

NORTH
Dakota | Lake Metigoshe
Be Legendary.™ STATE PARK

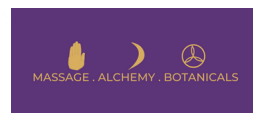
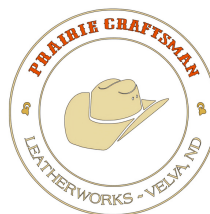
FEBRUARY 6-8, 2026

WILD OUTDOOR WOMEN

Wild Outdoor Women (WOW) events are primarily for ladies over the age of 16 who wish to learn, refine skills, and build confidence surrounding a variety of outdoor recreational activities at Lake Metigoshe State Park.

Amy Schimetz,
Outdoor Ed Coordinator
Lake Metigoshe State Park
701-263-4514
aschimetz@nd.gov

Registration opens online
December 10, 2025
at 12PM (CT) via
[ShowClix](#)



General Event Information

Wild Outdoor Women (WOW) events are primarily for ladies ages 16 and over interested in learning or refining skills related to various outdoor recreational skills in a safe, hands-on setting. We look forward to offering classic activities, bringing back a few by popular demand and introducing a few new activities and topics for the upcoming event.

Due to the hands-on nature of the activities affiliated with this event, participation is limited due to equipment, physical space and/or the comfort level of the instructor(s). We highly encourage participants to register upon registration opening to increase chances of getting into desired sessions and/or activities. Activities often sell out, sometimes within minutes. Should this happen, additional sessions and/or activities will not be added.

Although many ladies would like to take activities with a friend or family member, we also want to provide everyone an equal opportunity; therefore, individuals will be limited to purchasing one ticket/person for all of the activities. Those that want to attend with friends or family members will need to coordinate a time to register individually, factoring in ticket availability at that time. We highly encourage everyone to register themselves due to the terms and conditions that are agreed to upon registration and the contact information that is collected.

Email addresses and the names of the ticket holders that are provided during registration process will be very important as emails will be utilized to obtain your ShowClix confirmation and various important information surrounding the event. If we do not have the correct names and/or email address, you may not obtain the information you need ahead of the event. Check your email often and consider checking junk folders looking for emails from both ShowClix and aschimetz@nd.gov.

Ticket sales are final and waiting lists are not managed - please see cancellation policy.

We are confident you'll find several activities for which to register whether you are ready to try something new, refine skills, build confidence or simply meet other outdoor enthusiasts while spending time with us at Lake Metigoshe State Park.

Registration

Registration will open on December 10, 2025 at 12pm (Central Time) via [ShowClix](#) and will close January 18, 2026 at 11:59pm or as sessions fill. Onsite registration during the event is not available at any time.

Please know that ShowClix, our ticketing platform, is experiencing issues—searching “Bottineau” or “Lake Metigoshe State Park” on ShowClix will NOT display all LMSP events; you CAN search for “Wild Outdoor Women” and the event will be displayed. ShowClix is unable to fix this search function at this time due to a major system rebrand on their end.

To view all LMSP events to include WOW, you must use the direct link that will result in a calendar listing of events. When registration opens Dec 10 at 12pm (CT), please use the provided link to register or search for “Wild Outdoor Women”.

Participants register online by purchasing tickets that represent the number of sessions and the activities for which you want to participate in as well as optional event shirts, lodging, and meals. Please note Friday evening sessions overlap in time. In addition, there are activities that span multiple sessions throughout the weekend. Tickets are named for the date, session for which it starts (if it continues, it'll indicate it in the title) and the activity name. Please take note so you do not double-book yourself (ShowClix will not alert you).

To ensure that you have complete information surrounding each activity, please be sure to read all of the activity descriptions for which you are registering, taking note of the indication of indoors/outdoors, the physical rating and additional information whether it is about what to bring, how to dress or if the activity spans multiple sessions.

Once registered, participants will receive a confirmation email generated by ShowClix; check junk mail folder. You may contact aschimetz@nd.gov to get the confirmation re-sent electronically. Print off your confirmation to reference the sessions, activities, meals and/or lodging for which you registered for your own personal reference; printed tickets are not needed for admittance. Lists that are generated from ticketing platform are created, which are posted in the park's kitchen/dining hall for all to reference throughout the weekend of the event.

Registration Fees

Registration fees are determined by factoring in overall costs affiliated with planning, hosting and wrapping up the event. Event costs include the use of all of the park facilities (kitchen, dining hall, dorms, cabin lodging for instructors, auditorium), equipment usage for the activities (skiing equipment, snowshoes, kicksleds, skis, etc.), catering services, additional materials purchased for specific activities and costs to cover the staff it takes to plan, host, teach and wrap-up the event. Ticketing platform fees are absorbed by LMSP. We do our best to keep our costs lower by seeking sponsors, collaborators and volunteers.

State Park Entrance Fees

Special thanks to Starion Bank (Bottineau, ND) and Souris River Telephone (SRT) Communications for their continued support in purchasing advertising space which the parks turns around and covers the state park entrance fees for all registered WOW participants. Entrance fees are normally \$7/vehicle/day or \$35 for an annual permit. Annual permits waive entrance fees into all of the ND State Parks. The 2026 annuals are now available and are valid through April 30, 2027. Those interested in purchasing a 2026 annual pass to utilize after the event can do so [here](#); they will be mailed to you.

Welcome Session

We invite everyone, whether you are new or a familiar face to join us for this Friday evening session to learn more about LMSP and WOW events. It's also a great opportunity for those with questions to get them answered ahead of the rest of the weekend's activities.



