

**Lodge-To-Lodge On The Superior Hiking Trail**  
**North Shore, Minnesota**  
**September 21 - 25, 2008 (Sunday-Thursday)**  
**September 27 - October 2, 2008 (Sunday-Thursday)**

Backpacker Magazine calls the Superior Hiking Trail one of the ten best trails in America- and we agree! This trail combines a true sense of remoteness with an incredible diversity of terrain and dramatic scenery. Offering outstanding views of Lake Superior and diverse ecosystems, it winds along the ridgetops of the Sawtooth Mountain Range for 200 miles from Two Harbors to the Canadian Border. The fall foliage is truly spectacular with the oranges and reds of the sugar maples, and the bright yellow of birch and aspen. Each day you'll have a choice of a more moderate (3 to 5 miles) or a longer (6 to 10 miles) hike, and every evening we'll relax in a different one of the North Shore's many fine inns and resorts. If you want to combine the pleasures of hiking in true wilderness with the comforts of hospitable lodging, please join us!

Birdwatchers will enjoy the many overlooks that give us access to viewing the hawk migration, which is at its peak from September 10 to October 10. Hawks and other birds are funneled along the shore of the Lake and use updrafts from hills to aid their flight on the way south. Animals are also abundant- we may well see white tail deer, moose, black bear, martens, red squirrels, and beaver. If we're very lucky, we may catch a glimpse of one of the timberwolves, lynx, or bobcats that make their home in this area.

Our lodging includes a night at Bluefin Bay resort, with its spectacular lakeside location and views, not to mention an outdoor hot tub and pool and-in case you haven't hiked enough-a fitness center; two nights at Caribou Highlands, a modern family resort with saunas and hot tubs; and a night at Superior Inn & Suites, located in the town of Grand Marais right on the water. We'll start each day with a hearty home-cooked breakfast and at night we'll sample from the many restaurants the North Shore has to offer. Our ample trail lunches will demonstrate just how creative and delicious picnic food can be!

Our hiking trip starts at 11 a.m. on Sunday when we pick you up at your hotel or at a designated meeting place in Duluth. We drive up to the North Shore and have a picnic lunch before warming up with a hike in one of the state parks or along the shore. For the next three days we will have an option of a full day of hiking, or combining a shorter hike with time to relax, read, write in your journal, or sit and stare at the Lake. On the last day we hike for a half day and then have a picnic lunch before heading back. We will be back in Duluth by 3 p.m. Thursday.

To reserve a place on this Autumn sojourn, please send your deposit of \$300 or the full trip fee of \$1125 (deduct \$50 if you register by 5/21) to the Adventures in Good Company office, or call to register by phone. The trip fee includes guide services, meals and snacks from lunch on Sunday through our farewell lunch Thursday (except for restaurant beverages), four nights lodging, round-trip transportation from Duluth to the North Shore, and luggage transport. You need to provide clothing (including comfortable hiking boots) and a daypack. If you have a dietary restriction or allergy, please let us know three weeks in advance so we can work together to accommodate them.

Three months before the trip, we'll send you detailed pre-trip information, including a packing list and general information about the area. Names of other participants will be sent out two or three weeks before the trip for those who might like to do some pre-trip networking. If you have any questions about this hiking excursion, please call us; we'd be delighted to welcome you to the Superior Hiking Trail during the best season of the year!

**A d v e n t u r e s   i n   G o o d   C o m p a n y**

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