

Various Services for Hikers on the Superior Hiking Trail® Prepared by the Superior Hiking Trail Association

Last Update 12/2014

Post Office Info For Re-Supply Package Hold	North Shore Community	Zip Code	Services Available	Medical Available	Miles To Town From SHT	Phone Number
	Duluth	55806	M,L,G,C,LM,O	Hospital (2) Clinic	In town	218-723-2526
	Main Post Office					
	Two Harbors	55616	M,L,G,C,LM,O	Hospital Clinic	6	218-834-3430
	Beaver Bay	55601	M,L,LG,LM	no	1.5	218-226-4129
	Silver Bay	55614	M,L,G,LM	Clinic	2.5	218-226-3700
	Finland	55603	M,L,G,C	no	1.3	218-353-7318
	Schroeder	55613	M,L,C	no	2.4	218-663-7568
	Tofte	55615	M,L,G,O	no	2.7	218-663-7985
	Lutsen (via Caribou Trail (Cook Co 4)	55612	G	no	4.5	218-663-7323
	Grand Marais	55604	M,L,G,C,LM,O	Hospital Clinic	2.5	218-382-1020
	Hovland	55606	M,LG	no	3.5	
	Services Key:					
		M	Meals			
		L	Lodging			
		G	Groceries			
		LG	Limited Groceries			
		C	Camping			
		LM	Laundromat			
		O	Outfitting			
			Supplies			

Mail packages should be addressed: Your Name, General Delivery, Town Name, MN, Town Zip

It is helpful to write "Hold for SHT Hiker" on the package