WOW Event Schedule & Fees

Please make note there are activities that overlap and span multiple sessions - ShowClix will not alert you if you double-book yourself. Please review activity descriptions to ensure you have information on what you may need to bring, indoor/outdoor indication, physical activity level, etc.

Friday, February 6

- 1pm-4:30pm **Session I—Pre-WOW Self-Guided (SG) Adventures**
(Central Time) SG Kicksledding (\$18), SG Snowshoeing (\$18), SG Skishoeing (\$18), and SG XC Skiing (\$18)
- 5:30pm-9:00pm **Session II (note this session overlaps Session III)**
Wilderness First Aid (\$40) and Bush to Jar: Chokecherry Jam Canning Class (\$40)
- 7:00pm-9:00pm **Session III (note this session overlaps Session II)**
Tubing @ BWP (\$22), Advanced Night XC Skiing (\$30), Foray into Fermenting (\$35) and Moonlight Snowshoe Hike (\$25)
- 9:15pm **WOW Welcome** - not required, but great opportunity to ask questions and pick-up WOW apparel!
All WOW participants are welcome to gather 'round the fire in both dorms as we provided complimentary firewood!

Saturday, February 7

- 8:00am-8:45am Breakfast (\$16) in Dining Hall - food served until 8:30am
- 8:45am-9:00am Travel to Assigned Activity Location
- 9:00am-12:30pm **Session IV**
Intro to Downhill Skiing (\$80 - CONTINUES THROUGH SESSION VI), Darkhouse Spearfishing (\$70 - CONTINUES THROUGH SESSION V), Fur Handling (\$75 - CONTINUES THROUGH SESSION V), Birch Bark Basket Making (\$55), Building Better Habitats (\$65), Custom Leather Knife Sheath (\$85), SG XC Skiing (\$18), SG Kicksledding (\$18), and SG Snowshoeing (\$18)
- 12:30pm-1:15pm Lunch (\$18) and WOW apparel pick-up in Dining Hall - food served until 1:00pm
- 1:15pm-1:30pm Break & Travel to Activity Location
- 1:30pm-3:30pm **Session V**
Intro to Downhill Skiing (Continued), Darkhouse Spearfishing (Continued), Fur Handling (Continued), Beginner's XC Skiing (\$30), Beginner's Skishoeing (\$30), Beginner's Fat Biking (\$30), Creating A Winter Hypothecary (\$25), Winter Counts (\$45), and SG Kicksledding (\$18)
- 3:30pm-4:00pm Break & Travel to Activity Locations
- 4:00pm-6:00pm **Session VI**
Watercolor Postcards (\$25), Beginner's Skishoeing (\$30), Winter Counts (\$45), Knife Sharpening (\$30), Intermediate Fat Biking (\$30), Intermediate XC Skiing (\$30), Intro to Snowshoeing (\$30), and SG Kicksledding (\$18)
- 6:00pm-7:15pm Supper (\$22) in Dining Hall - food served until 6:45pm
- 7:15pm-7:30pm Travel to Activity Location
- 7:30pm-9:30pm **Session VII**
Pine Needle Basketry (\$65 - CONTINUES IN SESSION VIII), Sap to Syrup (\$30), Acrylic Paint Party (\$25), and Moonlight Snowshoe Hike (\$25)

All WOW participants are welcome to gather 'round the fire in both dorms as we provided complimentary firewood!

Sunday, February 8

- 8:00am-8:45am Breakfast (\$14) in Dining Hall - food served until 8:45am
- 8:45am-9:00am Travel to Assigned Activity Location
- 9:00am-12:30pm **Session VIII**
Pine Needle Basketry (Continued), Birch Bark Basket Making (\$55), Winter Focaccia (\$40), Beginner's Woodburning (\$45), Life Skills (\$35), SG Snowshoeing (\$18), SG Skishoeing (\$18), SG Kicksledding (\$18) and Darkhouse Spearfishing (\$70 - CONTINUES UNTIL 3PM.)

**Please view optional meal ticket descriptions via ShowClix to view menu and pricing.*

Cancellation Policy

All sales are final-no exceptions. If you have registered, but are no longer able to attend for whatever reason, you are able to send a replacement as long as prior notification is given via email aschimetz@nd.gov AND necessary liability waivers have been completed and submitted on or prior to Tuesday, February 3, 2026 at 5pm. Any participants that do not attend and are not able to send a replacement waive their full registration amount. Should weather forecast not be ideal, the event will go on and we'll modify as we are able. Please plan and pack appropriate gear as well as a positive attitude. If LMSP deems it necessary to cancel the event, full refunds will be provided. Refunds will be available if, for whatever reason, LMSP needs to cancel specific activities affiliated with the event.

Optional Insurance

Any optional insurance that was purchased through the registration process is between registered participants that opted for it and the insurance company; LMSP/WOW is not involved with processing any optional insurance claims or affiliated documentation. For additional information, please visit the insurance [website](#).

Veteran Scholarship Available

Annie's House Adaptive Recreation Program is supporting veterans as well as the upcoming event by providing a great opportunity for women veterans that have a 10% service connected disability or greater. This is a limited opportunity so please email [Annie's House](#) for complete details.

What to Bring

Please be prepared for changing weather conditions to maximize your safety, comfort and enjoyment. Reference activity descriptions and/or lodging info as it applies for additional information as to what to expect so you can plan and pack accordingly.

