

There's so much hiking to look forward to!



The Baptism River near Finland. In many areas the SHT is still covered with snow.

Greetings!

The energy and excitement level of the Superior Hiking Trail community continues to rise along with the temperatures! Our [Association Facebook](#) page is active as we update trail conditions and the [SHT Facebook Group](#) page is active as hikers share information and make plans for this year's trail adventures. The Trail Maintenance/Construction Supervisors are anxious to get out to clear the trail and start on this year's maintenance and construction projects (read on to learn how you can help). Lots of people have already registered to attend this year's Hike Fest, the May 13-15 celebration of hiking on the SHT. We hope to see you there!

[Current Trail Conditions](#)

May looks to be a busy and exciting month, but we do want to caution hikers that conditions on the trail right now are difficult. The MN DNR snow depth map from April 14th still shows 4-15 inches in the Lake Superior Highlands, the area from along the ridgeline the SHT traverses. Reports from hikers who ventured out last weekend were that trails were covered with wet slushy snow, and areas of slick ice. In other sections where the snow has melted mud and standing water will make travel difficult.



Travel on a saturated trail can cause damage as each boot print depression holds water on the trail. Hikers who try to avoid the mud only compound the damage by widening the wallow.

With the warmer temperatures and melting snow, ticks will become active. Hikers should take preventative measures to protect themselves and their canine companions. [Visit the CDC website](#) for more information on tick prevention and removal.

Trail conditions will change very quickly this time of year. Check the [SHTA Conditions Page](#) before heading out.



SHTA HIKE FEST

Wolf Ridge Environmental Learning Center
Finland, Minnesota

May 13 - 15, 2016

There's still time for you to register!

The deadline for registration is Monday, May 2nd

You don't want to miss this wonderful SHTA spring gathering...

- Hike - hikes of varying lengths on Friday, Saturday, and Sunday.
- Learn - travel with others to great hiking destinations, test your knowledge about rocks and wildflowers, conquer the ropes course.
- Indulge - desert potluck and shopping at the Silent Auction.
- Enjoy - social hours, great meals, and dancing in circles and squares!

This event is open to all - individuals and groups, members and friends. [Go to our website](#) to see the list of hikes, presentations and other fun activities we have planned; you can register online! You may also print and return your completed registration and payment by mail.

Be more involved - Volunteer or Donate

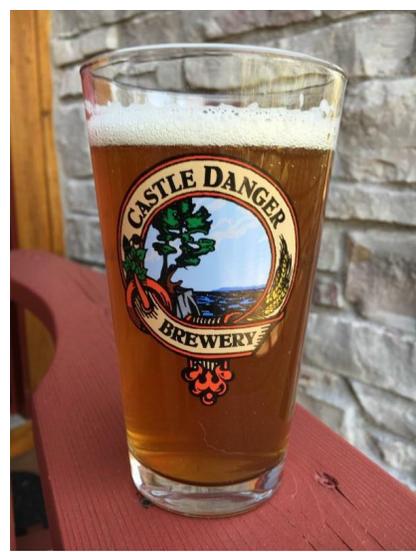
- Volunteers are needed to lead and sweep hikes, help set-up the silent auction on Friday afternoon, assist with registration, and help with the ropes course on Saturday. Call or email the SHTA office if you can help!
- This year there will be 2 opportunities to help with trail maintenance. On Saturday attend a session on tool use and safety, then go out to clear brush and repair the trail. On Sunday we'll tackle another trail section by Beaver Bay. Tools and gear will be provided. Sunday volunteers should bring a trail lunch and beverages.
- Each year many of the most unique items in our Silent Auction are the donations of individual members -- outdoor gear, artwork, books, and handcrafted items. If you would like to donate an item, please call or e-mail the SHTA office.

**Castle Danger Brewery Pints for a Cause to Benefit Superior
Hiking Trail Association - May 13**

An invitation from our friends at Castle Danger Brewery

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"At Castle Danger, we feel it is important to give back to our community, whether big or small. May 9-15, 2016 marks the MN Craft Brewers Guild's 10,000 Minutes of Craft Beer, also known as MN Craft Beer week. During this week, Minnesota's craft breweries are encouraged to do many different events.



Castle Danger Brewery has created Pints for a Cause, a week-long taproom event where CDB will donate \$1 from the sale of each pint to 5 non-profits in Two Harbors to promote & raise funds for each one on a specific day. The Superior Hiking Trail Association will have its day on Friday, May 13th.

Stop by the Castle Danger Brewery taproom, located in downtown Two Harbors at 17 7th Street, from noon-10 PM for a pint and support the Superior Hiking Trail. The taproom will also have live music from Two Harbors artist John Cron. Jon will be playing from 7-9 PM.

For more information, please visit the [Castle Danger Brewery](#) website."





Volunteer Weekends - Work Hard, Have Fun!

You don't have to be a lumberjack to help with projects on the Superior Hiking Trail! For 30 years volunteers of all sorts have worked together to build and maintain our trail. We're looking for volunteers to help with major trail efforts again this year and we hope you'll be one of the crew!

