

**AUDUBON CENTER OF THE NORTH WOODS**

# CONFERENCE & RETREAT CENTER

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***Meeting, dining and lodging facilities***

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***Team-building challenge programs***

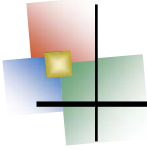
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***Beautiful year-round lakeside location***

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***Far enough to get away from it all, yet close  
enough to save time and money on travel***



888-404-7743 OR [WWW.AUDUBON-CENTER.ORG](http://WWW.AUDUBON-CENTER.ORG)

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## WELCOME TO THE AUDUBON CENTER OF THE NORTH WOODS!

We are a private, non-profit residential environmental learning center (RELC), conference & retreat center and wildlife rehabilitation facility, nestled on the shores of Grindstone Lake near Sandstone, MN in east-central Minnesota.

If your group is seeking the perfect place for your next meeting, conference or retreat, look no further. Conveniently and centrally located just 90 miles from the Twin Cities or St Cloud and just 60 miles Duluth or Brainerd, the Audubon Center is the perfect distance from anywhere to 'get away from it all' for one day or several without spending a fortune on gas.



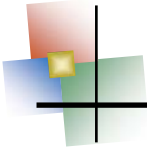
Situated on over 535 serene acres on the shores of Grindstone Lake near Sandstone, we have over 7 miles of trails through a variety of habitat, including old growth forest, managed forest, wetlands, and restored prairie. Our unique site provides a wonderful setting for your meeting or gathering; quiet and secluded surrounded only by the soothing sounds and sights of the Minnesota outdoors. We do not allow ATV's or other motorized recreational

vehicles on our property, so you can be assured of a quiet site, where the only sounds you will hear are the lapping of waves on the rocks, wind blowing through the old white pines, or songbirds singing in the treetops.

Open year-round, the beauty of nature and range of facilities and offerings at the Audubon Center of the North Woods makes us the ideal location for a variety of conferences, meetings and gatherings, large or small, including:

- ◆ *Business meetings and conferences*
- ◆ *Staff retreats and seminars*
- ◆ *Company picnics*
- ◆ *Banquets*
- ◆ *Family and class reunions*
- ◆ *Seasonal and holiday celebrations*
- ◆ *Spiritual and church retreats*
- ◆ *School, scout, and youth group field trips*

The Audubon Center of the North Woods is a proud leader in renewable energy! We have implemented a variety of alternative energy systems including geothermal heat pump heating and cooling, nine solar PV arrays, solar hot water panels, solar air heat, and a wind generator. With these changes, the Center has drastically reduced its dependence of fossil fuel sources of energy and proudly sets an example of what can be done to lessen our human impact of this earth.



## **Adventure & Environmental Programs**

*Read more on page 6*

At the Audubon Center of the North Woods, you have the opportunity to add another dimension to your meeting, conference or retreat. We offer a great variety of exciting learning and challenge options to groups of all ages and abilities, including programs in team-building, adventure challenges, and naturalist-led hikes and outdoor/environmental educational programs.

## **Dining and Banquet Facilities**

*Read more on page 4*

We offer delicious meals throughout the day as well as customized banquet menus, prepared fresh to satisfy every palate. Combine our fantastic meals with our beautiful lakeside dining hall and you've got a truly enjoyable dining experience. Each meal includes a variety of exceptional cuisine with a focus on locally grown or organic items, as well as fruit, salad and bread.

Our beautiful lakeside Dining Hall seats 200 people comfortably and has the most appealing setting with many windows that makes you feel a part of the great outdoors even on winter days, when the huge stone fireplace keeps everyone cozy.

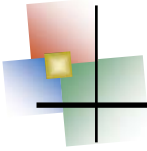
## **Lodging and Meeting Space**

*Read more on page 5*

Our unique center features a mixture of historic as well as newly constructed facilities that can provide lodging and meals for up to 160 participants. Our guests have the opportunity to experience a wide range of meeting and learning environments including indoor classrooms, spacious lounge, wildlife barn, yurt, log cabin, lakeside lodge, and of course, the great outdoors!

## **Recreation**

As a guest at the Audubon Center of the North Woods, you can hike, ski or snowshoe on over 7 miles of trails through our diverse 535-acre lakeside sanctuary which includes a variety of habitats, including old-growth red and white pines, hardwood forests, restored wetlands and prairies. Most of the trails are groomed for cross country skiing in the winter and no trail permits are necessary. We also have a number of canoes for rent, as well as skis and snowshoes available. No ATVs or motorized vehicles are allowed on our trails.



# DINING & BANQUETS

Perfect for company parties and large group events, our main Dining Hall seats 200 people comfortably and has the most appealing setting with many windows that makes you feel a part of the great outdoors even on winter days, when the stone fireplace keeps everyone cozy.



## Dining

The Audubon Center offers delicious meals throughout the day for groups and conference as well as customized banquet menus, prepared fresh to satisfy every palate. Combine our fantastic meals with our beautiful lakeside dining hall and you've got a truly enjoyable dining experience. Each meal is served buffet style and includes a variety of exceptional cuisine with a focus on locally grown or organic items, as well as fruit, salad bar and bread.



Our chef has an extensive background in the restaurant business and selects each and every dish to ensure the most pleasant dining experience possible.



