



FAMILY FUN - Beth and Finn from St Paul head out on the trail during Hike Fest 2017
Photo by Amy Schwarz



Greetings!

It's been great to see so many of you out on the trail enjoying the spring season.

Store and Office Hours:

We've made a change to our store and office hours. We will be open M-F from 9 AM - 5 PM only, with **no weekend hours**. Our website, shta.org provides complete trail information – section descriptions, driving directions, downloadable maps, and current trail conditions. Check the blog posts for suggestions for multi-day backpack trips. The online store carries most of our logo merchandise.

You can also purchase SHTA guidebooks and maps from the following retailers:

Twin Cities Metro: Midwest Mountaineering, Minneapolis and REI, Bloomington, Roseville, and Maple Grove (guidebooks only)

Duluth: Duluth Pack, Canal Park and Trailfitters, Fitgers

Minnesota State Parks: Jay Cooke (Carlton) Gooseberry (Two Harbors) Split Rock (Two Harbors) Tettagouche (Silver Bay)

Trail Conditions:

Spring rains have created wet and muddy conditions on the trail. Follow these guidelines from **Leave No Trace** to help protect the SHT from damage:

- Be prepared to hike or run down the middle of the trail even when wet or muddy - stepping off the designated trail to avoid mud or standing water can quickly lead to the creation of undesignated trails, which can lead to even more erosion.
- Wear water-resistant or water proof footwear - even if you don't have waterproof footwear, remember that shoes dry overnight while erosion can take years to recover.

The trail has been cleared from the Cascade River south and we will have volunteers out this weekend working the northern sections. Ticks are out, take appropriate steps to protect yourself and your canine companions.

National Trails Day is Saturday, June 3rd

SHTA Hosts Guided Hike and Trail Building Project

The first Saturday in June is National Trails Day, a nationally coordinated event organized by the American Hiking Society. So lace up your hiking boots or pull on your work gloves and hit the trail!

Guided Hikes

Both hikes meet at 10:00 AM at the Castle Danger Trailhead Parking Lot. Enjoy treats before we start hiking to celebrate the day!

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

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

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

Take in sweeping views from Wolf Rock, then check out the inland views from the optional Crow Valley Overlook Spur Trail. Return via the same route.

Directions - At Highway 61 milepost 36.6 turn left on Lake County Road 106/Silver Creek Township Road 617 and go 2.4 miles to trailhead parking lot on right.

Trail Building Project

Work on the north of Gooseberry reroute will continue (we hope to open this section later this year). SHTA will host volunteers at Gooseberry State Park, providing group camping and meals. [Get more information about the project.](#)

Visit the American Hiking Society's website for other events!

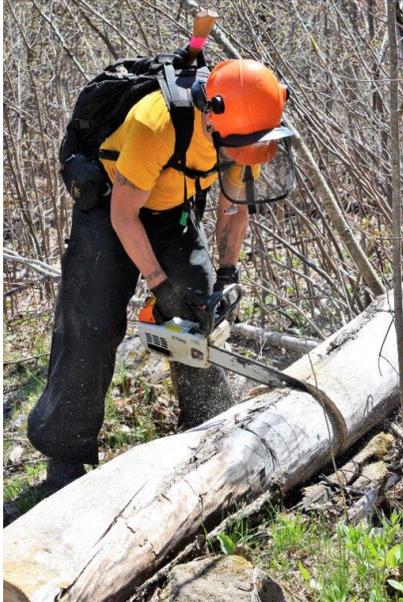
VOLUNTEER WITH THE SHTA

SHOUT OUT TO OUR SPRING VOLUNTEERS - THANK YOU!

We are always grateful to our volunteers, but this spring they've really made a difference – clearing 110 miles of northern trail sections over two weekends; doing section, campsite, and trailhead maintenance; and getting an early start on trail projects on the southern miles. Thank you volunteers, you are the foundation on which the SHT is built!

Follow the links below the photos to learn more about upcoming volunteer opportunities.

