

# Lutsen Resort on Lake Superior

## Complimentary Activities

**Labor Day Weekend**, Sept 2<sup>nd</sup> – Sept 5<sup>th</sup>, 2011

<i>Friday</i>	7am-8am	Guided Trail Run		<i>Sunday</i>	8am-9	Yoga on the Beach
	9am-Noon	Sea Kayak Tour			9am-Noon	Sea Kayak Tour
	9am-Noon	Family Kayak Tour			9am-Noon	Family Kayak Tour
	1pm-4	Family Kayak Tour			9am-10:30	Intro to Fly Fishing
	1pm-4	Guided Hike			10:30am-Noon	Intro to Fly Fishing
	4:30pm-5:30	Yoga on the Beach			1pm-4	Sea Kayak Tour
	4:30pm-7:30	Family Kayak Tour			1pm-4	Guided Hike
6pm-7:30	Nature Craft	6pm-7:30	Nature Craft			
<i>Saturday</i>	9am-Noon	Sea Kayak Tour		<i>Monday</i>	9am-Noon	Sea Kayak Tour
	9am-Noon	Family Kayak Tour				
	9am-10:30	Intro to Fly Fishing				
	10:30am-Noon	Intro to Fly Fishing				
	1pm-4	Kid's Camp				
	1pm-4	Sea Kayak Tour				
	1pm-4	Family Kayak Tour				
	4:30pm-7:30	Family Kayak Tour				
	6pm-8	Kid's Pizza and Movie				
	7pm-10	Live Music in Lobby				

*(Beginning Sept 1, 2011)* **Sign up for activities starting 1 week 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.

**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! Complimentary marshmallows are available from the Front Desk.

**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

### All Ages

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

**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 conveniently located at the main lodge. We will make candles, soaps, bird houses or other interesting items.

### 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. Ages 4 to 12. Reserve your spot up to five 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! Ages 4 and up. Reserve your spot up to five days before the activity!

### Programs Ages 4 and Up

**Guided Hike:** Join our naturalist on a hike to a nearby destination. Throughout the 2-3 mile leisurely 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.

### Programs Ages 8 and Up

**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. Reserve your spot up to five days in advance of the activity. 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.

**Yoga on the Beach:** Start your morning out right with a relaxing hour of yoga on the beach. Meet at the Activities desk.

### 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. Ages 14 and up. Reserve your spot up to five days in advance of the activity. 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.

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