

Lutsen Resort on Lake Superior

Complimentary Activities

May 18th – May 24th, 2009

<i>Monday</i>	1pm-4pm	Waterfall Hike	<i>Friday</i>	1pm-4pm 6pm-8pm	Guided Hike Lobby Activity
<i>Tuesday</i>	1pm-4pm	Guided Hike	<i>Saturday</i>	9am-Noon 1pm-4pm 6pm -8pm	Waterfall Hike Sea Kayak Tour Lobby Activity
<i>Wednesday</i>	10am-11am 1pm-4pm	Yoga on the Beach Waterfall Hike	<i>Sunday</i>	9am-Noon 1pm-4pm 6pm-8pm	Guided Hike Sea Kayak Tour Kids Pizza and Movie
<i>Thursday</i>	10am-3pm	Guided Hike to Eagle Mountain (Intermediate to Advanced)			

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

This schedule is subject to change.

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 4-12

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 to 12. Meet in the Main Lodge. *Reserve your spot up to five days before the activity!*

Programs Ages 4 and Up

Guided Hike: Want to get outside? Not sure where to go? Our naturalist will take you to a nearby destination for a 2-3 mile leisurely 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. 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 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.*

Programs Intermediate to Advanced

Guided Hike up Eagle Mountain: Eagle Mountain is the highest point in Minnesota, at 2,301 feet (701 m). It is located in northern Cook County; [1] the summit is inside the Boundary Waters Canoe Area Wilderness and Superior National Forest in the Misquah Hills, northwest of the community of Grand Marais. It is a Minnesota State Historic Site (from Wikipedia).

On this Intermediate to Advanced six mile hike, we'll venture into the Boundary Waters Canoe Area Wilderness for a full day hike climbing up to the summit of Minnesota's highest point. We'll fill out the permits.

We'll eat a late lunch on the summit of Eagle Mountain before turning around and heading back. Along the way, we'll look for the signs of spring time.

Box lunches are available for purchase from our Front Desk. Please, be sure to order your box lunch the night before the hike. Cost: \$9.14 (includes tax) per box lunch.

Reserve your spot up to five days before the activity!

Note: Because of the nature and remoteness of this hike, rain gear, sturdy boots, and a backpack or fanny pack to carry your food and gear are required.

Limited to 8 people.

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

