIVE OUTSIDE OF HOME. I'VE NOTICED SUCH AN IMPROVEMENT IN HIS SELF-ESTEEM AND INDEPENDENCE! I WOULD BE THRILLED FOR HIM TO BE ABLE TO CONTINUE ON THIS PATH WITH YOU AND YOUR WONDERFUL DOGS."

CHRISTINE G., PARENT

### Where is your facility?

Positive Energy Outdoors is located 15 miles north of Duluth (25 minutes from downtown Duluth, 45 minutes from Two Harbors and 3 hours from the Twin Cities). Because we are not a walk-in facility, directions are only provided to registered program participants. Other program locations include outdoor climbing and kayaking sites in Duluth and on the North Shore. Positive Energy Outdoors also offers outreach programs and can come to you.

### How do you make a reservation?

Call or e-mail Steph at 218-391-0147 or [info@outdooredventures.org](mailto:info@outdooredventures.org) to talk about program options and schedules—all programs are customized to meet each group's individual learning needs. A 50% deposit, payable by credit card (Visa, Mastercard or Discover), check or purchase order, will reserve your spot. Upon receipt of your deposit, you will receive an e-mail that includes a detailed confirmation letter and cancellation policy, directions and parent permission slip/assumption of risk form. Clothing lists are available on our website, or we can send one for you with the confirmation letter upon request.

### How do we know our programs work?

Positive Energy is proud of its high quality programs and the positive feedback we receive from participants. We use the Youth Program Quality Assessment Tool (Youth PQA) to measure youth development best practices in four domains: Safe Environment, Supportive Environment, Interaction and Engagement. Additionally, we actively seek input from youth participants, parents, teachers and community members to inform program design and delivery for a variety of audiences and learning styles. Blake Cazier and Stephanie Love, Positive Energy



Co-Founders and Directors, share a combined 40 years of experience as professional outdoor educators. They have led college programs, demonstration camps and have worked for organizations such as Outward Bound. Positive Energy Outdoors' staff are highly skilled outdoor educators who are both experienced and passionate about teaching and learning.



### **Who can participate in our programs?**

Positive Energy Outdoors serves children as young as 2 through adults. While our programs and facility are not fully handicap accessible, we do serve a number of individuals each year with physical disabilities, and can adapt many of our programs to accommodate participants in wheelchairs or with limited mobility. We also serve individuals with emotional and behavioral disorders.

### **How do Positive Energy Outdoors' programs address state academic standards?**

Our site, staff and activities allow Positive Energy Outdoors to customize its programs to meet a variety of academic standards. Please see our activities page for more information, or contact Steph at 218-391-0147 or [info@outdooredventures.org](mailto:info@outdooredventures.org) to learn about how we can create a customized program for you.

### **What if participants decide they do not want to try an activity?**

Positive Energy Outdoors uses the "Challenge by Choice" philosophy. We provide a thorough introduction to activities and safety procedures, allowing students to feel comfortable participating, no matter their experience level. While students are encouraged to try all activities, we do not force participation, but instead try to find a constructive way for that student to contribute to the positive experience of the group (for example, providing encouragement to another climber, or paddling with an adult in the front of a tandem kayak). Most often, students watch others participating and decide to try as well, resulting in a positive experience with the activity.



### **What is your cancellation policy?**

If you must cancel your reservation within one month of your trip, your 50% deposit is non-refundable; however, the deposit can be applied to a future trip. Future trips will reflect the current pricing at the time of reservation. We cannot guarantee availability for future trip dates, but will do our best to accommodate your request if booked far enough in advance. Cancellations within 48 hours will be charged the full amount of the program. If Positive Energy Outdoors must cancel your trip due to weather conditions, you may apply your deposit toward a future program or you may request the full refund of your deposit. The weather in Duluth or on the North Shore of Lake Superior may be very different from the weather inland. We will advise you of the current conditions at the program location. Weather cancellations are at the sole discretion of Positive Energy Outdoors.

### **We're on a limited budget. Can we still participate?**

Positive Energy Outdoors' programs can be customized to fit a variety of budgets and programming needs. Group rates are available for all programs. It is our mission to make outdoor education programming accessible to all, but we feel that our programs' quality and unique experiences for participants are well worth the cost. Please contact Steph at 218-391-0147 or [info@outdooredventures.org](mailto:info@outdooredventures.org) to learn more.