Consider bringing additional items to include, but not be limited to, a winter survival kit, hand sanitizer, quality footwear, cell phone charger/battery pack, extra clothing layers, lip balm, sunscreen, ball cap, hand/toe warmers, winter face mask, scarf, extra socks, extra gloves, sunglasses, snacks, re-fillable coffee cup, re-fillable water bottle, book and camera. Ear plugs and slip-on shoes come highly recommended for those staying on-site in dorm lodging. Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloth and personal toiletries.

Physical Activity Ratings & Indoor/Outdoor Indicators

Each activity has a fitness level rating to include Easy, Moderate and Arduous. Some activity ratings may vary as they depend upon the level you choose to do them, an individual's physical condition or the trail/activity may vary in difficulty throughout the session itself. We hope you find that information helpful when choosing activities. Participants are able to establish how to dress for their activities by the indication of where each activity takes place within its description.

Lodging & Restrooms

Those interested in staying within the Lake Metigoshe State Park dorms (\$12/night) need to purchase a ticket to represent the night(s) lodging, if desired, on or prior to 11:59pm on January 18, 2026. **Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloth and personal toiletries. Beds are not assigned; simply claim a bunk upon your arrival in the desired dorm, depending if you are a night owl or an early riser.**

The comfort stations will be open and available for those looking for restrooms and/or showers throughout the event weekend. Comfort stations with flushing toilets, sinks and showers are located adjacent to the kitchen/dining hall and dorms. In addition, there is a vault toilet near the Warming House on the north side of the parking lot.

Local hotel lodging is available at the lake as well as in Bottineau, ND (15 miles SW of Lake Metigoshe State Park). Visit Bottineau's [website](#) for information on local accommodations. Metigoshe Ministries also has a variety of guest rooms available that sleep 4-7 people in each room. Visit [Metigoshe Ministries](#) for additional information.



Meals

Meals that will be available onsite for the event include Saturday's breakfast, lunch and supper in addition to Sunday's breakfast. **Please purchase tickets for the optional meals on or prior to January 18, 2026 at 11:59pm via [ShowClix](#); meals will not be available for purchase at the event.** There are very limited breakfast options available at the lake.

Meals will be served out of the park's dining hall located near the entrance of the park throughout the time indicated on the event schedule; please allow yourself time to eat and get to your session(s) on time.

Optional Meals

Saturday, February 7

Breakfast (\$16) - Scrambled eggs, bacon, sausage, fresh fruit and caramel roll served with juice, milk and coffee

Lunch (\$18) - Protein Bowls (cilantro lime rice, smoked chicken) with toppings and sides to include Mexican street corn dip, tortilla chips, queso, toppings and a dessert served with coffee, milk and lemonade

Supper (\$22) - Parmesan crusted chicken, tossed salad, rosemary baby red potatoes, dinner roll and a dessert served with coffee, milk and lemonade.

Sunday, February 8

Breakfast (\$14) - Breakfast sandwich (choice of ham/egg/cheese or sausage/egg/cheese or egg/cheese), fresh fruit, vanilla yogurt and granola served with juice, milk and coffee

Please send aschimetz@nd.gov inquiry if you have any allergy or dietary needs as we may or may not be able to accommodate. There are onsite options to utilize refrigerators/freezers and microwave for those needing to bring their own food/snacks (all food needs to be labeled and dated per health code requirements).

All other meals are on your own. For information on where to eat in the Bottineau-Lake Metigoshe area, please visit Bottineau's [website](#).

Arrival & Activity Locations

Activity locations will be communicated to registered participants prior to the event via email. It is crucial for registered participants to check their email, including junk or spam folders, to ensure emails are received. **There is no formal check-in process, simply show up for the activities for which you are registered at the time you are supposed to be there. Out of respect for staff, instructors and other participants please do your best to be on time; those that are late run the risk of not catching up to the group and/or activity.** A majority of the sessions will take place within the state park boundary, but may require a short drive. A few activities will meet and take place outside of the state park, requiring a bit longer drive (up to 9 miles). Activities that take place more than one mile outside of the state park indicate the location and distance within its activity description. Feel free to utilize the Lake Metigoshe State Park [map](#). If there are any further questions as to where the locations are once they are announced, please contact aschimetz@nd.gov prior to the event as it may be difficult to find staff during the event.

Please do not utilize GPS navigation systems when traveling to the park as they usually direct visitors to the wrong area of the lake. Follow a North Dakota map in addition to local road signs. Look for the flag poles and large entrance sign.

Campfires

Participants are welcome to sit and relax by the fire throughout the weekend in either of the two dorms located adjacent to the dining hall and comfort station. Participants can come and go as they please to sit and warm by the fire, as often as needed. As a courtesy, firewood is provided in both dorms; if more is needed, kindly purchase bundles of wood at the main office (\$8/bundle during business hours (8am-5pm). Consider bringing a book or craft project if you have time in between sessions. This is also a great time to meet other enthusiasts and share stories and experiences from the great outdoors.



Winter 2026 WOW Event Apparel

Pre-Sale Only!

Purchase a ticket via [ShowClix](#) on or prior to January 18 that represents the garment and size you would desire and pick up your shirt at the event. Due to team member and/or volunteer availability, we cannot guarantee alternative times so please plan accordingly. A minimum order is required; should the minimum quantity for an order not be met, refunds will be provided.

There will be no onsite options to purchase or exchange apparel; we will be ordering exactly what is needed to fulfill the order in terms of quantity and sizes. Please reference the fit guide and sizing information below to assist you in establishing the garment(s) you'd you like to order.

