

About the Superior Hiking Trail Guided Hikes

The Superior Hiking Trail Association is pleased to offer a variety of guided hikes throughout the year. These hikes are free and open to the public.

Meeting Time: Meet for all hikes at 10:00 A.M. rain, snow, or shine. Please be prompt!

Each hike is led by a member of the Superior Hiking Trail Association and most include a naturalist. The mileage listed is the total hiking distance of the hike. Hikers share rides to shuttle to the starting point of the hike and help bring people back to their cars at the end. Please be prepared to participate in this. You hike at your own pace. Someone is always designated the "sweep," the last person in the group to make sure everyone has made it to the ending point.

Bring your own water and a lunch or snack to eat. Be prepared for any type of weather and for insects. Wear sturdy hiking shoes or boots. For snowshoe hikes, bring snowshoes and know how to put them on prior to the hike. Dogs are not allowed on guided hikes except for the designated "Doggie Hike" on June 24.

January 14 Snowshoe Hike, 10:00

Brewer Park Loop in Duluth, 3.4 miles

Snowshoe the new SHT Brewer Park Loop. Meet at the Haines Road parking lot. On I-35, take 40th Ave W (Haines Road) Exit #253B, go north (uphill) 1.7 mi. to SHT parking lot on right.

February 25 Snowshoe Hike, 10:00

Gooseberry Loop, 2.2 miles

Snowshoe up the SHT to Fifth Falls Bridge and return via the Gooseberry Snowshoe Trail. Meet at Gooseberry Falls Wayside Parking Lot and look for Hike Leader with SHT Banner. At Hwy 61 mile 38.9, turn right and go 0.2 mi. to Visitor Center parking lot. No state park sticker required.

March 11 Snowshoe Hike, 10:00

Oberg Mountain Trailhead to West Rollins Campsite and Back, 3.2 miles total

Snowshoe along the side of Oberg Mountain to Rollins Creek and an SHT campsite, returning on same route. Option to explore Oberg Mountain on your own after the hike. Meet at Oberg Mountain Trailhead Parking Lot. At Hwy 61 mile 87.5, turn left on Forest Rd 336 (Onion River Road) and go 2.2 mi. to parking lot on left.

May 20 Spring Hike, 10:00

Judge C.R. Magney State Park to Kadunce River Wayside, 10.0 miles

Hike past the Little Brule River to the 1.6-mi. Lakewalk on the shore of Lake Superior. Climb to Blueberry Overlook and enjoy the Kadunce River gorge. Meet at Kadunce River Wayside. At Hwy 61 mile 119, parking lot is on right side of highway.

June 3 National Trails Day Hikes, 10:00

Enjoy treats before we start hiking to celebrate the day! Both hikes meet at Castle Danger Trailhead Parking Lot. At Hwy 61 mile 36.6, turn left on Lake Co Rd 106/Silver Creek Township Rd 617 and go 2.4 mi. to trailhead parking lot on right.

Long Hike: Gooseberry Falls State Park to Castle Danger, 9.1 miles

Hike along the scenic Gooseberry River for four mi., then enjoy views from Mike's Rock and Wolf Rock.

Short Hike: Castle Danger Trailhead to Crow Creek Valley Campsite and Back, 2.4 miles total

Take in sweeping lake views from Wolf Rock, continue through pine woods to inland view at optional Crow Valley Overlook Spur Trail. Return via same route.

June 24 Doggie Hike, 10:00

Fox Farm Road to Rossini Road, 6.4 miles

This hike is dog-friendly! Leashed, friendly dogs are welcome to join hikers on this walk along the West Branch of the Knife River and past several beaver ponds. Meet at Rossini Road Trailhead Parking Lot: At Hwy 61 mile 14.9, turn north (inland) on Homestead Rd. and go 5.75 mi. Turn right (east) on W.Knife River Rd. and go 1.5 mi. Turn left (north) on Culbertson Rd. and go 1.5 mi. Turn right (east) on Two Harbors Rd. and go 0.5 mi. Turn left (north) on Laine Rd. and go 3.5 mi. Turn left on Rossini Rd. and go 1.3 mi to trailhead parking lot on left.

July 22, 10:00

Bally Creek Road to Pincushion Mountain Trailhead, 8.3 miles

Hike by a large beaver pond and pine forest before joining North Shore State Trail for 2.5 mi. Steep descent to ridgeline with views heading into Pincushion. Meet at Pincushion Trailhead Parking Lot: At Hwy 61 mile 110, turn left on Cook Co. Rd. 12 (Gunflint Trail) and go 2.0 mi. Turn right on Cook Co. Rd. 53 (Pincushion Drive) and go 0.25 mi. to parking lot.

August 12, 10:00

Temperance River Wayside to Britton Peak, 4.8 miles

Hike along the Temperance River and climb to Carlton Peak to enjoy far-reaching views. Meet at Britton Peak Trailhead Parking Lot. At Hwy 61 mile 82.8, turn left on Cook Co. Rd. 2 (Sawbill Trail) and go 2.7 mi. to parking lot on right.

September 23, 10:00

County Road 70 to Arrowhead Trail, 8.5 miles

Watch for moose signs as trail winds through mixed forests to Carlson Pond and Carlson Creek. Meet at Arrowhead Trail Trailhead Parking Lot. At Hwy 61 mile 128.9, turn left on Cook Co. Rd. 16 (Arrowhead Trail) and go 3.3 mi. to trailhead parking lot on right.

September 24 , 10:00

Camp 20 Road to Judge C.R. Magney State Park, 4.8 miles

Cross Flute Reed River and rocky outcrops. Steep ascents and descents. Hike along the Brule River and pass Devil's Kettle Falls. Ascend 200 steps on way to trailhead parking lot. Meet at Judge Magney State Park Trailhead Parking Lot. At Hwy 61 mile 123.8, turn left into entrance for park. Continue straight on service road into parking lot. State park day passes available for those who don't have one.

September 30, 10:00

Martin Road Trailhead to Hartley Nature Center, 3.1 miles

Traverse a wooded ridge above Amity Creek, then enjoy a beautiful hike through Duluth's Downer Park and surrounding neighborhoods. Option to explore Hartley Nature Center on your own after the hike. Meet at Hartley Nature Center. From I-35, take 21st Ave East Exit #258. Turn left on 21st Ave E and go 0.7 mi. up hill. Turn right on Woodland Ave and go 2.6 mi. Turn left on Hartley Nature Center driveway at sign on left and go to parking lot.

October 7, 10:00

Wild Valley Road to the Minnesota/Wisconsin Border & Back, 4.0 miles total

Explore the newest and final section of the Superior Hiking Trail! Hike through mixed forests and across a tributary of the Red River to the southernmost SHT campsite and the official southern terminus of the SHT! Return on same route. Meet at Wild Valley Road Trailhead Parking Lot. Take I-35 Carlton Exit #235 and go east on Hwy. 210 for 2.4 mi. to Carlton. Turn right (south) on Carlton Co. Rd. 1 and go 4.5 mi. to Wrenshall, turn left (east) on Carlton Co. Rd. 18 and go 3.1 mi., turn left (north) on Hwy 23 and go 0.3 mi. Turn right (south) on Wild Valley Road and go 0.5 mi. to trailhead parking lot on left.