

Elevation Gain and Loss along the Superior Hiking Trail

Section	Distance (miles)	NOBO gain/ SOBO loss (feet)	NOBO loss/ SOBO gain (feet)	Beginning (South) Elevation (feet)	Ending (North) Elevation (feet)	Net Elevation Gain or Loss (-) (feet)
Duluth Section						
Jay Cooke SP TH to Martin Rd TH	41.3	5723	5449	942	1216	274
North Shore Section						
Martin Rd TH to Lismore Rd TH	6.9	650	492	1216	1374	158
Lismore Rd TH to Normanna Rd TH	6.9	427	423	1374	1378	4
Normanna Rd TH to Sucker River Spur Jct	8.1	771	719	1378	1430	52
Sucker River Spur Jct to Fox Farm Rd TH	4.1	539	678	1430	1291	-139
Fox Farm Rd TH to Rossini Rd TH	6.4	755	556	1291	1490	199
Rossini Rd TH to Demonstration Forest Spur Jct	5.7	738	730	1490	1498	8
Demonstration Forest Spur Jct to Reeves Rd TH	9.8	693	940	1498	1251	-247
Reeves Rd TH to Lake County Rd 301 TH	5.4	281	678	1251	854	-397
Lake County Rd 301 TH to Castle Danger TH	6.3	1048	979	854	923	69
Castle Danger TH to Gooseberry Falls SP Spur Jct	8.9	760	919	923	764	-159
Gooseberry Falls SP Spur Jct to Split Rock River South Spur Jct	5.3	835	955	764	644	-120
Split Rock River South Spur Jct to Split Rock River North Spur Jct	3.8	1045	832	644	857	213
Split Rock River North Spur Jct to Lake County Rd 4 (Beaver Bay) TH	10.8	1748	1682	857	923	66
Lake County Rd 4 (Beaver Bay) TH to Lake County Rd 5 (Silver Bay) TH	4.7	987	796	923	1114	191
Lake County Rd 5 (Silver Bay) to State Hwy 1 (Tettegouche SP) TH	11.1	2334	2508	1114	940	-174
State Hwy 1 (Tettegouche SP) TH to Lake County Rd 6 TH	6.8	1707	1482	940	1165	225
Lake County Rd 6 TH to Finland Recreation Center Spur Jct	7.3	1323	1168	1165	1320	155
Finland Recreation Center Spur Jct to Crosby-Manitou SP TH	11.5	1375	1240	1320	1455	135
Crosby-Manitou SP TH to Caribou River Spur Jct	7.3	1256	1796	1455	915	-540
Caribou River Spur Jct to Cook County Rd 1 TH	8.3	1189	823	915	1281	366
Cook County Rd 1 TH to Temperance River Spur Jct	7.8	833	1403	1281	711	-570
Temperance River Spur Jct to Cook County Rd 2 (Britton Peak) TH	4.6	1162	663	711	1210	499
Cook County Rd 2 (Britton Peak) TH to Forest Rd 336 (Oberg Mtn) TH	5.7	771	760	1210	1221	11
Forest Rd 336 (Oberg Mtn) TH to Lutsen Mtn Spur Jct	6.6	1433	1363	1221	1291	70
Lutsen Mtn Spur Jct to Cook County Rd 4 (Caribou Trail) Spur Jct	5.2	960	790	1291	1461	170
Cook County Rd 4 (Caribou Trail) Spur Jct to Cascade River Spur Jct	10.0	1456	2224	1461	693	-768
Cascade River Spur Jct to Forest Rd 158 (Bally Creek Rd) TH	9.3	2119	1268	693	1544	851
Forest Rd 158 (Bally Creek Rd) TH to Pincushion Mtn (Grand Marais) TH	8.3	716	1052	1544	1208	-336
Pincushion Mtn (Grand Marais) TH to Cook County Rd 58 TH	4.9	917	1339	1208	786	-422
Cook County Rd 58 TH to Kadunce River Spur Jct	8.5	1480	1456	786	810	24
Kadunce River Spur Jct to Judge Magney SP TH	9.3	774	941	810	643	-167
Judge Magney SP TH to Cook County Rd 70 TH	6.6	1261	546	643	1358	715
Cook County Rd 70 TH to Arrowhead Trail Spur Jct	8.5	818	1016	1358	1160	-198
Arrowhead Trail Spur Jct to Jackson Lake Rd TH	5.1	1183	905	1160	1438	278
Jackson Lake Rd TH to Otter Lake Rd TH	8.7	1140	1163	1438	1415	-23
Otter Lake Rd TH to 270 Degree Overlook	1.2	337	87	1415	1665	250
North Shore Section Totals	255.7	37821	37372	1216	1665	449

- Notes:
1. GPS data were obtained from the SHTA (<http://www.shta.org/Trail/TrailGPS.php>), downloaded 11/22/13. The KML file of 30,000 points and corresponding tracks in Google Maps and Google Earth were used to identify the main SHT path. Spur trails were excluded.
 2. Elevations along these tracks were obtained using Google Earth. The elevation profile function provided summary statistics, including elevation gain and loss, of trail segments.
 3. Elevations were spot checked using USGS and ESRI topographic maps (<http://www.mappingsupport.com/p/gmap4.php>).
 4. Distances computed by Google Earth and Google Maps generally aligned with those listed in the *Guide to the Superior Hiking Trail*. Where there were discrepancies that could not be explained, distances listed in the *Guide* were used in this table.

12/3/2013, John Sowell, SHTA Volunteer