### **What is the role of chaperones/teachers on a trip?**

We encourage chaperones and teachers to actively participate in the experience. Adults have a powerful opportunity to model positive behavior, healthy risk taking and enthusiastic



participation in new activities. If chaperones do not wish to participate in activities, they can still take pictures, provide encouragement and engage with students during the experience.

### **What happens if there is bad weather?**

Each group provides the cell phone number of a contact person regarding weather. The majority of our programs take place rain or shine, with the exception of outdoor rock climbing. We do not operate in severe weather conditions. Program participants should bring rain gear (tops and bottoms) and waterproof footwear if there is rain in the forecast. Rain or fog will not automatically cancel a program, but we will keep you advised of the weather (conditions in Duluth may be very different than at Positive Energy Outdoors' site). For winter programs, we follow the school or program's guidelines for cold and wind chill to determine weather cancellations. We suggest scheduling an alternate date in case of extreme cold or rain.

### **What is your safety record?**

Positive Energy Outdoors has an excellent safety and risk management record, which spans over 40 years of combined professional outdoor education experience. A copy of our insurance is available upon request, and we can customize our assumption of risk forms to meet the requirements of individual schools or programs. We are required to inform participants and their parents/guardians of the potential for injury. Occasionally, participants in our programs have experienced minor bumps, bruises or scrapes. We are proud to meet or exceed industry standards for safety. Please feel free to contact Blake at 218-428-5990 or [info@outdooredventures.org](mailto:info@outdooredventures.org) with any questions.



## (ED)VENTURES

Positive Energy Outdoors offers year round field trip (ed)Ventures for pre-K through college students at our site, just 15 miles north of Duluth. We can accommodate groups of 8 - 60+ participants. Groups of 12 or larger are split into small groups to experience a rotation of activities, allowing personalized attention and instruction. Minimum program length is 2 hours. Positive

Energy Outdoors' programs are designed to align with many state academic standards. We also offer pre- and post-field trip sessions to help students prepare and transfer learning to school, home and beyond.

Positive Energy Outdoors field trips are customized to meet individual learning requirements of the group. Costs vary depending on activities chosen, length of the trip and group size. Positive Energy Outdoors can also bring many activities to your location for "reverse field trips." Please contact Steph at 218-391-0147 or e-mail [steph@outdooredventures.org](mailto:steph@outdooredventures.org) for more information or to make a reservation.

### Sample Full Day Itinerary

- » Arrive: 8:30 am
- » Welcome and disperse to activity sites
- » First Activity: 8:45-10:15
- » Second Activity: 10:15-11:45
- » Lunch: 11:45-12:15
- » Third Activity: 12:15-1:45
- » Fourth Activity: 1:45-3:15
- » Meet for wrap up and departure: 3:30

"FOR ABOUT TEN YEARS, MY STUDENTS HAVE STUDIED THE ALASKAN IDITAROD. AN IMPORTANT PART OF THIS PROJECT WAS LEARNING ABOUT THE DOGS THEMSELVES AND HOW THEY HAD TO WORK TOGETHER AS A TEAM. THIS EXPERIENCE TOOK ON A WHOLE NEW MEANING WHEN POSITIVE ENERGY OUTDOORS BROUGHT THEIR DOG TEAMS TO OUR SCHOOL. NOT ONLY DID THE STUDENTS LEARN ABOUT THE DOGS, THEY HAD THE OPPORTUNITY TO SIT IN THE SLED AND EXPERIENCE THE THRILL OF RACING THROUGH THE WOODS IN BACK OF THE DOG TEAM. IT'S ONE THING TO WATCH BUT ANOTHER THING TO ACTUALLY PARTICIPATE."

CINDY M, 2ND GRADE TEACHER



### **Dog Sledding (December-March)**

Our kennel of friendly Alaskan huskies provides students with a new perspective on winter! Learn about mushing history, equipment, dog care and training. Students help harness and hook up the team, and head out for an exciting ride on our 1/2 mile bog loop. Dog sledding is also available at school sites with appropriate trails and weather conditions.

### **Winter Survival Skills (December-March)**

What is it like to camp out during winter? Students learn about winter survival, including building snow and tarp shelters, pulling equipment with a pulk on skis, snowshoes or with the help of a dog, and how to stay warm and comfortable no matter the temperature. Afterwards, enjoy a warm up in our wood stove heated canvas wall tent.

