

Lutsen Resort on Lake Superior

Complimentary Activities

August 30th – September 6th, 2010

<i>Monday</i>	9am-Noon 1pm-4pm	Sea Kayak Tour Guided Hike			
<i>Tuesday</i>	9am-Noon 1pm-4pm 7:30pm-9pm	Sea Kayak Tour Guided Hike Naturalist Program- Loons	<i>Saturday</i>	9am-Noon 9am-Noon 1pm-4pm 1pm-4pm 6pm-8pm 7pm-10pm	Sea Kayak Tour Family Kayak Tour Sea Kayak Tour Family Kayak Tour Kid's Pizza and Movie Live Music
<i>Wednesday</i>	9am-Noon 1pm-4pm	Sea Kayak Tour Guided Hike			
<i>Thursday</i>	9am-Noon 1pm-4pm 7:30pm-9pm	Sea Kayak Tour Family Kayak Tour Naturalist Program- Astronomy	<i>Sunday</i>	9am-Noon 9am-Noon 1pm-4pm 1pm-4pm 6pm-7:30pm	Sea Kayak Tour Family Kayak Tour Sea Kayak Tour Family Kayak Tour Nature Craft
<i>Friday</i>	9am-Noon 1pm-4pm 1pm-4pm 4:30pm-5:30pm 6pm-7:30pm	Sea Kayak Tour Sea Kayak Tour Family Kayak Tour Yoga on the Beach Nature Craft	<i>Monday</i>	9am-Noon	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: 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.

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

