Begin your college experience with new relationships, renewed confidence, and adventure! Immerse.
Immersion trips are weeklong outdoor adventures with a small, diverse cohort of new students and two current Luther student leaders. Trips are open to students of all backgrounds and with a variety of interests. No previous wilderness experience is required to participate in any of the trips, just a willingness to try new things, have fun, and meet other people.

Sponsored by the Luther College Center for Sustainable Communities, the Immersion Program is designed to deepen community while practicing joyful stewardship of the resources around us, both key aspects of the Luther College mission.

**IMMERSION PROGRAM MISSION:** To give new Luther students the opportunity to build community through experiential learning in the natural world, fostering personal development and easing their transition to college life.
IMMERSION TRIP OBJECTIVES

• Build camaraderie with other incoming students through teamwork and challenges that enhance trust, compassion, and empathy.

• Grow personally and develop greater self-confidence through immersion in nature and participation in personal and group challenges.

• Learn new skills and interests through outdoor exploration and recreation.

• Develop a greater awareness and appreciation for the natural world to foster stewardship.

Leadership training

The Immersion Program provides an opportunity for current Luther students to hone their skills while mentoring first-year students. All student leaders receive in-depth training, including wilderness first aid and canoe safety training. A faculty mentor supports each trip.
PADDLING THE BOUNDARY WATERS OF NORTHERN MINNESOTA: BWCA
Experience the majestic beauty of the Boundary Waters Canoe Area (BWCA), as you paddle and portage one of the most pristine wilderness areas in the lower 48 states. Each group will consist of six new students and two group leaders. Each trip will put in between Ely and the western side of the BWCA; the groups will travel different routes, both including paddling and portaging of canoes. Cost: $300

DRIFTLESS ADVENTURE: CLIMBING/BACKPACKING
Luther is located in a beautifully rugged and geologically unique area known as the Driftless Region. This trip will explore the eastern edge of the region near St. Croix Falls, Wisconsin. Participants will spend two nights camping at Interstate State Park, hiking and climbing the remarkable rose sandstone outcroppings at the lake. Then participants will saddle up with packs and spend four days and three nights backpacking the Wisconsin Ice Age Trail. Technical rock climbing will be led by Midwest Mountain Guides, no experience necessary. Backpacking will involve roughly 5–10 miles a day. This group will consist of eight new students and two group leaders. Cost: $275
CANOEING THE UPPER IOWA RIVER
Paddle through one of the most scenic rivers in the Upper Midwest, camp and hike along the shores while exploring the natural attractions surrounding Luther. Three groups will begin near Granger, Iowa, and paddle toward the Mississippi River. A meandering river, the Upper Iowa offers a relaxed paddle with plenty of time for good conversation, team-building activities, and delicious outdoor cooking experiences. Each group will consist of nine new students and two group leaders. Cost: $250

YELLOW RIVER: KAYAKING/BACKPACKING
Navigate one of Iowa’s most pristine rivers. With tricky turns and short high-speed rapids, this kayaking journey is sure to be an adventure. Just 45 minutes from Decorah, the Yellow River is renowned for high bluffs and abundant wildlife. After a three-day paddling trip, participants will land in Yellow River Forest, where they will backpack for the remainder of the trip in Iowa’s largest expanse of native forest. Hike through upland forests on high bluff tops overlooking the Mississippi River valley. Backpacking will involve roughly 5–8 miles of hiking a day. This group will consist of eight new students and two group leaders. Cost $275

ROOT RIVER: BIKING
Pedal through some of the most engaging scenery in the Upper Midwest, as you travel through northeast Iowa, southeast Minnesota, and southwest Wisconsin. Participants will set up a base camp and explore the region's many paved biking trails. Enjoy hiking, swimming, and team-building activities in addition to biking. For both beginning and experienced bikers! Don't have a bike? We can help you find one for your adventure. This group will consist of nine new students and two group leaders. Cost $275
Apply to immerse yourself

Registration is limited and we will select participants on a first-come, first-served basis. Registration will close when all spots are filled. You may register as soon as you have deposited at Luther College.

Every effort is made to match students with one of their top-choice trips.

Visit luther.edu/immersion

• for trip costs
• for more information about the Immersion Program
• to see photos from past immersion trips
• to register

For more information, contact the Admissions Office at admissions.luther.edu or (800) 4 LUTHER.

Learn about Luther’s Center for Sustainable Communities at luther.edu/sustainability.