

# Lutsen Resort on Lake Superior

## Complimentary Activities

May 30<sup>th</sup> – June 19<sup>th</sup>, 2011

<i>Monday</i>	1pm-4pm	Guided Hike	<i>Friday</i>	9am-Noon	Shoreline and Waterfall Tour
<i>Tuesday</i>	1pm-4pm	Sea Kayak Tour		1pm-4pm	Sea Kayak Tour
<i>Wednesday</i>	1pm-4pm	Guided Hike	<i>Saturday</i>	9am-Noon	Guided Hike
<i>Thursday</i>	9am-Noon	Guided Hike		1pm-4pm	Sea Kayak Tour
	1pm-4pm	Sea Kayak Tour		6pm-7:30pm	Lobby Craft
				7pm-10pm	Live Music
			<i>Sunday</i>	9am-Noon	Waterfall Hike
				1pm-4pm	Sea Kayak Tour

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

*This schedule is subject to change.*

### 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.

**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.

**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!

**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.

**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.

**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 strongly recommended.

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

## PROGRAM DESCRIPTIONS

### Programs Ages 4 and Up

**Guided Hike:** Want to get outside? Not sure where to go? Our naturalist will take you to a nearby destination for a 2-3 mile leisurely hike. Throughout the hike you will learn more about the natural environment and cultural history of the area. Destinations include spectacular waterfalls, inspiring vistas and/or awesome shoreline. **Reserve your spot up to five days before the activity!**

**Shoreline and Waterfall Tour:** Join us for a driving tour of the shoreline of Lake Superior. As we drive along the shore, we'll stop and visit several locations for short hikes. You'll want to bring a camera for this tour, because the stunning locations shouldn't be missed. **Reserve your spot up to five days before the activity!**

**Waterfall Hike:** Spring in the northland is when the frozen rivers transform from ice to liquid. They are the first indications of the coming green season. We'll head out to a local state park and hike along one of the rivers and watch them plunge over waterfalls. **Reserve your spot up to five days before the activity!**

**Lobby 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.

### 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 wool socks! This is early season paddling and is subject to cancellation at the Guide's discretion. Long underwear tops, fleece jackets, and ski hats are recommended. Ages 14 and up. **Reserve your spot up to five days before the activity!**

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