### **Draft Horses - Wagon or Sleigh**

Our friendly draft horses are your hosts for an experiential journey through Minnesota forest history. Students learn about life in a logging camp through exploration of historic and modern logging tools, driving the team on a sleigh or wagon ride, and the past, present and future of our forests. Forest history programs are also available at school and community sites.

"I HAD THE PRIVILEGE OF GOING TO POSITIVE ENERGY OUTDOORS IN MAY OF THIS YEAR. WHAT A FANTASTIC EXPERIENCE! I SAW RELUCTANT STUDENTS BLOSSOM INTO CURIOUS EXPLORERS AND QUESTIONERS. STUDENTS WHO PREFERRED TO WORK ALONE ENTHUSIASTICALLY JOINED A TEAM AND COOPERATED IN A NON-COMPETITIVE ENVIRONMENT. ALL STUDENTS CHALLENGED THEMSELVES TO GO ABOVE AND BEYOND THEIR OWN PERSONAL EXPECTATIONS. I COULD FEEL THE "POSITIVE ENERGY" ALL AROUND."

LINDA B., 5TH GRADE TEACHER

## Inland Lake Kayaking (May-October)

Students explore safety skills and paddling techniques in stable one or two person kayaks, including youth sized kayaks for paddlers under 120 pounds. Our private waterfront on Fredenberg Lake is the perfect setting to see wildlife, including loons, bald eagles, great blue herons, osprey, turtles and more. Mini lessons on topics including watersheds, water quality, shoreline health, loons, creeks and rivers add depth to the experience. We can bring kayaks and equipment to other inland lake locations for groups of up to 12.

## Climbing Wall (May-October, ages 8 and older)

Build teamwork and trust while working together to climb our 20' climbing wall. Students work cooperatively to learn knots, safety skills and climbing techniques. Rent the portable climbing wall for field days, fundraisers, family fun nights, community events and celebrations. Outdoor

rock climbing, geology and hiking programs are available in Lincoln Park and at Ely's Peak in Duluth, and on the North Shore at Tettegouche or Temperance River State Parks.

## Naturalist Guided Hiking or Snowshoeing

Explore our forest trails by snowshoe or on foot. Learn about the plants and animals unique to our region, and how to read a map and compass for an orienteering (ed)Venture. Experience glacial features like erratics, eskers and kettles as you make your way down the trail.





### **Cranberry Bog Exploration**

What is a bog, what lives there? Students travel by snowshoe or on foot as they learn about bog ecology, where they'll see carnivorous plants, wild cranberries, a beaver lodge and feel a "bog bounce" on the sphagnum moss of our peat and cranberry bog.

### **Initiative Games**

Small to large groups experience games and challenges designed to explore teamwork, positive communication, trust, leadership, creativity and problem solving at our site or yours.

### **Family (ed)Ventures and Public Programs**

Positive Energy Outdoors offers year round programming for families and the general public. Family (ed)Ventures also make great birthday parties! A complete list of our public programs is available on our website, [www.outdooredventures.org](http://www.outdooredventures.org). Positive Energy is a 501(c)3 not-for-profit organization. Participation in public programming, such as rock climbing, dog sled tours, kayak tours and instruction, team building and sleigh rides, provides crucial funding to help defray the operating expenses for the educational programs we provide for youth. Please ask about sponsorship opportunities, including sponsoring a sled dog or contributing to our day camp scholarship fund. Under IRS regulations, you are entitled to a charitable contribution for any payments exceeding the actual value of goods or services received. Also, please shop at our estore: [www.duluthoutdoorededucation.com/estore](http://www.duluthoutdoorededucation.com/estore), where a portion of your purchase is donated to Positive Energy Outdoors.



## **Renewable Energy Exploration**

Students learn about electricity, where it comes from and how it works as they explore wind and solar energy, build a potato battery or cook a snack in a solar oven at our site or yours.

## **Sled Dog Kennel Tour**

Sled dogs are amazing animals! Get a behind-the-scenes-tour and learn about history, equipment and terminology, care, housing and training. Students will have the opportunity to test their teamwork as a human dog sled team.

## **Family Literacy Nights**

Designed for children in grades K-6 and their families, enjoy themed stories, activities, demonstrations, crafts and snacks at your school or community site. Choose from Reading With Sled Dogs, Minnesota Forest History and Water Sports.

