

# Superior Bay Harbor Tour



**Fall 2009**

**Wednesday, September 16 and 23, 6-9pm**

*HERE'S WHAT TO EXPECT: Discover the unique natural and cultural history of the Lower St. Louis River, the United States' largest Lake Superior tributary. Choose from three different beginner level tours utilizing rec-touring and sea kayaks. We'll begin with a basic introduction and incorporate on water instruction throughout the three to six mile tour. We will paddle rain or shine and the weather conditions of the day will determine the degree of difficulty. We'll paddle along the world's longest freshwater sandbar and circumnavigate Herding Island, a sanctuary for herring gulls, ringbilled gulls, terns, cormorants and other marine birds. Experience the activity of a working harbor as we paddle alongside visiting ships from around the world enroute to the William A. Irvin, a docked 700 foot ore boat. And if the conditions are right, feel Lake Superior swells slip beneath your boat as we paddle past the Aerial Lift Bridge.*

*Meet: RSOP Trailhead in the Sports and Health Center Lobby*

**COURSE INFORMATION:** *You will learn:*

*What to do in the event of a capsized "dry land wet exits"*

*Instructor demonstrates assisted rescue methods*

*Paddle strokes: forward touring stroke, reverse stroke, forward and reverse sweep and in water recovery draw.*

*Bracing for stability: low brace and sculling low brace.*

**EQUIPMENT:** *Fall weather in Duluth Can be wet and cold please bring: Swimsuit & Towel, Filled Water Bottle, Sunglasses with Strap, Eyeglasses must have retaining strap, Sunscreen, Shoes that will get wet, Warm hat and Sun Hat, Synthetic long underwear top and bottom, Rain Jacket and Warm jacket, Hat and Mitts.*

**WE PROVIDE:** *boats, paddles, lifejackets, wetsuits and accessories*

**COST:** *\$10 (UMD Students Only)*

**Explore More with RSOP:**

*Kayaking in the Pool*

*Geo Caching*

*Disc Golf Tourney*

*Stand-Up Paddleboard*

*Halloween Paddle*

*Paddling the BWCAW*

*Climbing and Bouldering Duluth*

*Backpack the Porcupines*

*Ski Waxing*

*Apple Cidering*

*Cat Fishing*

*Snowshoe Building*

**General Information and Registration**

*Phone: (218) 726-7128*

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**The Real Classroom Is Outside...Get Into It!**