

Lutsen Resort *on Lake Superior*

Complimentary Activities

April 11th – May 22nd, 2011

<i>Monday</i>	1pm-4pm	Guided Spring Hike	<i>Friday</i>	9am-Noon	Shoreline and Waterfall Tour
<i>Tuesday</i>	1pm-4pm	Waterfall Hike		1pm-4pm	Guided Hike to Carlton Peak
<i>Wednesday</i>	1pm-4pm	Guided Spring Hike	<i>Saturday</i>	1pm-4pm	Guided Spring Hike
<i>Thursday</i>	10am-3pm	Poplar River to Lake Agnes Guided Hike		6pm-7:30pm	Lobby Craft
			<i>Sunday</i>	2pm-3pm	Walking History Tour

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

Schedule is subject to change depending on early season conditions.

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 Spring Hike: Want to get outside? Not sure where to go? Our naturalist will take you to a nearby destination for a 2-3 mile 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. Springtime conditions make this a different outing every time! 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 waters. Reserve your spot up to five days before the activity!

Programs Ages 10 and Up

Temperance River to Britton Peak trailhead: This 4.8 mile hike is one of the most easily accessible sections of the Superior Hiking Trail. The hike to Carlton Peak is an easy ascent, and the scramble to the top of the peak is a fun adventure with ample rewards of incredible views. From the top on clear days, you can see the Apostle Island. Coming from Temperance River State Park, we'll get to see the amazing Temperance River, with the roaring river deep in a dark basaltic canyon. Be sure to pack a water bottle and snack because this is a slightly longer hike than our normal excursions.

Poplar River to Lake Agnes Hike: Moderate Hike; 6.4 miles along the Superior Hiking Trail. 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 along scenic Lake Agnes and the maples along Caribou Trail. Bring a lunch (trail lunches can be purchased in advance from the kitchen) and plenty of water bottles.

Walking History Tour: Lutsen Resort just celebrated its 125th Anniversary. We have a rich history, full of colorful characters and timely stories. Join us for a tour around the property and hear the stories that have shaped our beloved Lutsen Resort. Dress warm. Total distance: 1/2 mile.

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

