



Minnesota Boundary Waters Canoeing & Camping

7 Days



The Adventure Company | EST. 1969


MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Minnesota Boundary Waters Canoeing & Camping

The Boundary Waters Canoe Area Wilderness spans over a million acres of glaciated bedrock, lush pine forests, and thousands of island-dotted pristine lakes in northeastern Minnesota. The hallmark of this region is a network of lakes and rivers connected by portage paths. Canoe routes through the Boundary Waters region have served as travel corridors for Indigenous people, including the Dakota and Anishinaabe, for generations. Many of these routes were also used by early explorers, French Voyageurs, trappers and prospectors who came to this region. Drift away from the frenzy and bustle of daily life as we canoe through this scenic wilderness of a thousand lakes—where no one lives and there aren't any towns, roads, buildings, or motorboats. We paddle and portage from lake to lake and get into more remote areas with each day. If we are lucky we may be serenaded by the timber wolves as we fall asleep in our tents at one of our peaceful, lakeside campsites.

Details

Arrive:	Duluth, Minnesota
Depart:	Duluth, Minnesota
Duration:	7 Days
Group Size:	4-8 Guests
Minimum Age:	18 Years Old
Activity Level:	

Testimonials

We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek.

Dennis G.

MTS delivers remote adventure with the smoothest logistics and unrivaled depth of local experience. One call and you are expedition ready. Booking our eighth trip now!!

Helen S.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1-800-974-0300

✉ info@mtsobek.com

Why Take This Trip With Us?

REASON #01

Our expert guides provide travelers with helpful hints, techniques and hiking tips, plus knowledge on local wildlife, geology, and history.

REASON #02

MT Sobek's legacy of preservation and protection enables us to operate over 30 Global National Park adventures.

REASON #03

MT Sobek has taken care of all the logistics to canoe the waterways of the Boundary Waters.

What to Expect



ACTIVITIES

Canoe 4-6 hours per day covering 7 to 10 miles daily.



LODGING

Book ended by a comfortable hotel, spend three nights back-country camping.



CLIMATE

Daytime temperatures in the 60s-70s with nighttime temperatures in the 40s-50s.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

We work with only the most experienced and knowledgeable local guides on our trips. You will be in excellent hands with a fully licensed and accredited local guide who will share their expertise in everything from history and architecture, to culture and traditions, the best local cuisine, activities and crafts, or even shopping. Local guides live, breathe, and love their trips because as locals they are an integral part of their communities. Their connections run deep and pride in their piece of the world is contagious.

Local Tour Guide

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Itinerary

DAY 1

ARRIVE IN DULUTH, MINNESOTA AND TRANSFER TO ELY

Meet our canoeing companions this afternoon in Duluth, Minnesota. We transfer two hours to the Northwoods town of Ely, the "Canoe Capital of the World," our jumping off point for the week. Meet our guide for a full orientation including map review, packing and portaging. Check into our hotel and explore the town of Ely. Dinner tonight with our guide at an Ely restaurant. Dinner included.

Meals: D

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DAY 2

CANOE IN THE BOUNDARY WATERS CANOE AREA WILDERNESS

The early mornings in the Boundary Waters are beautiful, often the plaintive sound of loons and a thin mist hang in the air. We generally get an early start to take advantage of the cool mornings and placid waters. During our journey we paddle on both small and large lakes, on quiet streams and along granite shorelines. We glide past white pine forests along the rocky shorelines of remote islands, always on the lookout for otters, beaver, mink and moose. In addition to the healthy mammal populations, there are over 200 bird species living in the Boundary Waters. Keep your binoculars handy for bald eagles, loons, herons, pileated woodpeckers and ruffed grouse. Throughout our trip we will have several portages between lakes—our guides provide instruction for carefully lifting and carrying your canoe. After an exhilarating day on the water, we set up our campsite and have time to explore the woodlands. You may choose to sit back and relax, cool off with a refreshing swim or cast your line for walleye, bass and pike. Those wanting additional paddling later in the afternoon, or a stargazing paddle at night, will certainly have the opportunity. We gather in the evening for a delicious hot meal prepared by our guides, then relax around a campfire and listen for the howling of the timber wolf. All meals included.

Activity: 4-6 hours/7-10 miles canoeing and portaging

Meals: B, L, D

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DAY 6

CANOE OUT OF THE BWCAW BACK TO CIVILIZATION

A final day of paddling brings us to our take-out point. We transfer back to Ely and check into our hotel. Enjoy a hot shower before our final dinner together in town. Toast to our weeklong adventure in paradise and newfound friends. All meals included.

Activity: 3-4 hours canoeing

Meals: B, L, D

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DAY 7

TRAVEL HOME

We say farewell to Ely and return to Duluth. Breakfast on own.

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Dates

Aug 1 - 7, 2025

Sep 5 - 11, 2025

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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1266 66TH STREET, SUITE 4, EMERYVILLE, CALIFORNIA 94608-1117

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