

# LODGE TO LODGE ON THE SUPERIOR HIKING TRAIL

## Adventures in Good Company's General Information

Welcome to Adventures in Good Company's lodge to lodge hiking trip in Minnesota! We think the Superior Hiking Trail is one of the most beautiful and varied trails in the country and we're excited to share it with you. We have compiled some information that may be helpful as you prepare for your journey. The front of this page has information that will be useful for everyone; the back will be primarily of interest to our out of state visitors. Please feel free to contact the Adventures in Good Company office if we can provide any additional information.

### Emergency contact information

The phone numbers of the places we're staying are as follows:

1 <sup>st</sup> night	Bluefin Bay: (800) BLUE-FIN
2nd-3rd nights	Caribou Highlands: (218) 663-7241
4 <sup>th</sup> night	Best Western: (218) 387-2240

### Weather

This is often one of the nicest times of year in Minnesota. Typically days are cool and crisp, with night times in the 40s and 50s. However, some years its been hot and infrequently it's been cold and rainy for a few days. Follow your packing list and you'll have what you need.

### Conditioning

Additional aerobic conditioning is unnecessary for anyone who already exercises regularly. If you don't, you will probably find that you have more energy during the trip if you start a moderate exercise program a couple of months before your trip. For example, you might start walking 3 or 4 times a week for half an hour, at a pace that is brisk enough to make you breathe deeply. Hills are good for this. Other options are working out at a health club on a stairmaster or treadmill, aerobics classes, cross country skiing or any activity that makes you breathe deeply. If you think you will want to choose the longer hiking options, being moderately fit is definitely a good idea. In addition, if you live in the flatlands, make sure that either some of your walking includes hills, or find a stadium or tall office building and do some stairs a couple of times a week the month before your trip.

What if you don't have time to start an exercising program? Don't worry, you'll be fine – just a little more tired than usual at the end of the day!

### Some fun pre-trip reading

The following may serve to whet your appetite.

*Woman of the Boundary Waters* by Justine Kerfoot-fascinating account by a woman who has lived in northern Minnesota since the 30s. She was a founder of the Gunflint Lodge and while we won't actually go up the Gunflint Trail, it's quite nearby.

*Guide to the Superior Hiking Trail*, by the Superior Hiking Trail Association. This detailed section by section description of the trail also abounds with fascinating human and natural history tidbits. In Minnesota this can be found at outdoor stores, or it can be ordered from the SHTA (218) 834-2700

*Up North* by Sam Cook. Sam is the outdoor editor for the Duluth newspaper. This is a collection of his essays. He's an excellent writer, fascinating, and manages to capture the feel of this area better than anyone we know. He's also funny.

*Campsights* by Sam Cook. See above. This is his newest book.

*The North Woods of Michigan, Wisconsin, Minnesota: A Sierra Club Naturalist's Guide*, by Glenda Daniel and Jerry Sullivan.

### Some useful web sites

Superior Hiking Trail Association: This is the organization that built and maintains the Superior Hiking Trail. Their web site is chock full of information about the trail and has lots of very beautiful pictures of it, as well as in depth information about some of the sections we'll be hiking on. ([www.shta.org](http://www.shta.org))

Minnesota Office of Tourism: If you're coming from out of town and decide to make a week of it, this site will help you plan your other two days. ([www.exploreminnesota.com](http://www.exploreminnesota.com))

All of the places we stay have their own web sites:  
Bluefin Bay: [www.bluefinbay.com](http://www.bluefinbay.com)  
Caribou Highlands: [www.caribouhighlands.com](http://www.caribouhighlands.com)  
Superior Inn: [//www.bestwestern.com/superiorinn](http://www.bestwestern.com/superiorinn)

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### Tipping Guidelines

Tipping at the end of the trip is optional. If you feel your guide(s) did an outstanding job and would like to reward them for their efforts, a suggested rule of thumb is US \$5 – \$10 per person per day. Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it to the guides at the last shared meal.

## Getting here

Northwest Airlines is the dominant carrier in the market in Minnesota (1-800-225-2525 or [www.nwa.com](http://www.nwa.com)). It currently has the majority of the flights into Duluth airport. Midwest Airlines also has a few flights a day. Non-stop flights are rare.

