

Lutsen Resort on Lake Superior

Complimentary Activities

September 6th – October 3rd, 2010

<i>Monday</i>	1pm-4pm	Sea Kayak Tour	<i>Friday</i>	9am-Noon 1pm-4pm 4:30pm-5:30pm 6pm-7:30pm	Fall Color Hike Sea Kayak Tour Yoga Nature Craft
<i>Tuesday</i>	1pm-4pm	Sea Kayak Tour	<i>Saturday</i>	9am-1pm 1pm-4pm 6pm-7:30pm 7pm-10pm	Maple Syrup Hike Sea Kayak Tour Nature Craft Live Music in the Lobby
<i>Wednesday</i>	10am-3pm	*Point to Point Hike	<i>Sunday</i>	9am-Noon 1pm-4pm	Lookout Mountain Hike Sea Kayak Tour
<i>Thursday</i>	1pm-4pm	Sea Kayak Tour			

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: 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

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.

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.

Fall Color Hike: These hikes will highlight our gorgeous fall colors. 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 season.

Lookout Mountain Hike: The North Shore's best features – impressive waterfalls and commanding views of Lake Superior – all in one little hike. Join our naturalist guide for a moderate hike that begins at the mouth of the Cascade River. The trail follows the river

upstream past some of the area's most photographed waterfalls, then gently climbs up Lookout Mountain. Enjoy the views from the top before returning to Cascade River. The hike is approximately 3.5 miles.

*** 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 an "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.

Yoga: We practice a gentle Hatha yoga, focusing on breath and body alignment. No experience necessary. Weather permitting, we will practice outside on the beach. Colder weather will bring us into a cozy corner of the Main Lodge.

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 Bill Isles, Michael Monroe, Bump Blomberg, Nathan Baker, Eric Frost, James Moors, and Joe Paulik.

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