## Large Group Functions

Our dining hall is the perfect spot for a large group meeting or event. We have a public address system with wired podium and wireless handheld and lapel microphones, free for you to use. There are pull-down screens on each side and we have LCD projectors available for rent.



There is free wireless internet available throughout the Center.



## LODGING & MEETING SPACE

The Audubon Center has a variety of facilities to host your group's meeting, conference, retreat, family reunion or quiet getaway. We have several different lodging facilities including rooms with private baths, dormitory with shared bath and a 4 BR, 3 bath historic lodge. Our lodging capacity is 90 adults or 160 youth/college-age visitors.

### Dormitory-Style Lodging



**Crosby Lodge**—14 rooms; each room sleeps up to 8 people, featuring solid wood bunks and private bathroom facilities. Two rooms are wheelchair accessible. The Crosby Lodge has capacity for 56 adults or 112 youth/college.

**Lowry Lodge**—Five rooms; each room sleeps up to 6 people, featuring solid wood bunks and shared bathrooms (separate men's and women's multistall) on the lower level. The Lowry Lodge has capacity for 14 adults or 28 youth/college. It also has a full kitchen.



### Large Historic Lodge



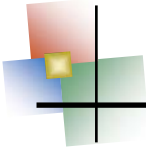
The historic Schwyzer Lodge is available for rental for your seasonal family fun. Situated on the shores of Grindstone Lake, this beautiful, charming lodge is an ideal property for a quiet getaway for family and friends. The Lodge has five bedrooms, three bathrooms and can sleep up to 20 people. A fully equipped kitchen, fireplace in the living room, three bathrooms and a large screened porch facing the lake make up some of the amenities of this secluded retreat.

### Formal and Dispersed Meeting Spaces



In addition to our large dining hall, the Audubon Center of the North Woods has a variety of meeting/conference spaces, ideal for breakout groups or smaller groups. These include our large Crosby Lounge and Bremer Classroom, two smaller classrooms, and a number of dispersed meeting spaces including our wildlife and climbing wall classrooms, a yurt and a log cabin.





## PROGRAMS FOR GROUPS - *add*

The Audubon Center of the North Woods offers a variety of programs that allow you to add a new dimension to your meeting, conference or retreat. Our programs are also available as stand-alone options, making them an ideal day-trip activity for adult, youth and college organizations.

Our professional, engaging instructors will work with your group to create a truly exceptional and lasting experience. Our picturesque site provides the ideal setting for a pleasurable escape—away from the distractions of the office and city confines.

### TEAM-BUILDING & ADVENTURE PROGRAMS

Our team-building programs foster the skills that will strengthen your team as a whole. These team-focused adventure activities are designed to challenge participants at individual and group levels. You'll leave feeling energized, optimistic and eager to move forward together. (Individual groups up to 18 people)



#### **Indoor Climbing Wall**

Ready to climb higher in life? Our 30-foot tall, 2,200 square foot climbing wall is the perfect setting to push yourself physically, encourage teammates, set goals and draw inspiration from climbing principles that correlate to everyday life.

#### **High Ropes Course and Zipline**

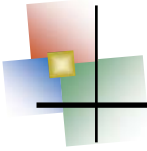
Experience a true 'high' through this invigorating course. You'll receive the

proper equipment and instruction to traverse cables, rope, wooden beams and a zipline—all 20 feet off the ground while attached to safety cables. Work with a partner to challenge yourself, build confidence and discover your inner strengths!



#### **Team Initiatives & Course**

Has your team reached its full potential? Through various challenges, obstacles, games and scenarios, you'll identify and develop skills of teamwork, cooperation, trust, problem solving and communication that your group will carry with them back into the work world.



*another dimension to your event or gathering*

### **Low Ropes Challenge Course**



Challenges make us grow. This team challenge course incorporates the individual and teamwork challenges of group initiatives with challenge elements no more than 3 feet off the ground. This program is ideal for building group cohesiveness, communication and team problem-solving.

### **Orienteering & Navigation**

Need a sense of direction? Learn the history, mechanics, nomenclature and proper use of a map and compass. Then experience true exploration and discovery through navigation course on our 535 acres of pristine woods, waters and prairies.

### **Outdoor Survival Skills**

It's tough to survive in this day and age. Go back to the basics and learn the survival skills of shelter building, primitive fire-making methods, signaling, gathering water and harvesting wild edibles. You'll have the opportunity to hone your skills in a mock survival situation that stresses positive mental attitude and group cooperation—the two most important survival skills of all!

### **Canoeing**

The feel of gliding through the water with a paddle in your hands is magic. Our seasoned staff will help you learn the strokes and skills of flat-water canoeing on beautiful Grindstone Lake. You'll paddle in pairs but bond as a group.



### **Wildlife Programs**



The Audubon Center of the North Woods is also a wildlife rehabilitation facility. We have six educational raptors (non-releasable) and offer a variety of birds of prey programs, such as "Silent Hunter", "A Tour of Minnesota Raptors" and "Falconry—of Raptors and Men". In addition, we have several wildlife programs that are suitable for large groups, including Reptiles & Amphibians and Aquatics.



**AUDUBON CENTER OF  
THE NORTH WOODS**

*A proud leader in environmental education and renewable energy*

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Visit our website!

[www.audubon-center.org](http://www.audubon-center.org)

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