Photos from the Schroeder work weekend by volunteer Roberta Laidlaw - there's jobs for everyone including photographers!



GOOSEBERRY REROUTE

June 3 & 4 - Help finish this trail reroute. Work on a variety of projects. Hosted camping for volunteers at Gooseberry Falls State Park.

[Project Details](#)



WEEKDAY PROJECTS ORTHERN SECTIONS

In June - 3 sets of Tuesday & Wednesday work days in the Hovland area to repair the SHT. Rustic camping available.

[Project Details](#)



WEEKDAY PROJECTS SOUTHERN SECTIONS

Weekly project days scheduled for sections between WI border and Two Harbors. Add your name to the email list.

[Sign-up for email](#)

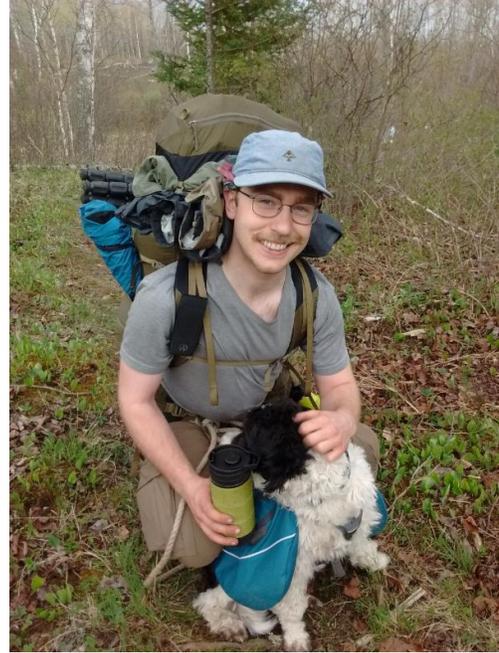
Granite Gear *Grounds Keeper* Tackles Trash on the SHT

Waiting to start their day recently a group of volunteers noticed a bag of something hanging from the Martin Road Trailhead sign. On closer inspection they found it to be a bag of garbage with a note, "5 lbs. of trash off the trail. Please dispose of me." Just then a city truck came along to pick up garbage and the bag was properly disposed of. A couple of hours later while working on the bridge at Bald Eagle campsite the volunteers met up with the thru-hiker responsible for

the trash pick-up and heard his story.

Lloyd Fisher is one of 15 thru hikers committed to picking up and packing out trash during a 2017 through hike of one of the US long trails. Decked out in Granite Gear these *Grounds Keepers* promise to "Leave it better" modeling Leave No Trace ethics and telling their stories on social media and the Granite Gear Journal. Lloyd and his dog Tulip set out on their SHT thru hike in early May.

Lloyd and Tulip have continued to find and bag trash along the SHT. A recent Instagram post showed a 12 lb. haul. We can all help out by making sure that what's carried in in our packs is carried out in our packs, and picking up and packing out what others leave behind.



Lloyd Fisher and Tulip.
Photo by Steve Coz

[Check out the GroundsKeepers Instagram posts](#)

COME, SIT, STAY, HIKE. GOOD DOG!

June 24th Doggie Hike 10 AM
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 the Rossini Road Trailhead Parking Lot:
At Highway 61 milepost 14.9, turn north (inland) on Homestead Road and go 5.75 miles. Turn right (east) on West Knife River Road and go 1.5 miles. Turn left (north) on Culbertson Road and go 1.5 miles. Turn right (east) on Two Harbors Road and go 0.5 miles. Turn left (north) on Laine Road and go 3.5 miles. Turn left on Rossini Road and go 1.3 miles to trailhead parking lot on left.



Retiring from his interim role as greeter at the SHTA office, Watson is ready to get back on the trail!

[Website](#) [The Superior Hiking Trail](#) [Go Hiking](#) [Get Involved](#) [News & Events](#)

Superior Hiking Trail Association

218-834-2700
volunteer@shta.org
www.shta.org

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