2TN3F
CASSIDE SNOWFLAKE FBS

PRICE LEVEL:
\$28/48 PC.

FIND YOUR WILD

N 48 58.798
W 100 20.086

WILD OUTDOOR WOMEN

2026
WILD
OUTDOOR WOMEN
LAKE METIGOSHE STATE PARK
NORTH DAKOTA
EST
BOTTINEAU
37
NINETEEN

WILD OUTDOOR WOMEN

PLACEMENT: FULL BACK
DIMENSIONS: 12.33 x 16.3
PLACEMENT: LEFT CHEST
DIMENSIONS: 3.97 x 2.94
PLACEMENT: FULL LEFT SLEEVE
DIMENSIONS: 2.8 x 15.6
INKS:
○ UNDERLAY
● CONFETTI 212
● TEAL 313
○ WHITE

DESIGNS ARE SUBJECT TO CHANGE PENDING LICENSING APPROVAL. ©BLUE84 IS A DIVISION OF LAKESHIRTS, INC. REPRODUCTION WITHOUT CONSENT OF BLUE 84 IS PROHIBITED.

THIS IS AN ARTIST REPRESENTATION ONLY. ACTUAL PRODUCT MAY VARY

Women's Tri-Blend Long Sleeve T-Shirt - \$32

4.7 oz. - 50% Poly, 37% cotton, 13% Rayon
Roomier fit and super soft tri-blend makes this a very comfortable garment.
Available in S-2XL. Classic Fit.

Universal Tri-Blend Fleece Crew Sweatshirt - \$48

6.5 oz. - 50% Cotton 37% Cotton, 40% Poly
Super soft tri-blend with a sporty look makes this long sleeve an instant favorite.
Available in S-2XL. Classic Fit.

FIT GUIDE

WOMEN'S

RELAXED FIT:
Roomy & relaxed

CLASSIC FIT:
Shaped to contour the body with room to move

FITTED:
Shaped close to the body

MEN'S

RELAXED FIT:
Comfortable, loose fit in both the sleeves & body

CLASSIC FIT:
Slightly fitted in both the sleeves & body

	XS	S	M	L	XL	2XL
MEN'S CHEST		34-37.5	38-40	41-43.5	44-46	47-49
WOMEN'S CHEST		33-34.5	35-36	37-38.5	39-40	41-42

Activity Descriptions

Session I - Pre-WOW Self-Guided (SG) Adventures

Friday, February 6

1pm-4:30pm

SG Kicksledding

Moderate - Arduous/Outdoors

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress in layers for the weather conditions. **One ticket equals one kicksled - feel free to bring a friend to share in the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails!** Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Participants should return kicksleds at or prior to 4:30pm at the warming house. Not meeting at the warming house at 1pm may result in not obtaining kicksleds.** Grab a map from the warming house and set out to try something new!

SG Snowshoeing

Moderate - Arduous/Outdoors

Bring your sense of adventure and grab a map to further explore the park on your own with snowshoes. Dress in layers and wear good quality footwear as snowshoe bindings attach to the footwear you are wearing. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) is greatly appreciated. **Participants should return gear at or prior to 4:30pm at the warming house. Not meeting at the warming house at 1pm may result in not obtaining snowshoes.** If you have your own snowshoes, no need to register-just show up and go snowshoeing with other enthusiasts as it is self-guided!

SG Skishoeing

Moderate - Arduous/Outdoors

Skishoeing is a combination of snowshoeing and xc skiing-great for beginner winter trail users! Skishoes have a one-way skin of sorts under the bindings allowing traction for climbing uphill while the smooth tips and tails allow for gliding downhill. Skishoes are attached to your footwear and have a free heel binding - the length is adjustable. The wide platform of the skishoe allows for floatation in deep snow. Beginners will find ease in utilizing the packed side of the multiuse trails (please keep off of the groomed xc-ski trails). Participants should dress in layers and wear good winter footwear. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Participants should return all gear at or prior to 4:30pm at the warming house. Not meeting at the warming house at 1pm may result in not obtaining skishoes.**

SG XC Skiing

Moderate - Arduous/Outdoors

We'll get you set up with boots and skis so you can take some time to get out on the trails ahead of your WOW activities. We highly suggest dressing in layers to layer up or down as you desire. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Participants should return gear at or prior to 4:30pm at the warming house. Not meeting at the warming house at 1pm may result in not obtaining xc ski equipment.** If you have your own xc skis, no need to register-just show up and go xc skiing with other enthusiasts!

Session II

Friday, February 6

5:30pm-9:00pm

Please note this session overlaps Session III

Wilderness First Aid

Easy/Indoors

Instructor: Katie Tamburrino

While exploring the outdoors, what would we do in the event of an injury, illness or other emergency? We will discuss a wide variety of common things we see in remote areas as well as learn how to utilize what you might have readily available in order to provide basic care. Be ready to build litters, learn modified carries, how to treat weather related injuries, and more through hands-on experiences.

Bush to Jar: Chokecherry Jam Canning Class

Easy/Indoors

Instructor: Josh Steffan, ND Parks & Recreation

Discover the art—and satisfaction—of preserving one of the Northern Plains' most iconic wild fruits in this hands-on water bath canning workshop. Participants will learn the full process of transforming freshly prepared chokecherry juice into a rich, flavorful jam and safely sealing it for long-term storage. Together, we'll cover essential canning principles, including proper sanitation, preparing fruit and pectin mixtures, filling jars, managing headspace, and using a boiling-water bath to ensure a safe, shelf-stable product. Whether you're new to home food preservation or looking to sharpen your skills, this workshop offers practical guidance, expert tips, and delicious results. Leave with your own jar of homemade chokecherry jam—and the confidence to continue canning at home.