Sign up for any of these project events by contacting Jo Swanson by [email](#) or by calling the SHTA office at 218-834-2700. Make sure that you are on our active volunteer email lists by clicking on the "Update Profile" link at the bottom of this newsletter.

Trail Clearing Weekends in May

Teams of volunteers will work together under the direction of Trail Supervisor Han Taylor. A certified chainsawyer will be partnered with 2-3 "swampers" (assistants who remove log chunks, brush the trail and lop tree branches). Training and tools will be provided. Volunteers should be prepared to hike a few trail sections each day carrying their gear and tools for the day.

SHTA will host volunteers with meals and indoor sleeping space or camping at Schroeder and Finland, and camping space with indoor dining and gathering at Grand Marais. We'll

also provide breakfasts on Saturday and Sunday, and Saturday supper. There's an extra work day in Grand Marais so there will also be Sunday supper and Monday breakfast.

We also need volunteers to help with the preparation and serving of meals, jobs for everyone!

Dates and locations:

- May 7-8 -- Schroeder
- May 21-22 -- Finland
- May 28-30 -- Grand Marais

North of Gooseberry Re-route Trail Construction - June 4-5

Let's get the trail off the detour that was established last year! This National Trails Day project will also be headed up by Trail Supervisor Han Taylor. Work will be to haul lumber, brush and lop trees, and build treadway so a variety of skills are needed. Training and tools will be provided. When complete the re-route will be 3.2 miles of new trail.

SHTA will host free camping and meals at Gooseberry Falls State Park. Again we also need culinary volunteers to help with meals.

Wild Valley Road to MN-WI Border Trail Construction - June 11-12

Be one of the volunteers to help with the construction of the final SHT section south of Jay Cooke State Park. The project will be under the direction of Trail Supervisor Larry Sampson. Work will be to haul in lumber, brush and lop trees, and build treadway.

This will not be a hosted weekend. Volunteers may find Jay Cooke State Park a convenient place to camp for the weekend.

Larry will also be scheduling workday work projects and a few work weekends to complete this 3.2 miles of trail.

Start Building Your Volunteer Hours in the 30 for 30 Program.

This year, we invite you to help celebrate 30 years and 300 miles of trail by contributing 30 hours on SHTA volunteer activities. Hours must be performed as trail adopters, as part of an official SHT volunteer event, or as coordinated with the SHTA office. Volunteers who donate 30 hours this year can stop in the office and pick up a free trail poster of their choice as a thank-you.

To join the 30 for 30 program or to learn more about volunteering, contact Jo Swanson at volunteer@shta.org or 218-834-2700.

**There's lots to see at Midwest
Mountaineering's Spring Outdoor**



Cody Bartz takes a break during his 12-day hike of the SHT

Expo - including the SHT!

Friday, April 22 through Sunday, April 24

You'll find great gear along with a wide variety of presentations about adventure travel, outdoor skills, and environmental issues. Representatives from outdoor destinations, businesses, and non-profit organizations like the SHTA will be there

each day to talk with you and answer questions. It's all under the big tent at Midwest Mountaineering and on the nearby U of M campus, Minneapolis MN.

Check out these presentations by members of our hiking community:

- Hiking the SHT - Kim Fishburn, Saturday 10:30 AM
- Hike through Minnesota on the NCT Trail - Matt Davis, Saturday 1 PM
- 300 Miles on the Superior Hiking Trail in 12 Days - Cody Bartz, Sunday 1:00 PM
- Hike the BWCA's Border Route and Kekakabic Trails - Matt Davis, Mark Stange, Terry Bernhardt, Sunday 3:30 PM

[Visit the Expo website for complete information!](#)

Upcoming Dates: Put these on your Calendar!

April 21 - A Virtual Hike on the North Country National Scenic Trail,
7:00 PM at REI in Bloomington, MN

April 22-24 - Spring Outdoor Expo, at Midwest Mountaineering in Minneapolis, MN

April 26 - Superior Hiking Trail, Kim Fishburn
6:30 PM at Midwest Mountaineering, Minneapolis, MN

April 26 - Superior Hiking Trail Basics, REI Specialist
6:30 PM at REI Bloomington, MN

May 13-15 - SHTA Hike Fest, Wolf Ridge Environmental Learning Center
Finland MN

May 16 - Superior Hiking Trail Ultimate Hike Info Session, CureSearch
6:30 PM at Midwest Mountaineering

May 21 - SHTA Guided Hike - 6.9 miles
Rossini Rd to Lake County Demonstration Forest

10:00 AM Lake County Demonstration Forest Trailhead

May 21 - Spring Trail Races (25KM and 50 KM)

Lutsen to Oberg Mountain

May 26 - Superior Hiking Trail, Kim Fishburn

6:30 PM at Midwest Mountaineering, Minneapolis, MN

The Superior Hiking Trail is built, maintained, and supported by volunteers.

- Donate or become a member [online](#) or by calling the SHTA office at 218-834-2700.
- Volunteer for a project or campsite.
- Help us find others like you -- share this message with your friends and family.

| EMAIL hike@shta.org | PHONE 218-834-2700 | WEBSITE shta.org

STAY CONNECTED:

