

Lutsen Resort *on Lake Superior*

Complimentary Activities

April 12th – May 2nd, 2010

<i>Wednesday</i>	1pm-4pm	Guided Hike	<i>Friday</i>	9am-Noon	Shoreline and Waterfall Tour
<i>Thursday</i>	10am-4pm	Guided Hike to Eagle Mountain (Intermediate to Advanced)	<i>Saturday</i>	1pm-4pm	Guided Hike
			<i>Sunday</i>	1pm-4pm	Waterfall Hike

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 and Up

Guided Hike: Want to get outside? Not sure where to go? Our naturalist will take you to a nearby destination for a 2-4 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!

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 8 and Up

Guided Hike to Carlton Peak: From Britton Peak trailhead, we'll hike the Superior Hiking Trail up to Carlton Peak. This stunning peak is one of the most spectacular mountains in the area. From the top on clear days, you can see the Apostle Islands. Be sure to bring a day pack or fanny pack, a snack, and a bottle of water, because this is a slightly longer hike than our normal excursions. Reserve your spot up to five days before the activity!

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 seven 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.



Lutsen Resort on Lake Superior

Complimentary Activities

May 3rd – May 28th, 2010

<i>Monday</i>	1pm-4pm	Guided Hike	<i>Friday</i>	9am-Noon 1pm-4pm	Shoreline and Waterfall Tour Sea Kayak Tour
<i>Tuesday</i>	10am-Noon 1pm-4pm	Fly Fishing Intro Waterfall Hike	<i>Saturday</i>	9am-Noon 1pm-4pm	Guided Hike Sea Kayak Tour
<i>Wednesday</i>	1pm-4pm	Guided Hike	<i>Sunday</i>	10am-Noon 1pm-4pm	Fly Fishing Intro Waterfall Hike
<i>Thursday</i>	10am-4pm	Guided Hike to Eagle Mountain (Intermediate to Advanced)			

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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.

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Nature Trail: A relaxing half mile nature trail leaves from our Main Lodge and circles the property. Interpretive maps available at the Activities Desk.

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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 waterfalls. **Reserve your spot up to five days before the activity!**

Programs Ages 8 and Up

Fly Fishing Intro: This is a great opportunity to become more familiar with fly fishing equipment and techniques. You'll also get to learn about the entomology (bugs) and hydrology (water stuff) important to the sport. The beach in front of Lutsen Resort is a favorite amongst local anglers. People ages 16 and older must have a current MN fishing license and trout stamp to fish off of the beach/river at the main lodge. Each kid under the age of 12 must have an adult accompany them. *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 wool socks! This is early season paddling and is subject to cancellation at the Guide's discretion. Long underwear tops, fleece jackets, and ski hats are recommended. Ages 14 and up. *Reserve your spot up to five days in advance of the activity*

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Lutsen Resort on Lake Superior

Complimentary Activities

May 29th – June 20th, 2010

<i>Monday</i>	1pm-4pm	Guided Hike	<i>Friday</i>	9am-Noon 1pm-4pm	Shoreline and Waterfall Tour Sea Kayak Tour
<i>Tuesday</i>	10am-Noon 1pm-4pm	Fly Fishing Intro Sea Kayak Tour	<i>Saturday</i>	9am-Noon 1pm-4pm 6pm-8pm 7pm-10pm	Guided Hike Sea Kayak Tour Kids Pizza and Movie Live Music
<i>Wednesday</i>	1pm-4pm	Guided Hike	<i>Sunday</i>	10am-Noon 1pm-4pm 1pm-4pm	Fly Fishing Intro Waterfall Hike Sea Kayak Tour
<i>Thursday</i>	9am-Noon 1pm-4pm	Guided Hike Sea Kayak Tour			

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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 8 and Up

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