

Lutsen Resort on Lake Superior

Complimentary Activities

October 3rd – October 31st, 2011
(not including MEA week)

<i>Monday</i>	1pm-4pm	Guided Hike	<i>Friday</i>	12pm-4pm 6pm-7:30pm	Maple Syrup Hike Nature Craft
<i>Tuesday</i>	9am-1pm	Maple Syrup Hike	<i>Saturday</i>	7am-8am 9am-Noon 1pm-4pm 7pm-10pm	Guided Trail Run Fall Kayak Tour Guided Hike Live Music in the Lobby
<i>Wednesday</i>	9am-Noon	Guided Hike	<i>Sunday</i>	1pm-4pm	Guided Hike
<i>Thursday</i>	10am-3pm	*Lutsen Sugarbush Point to Point Hike			

Sign up for activities begins 1 week prior to the activity.

This schedule is subject to change.

RESORT AMENITIES

Shuffle Board, Bocce Ball, and Horseshoes: You can challenge your friends or family to a game of shuffle board! Bocce ball or horseshoe sets are also available 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: We strive to know the answers to your questions, so our shelves are chocked full of brochures and trail maps. Come to the Activities Desk to find out what's happening on The North Shore!

Hiking Trail Shuttle Service: We offer point-to-point hiking shuttles for the Superior Hiking Trail. Service is available for the trail sections between the Cascade and Temperance Rivers. 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. Reservations strongly recommended. Massages start at \$79/hour.

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

Par 3 Golf: Our own 9 Hole "pitch and putt" course. Beginners can enjoy the no pressure situation, while experienced golfers can warm up before their tee time at Superior National. Complimentary clubs are available from the Activities Desk.

9 Hole Disc Golf: Disc Golf with a view commanding view of Lake Superior! Our course is a mix of lightly wooded and wide open holes. Six holes are sub-300 feet while three are of a challenging sub-400 feet in distance. Complimentary discs are available from the Activities Desk.

PROGRAM DESCRIPTIONS

Maple Syrup Hike: The best of both worlds – a little hiking, a little driving along colorful country roads. Join our naturalist guide for a hike to Lake Agnes through one of the North Shore's most impressive sugar bushes. Then, sit back and relax while our naturalist drives to a local maple syrup farm for an education through your taste buds. The hike is of moderate difficulty and is approximately 2.5 miles. Maple syrup products are available for purchase from the farm's store.

* **Lutsen Sugarbush Point-to-Point Hike:** Moderate Hike; 6.4 miles along the SHT from Lutsen Ski Area to the Caribou Trail. While there are beautiful things to see along the Superior Hiking Trail every season, this section is especially beautiful in the autumn. The hike begins with a dramatic view of the Poplar River, and then climbs to overlooks of the ski hill and surrounding mixed deciduous-coniferous forest. We'll eat our lunches at on "outstanding overlook" of the Poplar River valley. The hike finishes amongst the changing maples near Lake Agnes and the Caribou Trail. Bring a lunch (trail lunches can be purchased in advance from the kitchen) and plenty of water bottles.

Guided Hike: Join our naturalist for a 2-3 mile hike along the renowned Superior Hiking Trail or within our beloved State Parks. Destinations vary depending upon the conditions and group.

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. Ages 14 and up. 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 so be sure to sign up starting 1 week before.

Guided Trail Run: Join us for a 2-3 mile easy run through the woods for a refreshing way to start the day. Must have appropriate shoes and some experience trail running is helpful. We'll be on the Superior Hiking Trail, a well defined and gorgeous autumn pathway with occasional rocks. No sign up is required, meet at the activities desk. We'll drive to the trailhead at 7am and be back to the main lodge around 8am.

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

Live Music: Enjoy the harmonies of regional acoustic singer-songwriters as you relax in the comfort of our Main Lodge lobby. Featured artists include Michael Monroe, Bump Blomberg, Eric Frost, James Moors, and Joe Paulik.

Sign up for activities begins 1 week prior to the activity.