Activity Descriptions

Session III

Friday, February 6

7pm-9pm

Please note this session overlaps Session II

Tubing @ Bottineau Winter Park

Moderate/Outdoors

Hit the tubing hills at the Bottineau Winter Park under the Friday night lights and feel like a kid again by experiencing all the thrills of sledding without the long hike back up the hill! Grab a tube and have an absolute blast speeding down several tubing lanes at the Bottineau Winter Park. Participants are required to drive and/or make arrangements to meet directly at the Bottineau Winter Park, which is located approximately 9 miles west of Lake Metigoshe State Park along Highway 43.

Advanced Night XC Skiing

Arduous/Outdoors

Instructors: Lisa Kudelka and Emily Mercer

Add to your basic skills by learning more about equipment and different x-country skiing techniques on the go - this class will spend the majority of the time on the trail. Take some time to try those techniques as you explore the trails for a nighttime ski! This outing is for those that have experience cross-country skiing and are ready for an advanced, longer adventure out on the trail system. Please dress in layers as you'll appreciate layering up or down with activity. Bring a headlamp; some will be available for those that need to borrow. Equipment is provided, but you are welcome to bring your own equipment, if you have it.

Foray Into Fermentation

Easy/Indoors

Instructor: Julie Hess

Welcome to the wild world of home fermentation! This workshop will focus on the basics of fermenting non-alcoholic beverages (kombucha and kefir) and is best suited for beginners. Material covered will include the basic science of fermentation, hands-on demonstration of safe fermentation practices, and an overview of different ferments that use similar principles to kombucha and kefir- such as vinegar, ginger beer, and kvass. Participants will take home starter fermentation cultures to continue their fermentation journeys at home!

Moonlight Snowshoe Hike

Moderate/Outdoors

Instructor: Emily Laaveg, ND Parks & Recreation Department

In the winter, when the sun sets so early in the day and we are left with only nighttime after work, it's hard to find the motivation to go outside at the end of the day. But that doesn't have to be the case at all! With the extra snow, the light from the stars and moon helps to illuminate a new, familiar, and magical environments to explore. Join us as we learn to get comfortable and have some fun exploring the winter woods at dark!



Activity Descriptions

Session IV

Saturday, February 7

9am-12:30pm

Introduction to Downhill Skiing—CONTINUES

Moderate - Arduous/Outdoors

Instructors: Bottineau Winter Park (BWP)

This day-long experience includes rental equipment, lift ticket, approximately an hour-long lesson and time on the slopes. Please come prepared and dressed for changing weather conditions. Participants are highly encouraged to stop by the BWP on Friday, February 6 between 12pm and 9pm to get fitted for equipment so it can be set aside ahead of the Saturday crowds. Participants are responsible for their own travel from Lake Metigoshe State Park to the BWP, which is about 9 miles west of the park along Highway 43. Please arrive at the BWP at 9:30am; 9am if you are unable to get fitted on Friday for equipment. Ski lesson starts at promptly at 10am. You may choose to register for lunch and come back to LMSP to join WOW group for lunch, purchase lunch onsite at the Bottineau Winter Park or make your own arrangements for lunch. *This activity continues through and into Session V and VI; participants are able to ski until the 5pm closing time.*

Darkhouse Spearfishing—CONTINUES

Easy/Indoors-Outdoors

Instructors: Jeffrey Long (ND Game & Fish Department), Al Burgard, Cody Clemenson, Andrea Sagsveen, and Renee Aalund

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. **Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at a prior event.** Participants can either register for lunch or bring their own food/drink; lunch will be delivered on the ice for those that register for lunch. Participants may be required to drive/carpool approximately 6 miles to/on a nearby lake. *This activity continues through Session V.*

Fur Handling Muskrat & Raccoon—CONTINUES

Easy/Moderate-Indoors

Instructors: Rick Tischaefer, ND Fur Hunters & Trappers Association and Jazmyn Toombs, ND Game & Fish Department

Make the most of what you catch in this hands-on opportunity as participants will be learning how to properly skin and prepare muskrat and raccoon pelts for tanning and to take with you. Please consider wearing clothes you don't mind getting dirty and comfortable shoes as you'll be standing as you work. All materials and critters will be provided! *This activity continues through Session V.*

Birch Bark Basket Making

Easy/Indoors

Instructor: Deirdre Lee, ND Parks & Recreation Department

Making birch bark into useful and beautiful baskets has been practiced by people in northern climates for millennia and you will learn the basics of one style of basketry. This is a beginner's class - we will be measuring, cutting, piercing, and constructing/sewing the bark, using the included tool set up: cutting mat, exacto knife, ruler, awl, needle & artificial sinew, small rubber finger protectors, and clothes pins. The base of the basket (made of basswood) will be pre-cut at roughly 5" diameter. We will reinforce top edge with reed and construct a lid. Each participant will receive an intriguing rough piece of birch, to adhere, for embellishment. Please note that no happy trees were harmed in gathering the bark as it was foraged from down trees on my 9 acre wood.

Building Better Habitats

Easy/Indoors

Instructor: Erika Kolbow, ND Parks & Recreation Department

Ever wanted to bring more beneficial wildlife to your backyard, such as bees, birds and butterflies? In this class we will investigate more about these critters, what they can do for you, what they need to thrive, and build some habitat components for them. Don't worry about your building skills as these structures are easy for all to create!

