



## **BOW WINTER WORKSHOP**

**Discover the Outdoors  
Discover Yourself**

January 23 – 25, 2026

Osprey Wilds  
54165 Audubon Drive  
Sandstone, MN  
Phone (320) 245-2648

<https://ospreywilds.org/>

Find information on BOW events at  
[www.mndnr.gov/education/bow](http://www.mndnr.gov/education/bow)

## **Schedule of Events**

### **Friday**

4:00 p.m.	Arrival and check-in (no early check-in please)
5:30 p.m.	Dinner
6:30 p.m.	Welcome
8:00 p.m.	Campfire

### **Saturday**

7:00 am	Coffee available
8:00 am	Breakfast
9:00 – Noon	Session 1
Noon	Lunch
1:00 p.m.	Group Photo
1:15 – 4:15 p.m.	Session 2
5:30 p.m.	Dinner
6:30 p.m.	Evening Program

### **Sunday**

7:00 a.m.	Coffee available
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8:00 a.m.	Breakfast
9:00 – Noon	Session 3
Noon	Lunch
1:00 p.m.	Depart

## Class Descriptions

Classes are rated by physical exertion levels (E, M, or S). Classes marked E require little physical exertion, M is moderate physical exertion level, and S is strenuous exertion level. Please know your own physical abilities. To keep overall costs of the workshop down some classes have material fees payable the day of the event.

### SESSION 1

#### SATURDAY MORNING - 9:00 am - Noon

##### Introduction to Ice Fishing (E-M)

This class will cover the basics of ice fishing then go on the lake to ice fish. Learn how to drill holes, equipment needed and how to fish using tip-ups and rods. Licenses not required for this class.

##### Beginning Archery (E-M)

Learn about archery and how to properly shoot a bow. Then try your hand on Osprey Wilds new indoor archery range. We will be using Genesis compound bows with an easy draw weight.

##### Beginning Snowshoeing (M-S)

Snowshoes is a great way to explore the outdoors and exercise. Learn the basics of snowshoeing then go on a short hike, with an option for a longer snowshoe hike.

##### Beginning Cross-Country Skiing (M)

Topics include equipment selection and basic skiing skills. This class is for someone who has never cross-country skied or only tried it a few times and is looking for more help with techniques. Skiing will be on a flat surface to practice basic skills then progress to an easy trail that includes hills.

##### Wood Carving (M)

This class is an opportunity to learn how to carve wood using the tools of the trade. You'll carve a tree atop a pile of rocks using blanks provided by the instructor. You'll then have time to paint the carving in class. This is an indoor class.

##### Turkey Calls (E-M)

Friction or slate calls are used to mimic turkey sounds. Strut your stuff by making your own from a "pot", glass, slate and striker during this class. Sanding, assembling, varnishing, and practicing included. **Extra fee of \$17 payable the day of the event.**

## SESSION 2

### SATURDAY AFTERNOON - 1:15 – 4:15 p.m.

#### Introduction to Ice Fishing (E-M)

Description under Session 1.

#### Cooking Outdoors (M)

So you've been in the field, forest or on the water, now what do you do with your harvest? Learn how to preserve & prepare wild foods in this hands-on-cooking class. Lots of tips & tricks will be shared along with some great recipes. **Extra fee of \$5 payable the day of the event.**

#### Bird Watching and Suet Making (E)

Learn how to make your own "no melt" suet to take home to support your local bird population. This class will start indoors to make suet. Nicola will cover birds that will be attracted to the feeders this winter then take you on a short birding hike. **Extra \$5 fee payable the day of the event.**

#### Nature Photography (M)

Bring your own camera (even your cell phone) and learn to take photographs in nature. This class will be indoors and outdoors.

#### Beginning Snowshoeing (M-S)

Snowshoeing is a great way to explore the outdoors and exercise. Learn the basics of snowshoeing then go on a short hike, with an option for a longer snowshoe hike.

#### Turkey Calls (E-M)

Description under Session 1

## SESSION 3

### Sunday Morning - 9:00 a.m. – Noon

#### Intro to Firearms (E)

Do you have little or no experience with guns and want to know more about them? If yes, then this class is for you! You will learn about the use and operation of different firearms. Remove the mystery by learning the terminology in a friendly environment. We will also spend time talking about firearms safety in this interactive and hands-on indoor class.

#### Wood Duck Houses (E)

This indoor class focuses on wood ducks and the importance of nesting boxes. Participants will work in teams of two to make their own wood duck box to take home. Learn the biology of wood ducks and how they use these houses.

#### Indoor Climbing Wall (M-S)

Whether climbing a real rock face or an indoor wall, there is a challenge for everyone. Experience bouldering and top rope climbing on our indoor rock wall! Teamwork and goal-setting will be emphasized during this challenging sport.

## Healthy in Nature (E-M)

Research indicates forest bathing and sensory nature immersion provides a stronger dose of well-being than other outdoor recreation activities such as hiking and biking, partly through acclimation activities that guide participants into a state of mindfulness in which body and mind begin to sync with the rhythm of the natural world around them.

## Beginning Cross-Country Skiing (M-S)

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## Beginning Archery (E-M)

Learn about archery and how to properly shoot a bow. Then try your hand on Osprey Wilds new indoor archery range. We will be using Genesis compound bows with an easy draw weight.

## Winter Workshop Registration Information

### Registration Fee \$225 per person

**Fee includes** lodging, all meals, three outdoor skill classes, evening programs and campfire. Please notify us of any special dietary restrictions or allergies on registration.

**Scholarships** are available for *first time participants in need of financial assistance*. You must be approved for a scholarship prior to submitting your registration form. Email [linda.radimecky@state.mn.us](mailto:linda.radimecky@state.mn.us) for application form.

**Class Sessions:** When registering, choose three classes - one class for each session. Be careful not to choose two classes in the same session. **Classes with an (\*) will require a fee payable the day of event.** There is no ATM at Osprey Wilds, so be sure to bring enough cash with you. Classes are first come, first served. If full, it will show **no vacancy**. To be put on a waitlist for a full event, please email [frontdesk@ospreywilds.org](mailto:frontdesk@ospreywilds.org).

**Cancellation deadline** is Dec 19, 2025. If you cancel prior, a \$50.00 processing fee will be deducted from your refund. Registrants canceling after that time will be assessed the full registration.

Register online here: [OW BOW 2026](#)

**Only one person can register at a time, so if you are signing up two or more women, you must complete a separate online registration for each.**

**Girls aged 14-17** must be accompanied by, and must do the same classes as, a parent or legal guardian, who must sign the waiver on their behalf when registering them.

**Lodging** is in dorm rooms on bottom bunks in both [Crosby](#) and [Lowry](#). Please list roommate preference on registration, if any, and note if your group would like to use top bunks to keep a larger group together.

**Lowry Dorm is located further from the main building. Please choose Crosby if you have limited mobility or prefer not to be housed at Lowry.**

**Silent Auction:** Bring a new or slightly used item for our optional Silent Auction Table! Silent auction is a fun way to connect in the evenings and used to fund scholarships. **Bring cash or check to pay for winning bids.**