

TRAIL MIX

NEWS AND INFORMATION
FOR THE SUPERIOR TRAIL USER



Dear Gayle,

It's here! The Eighth Edition of the Guide to the Superior Hiking Trail will be available starting this Saturday, July 29th for purchase on our website, and on Monday, July 31st at the SHT Hiker Information Center (the new identity for our Two Harbors location). This edition of the Guide contains section descriptions from the Minnesota/Wisconsin border to the 270 Degree Overlook. Featuring a beautiful new cover photo (no more wondering if you have the latest edition), the content has updated trail information and more detailed maps.

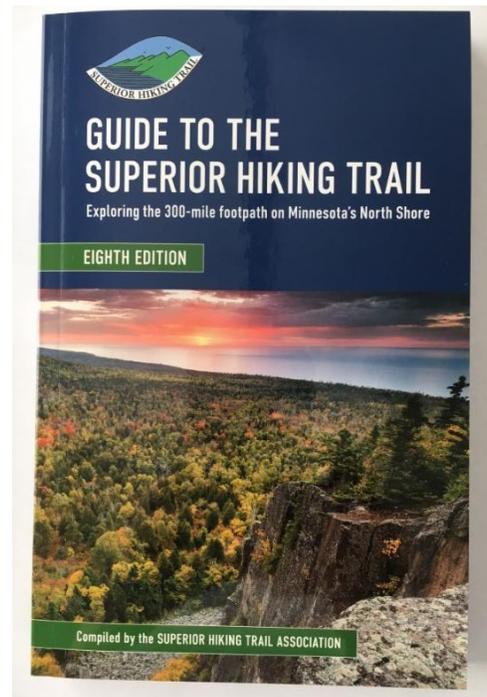
We anticipate a high level of interest in the new edition so if you do place an on-line order please be patient; we'll fill your order as quickly as possible.

Trail Conditions:

- Wet conditions continue and the trail is very muddy in places.
- Bugs have been fierce - wear protective clothing or use repellents.

SHTA Office and Store:

- Hours are 10 AM - 5 PM Monday through Friday.
- Visit shta.org 24/7 for information on trail sections, trail conditions, and downloadable maps.
- Shop online anytime.
- We've added a voice mail system to our office, just follow the prompts to reach the right person to help you.



SHTA SPANS THE RED RIVER

THE SUPERIOR HIKING TRAIL'S FINAL LINK TO WISCONSIN



A test walk as the bridge neared completion

It's remote out there, those last few hundred yards of the Superior Hiking Trail at its southern end. Just 15 miles from Duluth's center and on the edge of Jay Cooke State Park, the trailhead can be found on Wild Valley Road, off MN Hwy. 23.

The Trail, fern-lined here, winds its way through mostly hardwood forest and slowly descends into the small valley of the Red River. When you encounter the river, you will encounter the Superior Hiking Trail's newest bridge, which will eventually connect the Trail with the nearby North Country Trail.

We're proud of this opus: we mobilized 50+ dedicated volunteers for the task, who screwed screws, tightened bolts, schlepped heavy beams and wooden planks, and slipped and slid their way up and down a path from a staging area to the bridge site to help build this bridge. This first-of-its-kind (for us) construction project was led by our intrepid trail maintenance supervisor, Larry Sampson, and guided by SHTA board member Dave Tabaka. We got great help from Conservation Corps Minnesota-Iowa's young adult crew out of Duluth, and the Twin Cities-based financial services company Voya sent seven volunteers (IT workers) who seemed to relish trading sweat and mud for writing code for a day.

A profound thanks to all of those who pitched in to make the bridge possible, ESPECIALLY REI, the outdoor equipment cooperative store, which made possible a grant of \$85,000 to the SHTA for this and other trail-building projects, as part of their "Every Trail Connects"

campaign.

TRAIL REGISTER MARATHON

If you hike the Trail enough, you'll eventually run into one of the many SHTA trail registers. There are twelve of them, ranging from the Split Rock River to 270 Degree Overlook, the northern terminus of the SHT. In July two volunteers tried to hike to all of them in a weekend - but "only" made it to eleven. This happened to equal a marathon of hiking - 26.2 miles. The volunteers cleaned out anything left behind by previous hikers, replaced the notebook if needed, and made sure each notebook was tucked inside of a plastic bag and had a working pen.

All those filled trail registers contribute some great material for the Superior Hiking Trail Association's quarterly newsletter, *The Ridgeline*.

Please be good stewards of our trail registers! Leave behind only your thoughts, re-seal the plastic bag, and pack out any trash.



