

# **St. Louis River Eco-Kayak Tours**



## **Summer 2010**

### **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 two different beginner level tours: The Historic Fond du Lac Riverfront and Birding Tour or the Duluth Waterfront Tour. Use your choice of sea kayak and enjoy access to a stand-up paddleboard during the tour. 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. Children aged six and above are welcome to participate in a tandem kayak with an adult.*

**WHERE:** All of our tours meet at the UMD Boat Shed on Park Point.  
**Directions:** Arriving in Duluth taking I-35 North, take exit #256B towards Lake Ave - go 0.5 mi, turn Left on W Commerce St - go 0.1 mi, turn Right on Lake Ave, go over the lift bridge, turn Right on 15TH ST S, turn Right on St Louis Ave (T in front of armory), we are next to the armory. For the Superior Harbor Tour we launch from and return to the Aquatic Center. For the Spirit Lake Birding Tour and the Historic Fond du Lac Neighborhood Tour, we trailer the boats to the launch sites. You can ride along in our van, or follow behind in your own vehicle.

### **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:** Summer 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

### **Explore More with RSOP:**

- Stand-Up Paddleboarding
- Adventure Sport, Beach Recreation Day
- Whitewater Kayak Courses
- Whitewater Canoe Courses
- Rock Climbing on Minnesota's North Shore
- Rock Climbing Wall
- American Canoe Association Instructor Certification Workshops
- Climbing Instructor Certification and Training Workshops
- Summer Youth Adventure Camps

### **General Information and Registration**

Phone: (218) 726-7128

Fax: (218) 726-6767

Email [rsop@d.umn.edu](mailto:rsop@d.umn.edu)

Website [www.umdrsop.org](http://www.umdrsop.org)

**Sea Kayaking Information**  
Call Pat Kohlin at 218-726-8801

**Alternate Dates & Customized Courses Available Call 218-726-7128**

### *Jacket and Warm jacket*

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

*COST: \$50/person/day (2-3 people)*

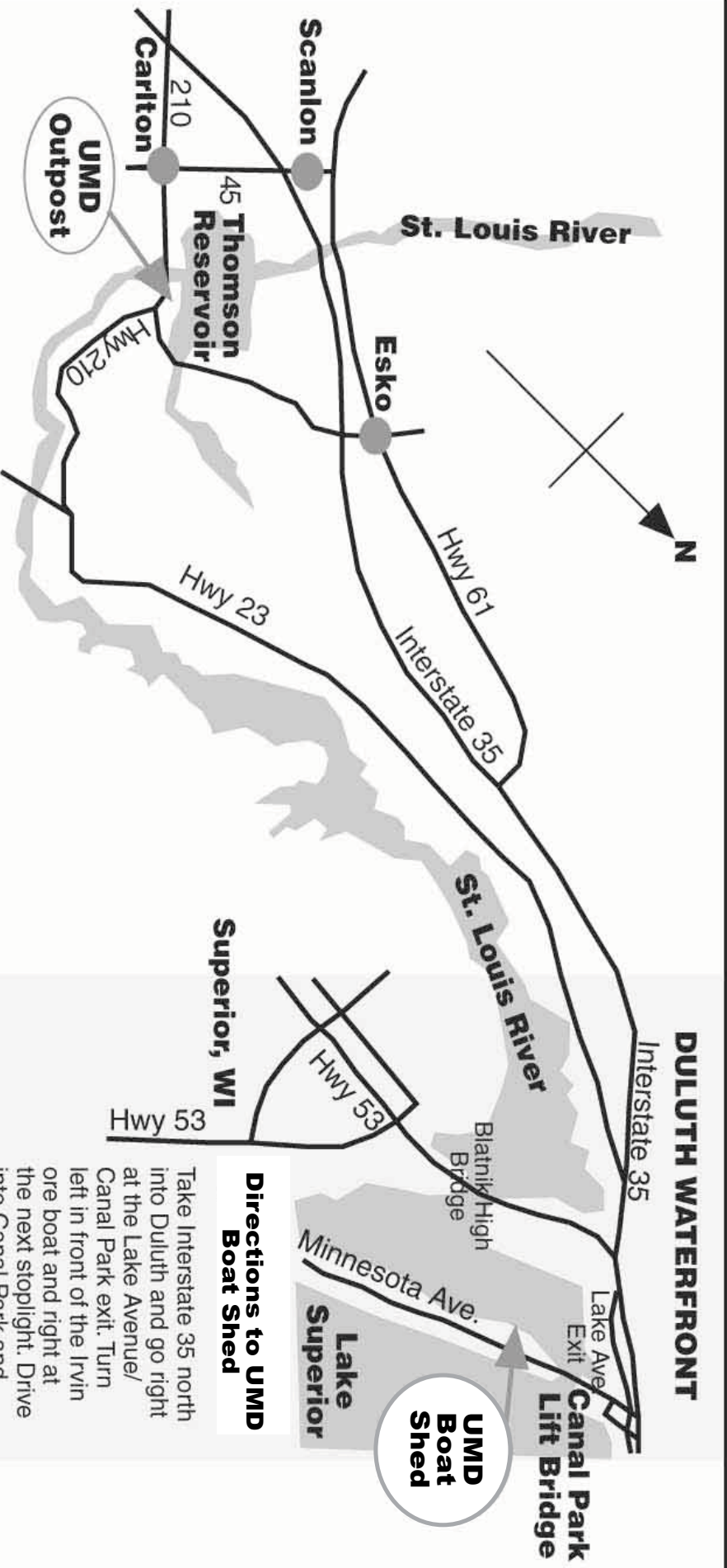
*\$45/person/day (4-6 people)*

### *Duluth Waterfront Tour*

*This tour explores the mouth of the St. Louis River and begins at our Aquatic Center, located on Minnesota Avenue. 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 swell slip beneath your boat as we paddle past the Aerial Lift Bridge.*

### *Historic Fond du Lac Riverfront and Birding Tour*

*Discover the rich natural and cultural history of the Fond du Lac neighborhood by sea kayak. The ruined docks where paddlewheel ferry boats from days gone by once anchored are visible at our put-in. Our kayaks will slip between the narrows separating the twin Islands Nakuk (goose) and Amik (beaver), once homes and gardens of the Ojibwe Indians. Watch for bald eagles, osprey, river otters, beaver, muskrats and other river mammals who call this area home. Our tour concludes with voyageur lore and a paddle upstream through a narrow gorge, where the St. Louis River's current moves quickly beneath the Fond du Lac Dam. Then it's time to turn around for a free ride back to our put-in.*



**Directions to UMD Outpost/National Kayak & Canoe Center**

**From the south** take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.

**From the north** take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.

**DULUTH WATERFRONT**

**Directions to UMD Boat Shed**

Take Interstate 35 north into Duluth and go right at the Lake Avenue/ Canal Park exit. Turn left in front of the Irvin ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right. The Boat Shed is the brown building adjacent to St. Louis Bay.