

# Lutsen Resort *on Lake Superior*

## Complimentary Activities

June 20<sup>th</sup> – September 1, 2011

### Monday

Sea Kayak Tour 9am-12  
Guided Hike 9am-12  
Sea Kayak Tour 1pm-4  
Family Kayak Tour 1pm-4  
Nature Craft 6pm-7:30

### Tuesday

Charter Fishing 8am-11 (extra charge)  
Sea Kayak Tour 9am-12  
Guided Hike 9am-12  
Fly Fishing Intro 9am-10:30, 10:30am-12  
Sea Kayak Tour 1pm-4  
Family Kayak Tour 1pm-4  
Naturalist Program- Lake Superior 7:30pm-9

### Wednesday

Sea Kayak Tour 9am-12  
Family Kayak Tour 9am-12  
Kid's Camp 1pm-4  
Sea Kayak Tour 1pm-4  
Evening Hike 6pm-8  
Naturalist Program-Bears 7:30pm-9

### Thursday

Sea Kayak Tour 9am-12  
Family Kayak Tour 9am-12  
Sea Kayak Tour 1pm-4  
Guided Hike 1pm-4  
Fly Fishing Intro 1pm-2:30, 2:30pm-4  
Live Music on the Beach 6pm-9  
Kid's Pizza and Movie 6pm-8

### Friday

Guided Trail Run 7am-8  
Sea Kayak Tour 9am-12  
Family Kayak Tour 9am-12  
Guided Hike 1pm-4  
Family Kayak Tour 1pm-4  
Beach Yoga Stretching 4:30pm-5:30  
Family Kayak Tour 4:30pm-7:30  
Nature Craft 6pm-7:30

### Saturday

Sea Kayak Tour 9am-12  
Family Kayak Tour 9am-12  
Fly Fishing Intro 9am-10:30, 10:30am-12  
Kid's Camp 1pm-4  
Sea Kayak Tour 1pm-4  
Family Kayak Tour 1pm-4  
Family Kayak Tour 4:30pm-7:30  
Kid's Pizza and Movie 6pm-8  
Live Music in the Lobby 7pm-10

### Sunday

Beach Yoga Stretching 8am-9  
Family Kayak Tour 9am-12  
Sea Kayak Tour 9am-12  
Fly Fishing Intro 9am-10:30, 10:30am-12  
Sea Kayak Tour 1pm-4  
Guided Hike 1pm-4  
Nature Craft 6pm-7:30

**\*Sign up for all activities begins 5 days prior to the activity\***

*This schedule is subject to change.*

### RESORT AMENITIES

**Shuffle Board, Bocce Ball, and Horseshoes:** Test your skills at a game of shuffle board or check out a bocce ball or horseshoe set from the front desk.

**Lobby Games, Puzzles and Books:** Borrow one of the many games or puzzles available from the activities desk or browse through our selection of books. These can be found on the bookcase behind the activities desk. Available for use in the lobby.

**Hiking Trail Shuttle Service:** We offer point-to-point hiking shuttles for the Superior Hiking Trail. Service is available for the trail sections between Caribou and Sawbill Trails. You park your car at one end, and we'll drop you off at the other.

Sign up required 24 hours in advance.

**Area Information, Brochures and Trail Maps:** Stop by the activities desk for more information on area activities, brochures and trail maps. The Activities Staff and Front Desk Staff are available to help answer any of your questions.

**Evening Beach Campfire:** Every evening, weather permitting, kick back on the Main Lodge beach and enjoy a campfire under the starry sky, listening to the relaxing sound of Superior's crashing waves. If the fire hasn't been started yet, ask the front desk to get it going! S'mores fixings available for purchase.

**Nature Trail:** A relaxing half mile nature trail leaves from our Main Lodge and circles the property. Interpretive maps available at the Activities Desk.

**Massage Therapy:** Relaxation or therapeutic massage is offered at Lutsen Resort by certified massage therapists. Please ask at the front desk for more information. \*This resort activity requires an additional fee. Massages start at \$79/hour. Reservations required.

**Weather Forecast and Trail Conditions:** The current weather forecast and trail conditions can be found on the activities bulletin board at the Main Lodge. Get up-to-date weather information from the Activities Desk computer station. Weather along the north shore can change quickly, dress appropriately!

## PROGRAM DESCRIPTIONS

### All Ages

**Live Music:** Enjoy the harmonies of regional acoustic singer/songwriters as you relax in the comfort of our Main Lodge lobby or Thursdays down on the beach.