Custom Leather Knife Sheath

Easy/Indoors

Instructor: Clay Rohrbeck, Prairie Craftsman

Don't miss this opportunity to create a custom leather knife sheath that fits your antler handled knife you've made previously at WOW! In this class, you will learn how to stamp, dye, and stitch the leather to create a quality sheath that displays your craftsmanship, yet is durable for everyday use. Make sure you bring your antler knife with you!

SG XC Skiing

Moderate - Arduous/Outdoors

We'll get you set up with boots and skis so you can take some time to get outdoors to explore the park's groomed trails at your own pace! We highly suggest dressing in layers to layer up or down as you desire. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Participants should meet at the warming house at 9am and return gear at or prior to 12:30pm at the warming house. Not meeting at the warming house at 9am may result in not obtaining gear.** If you have your own xc skis, no need to register-just show up and go xc skiing with other enthusiasts!

SG Kicksledding

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions.

One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails! Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) and is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Participants should pickup kicksleds at warming house at 9am and return kicksleds at or prior to 12:30pm at the warming house. Not meeting at the warming house at 9am may result in not obtaining the kicksleds.** Grab a map from the warming house and set out to try something new!

Moderate - Arduous/Outdoors

SG Snowshoeing

Bring your sense of adventure and grab a map to further explore the park on your own on snowshoes. Dress in layers and wear good quality footwear as snowshoe binding attach to the footwear you already have on. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Participants should obtain snowshoes at 9am at the warming house and return them at or prior to 12:30pm. Not meeting at the warming house at 9am may result in not obtaining the snowshoes.** If you have your own snowshoes, no need to register-just show up and go snowshoeing with other enthusiasts!

Moderate - Arduous/Outdoors



Activity Descriptions

Session V

Saturday, February 7

1:30pm-3:30pm

Intro to Downhill Skiing (Continued)

Darkhouse Spearfishing (Continued)

Fur Handling (Continued)

Beginner's XC Skiing

Moderate - Arduous/Indoors - Outdoors

Instructors: Lisa Kudelka and Emily Mercer

This session is designed for beginners! We will start indoors with some history surrounding xc skiing and discuss equipment prior to getting outdoors and heading down to a flat surface - the frozen lake - to learn the basics. Plan to learn tips and tricks related to staying upright, gliding technique, and how to fall and get up once again! **Depending upon the groups' skill level, we may adventure onto the park's groomed trails.** Please dress in layers; you will appreciate being able to layer up or down with physical activity. Equipment is provided.

Beginner's Skishoeing

Moderate - Arduous/Indoors - Outdoors

Instructor: Glee Mayer

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows xc skiers to climb uphill easier because of the one-way skin on the bottom. Ski shoes have a free heel binding, which can be adjusted lengthwise to fit any member of the family. The wide platform of the skishoe allows for floatation in deep snow so packed or groomed trails aren't required. It's a perfect activity for the wind swept prairies of ND where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind, but they also work great on packed, groomed trails. **It is highly recommended to wear good winter footwear and be prepared to layer up and down with for this guided, physical activity. We'll briefly be indoors, but will head out on the trail shortly thereafter!**

Beginner's Fat Biking

Moderate - Arduous/Indoor - Outdoors

Instructor: Mel Marquardt, 701 Cycle & Sport

This session is designed for beginners that are interested in learning about fat bikes and fat biking as a potential way to embrace winter and find the joy in riding on snow. We'll start out with some discussion surrounding the basics of fat biking and the gear involved prior to heading outdoors to match ladies with bikes that fit them, take care of some minor adjustments, put helmets on and go for a ride. **Fat biking is physically demanding, so we will go for an introductory ride on the park's groomed trails, ensuring participants get a taste of fat biking on packed trails. Be prepared to ride roughly 2-3 miles. Please bring a bike or ski/snowboard helmet (if you have one; some will be available), insulated gloves or mittens, a water bottle and wear warm, layered clothing suitable for winter activity. Fat bikes will be provided for all participants. Expect a moderate workout in cold weather conditions.**

Creating A Winter Apothecary

Easy/Indoors

Instructors: Shannon Radcliffe, Massage Alchemy Botanicals

In this hands-on workshop, you'll explore the time-honored craft of herbal medicine making — blending seasonal plants into a collection of preparations to support the body and spirit through the cold, dry months ahead. You'll learn how to make a cold and flu prevention syrup, a healing salve for cuts and dry skin, and an aromatic simmer pot blend that can double as a steam for congestion or a natural air cleanser. You'll leave with your own handcrafted apothecary items, recipes, and the confidence to keep your household well through the winter.

Winter Counts

Easy/Indoors

Instructors: Austin Glant, ND Parks & Recreation Department

Discover the rich storytelling tradition of Native American winter counts in this hands-on workshop. Participants will explore how Plains tribes used winter counts, or pictorial calendars, to record and remember significant yearly events through art. After examining examples and interpreting meanings behind traditional symbols, attendees will create their own winter count using real animal hides and historical-natural paint materials. This program blends history and creativity while encouraging participants to critically think about how stories are told through art across generations.

Self-Guided Kicksledding

Moderate - Arduous/Outdoors

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. Participants should obtain kicksleds at 1:30pm at the warming house. **One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails!** Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) and is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Kicksleds should be picked up at the warming house at 1:30pm need to be returned at or prior to 3:30pm. Those not meeting at 1:30pm may not be able to obtain gear.** Grab a map from the warming house and set out to try something new!

