

Lutsen Resort on Lake Superior

Complimentary Activities

October 18th – October 24th, 2010

<i>Monday</i>	1pm-4pm	Guided Hike	<i>Friday</i>	10am-3pm 1pm-4pm 6pm-8pm	*Point to Point Hike Cookie Decorating Evening Hike
<i>Tuesday</i>	9am-1pm	Maple Syrup Hike	<i>Saturday</i>	1pm-4pm 1pm-4pm 6pm-8pm 7pm-10pm	Guided Hike Birch Bark Bookmarks Kid's Pizza and Movie Live Music-Bump Blomberg
<i>Wednesday</i>	9am-Noon	Guided Hike	<i>Sunday</i>	8:30-10:30am	Oberg Mtn. Trail Run
<i>Thursday</i>	9am-Noon 1pm-4pm 6pm-7:30pm	Guided Hike Maple Syrup Hike Zipper Pulls			

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 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.