**Nature Craft:** Let the beauty of nature inspire your craftiness! This is a fun activity for all ages; it usually takes about 15 minutes and is located at the main lodge. We will make candles, soaps, bird houses or other interesting items.

**Forest Service Naturalist Talks:** *Wednesdays* -Join a Naturalist from the U.S. Forest Service on the Lutsen Resort Main Lodge Beach for a fascinating program about Black Bears. No sign up is necessary.

**Naturalist Programs: (alternating weekly) Tuesdays**

**Lake Superior:** Join one of our staff naturalists on the beach for a fun and factual presentation about Lake Superior. FAQ's, shipwrecks, lighthouses and more!

**Superior Dream:** Join outdoor explorer Lucas Will for a presentation about his latest kayak journey paddling around Lake Superior during last summer. [www.superiordream.com](http://www.superiordream.com)

### Programs Ages 4 to 12

**Kids Camp:** Meet new friends! Play outside! Kids participate in a variety of nature-based activities including outdoor education programs, arts and crafts, hikes and outdoor games. Reserve your spot up to 5 days before the activity!

**Kids Pizza & Movie:** Kids ages 4 and up are welcome to join us for delicious pizza and a favorite children's movie. Parents – this is a great opportunity to enjoy dinner on your own! Reserve your spot up to 5 days before the activity!

### Programs Ages 4 and Up

**Evening Hike:** Venture out before sunset for an enjoyable hike up Oberg Mountain. Listen to legends and learn how different animals adapt to the dark. Reserve your spot up to five days before each activity!

**Guided Hike:** Learn more about the natural environment and cultural history of the area on this 2-3 mile leisurely hike. Destinations include spectacular waterfalls, inspiring vistas and/or awesome shoreline. Reserve your spot up to 5 days before the activity!

**Wildflower Hike:** These little gems are often overlooked - but not on this hike! With our focus on the forest floor you'll learn common names, interesting facts, and fun uses for a variety of north woods wildflowers! Reserve your spot up to 5 days before the activity!

### Programs Ages 8 and Up

**Fly Fishing Intro:** This is a great opportunity to become

more familiar with fly fishing equipment and techniques. You'll also get to learn about the entomology (bugs) and hydrology (water stuff) important to the sport. People ages 16 and older must have a current MN fishing license and trout stamp to fish off of the beach/river at the main lodge. Each kid under the age of 12 must have an adult accompany them. Reserve your spot up to 5 days before the activity!

**Family Kayak:** Here is an opportunity to take the whole family kayaking. We'll head to an inland lake, where the water is warm. Participants will get some basic instruction and are accompanied by a professional guide. Tandem Kayaks will be used, each participant under 14 years old, will need to be accompanied by an adult. Participants must be 8 years old. There is a \$10 per person no-show fee. Reservations must be canceled prior to 8:00pm the evening before the tour. This program is very popular; we often have a waiting list. Reserve your spot up to 5 days in advance of the activity.

**Yoga Stretching on the Beach:** Unwind with a relaxing hour of stretching on the beach. A gentle practice; no experience required, wear comfortable clothing. Meet at Activities desk.

**Charter Fishing\*:** We have partnered up with Tofte Charters to provide you with the opportunity to hit the big lake for some charter fishing. This is a great way for smaller groups or individuals to enjoy a charter without having to rent the whole boat. Participants are required to provide a MN fishing license with a trout stamp, one day licenses are available on the boat for \$9.50. The cost is a very affordable \$75/person. You must make advance reservations through the front desk, you are also required to get yourself to the boat launch at Taconite harbor by 7:45, boat will leave at 8.

### Programs Ages 14 and Up

**Sea Kayak Tour:** No previous experience needed. We start on the beach where one of our guides instructs you in basic sea kayaking technique and safety. This is followed by a paddle along the shoreline of Lake Superior (Caribou Lake is our windy day alternative). Wet suits are provided, but wear swimsuits beneath. Also important – wear shoes that can get wet and won't fall off! No flip flops. There is a \$10 per person no-show fee. Reservations must be canceled prior to 8:00pm the evening before the tour. This program is very popular; we often have a waiting list and wish to accommodate as many guests as possible. Reserve your spot up to 5 days in advance of the activity.

**Guided Trail Run:** Looking for a refreshing way to start the day? Join a staff member for a 2-3 mile easy run through the woods. Must have appropriate shoes and some experience trail running is helpful. No sign up is required. We'll be leaving for the trailhead at 7am and back at the main lodge around 8am.

**Sign up for all activities begins 5 days prior to the activity.**