Activity Descriptions

Session VI

Saturday, February 8

4pm-6pm

Watercolor Postcards

Easy/Indoors

Instructor: Brooke Braunberger, Long X Arts Foundation

Let your creativity flow in this relaxed and structured watercolor class. Using masking fluid and watercolor techniques, you will experiment with designing unique snowflakes on paper before creating a final snowy scene on take home postcards. Perfect for all skill levels, no two snowflakes will be the same.

Beginner's Skishoeing

Moderate - Arduous/Indoors - Outdoors

Instructor: Glee Mayer

Skishoeing is a combination of snowshoeing and x-country skiing. Skishoes allow snowshoers to add a gliding component to their sport and it allows xc skiers to climb uphill easier because of the one-way skin on the bottom. Ski shoes have a free heel binding, which can be adjusted lengthwise to fit any member of the family. The wide platform of the skishoe allows for floatation in deep snow so packed or groomed trails aren't required. It's a perfect activity for the wind swept prairies of ND where x-country ski trails either do not exist or they are extremely difficult to maintain due to the wind, but they also work great on packed, groomed trails. It is highly recommended to wear good winter footwear and be prepared to layer up and down with for this guided, physical activity. We'll briefly be indoors, but will head out on the trail shortly thereafter!

Winter Counts

Easy/Indoors

Instructor: Austin Glant, North Dakota Parks & Recreation Department

Discover the rich storytelling tradition of Native American winter counts in this hands-on workshop. Participants will explore how Plains tribes used winter counts, or pictorial calendars, to record and remember significant yearly events through art. After examining examples and interpreting meanings behind traditional symbols, attendees will create their own winter count using real animal hides and historical-natural paint materials. This program blends history and creativity while encouraging participants to critically think about how stories are told through art across generations.

Knife Sharpening

Easy/Indoors

Instructor: Chris Pulver

Learn to sharpen both hunting, fishing and kitchen knives using a Lansky Knife sharpening system. Feel free to bring some knives that need a little work done on them to breathe some life back into them!

Intermediate Fat Biking

Moderate - Arduous/Indoors - Outdoors

Instructor: Mel Marquardt, 701 Cycle & Sport

This session is designed for amateurs that having experience riding a bike that are looking for a bit more riding time and distance than the beginner session. Join us as we briefly discuss fat bikes and gear, providing opportunity to ask questions prior to heading outdoors to match ladies to bikes that fit, do some adjustments, put helmets on and go for a ride. **Please plan to ride roughly 3-5 miles on packed trails. Participants should be comfortable riding a bike and able to ride continuously for 45+ minutes. Please bring a bike or ski/snowboard helmet (if you have one; some will be available), insulated gloves or mittens, a water bottle and wear warm, layered clothing suitable for winter activity. Fat bikes will be provided for all participants. Expect a moderate workout in cold weather conditions.**

Intermediate XC Skiing

Moderate - Arduous/Outdoors

Instructors: Lisa Kudelka and Emily Mercer

This class is for amateurs that know the basics of xc skiing, but are looking to work and improve their skills with more ski time than the beginner's session. We'll do a brief overview of the basics, offering up some tips and tricks prior to getting outdoors and onto the park's groomed trails where the majority of time will be spent. Please dress in layers; you will appreciate being able to layer up or down. Equipment is provided. Registered participants that have their own skis are welcome to bring their own or utilize provided equipment.

Step Into Winter: Intro to Snowshoeing

Moderate/Indoors - Outdoors

Instructor: Alecia Pulver & Terri Lundberg

Discover the beauty of winter from a whole new perspective! In this beginner class we'll explore the basics of snowshoeing, learn about different snowshoe styles, and then head outdoors to enjoy a hike through the snowy landscape. Participants should dress for the weather and wear comfortable, layered clothing suitable for outdoor activity. Lace up and step in!

Self-Guided Kicksledding

Moderate - Arduous/Outdoors

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions.

One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails! Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) and is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Kicksleds should be picked up at the warming house at 4:00pm need to be returned at or prior to 6:00pm. Not meeting at the warming house at 4pm may result in not obtaining the kicksleds.** Grab a map from the warming house and set out to try something new!

Activity Descriptions

Session VII

Saturday, February 8

7:30pm-9:30pm

Pine Needle Basketry - CONTINUES

Easy/Indoors

Instructor: Danielle Moe

In this hands-on workshop you will learn how to gather, prepare, and make items out of pine needles. We will be making a small basket. All materials will be provided. No experience necessary. ***This activity continues in Session VIII on Sunday!***

Sap to Syrup

Easy/Indoors-Outdoors

Instructor: Josh Steffan, ND Parks & Recreation Department

Delve into the world of natural sugar collection! Participants in this session will learn the basics of tapping trees for sap and processing that sap into other products, such as syrup and candies. We will start inside and explore the dos and don'ts of sap collection and the materials involved. Then we will head into the forest to practice tapping trees together before heading back inside the kitchen to create some wonderfully sweet treats.

Acrylic Paint Party

Easy/Indoors

Instructor: Brooke Braunberger, Long X Arts Foundation

In this step-by-step acrylic painting class, participants will create a cozy winter scene on canvas featuring glove hands holding a snowball. Guided instruction, makes it easy for all skill levels to follow along, blending creativity with a seasonal charm. Perfect for beginners, and those wanting to explore painting techniques.