## **Outdoor (ed)Venture Clubs**

What are you doing after school? Positive Energy's Outdoor (ed)Venture Clubs give students opportunities to enjoy a variety of non-competitive activities, including outdoor climbing, inland lake kayaking, snowshoeing, hiking/orienteering, dog sledding, driving draft horses (sleigh or wagon), renewable energy education, team building, expeditionary learning and leadership development. Clubs meet once a week for 3 hours after school, and sessions are 4-6 weeks in length. Transportation is provided, but a fee reduction is available for parents/guardians who drive with at least 3 participants.



## Scout Troops

Positive Energy Outdoors hosts many scout groups each year. From a winter sampler that includes dog sledding, sleigh rides, snowshoeing and the wall tent to a kayak outing on Lake Superior, we can introduce your scout troop to outdoor experiences or build skills as you work on Boy Scout merit badges or Girl Scout badges or council patches.

## Homeschool

Positive Energy Outdoors offers weekly homeschool programs or can create a program for your homeschool group.

## ECFE Programming

Positive Energy Outdoors is available for ECFE Transportation Nights, sleigh or wagon rides, dog sled rides or Family Literacy Programs. Please contact Steph at 218-391-0147 or [info@outdooredventures.org](mailto:info@outdooredventures.org) for more information.

"I JUST WANTED YOU TO KNOW THAT THE (ED)VENTURE CLUB HAS BEEN AWESOME. MY DAUGHTER JESSICA LOVES IT (AND HAS FELT SO PROUD OF HER ACCOMPLISHMENTS) AND I HAVE TALKED TO SOME OTHER STUDENTS INVOLVED AND THEY THINK IT IS GREAT. THANKS SO MUCH FOR FINDING GREAT THINGS FOR OUR STUDENTS TO BE INVOLVED IN."

JANA O, PARENT



## Summer Programs

Positive Energy Outdoors offers summer programming for youth entering grades 1 and up. Day Camps are designed for youth entering grades 1-4. Outdoor (ed)Venture Weeks are for middle schoolers in grades 5-8. For those going into grades 9-12, participate in our Outdoor Leadership for Teens program and learn skills to assist with Day Camps and Outdoor (ed)Venture Weeks. Scholarships are available for all summer programs, and transportation is provided from the Marshall School parking lot. A summer program guide is available each April by e-mailing [info@outdooredventures.org](mailto:info@outdooredventures.org), or you may download it from Positive Energy Outdoors' website: [www.outdooredventures.org](http://www.outdooredventures.org).

**Day Camps:** Kayaking, Climbing, Horses and More, Girls' Outdoor (ed)Ventures

**Outdoor (ed)Venture Weeks:** Climbing, Kayaking, Girls' Outdoor (ed)Ventures



All camps and outdoor (ed)Venture weeks include meeting the draft horses and sled dogs, kayaking, rock climbing, team building challenges, hiking/orienteering, swimming and more. Day Camp and Outdoor (ed)Venture Week Scholarship forms are available on our website or can be mailed to you. Camps have a minimum of 8 and a maximum of 10 participants. Fees include transportation, equipment and instruction. Day camps are small group experiences with low camper:staff ratios and high quality instruction. We help participants work together to develop new skills, creating a supportive environment for learning and personal growth. Campers and parents consistently tell us our camps are the best!

Positive Energy Outdoors offers custom summer programming for youth agencies or groups of 5 or more participants. We also offer day trips for camps and groups visiting Duluth or the North Shore, and can provide high quality kayak skills courses, outdoor rock climbing, Lake Superior kayaking, draft horse programs, team building experiences and more for participants or staff. For more information or to schedule a program, contact Steph at 218-391-0147 or [info@outdooredventures.org](mailto:info@outdooredventures.org).



"MY SON TYLER  
WAITS ALL YEAR FOR  
THE WEEK HE  
SPENDS WITH YOU  
GUYS....YOU AND  
ALL THE STAFF DO A  
GREAT JOB!"

TINA M, PARENT



POSITIVE ENERGY  
**OUTDOORS**

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## QUESTIONS?

**Visit us online:** [www.outdooredventures.org](http://www.outdooredventures.org)

**Call us:** 218.391.0147 -OR- 218.428.5990

**Email us:** [info@outdooredventures.org](mailto:info@outdooredventures.org)

**Book a visit:** [www.outdooredventures.org/rates-reservations](http://www.outdooredventures.org/rates-reservations)

