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AUTUMN ON THE SUPERIOR HIKING TRAIL

Trip Summary

HIGHLIGHTS

- Hiking through the colorful Minnesota woods of golden aspen and red sugar maples
- Enjoying scenic overlooks and waterfalls along the trail
- Lodging on the shore of Lake Superior, the greatest of the Great Lakes
- Having a choice of two hikes of different lengths each full hiking day
- Visiting the charming harbor-side town of Grand Marais, including eating at the Angry Trout restaurant

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TRIP AT A GLANCE

Location:	North Shore of Lake Superior, Minnesota
Activities:	Hiking
Arrive:	Fly into Duluth, MN by 4pm on the first day
Depart:	at the Duluth airport at 3:30PM on the last day

Trip Overview

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 300+ miles from the Wisconsin border 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 9 miles) hike, and every evening we'll relax in lodging on the shores of Lake Superior. Maximum group size: 12

Rating

We have rated this trip as both a 2 and a 3 because of the different choices of hikes each day, one longer and one shorter. Each night the guides will describe the trails and you can choose which appeals to you. **Rating:** 1 **2** 3 4 5

What's Included

- 1 - 2 experienced AGC guides based on group size
- Five nights lodging. Three nights are in single occupancy rooms, the first and last night are double occupancy
- All meals from dinner on the first day through lunch on the last day
- Round-trip transportation between Duluth, MN and the North Shore

Not included: Transportation to and from Duluth, MN from your place of residence, alcoholic beverages, guide gratuities and insurance.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Today is arrival day! You are free to arrive in Duluth any time before 4pm. It's a lovely city, right on the shores of Lake Superior, and an interesting place to spend some time if you can arrive early. Tonight will be our first gathering with a welcome dinner and orientation.

Overnight: Inn on Lake Superior

DAY 2

We will meet in the lobby at 8:30AM for a few instructions before heading off to the beautiful north country! Our first stop is at Hawk Ridge, an open ridge just on the edge of Duluth where we can watch the hawk migration at its peak. Most raptors are reluctant to cross large bodies of water so when they migrate south and encounter Lake Superior, the birds naturally veer southwest along the lakeshore. Depending on the direction of the wind we may see hundreds to thousands of birds migrating overhead.

Once we have had our fill of hawk watching, we begin our drive North along Lake Superior. We stop for a picnic lunch and a warm-up hike at Split Rock Lighthouse State Park. The hike will take us to a high vista and to the shores of Lake Superior. Then we'll continue our drive up the North Shore to the small town of Tofte. For the next 3 nights we'll be staying at Bluefin Bay Resort, a collection of beautifully designed condos where the living room windows look out directly onto the lake. Hot tubs will be awaiting each night to help soothe any aches you may have from the day's hiking. (B, L, D)

Hiking Distances and Elevation Gains/Losses:

Split Rock Hiking Distance: 3 miles, Elevation Gain/Loss: 250ft

Overnight: Bluefin Bay

DAY 3

Today begins with a leisurely breakfast with great food and plenty of coffee. We start all together today with a hike around Oberg Mountain (despite its name, the elevation gain is only about 500 feet) a 2.3-mile loop trail with eight different spectacular overlooks. This is our first opportunity to see many of the red, yellows, and oranges of the deciduous trees that grow inland from the Lake.

We then return to the parking lot and head South on the SHT (Superior Hiking Trail) to the Leveaux Mountain loop. This portion is well graded with one steeper and rockier section uphill that leads to fabulous views inland and grand views overlooking Lake Superior. After enjoying our picnic lunch at the Leveaux Mt. overlook, those who want a shorter day, will return to the vans at Oberg Parking (3.2 miles RT) and drive back to our condos at Bluefin to relax, perhaps sit in the sauna or use the swimming pool.

For those wanting a longer hike, we continue South along the trail from Leveaux Mt. to Britton Peak parking. This section of trail winds on gently rolling terrain through boreal forests of spruce, balsam fir, and cedar. After our last viewpoint of the day, which looks back at Leveaux Mt and where we came from, the final few miles roll through beautifully colored maple and birch forest. Being deep in the autumn forest, passing beaver ponds and a couple of SHT campsites, make this an enjoyable end to our hike. We return to our condos for hot tubs, hot showers, and time to relax before our home cooked dinner this evening. (B, L, D)

Oberg Mt loop: 2.3 miles, 500ft gain/loss

Leveaux Mt. loop: 3.2 miles, 500ft gain/loss

Oberg TH to Britton Peak TH via Leveaux Overlook: 6.3 miles, 950ft gain, 950ft loss

Overnight Bluefin Bay

DAY 4

After a hearty breakfast we head out on today's hike which goes from Skou Rd. Trailhead to the Temperance River (4.2 miles). For those who want a longer hike, after lunch we will continue from the Temperance River up and over Carlton Peak to Britton Peak parking lot (9.2 miles).