In order to take advantage of our drive to Tofta, stopping for lunch and a short hike, we need to leave Duluth by 11 am. We will have 2 pick ups - the Duluth Airport and at The Country Inn and Suites North on Haines Rd. There may be few flights that arrive before 11 am, therefore most people who come from out of town will need to fly in the day before.

## Lodging

If you have any gambling spirit, the cheapest way to find a hotel room is to go through Priceline ([www.priceline.com](http://www.priceline.com)). You cannot specify that the hotel is near the airport and thus you risk having to take a taxi from the airport to your hotel. However, since few hotels in Duluth have an airport shuttle, this should not be a major deterrent.

If you prefer to know what you're getting into, the following are a sample of the possibilities (prices are approximate and do not include taxes):

**If you wish for us to make a pre-trip hotel arrangement for you, the \*\* denotes the hotel we will use. Please indicate your preferences on the Travel Form.**

### \*\* Country Inn and Suites – Duluth North (800) 456-4000

4257 Haines Rd.

Nightly rates: \$149 plus tax

Located one mile from the Duluth airport and offers an airport shuttle. Other amenities include: all non-smoking rooms, pool area, exercise room, continental breakfast.

### Days Inn-Duluth (800) 329-7466 or (218) 727-3110

909 Cottonwood Ave

Nightly Rates: \$145 plus tax

Located within walking distance to the Miller Hill mall, and 5-miles from Lake Superior. Amenities include: whirlpool, exercise room, continental b-fast, tennis, A/C, microwave.

### Econo Lodge Airport (218) 722-5522

4197 Haines Rd.

Nightly Rates \$97.74 - \$124.99

Located one mile from the airport near the Miller Hill mall. Amenities include: free wireless high speed, continental b-fast, fitness center and indoor pool.

### Radisson Hotel Duluth-Harborview (888) 201-1718 or (218) 727-8981

505 West Superior Street

Single: \$90-\$130

This hotel is located in the heart of downtown Duluth, and 6 blocks from lake Superior and Canal park. Airport shuttle by arrangement, restaurant on premises, heated indoor pool, sauna, whirlpool

### Hampton Inn (800) 445-8667 or (218) 720-3000

310 Canal Park Drive

Single or Double: \$84-179

Near Canal Park area. 3 stories, interior corridors. Free continental breakfast, extended cable TV, small heated indoor pool, exercise room, whirlpool

## What to do in Duluth

Here are a few suggestions for spending time in Duluth before or after your trip. Everything listed is within walking distance of the Canal Park / downtown area.

**For general info, check out:** [www.visitduluth.com](http://www.visitduluth.com)

## Museums:

**Great Lakes Aquarium** <[www.glaquarium.org](http://www.glaquarium.org)>

**William A. Irvin** <[www.williamairvin.com](http://www.williamairvin.com)>

**Lake Superior Marine Museum** <[www.lsmma.com](http://www.lsmma.com)>

## Stores that sell outdoor gear and/or clothing:

Located in the Fitger's building (6<sup>th</sup> Ave. East and Superior St.):

**Trailfitters** <[trailfittersduluth.com](http://trailfittersduluth.com)>

**Wintergreen Northern Wear**

<[www.wintergreendesigns.com](http://www.wintergreendesigns.com)> (local)

**Frost River Outfitters** <[www.frostriver.com](http://www.frostriver.com)> (local)

Located in Canal Park:

**Midnight Sun Adventure Company**

<[www.midnightsunsports.com](http://www.midnightsunsports.com)>

**Duluth Pack** <[www.duluthpack.com](http://www.duluthpack.com)> (local)

**Art:** Sivertson's Gallery in Canal Park has paintings, prints, cards, ceramics, and sculpture by regional and Canadian artists <[sivertson.com](http://sivertson.com)>.

**Food:** These are some of our favorites

- In Canal Park in the Dewitt-Seitz building: Lake Avenue Café (lunch & dinner), Amazing Grace (coffee, soup, sandwiches)
- Downtown: Pizza Lucé
- In Fitger's: Fitger's Brewhouse, Lakeview Coffee Emporium (it does have a great view!)

## Outdoor activities:

- Walk or bike along the Lakewalk, which begins in Canal Park as a boardwalk and continues for several miles northeast along Lake Superior.
- Midnight Sun Adventure Company (in Canal Park) rents bikes and offers guided kayak tours on Lake Superior
- <[www.midnightsunsports.com](http://www.midnightsunsports.com)>

Duluth has many miles of trails, including a section of the Superior Hiking Trail