

University of Minnesota Duluth - Outdoor Program

Freshmen Outdoor Trips: Backpacking the Superior Hiking Trail



The Superior Hiking Trail, overlooking Lake Superior has been named as one of the best hiking trails in the United States. You will get a chance to see spectacular vistas and all that the forests of the highlands along Lake Superior have to offer.

HERE'S WHAT TO EXPECT:

We will begin our journey by traveling up the North Shore to an access trail to the Superior Hiking Trail where we will load our packs and begin our way. The group will hike by day and enjoy campfires, stories, and food in the evenings. Everyone will be involved with camp set-up, cooking, and cleaning. We'll return to campus Thursday evening in time for a picnic dinner and wrap-up hosted by the UMD Outdoor Program.

WHEN:

Monday, August 31 – Thursday, September 3, 2009

WHERE:

We will be departing from the main entrance to Lake Superior Hall at **9am on August 31**.

PREPARATION:

- *Equipment* – attached is an equipment list that includes what we provide and what you need to obtain. **Follow this closely**, it is based upon extensive experience. Plan on weather that could range from the low 70's to the 40's with sun, wind and/or rain.
- *Schedule* – attached is an itinerary of what we will be doing.
- *Housing* – if you have an on-campus housing assignment you will be eligible to check in on Sunday, August 20 between 11am and 4pm and stay on campus the night before the trip. *Call the Housing Office at (218)726-8178 if you have any questions.* Bring your Housing Assignment letter.
- *Health & Liability Form* – complete these forms and return them within one week.

THE OUTDOOR PROGRAM PROVIDES:

We provide all group camping gear, food, first aid kit, transportation, and expert instruction.

GOALS:

- Have Fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore and discover the beauty of the North Shore
- Work as a group to be safe and respect the natural environment

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

- The Outdoor Program offers a wide variety of programs during the school year. Get Involved!
- Check out the website listed below.

GENERAL INFO:

Phone: (218)726-7128

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdropsop.org

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Backpacking the Superior Hiking Trail

Itinerary

This itinerary is designed to be flexible based on many factors that include: weather, skill levels, and interests. Listed are highlights of what will be seen and done.

Sunday, August 30

11am- 4pm – Early Check-In for ON-CAMPUS residents at 189 Lake Superior Hall. Bring your Housing Assignment letter.

5pm – Meet in the Lobby of Lake Superior Hall to learn more about your trip as well as meet leaders and other trip participants. You should be at this meeting.

Monday, August 31

9am – Meet in front of Lake Superior Hall's main entrance – divide into groups and load equipment. Drive up the North Shore to the Cove Point trailhead of the Superior Hiking Trail. Start hiking north. The trail will take us along the Fault Line Ridge, through forests of birch, maple, and cedar. 3.5 mile day. Camp at Beaver River.

Tuesday, September 1

Rise and shine. Eat breakfast, load packs and head out along the Superior Hiking Trail. This day will take us to overlooks of Lake Superior and Silver Bay, along outcrops of volcanic rock, to two of the most beautiful lakes along the trail: Bean & Bear Lakes. This is a 7 mile day. Camp at Bear Lake.

Wednesday, September 2

Explore the area around Bear Lake, the cliffs, and scree slopes then load packs and head onward. A short 2 mile day to camp at Palisade Creek. En route, pass by Round Mtn.

Thursday, September 3

Up bright and early. On this 7 mile day we will hike through maple, birch and pine forests past Mount Trudee and Raven Rock. We will finish at the parking lot at Tettagouche State Park, and if you are brave enough, go for a quick swim in Lake Superior. Drive back to Duluth. Unload equipment and clean-up.

6pm – Barbeque and campfire at the top of Rock Hill. Share your stories with other trip participants. WELCOME TO UMD.

FUN INFORMATION ABOUT BACKPACKING THE SUPERIOR HIKING TRAIL:

- The Superior Hiking Trail is rated one of the best in the country.
- The trail follows the ridgeline above Lake Superior and has great views of the lake and surrounding areas.
- We will get our water from streams and lakes using water filters to remove possible bacteria.
- This is northern Minnesota, so moose, bear, and wolf sign are definitely possible.
- The forests along the way have seen many changes through the years, from forest fires and logging to planting and re-growth of pines, aspen, birch, and maple.
- We eat well on these trips with meals ranging from Mexican night to Italian spaghetti. There will always be a vegetarian option.

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Backpacking Equipment

On this trip the weather may vary from hot and sunny with a high of 70 degrees to cold, rainy, and windy and in the 40 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers.

WE PROVIDE:

Folding saw	Tarp
Tents	Matches
Toilet tissue	First Aid kit
Kitchen and cookware	All transportation from UMD
Each meal while on the trail	

YOU NEED TO BRING:

- Sleeping pad (closed cell foam or Therma-rest style)
- Sleeping bag (rated to 20 degrees F) in a compression stuff sack
- Boots – durable boots with heavy duty soles & ankles support
- Shoes - soft soled shoes for wearing in camp
- Backpack – internal or external frame – to carry all personal items and a share of the group items
- 1 Pair pants – loose & comfortable (wool, nylon, supplex, or light cotton)
- 2 Piece rain-suit of durable material
- 1 Pair light tennis shoes for camp use
- 1 Pair long underwear (no cotton)
- 3 Pair underwear
- 4 Pair wool socks
- 1 Long sleeved shirt
- 1 T-shirt
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Moleskin – for blister prevention
- Sunglasses
- Gloves or mittens and a winter hat
- Pocket knife
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Insect repellent
- Spare prescription glasses
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- Flashlight w/ fresh batteries
- 2- 1 quart unbreakable plastic water bottles

RENTAL:

Our Rental Center has many items including backpacks, sleeping bags & pads, rain gear. Call the Rental Center at 218-726-6134 to reserve equipment.

EQUIPMENT TIPS:

- Most full size backpacks will work for this trip, but a good quality pack is often worth it in comfort. Make sure the pack fits you properly. To learn how to fit your pack properly, check with someone at a reputable store or a veteran backpacker. An internal frame pack of around 4500 to 5500 cubic inches is what is needed.
- Quality rain gear really helps you enjoy inclement weather.
- Long underwear should be a synthetic material, not cotton. If you don't have any, most outdoor stores have appropriate supplies.

EXTRAS YOU CAN BRING:

Camera, Journal, Pencil, book to read, personal map

DO NOT BRING:

- MP3 players
- Cell phones
- Cosmetics
- Junk food
- Recreational drugs, alcohol, or tobacco

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