Moonlight Snowshoe Hike

Moderate/Outdoors

Instructor: Emily Laaveg, ND Parks & Recreation Department

In the winter, when the sun sets so early in the day and we are left with only nighttime after work, it's hard to find the motivation to go outside at the end of the day. But that doesn't have to be the case at all! With the extra snow, the light from the stars and moon helps to illuminate a new, familiar, and magical environments to explore. Join us as we learn to get comfortable and have some fun exploring the winter woods at dark!



Activity Descriptions

Session VIII

Sunday, February 9

9am-12:30pm

Darkhouse spearfishing goes until 3pm; self-guided activities can also utilize equipment until 3pm.

Pine Needle Basketry (Continued)

Birch Bark Baskets Making

Easy/Indoors

Instructor: Deirdre Lee, ND Parks & Recreation Department

Making birch bark into useful and beautiful baskets has been practiced by people in northern climates for millennia and you will learn the basics of one style of basketry. This is a beginner's class - we will be measuring, cutting, piercing, and constructing/sewing the bark, using the included tool set up: cutting mat, exacto knife, ruler, awl, needle & artificial sinew, small rubber finger protectors, and clothes pins. The base of the basket (made of basswood) will be pre-cut at roughly 5" diameter. We will reinforce top edge with reed and construct a lid. Each participant will receive an intriguing rough piece of birch, to adhere, for embellishment. Please note that no happy trees were harmed in gathering the bark as it was foraged from down trees on my 9 acre wood.

Winter Focaccia

Easy/Indoors

Instructor: Katie Tamburrino

Do you want to bake a snowman? ❄️ Join us as we make focaccia bread that not only tastes good, but looks good! We will be using several different herbs and vegetables to create works of art on top of our dough before putting it into the oven. Snowmen, frosty trees, landscapes... if you can think of it, we can help you bring it to life!

Ignite Your Creativity: Beginner's Woodburning

Easy/Indoors

Instructor: Alecia Pulver

Join us for a hands-on introduction to the art of pyrography—also known as woodburning! In this beginner class we'll explore the basics of tools, tips, and techniques, experiment with different strokes and styles, and learn how to safely bring designs to life on wood. You'll have time to practice and then create your own unique piece of art to take home. Feel free to bring stencils or project ideas if you have them!

Life Skills

Easy/Indoors

Instructor: Chris Pulver and Melz Volmer

Learn how to do some very basic tasks that you may not have already learned in life! We'll be changing tires, hooking up trailers, jump starting a battery, securing a load with using ratchet straps, and learning how to pull a stuck vehicle out of the snow.

SG Snowshoeing

Moderate - Arduous/Outdoors

Bring your sense of adventure and grab a map to further explore the park on your own on snowshoes. Dress in layers and wear good quality footwear as snowshoe binding attach to the footwear you already have on. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Participants should meet at the warming house at 9:00am and return gear at or prior to 3pm at the warming house. Not meeting at the warming house at 9am may result in not obtaining snowshoes.** If you have your own snowshoes, no need to register-just show up and go snowshoeing with other enthusiasts!

SG Skishoeing

Moderate - Arduous/Outdoors

Skishoeing is a combination of snowshoeing and xc skiing-great for beginner winter trail users! Skishoes have a one-way skin of sorts under the bindings allowing traction for climbing uphill while the smooth tips and tails allow for gliding downhill. Skishoes are attached to your footwear and have a free heel binding - the length is adjustable. The wide platform of the skishoe allows for floatation in deep snow. Beginners will find ease in utilizing the packed side of the multiuse trails (please keep off of the groomed xc-ski trails). Participants should dress in layers and wear good winter footwear. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Participants should meet at the warming house at 9am and return gear at or prior to 3pm at the warming house. Not meeting at the warming house at 9am may result in not obtaining the skishoes.**

SG Kicksledding

Moderate - Arduous/Outdoors

Kicksleds are a cross between skis and a dog sled; its frame is constructed of wood and steel runners to rest your feet on while gliding. It also includes a seat to carry a passenger or gear. Participants should wear good winter footwear and dress for the weather conditions. **One ticket equals one kicksled - feel free to bring a friend to share the experience allowing you to switch between driving and riding OR simply use the seat for gear you may want with you while exploring the LMSP trails!** Your assistance in staying on the packed side of the multiuse trail (keeping off of the groomed xc ski trails) and is greatly appreciated. For safety reasons, there will be a participant list displayed within the warming house for participants to check their names off upon returning. **Kicksleds should be picked up at the warming house at 9am need to be returned at or prior to 3:00pm. Not meeting at the warming house at 9am may result in not obtaining the kicksleds.** Grab a map from the warming house and set out to try something new!

Darkhouse Spearfishing—CONTINUES

Easy/Indoors - Outdoors

Instructors: Jeffrey Long (ND Game & Fish Department), Al Burgard, Cody Clemenson, Andrea Sagsveen, and Renee

Aalund

Learn how to harvest Northern Pike by cutting a large hole in the ice and dropping a weighted spear. We'll discuss gear, teach you how to set up, spend time fishing and hopefully fillet fish! Equipment provided. Dressing in layers is highly recommended. Fish houses will be heated, but participants need to wear insulated winter boots, coats, snow pants/insulated overalls, etc. for frequent indoor/outdoor trips. A primitive vault toilet will be available nearby. We'll hopefully be able to demonstrate how to fillet the day's catch, providing an opportunity to bag fillets to take home. **Participants are not required to purchase a fishing license for this event as it is an educational event, unless they've spearfished at a prior event.** Participants may be required to drive/carpool approximately 6 miles to/on a nearby lake. **Participants will be expected to bring their own food/drink. This activity continues until 3pm.**