



ADVENTURES  
*in good company*



## AUTUMN ON THE SUPERIOR HIKING TRAIL

### Trip Summary

#### HIGHLIGHTS

- Hiking through the colorful Minnesota woods of golden aspen and red sugar maples
- Gazing down from seven overlooks on Oberg Mountain
- Sampling North Shore restaurants, particularly the Angry Trout
- Having a choice of two hikes of different lengths each day
- Visiting the totally charming town of Grand Marais

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## TRIP AT A GLANCE

Location:	North Shore of Lake Superior, Minnesota
Activities:	Hiking
Arrive:	arrive in Duluth, MN anytime on Day 1
Depart:	at the Duluth airport at 3 pm on 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 ridge-tops 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 lodging on the shores of Lake Superior. Maximum group size: 11

### 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 breakfast on Sunday through our farewell lunch Thursday
- Round-trip transportation from Duluth, MN
- Luggage transport

**Not included:** Transportation to and from Duluth, MN, 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 anytime today. 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. Lodging tonight is included and our first formal get-together will be tomorrow. Suggestions of things to do and places to eat, along with the hotel name, will be included in the PreDeparture Document that you receive 4 months before the trip.

### DAY 2

Breakfast is included with your hotel stay and is on your own for this first morning. Our first meeting will be in the lobby at **8:30AM** for introductions and 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 in Gooseberry Falls State Park, considered the "gateway" to the North Shore. This loop hike will take us past beautiful waterfalls, to the shores of Lake Superior, along the river gorge, and past Civilian Conservation Corps log and stone structures. We will also stop at the visitor center to look at the interpretive displays before continuing the 45 minute 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 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. Overnight Bluefin Bay B, L, D

### DAY 3

After a hearty breakfast we head out on today's hike. Our hike goes from Cross River wayside to the Temperance River and, for those who want a longer hike, from the Temperance River up and over Carlton Peak to Britton Peak parking (8.8 miles). We all start together 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 falls in the river gorge. Those wanting a shorter day of hiking continue on to the parking area (4 miles total), while those wanting a longer hike cross to the opposite side of the river and continue heading North on the SHT (8.8 miles). 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. This is our first opportunity to see many of the red, yellows, and oranges of the deciduous trees that grow inland from the Lake. 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 another 1.5 miles to the parking lot at Britton Peak, where we meet our van. Tonight we go out for dinner at one of the resort restaurants. Overnight Bluefin Bay B, L, D

#### DAY 4

Today begins with a leisurely breakfast with great food and plenty of coffee. The section for today, a traverse from Oberg Mountain to Lutsen, is one of the oldest sections of the Superior Hiking Trail. We start with a hike around Oberg Mt (despite its name, the elevation gain is about 500 feet) a 2-mile loop trail off the SHT with seven different spectacular overlooks. For those who want a shorter day, we return to the vans at Oberg Parking 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 along the trail from Oberg Mountain for 6.8 miles. This section of trail winds through boreal forests of birch, spruce, balsam fir, and alder, and then climbs to the top of Moose Mt. where the views in all directions are rewarding. There are more ups and downs on this section of trail, making this section a little more challenging. The last three miles go through a rich maple forest before emerging at the gorge of the Poplar River. We return to our condos for hot tubs, hot showers, and plenty of time to relax before our home cooked dinner this evening. B, L, D

#### 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 hike is incredibly picturesque, as we climb up through lovely mixed forest, through a cedar "fairyland" to Lake Agnes. We hike along the shore to a beautiful outcropping with great views of Lake Agnes and the colorful canopy that surround it. We will have a snack and relax before returning to the van (2.6 miles total) and continuing on 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 the longer hike, today we travel the section from Lutsen to the Caribou Trail (6.4 miles), a very pleasant and diverse section of the Trail. We return to our stopping point yesterday and continue North through 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/aspens/pine and spruce forest. Stretches parallel the Poplar river and along the shores of Lake Agnes. After lunch we hike through a cedar "fairyland", even down a tree-notched staircase. For those who want a bit more hiking, shortly before the end there is a short, but steep spur trail up to White Sky Rock, with a scenic view of Caribou Lake and its residents. Meeting back up at the van, we drive to Grand Marais to check into our hotel and have free time to explore this quaint lake-side town. Tonight we eat at the Angry Trout in Grand Marais, undoubtedly the best restaurant in the area and always a huge hit.

#### DAY 6

On this last day we will choose a shorter morning hike; alternatively you can opt to stay in Grand Marais, hike to Artist's Point, drink coffee at the Moose Junction cafe or simply sleep in. If you choose to hike, we will drive about 10 miles North of Grand Marais to Judge Magney State 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.

It seems fitting to take our final hike here, and we will hike to the highlight of the Park: The Devil's Kettle. 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!

We hike back to the trailhead via the same trail and return to Grand Marais to sadly pack up. Returning along Lake Superior, we'll pass the trails we hiked the last few days to Duluth. We'll stop at one more state park for a final picnic lunch along the way. We will be back in Duluth and to the airport by 3pm and you can plan to fly out anytime after 4pm. For those of you who drove and left your car at the beginning hotel, we will return you to the hotel to pick up your car. B, L

## 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: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

### Accommodations

The first night is spent in a local hotel in Duluth, double occupancy. 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. Some bedrooms will have their own bathroom and others will share a bathroom (maximum 2), rooms will be assigned randomly. 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](http://www.travelexinsurance.com) or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

## 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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