We all start together again this morning, following a spur trail up a moderate grade to the junction with the Superior Hiking Trail. Turning north on the trail, we hike through lovely birch forest and over occasional open ridges with views of Lake Superior below. After 3.5 miles we reach the Temperance River, a roaring and deep river in a basaltic canyon. This is the perfect spot for our picnic lunch, giving us time to look at the kettles and falls of the upper river. After lunch our trail parallels the river, providing excellent views of the many waterfalls in the river gorge. After crossing the river on a bridge overlooking one of the most scenic falls, those wanting a shorter day of hiking will continue on towards Lake Superior and the parking area, while those wanting a longer hike will continue heading North on the SHT.

After about a half mile the trail leaves the noise of the river and once again, we are enveloped by the silence of the fern-filled woods. We follow the trail up a short, rocky ascent to the top of Carlton Peak where we are rewarded by sweeping views of both the Lake and the woods. After we have taken plenty of photos and had a rest, we continue down the other side of Carlton Peak, back into a spectacular birch forest, and continue to the parking lot at Britton Peak, where we meet our van. Tonight, we'll dine at the delicious Bluefin Grill. (B, L, D)

Hiking Distances and Elevation Gains/Losses:

Skou Rd. to Temperance Wayside: 4.2 miles, 650ft gain/700ft loss

Temperance River to Britton Peak TH via Carlton Peak: 5.2 miles, 950ft gain/400ftloss

Overnight: Bluefin Bay

DAY 5

We'll start this morning with packing up for our move to Grand Marais. For those wanting a shorter hike today, we drive north to the White Sky Rock trailhead and head south on the SHT to Lake Agnes. This out-and-back hike (2.5 miles round-trip) is incredibly picturesque, as we climb up through lovely mixed forest and a cedar "fairyland" to Lake Agnes. We continue along the shore to a rocky outcrop with great views of Lake Agnes and the colorful canopy that surrounds it. Before returning to the van, we take a short spur trail to White Sky Rock for a scenic lunch spot overlooking Caribou Lake.

After lunch we drive to the quaint town of Grand Marais. Grand Marais is a town of historical significance (it was initially an outpost of the Voyageurs), a modern-day artists' colony, and a delightful place to spend time walking around.

For those wanting a longer hike, today we follow the section from Lutsen to the Caribou Trail (6.4 miles), a very pleasant and diverse section of the SHT, including a mature and colorful maple canopy. After a short break at a spectacular vista of the Poplar River valley, we continue on through a mix of birch/aspen/pine and spruce forest. Stretches parallel the Poplar River and along the shores of Lake Agnes. Tonight, we eat at the Angry Trout in Grand Marais, undoubtedly the best restaurant in the area and always a huge hit. (B, L, D)

Hiking Distances and Elevation Gains/Losses:

Caribou Trail to Lake Agnes (2.5 miles, 300ft gain/loss)

Lutsen TH to Caribou Trail (6.5 miles, 800ft gain/675ft loss)

Overnight: Best Western Plus Superior Inn

DAY 6

On this last day we offer a shorter morning hike for those who want it. Alternatively, you can continue exploring Grand Marais, walk out to Artist's Point on the lakeshore, grab a coffee in town or simply sleep in.

If you choose to hike, we will drive north to the nearby Judge Magney State Park for a 2 mile out and back hike to Devil's Kettle, which is the highlight of the park. Clarence R. Magney, a former mayor of Duluth and judge on the Minnesota Supreme Court, was instrumental in getting 11 state parks and scenic waysides established along the North Shore. The hike alongside the Brule River is magnificent just on its own, but the Falls of Devil's Kettle is the true destination. Here the river splits in two to flow around a mass of rhyolite rock. The eastern flow goes over a two-step, 50-foot waterfall and continues downstream. The western flow surges into a pothole, falling at least 10 feet, and disappears underground. It is believed the water rejoins the main channel of the river or has a separate outlet into Lake Superior, but it has never been located!

Once we've packed up, we will drive back to Duluth with a stop at a state park for a final picnic lunch along the way. We will be back in Duluth and to the airport by 3:30PM and you can plan to fly out any time after 4:30PM. For those of you who drove and left your car at the Duluth hotel, we will return you to the hotel to pick up your car. (B, L)

Hiking Distance and Elevation Gain/Loss:
Devil's Kettle/Judge Magney State Park: 2 miles, 400ft

ADDITIONAL TRIP INFORMATION

Getting There

If you are flying, the closest airport is Duluth International Airport, (DLH). If you are driving, you will be able to leave your car at the trip hotel for the duration of the trip.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exito charges a one-time, non-refundable processing fees of \$50 per passenger.

Accommodations

The first night is spent in a local hotel in Duluth, the Inn on Lake Superior. The next three nights will be spent at a premiere resort of the North Country, [BlueFin Bay](#), a collection of condos, townhomes and lodge rooms located right on the shore of Lake Superior. We will stay in their shoreline condos with single occupancy bedrooms and shared bathrooms. Our last night will be spent in Grand Marais where we'll stay at [Superior Inn and Suites](#), a well-located hotel close to the lake and to shops.

Accommodations here will be double occupancy. Single supplements are available for the first night of the trip (hotel in Duluth) and the last night of the trip (hotel in Grand Marais) for an additional cost.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

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CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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