Volunteer Katie Bovee
at the Kadunce River

AN OUTPOST ON THE NORTH SHORE

SUPERIOR HIKING TRAIL WELCOMES A NEW BUSINESS MEMBER



There's no irony in the Outpost Motel's name. It sits on the shore of Lake Superior about 10 miles east of Grand Marais, with another 25 miles or so to the Canadian border. Behind them, the rocky ridgelines of the old Sawtooth Range; in front of them, the watery expanses of Lake Superior.

Todd Zins and Holly Johnson were Twin Citians with professional jobs and a comfortable life. But maybe they'd gotten too comfortable, Holly recalled recently. They'd been driving by the Outpost for years on their treks to the North Shore, saw it was for sale last year, and pounced.

They took ownership of the motel in January, and they've been hustling ever since. Despite plenty of lodging competition on the Shore, they have been booked up for months. They have no hired help. "I'm getting good at changing sheets," Holly observes.

The Outpost Motel is the SHTA's newest business member. We welcome them and wish them well in their new endeavor. If you patronize the Outpost, tell them you heard about them from the Association. (And the Trail is just up the hill behind their place.)

For more information, rates or availability call the Outpost Motel at 218-387-1833

Explore the Superior Hiking Trail

CLIMB CARLTON PEAK FOR AMAZING VIEWS!



GUIDED HIKE

August 12th at 10:00 AM

Temperance River Wayside to Britton Peak

4.8 miles

The hike starts along the Temperance River as it roars through a deep basaltic canyon. We'll then make a gradual climb to Carlton Peak through large fallen boulders and enjoy far-reaching views at the summit.

Meet at the Britton Peak Trailhead Parking Lot. At Hwy. 61 mile 82.8 turn left on Cook County Road 2 (Sawbill Trail) and go 2.7 miles to parking lot on right.

Now that you've conquered Carlton Peak...

CHALLENGE YOURSELF TO THE SEVEN SUMMITS!

Mountaineers conquer the Seven Summits -- the highest mountains of each of the seven continents. We've identified seven summits spread out along the entire length of the trail from Duluth to Grand Marais for you to climb!

Ely's Peak- Located in the west part of Duluth in the 123rd Ave. West to Magney-Snively Park section. The 1,219 ft. summit of Ely's Peak provides magnificent views of the forested St Louis River Valley.

Mount Trudee- Located in Tettegouche State Park, in the Silver Bay to Tettegouche State Park and Hwy. 1 section of the SHT. One of the SHT's best examples of a large, weather-resistant anorthosite dome. The summit is picturesque, studded with pines, with great views.

Carlton Peak- Located in Temperance River State Park on the SHT 's Temperance River State Park to Britton Peak section. A climb to the top of Carlton Peak reveals some tremendous views, which is why this was the site of a fire tower up until the 1950s.

Oberg Mountain - Near Tofte, located in the Oberg Mountain to Lutsen Recreation Area section of the trail. Oberg Mountain is covered by a rich maple forest. Work your way counterclockwise around the summit for about eight different overlooks in all directions.

Moose Mountain- Located in the same trail section as Oberg, at Lutsen Recreation Area. Moose Mountain rises 1,688 ft above sea level and 1,086 feet above Lake Superior.

Lookout Mountain - In Cascade River State Park, south of Grand Marais in the Caribou Trail to Cascade River State Park section. Great views from the overlook above the Cascade River.

Pincushion Mountain- In the Grand Marais to Cook County Road 58 section of the trail.

Sweeping vistas of Grand Marais, Sawtooth Mountains, Lake Superior, and Devil Track River Valley.



You can find directions to each of the summits [Guide to the Superior Hiking Trail](#). All summits are marked on the pocket maps.

ANOTHER WAY TO SHOW YOUR LOVE FOR THE TRAIL!

Your name and trail memories in a trail register is a great way to let us know that you've enjoyed your time on the Superior Hiking Trail. But even more important is your financial support. Major bridge projects like the new Red River Bridge are expensive and we have several more that we'd like to complete, including one at Split Rock River.

Won't you help the Superior Hiking Trail Association continue to invest in the trail? For 30 years the SHT has remained open to everyone, without permits or fees because of members and supporters like you.



If you've been a trail user but have not become a member or made a donation, we hope you'll take a moment to do it now. Just follow this [link to our website](#) and donate today.

[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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BECOME A MEMBER

Superior Hiking Trail Association, 731 Seventh Ave, PO Box 4, Two Harbors, MN 55616

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