

Summer's here and you don't want to miss what's going on with the SHT!



A sea of green and bright blue sky, summer on the SHT.

Greetings!

What a difference from just one month ago! The SHT is lush and green, and temperatures are beginning to warm-up. Frequent rain has kept water levels high in rivers and streams; unfortunately along with that goes mud in poorly drained sections of trail. Crews are still clearing some trail sections. Grass is growing quickly (just like your lawn) and crews will start weep whipping trail sections in July. Insects are out and can be fierce to "no-problem" depending on the day or location.

Whenever you set out on the trail take a few minutes to prepare:

- Check the [Conditions](#) page on the SHTA website for general and section specific trail conditions.
- The SHT is a rugged footpath. Wear sturdy hiking boots or shoes. Carry a pack with you that contains beverages, snacks, insect repellent, rain gear, first aid kit, headlamp and an extra layer of clothing. Many hikers find trekking poles helpful especially on steep descents.
- Always carry a map of your route with you. Make sure to pay attention as you hike along so if you become confused you know where you last were on the map. In general you don't need a compass to hike on the trail. However, it's a good idea to

carry one and check it after you leave an overlook to make sure you're hiking in the right direction. Even experienced hikers can get confused.

The organization has received some great publicity as we celebrate 30 years of the Superior Hiking Trail! Checkout this interview with Executive Director, Gayle Coyer and Outreach Coordinator, Jo Swanson. [View Video](#)

The SHT's Amazing Volunteers!





This month volunteers have worked on many fronts to make sure the SHT hiking experience is a good one. Section volunteers have walked miles to clear branches and brush. Campsite volunteers have cleared tent pads and emptied fire rings -- too often having to pack out trash that others left behind. Crews of sawyers and swampers have removed downed trees and cleared overgrown trail corridors. New construction is underway to extend the trail to the MN/WI border and re-route the trail north of Gooseberry.

**From all who hike the SHT,
THANK YOU VOLUNTEERS -- it could not be done without you!**

What's up next?

- Trail Clearing Weekend - June 25-26 in Grand Marais, email volunteer@shta.org if you can help.
- Construction Wild Valley Road to MN/WI and other projects - weekdays with Larry Sampson. A weekly schedule is sent to the Duluth to Two Harbors Maintenance/Construction list.

Volunteer opportunities will continue throughout the summer and fall. Notices will be sent to our volunteer lists. To make sure that you are on the lists click on the update profile link at the bottom of this email.

Photo credits: Roberta Schneider, Zach Johns, Kris Nurmi

**Guided Hike - Skyline
Parkway at Highland Street
to Twin Ponds at Enger Park**

June 25th 10:00 AM

7.4 miles - Hike to great views from
several knobs, including Piedmont

Knob.

Meet at Twin Ponds Trailhead at Enger Park. From I-35, take Piedmont Ave./Hwy.53 Exit #255A uphill 1.5 miles, turn left at stoplight onto Piedmont Ave. take first left onto N 24th Ave. W., turn left onto Skyline Pkwy, and go 1.5 miles to Twin Ponds parking lot.



Bagley Nature Area Campsite Now Open in Duluth

Long distance hikers will be glad to learn that there is a new camping option in the city of Duluth. The University of Minnesota Duluth has created a rustic camping area in its Bagley Nature Area (The Rose Garden to Hartley Nature Center section, SHTA Guide pages 70-73). This campsite is located approximately 21 miles from the Spirit Mountain campground to the south and 9.3 miles from the Bald Eagle campsite to the north.

Six tent sites will be available, along with tables and a common fire ring. Campers may self-register at the kiosk. The cost is \$25 per night payable by cash or check.

For more information:

email - rental@d.umn.edu

phone - 218-726-6134

website - www.umdrsop.org/rental

Guided Hike - Wild Valley Road to Jay Cooke State Park Visitor Center

July 23rd 10:00 AM

5.9 miles - This new section features views of the St. Louis River and valley.



Meet at Jay Cooke Visitor Center. From I-35, take Carlton Exit #235 and go east on Hwy. 210 for 5.5 miles to Visitor Center parking lot. A state park sticker will be provided for those who don't have one.



Catch a ride with Harriet

For hikers needing a shuttle on the northern end of the SHT no one can provide a more accommodating service than Harriet Quarles. She's a real favorite on our Facebook page!

From May to November Harriet can provide service to all Cook County trailheads from Caribou Wayside to Otterlake Road all the time -- no fixed schedule. She also offers Express Shuttle service to and from the Duluth Airport / Jefferson Lines to or from those Cook County trailheads. Pets are welcome!

To make arrangements to "catch a ride with Harriet" call or text 218-370-9164, or email harrietq@boreal.org.

Upcoming Dates: Put these on your Calendar!

June 25 - Guided Hike - Skyline Parkway at Highland Street to Twin Ponds at Enger Park, 7.4 miles, 10:00 AM

July 14 - Choose from "Backpacking Basics," "Gourmet Camp Cooking," or "Elevated Camping: Hammock Basics" at REI Bloomington, MN store, 6:30-7:30 PM. [Visit the REI website for more information.](#)

July 19 - "Superior Hiking Trail Basics" at REI Roseville, MN store. 6:30 to 8:00 PM. [Visit the REI website for more information.](#)

July 23 - Guided Hike - Wild Valley Road to Jay Cooke State Park Visitor Center, 5.9 miles, 10:00 AM

July 27- "Superior Hiking Trail Basics" at REI Bloomington, MN store. 6:30 to 8:00 PM. [Visit the REI website for more information.](#)

August 13 - Guided Hike Highway 1 to Silver Bay. 11.1 miles, 10:00 AM

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:

