

## Welcome!



### Sawtooth Cabin

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## Essential Information

### Address

48 Sawtooth Harbor Road, Schroeder MN 55613

### Directions

Sawtooth Cabin is located near Schroeder MN, which is approximately 3.75 hours northeast of the Twin Cities and 1.5 hours northeast of Duluth. Take Highway 61 from Duluth and turn right between mile markers 76 and 77 onto Sawtooth Harbor Road. Getting to the cabin should be very straightforward using a map of your choice.

### Parking + Front Door

There is exterior parking immediately adjacent to the cabin.

### Check-In

3pm

### Check-Out

11am

### Check-In/Out Process

The cabin's owner will be there when you arrive to give you the key. Note that the key turns toward the jamb (counterclockwise) to open the door.

When departing the property, please place any soiled laundry — towels, etc — in the laundry basket. Please empty the refrigerator of any perishables you brought to the cabin. Garbage and recycling can be left at the house for disposal after your departure. Please turn off the lights, be sure all doors and windows are closed and locked, lock the house (the key turns away from the jamb - clockwise - to lock), and place the key on the front step.

As an architecturally significant building, and a much cherished family home, we ask that all guests to treat Sawtooth Cabin with respect for the owners' and future guests' continued enjoyment and the preservation of the property.

The house will be clean when you arrive. We charge a nominal cleaning fee with each rental. This covers professional, basic cleaning after your departure to prepare for our next guests. It does not cover excessive cleaning that may be required if the property is damaged or the check-out process is not followed.

## Day-to-Day Contact

PlansMatter, [bookings@plansmatter.com](mailto:bookings@plansmatter.com), 800.921.6067

## Emergency Contact

Karl Crawford, 218.235.3907

Jack Snow, 612.998.3432

## Safety

**First Aid Kit.** Located in the "linen closet" opposite the bathroom door.

**Fire Extinguisher.** Located in the "shop" (second cabinet from the entry).

**Water Activities:** Lake Superior rarely gets above 55 degrees - a wet suit is required even in the summer. Please note there is no paved access to the lake – the shoreline has been kept in its natural rocky state and please take care when walking down by the shoreline. You are welcome to enjoy water activities at your own risk – but we ask that you not attempt to get in Lake Superior from the property to swim, kayak or canoe. Please use one of the nearby outfitters where you will be provided appropriate gear and instructions

**Wildlife.** Do not leave any doors open as animals are quick to enter.

**Pests.** Northern Minnesota is notorious for its mosquitoes — locals call them the "state bird". Black flies and ticks are also prevalent some times of the year. We recommend that you bring bug repellent.

## Where to Find What

A row of cabinets along the north wall of Sawtooth Cabin conceals the complexities of daily life. Most of what you are looking for will be found in one of the cabinets. To summarize, in order from the cabin entry:

First pair of cabinets - the "closet" for coats, shoes, boots and outerwear.

Second pair of cabinets - the "shop" for tools, wood burning stove equipment and fire extinguisher.

Third pair of cabinets - the "office" for games, books, video projector, radio, binoculars, keys, flashlights and candles.

Single door - for basic cooking supplies

Fourth pair of cabinets - the "pantry" for mixing bowls, coffee maker, kitchen tools, trash and recycling

Fifth pair of cabinets - the "linen" closet for extra towels, sheets, pillows, blankets, toilet paper and the first aid kit

Single single door - the "broom closet" for cleaning supplies and the vacuum

Sixth pair of cabinets - the "laundry" for the washer, dryer and clothes hamper

Single door - sports equipment for owner's use only

Seventh and Eighth pair of cabinets - for owners use only

Ninth pair of cabinets - for guest use

Tenth pair of cabinets - for outdoor deck chairs

**Cleaning supplies.** Located in the in the laundry cupboard and under the kitchen sink.

**First Aid Kit.** Located in the "linen closet" opposite the bathroom door.

**Flashlights and Candles.** Located in the "shop" (second cabinet from the entry).

**Keys.** Keys to the studio and basement are on a wooden shoe keyring in the in the "office" (third cabinet from the entry.)

**Deck Chairs.** Located in the studio; additional chars are in the last set of cabinets in the master bedroom. Portable chairs to take down to the rock shelf are in boxes in the basement.

**Appliance Instructions.** Detailed instructions for all appliances are in the white three-ring binder in the "office" (third cabinet from the entry). Abridged appliance and fireplace instructions are included in the back of this binder.

**Tea Kettle and Toaster.** Both are in a kitchen drawer.

**Coffee Makers, Blender and Bread Machine.** All are located in the "pantry" cabinet next to the refrigerator.

**Extra Lightbulbs.** Located in the "linen" cabinet across from the bathroom.

**Extra Toilet Paper.** In the "linen" cabinet across from the bathroom.

**Charcoal Grill.** Located under the studio

## What You Can Use

Please help yourself to anything you may find in the kitchen — if something is depleted, please leave a note on the table so the item may be replenished. You may use the grill, but please do not move it onto the wooden deck. As a rule of thumb, almost everything is at your disposal except the items in cabinets designated "off-limits", the kayak, snowshoes, skies, wetsuits and lifejackets.

# House Truths + Rules

## Just So You Know

**Technology.** Cell phone reception may be limited depending on your carrier. You are welcome to use the WiFi - user name and password are written on a paper in the "office" cabinet. No TV. There is a projector provided for watching movies if you bring your laptop (and a VGA connection/adaptor) and DVDs. There is also a portable Bose sound system that receives auxiliary input from your digital music player or laptop. Staying at Sawtooth Cabin allows you to disconnect from technology and connect with the architectural design and Lake Superior.

**Sunlight.** This is a glass cabin without window treatments, which allows for sweeping uninterrupted views of Lake Superior. It can be very bright in the summer, especially in the morning. Be prepared to wake up with the sun - there are no blackout curtains for sleeping late. Alternatively, bring your own eye mask.

**AC.** There is no AC at the cabin. Opening the large sliding glass windows typically provides enough ventilation for cooling.

**Privacy.** Though the house is oriented towards the lake, there are neighbors visible through the trees. In addition, due to the configuration of the sliding glass windows, there is visual but not acoustic privacy between bedrooms in the main cabin area.

**Kitchen.** While well stocked with all of the essentials, the kitchen is small.

**Beds.** There is a six guest maximum, but only two queen sized beds in the main cabin (one in each bedroom). A third queen bed is in the studio.

**Window Screens.** The screens can easily come out of their tracks, we recommend you keep them closed except at the entry doors.

# House Rules

## Compliance Required

**Smoking.** Smoking is allowed outdoors only. Be sure to fully extinguish and properly dispose of butts.

**Pets.** Dogs are allowed on the property and in the cabin, but not on the furniture.

**Shoes.** Please remove your shoes while in the cabin to avoid scratching the hard wood floors.

**Water Activities.** Lake Superior rarely gets above 55 degrees - a wet suit is required even in the summer. Please note there is no paved access to the lake - the shoreline has been kept in its natural rocky state and please take care when walking down by the shoreline. You are welcome to enjoy water activities at your own risk - but we ask that you not attempt to get in Lake Superior from the property to swim, kayak or canoe. Please use one of the nearby outfitters where you will be provided appropriate gear and instructions.

**Off Limits.** Please do not use the shower in the studio, cabinets storing your host's personal items which are marked as "off-limits" or the kayak, snowshoes, skis, wetsuits or lifejackets.

**Outdoor Grill.** Please do not move the grill onto the wooden deck.

**Septic.** As with all septic systems, only human waste and toilet tissue may go in the toilet; no other items, even if marked "flushable".

**Food Scraps.** There is no garbage disposal, so please use the sink strainer and place food scraps in the trash.

# Operating Instructions

## Heating

Sawtooth Cabin is heated with dual fuel boilers and in-floor radiant heat; in the winter the heat will be on and the cabin warm when you arrive. If you would like to adjust the temperature the thermostat located next to the bathroom door.

## Cooling

There is no air conditioner in the cabin. In the summer, sliding glass doors provide cool breezes off the lake ventilating the entire cabin. To open the doors, flip the lock mechanism on the center jamb to the up position. The screens are temperamental and can fall off their tracks. We recommend opening and closing the screens at the entry doors only.

## Electrical

While unlikely, in the event of a power outage check the circuit breakers. The main circuit breaker is in the basement.

## Wood Stove

Detailed instructions for using the indoor wood stove are located in the binder in the "office" cabinet. The stove is very efficient and adds significant heat to the cabin. You should use local firewood purchased from the Holiday store or Tofte Market (both in Tofte). Matches, tools and kindling are located in the second cabinet. Leave the ashes in the stove to be cleaned after your departure.

A few tips:

The stove door lifts up and down and it can get hot, so be sure to use the tool (it looks like a bent metal rod) in the kindling box when the fire has been burning.

The stove does not have a manual flue damper. When the door is open the damper is open. When the door is closed, the damper goes into a minimum position.

Adjust the draft by moving the slider at the base of the door - again, using the tool as this slider can get hot. Closed is to the left and open is to the right. We recommend keeping it in the open position.

## Grill

There is a grill at the cabin for your use. It is stored below the studio. We ask that you not move it on to the wooden deck.

## Garbage + Recycling

Please empty the refrigerator of any perishables you may have brought with you. Garbage and recycling can be left at the house for disposal after your departure.

## Appliances

There is a white three-ring binder in the “office” cabinet that contains detailed instructions for all of the appliances. Here are some quick tips:

**Cooktop.** The induction cooktop can be a bit tricky. See the white three-ring binder for detailed instructions if you are having difficulty. Hold down “dacor” logo until it beeps three times to turn on the cooktop. Tap the burner symbol until the rows of dots next to it turn on and then use the up or down symbols to adjust the temperature. The burner will not activate until the up or down symbol is pressed. To turn the cooktop off, tap the burner symbol. Note that the burners start slow, but heat up quickly.

**Oven.** The display on the oven is broken, but the oven still works. Push “bake”, enter the temperature, push “start” to heat and “cancel” to turn off. You can be assured of proper baking as long as you set the correct temperature.

**Washing Machine.** Load laundry, turn dial to “regular wash, cold”, add only 1 tablespoon of detergent to the center compartment, close door, push “quick wash” and push “start”. Please note that the door locks and nothing can be added after the machine starts. When the cycle is complete the door lock light flashes. Turn the dial to off when you have finished washing.

**Dryer.** Load laundry, turn dial to “extra dry” and when the cycle is complete turn the dial to “off”.



## Eats, Drinks + Provisions

### Cooking

We recommend preparing homemade meals at Sawtooth Cabin to enjoy on the deck or at the built in dining table. There is a variety of Cuisinart cast iron cookware, a four burner induction cooktop, full oven, toaster, microwave and bread maker for your use. Basic cooking supplies, such as flour, sugar, teas, spices and condiments are at the cabin. The French press and Chemex pour-over coffee maker will help get you started in the morning. **Please feel free to use anything you may find in the kitchen.**

### Provisions + Restaurants

#### Duluth.

Your first stop may be the **Whole Foods Co-Op** at 610 East 4th Street in Duluth. For over forty years this member owned and operated Co-Op has been providing the community with affordable, healthy, local and sustainable products and services. In addition to the seasonable produce, check out the Co-Op's cheese and meat departments. Don't forget the locally roasted, fair trade coffee.

**Northern Waters Smokehaus** in Duluth's Canal Park may look like a modest sandwich shop, but appearances are deceiving. The shop's repertoire includes sublime smoked meats (a pancetta of the gods, a bison pastrami that has to be tasted to be believed), expertly prepared chorizo and dry-cured salamis plus smoked Lake Superior whitefish and trout (try the smoked whitefish sausage). Pick up some smoked meats, fish or salumi for your stay at the cabin.

**Va Bene**, at 734 East Superior Street, features authentic, modern Italian specialties with most everything prepared in-house from scratch. Made to order salads and panini, a pasta bar, Italian beverages and gelato are not to be missed. Sit out back on the enclosed solarium for a beautiful view of Lake Superior. Or take away fresh pasta and sauce to prepare an easy dinner at the cabin. (PlansMatter's Crystal is addicted to their meatball sandwich).

If you'd like to stop for lunch on your way from Duluth to the cabin, we highly recommend **New Scenic Cafe** for the area's most inspired cooking. The cafe features an eclectic array of colorful, artfully composed and subtly delicious fare. The serene surroundings, expert service and picturesque lakeside location — roughly 20 scenic minutes up the shore from downtown Duluth — only add to the experience.

[www.wholefoods.coop](http://www.wholefoods.coop)

[www.northernwaterssmokehaus.com](http://www.northernwaterssmokehaus.com)

[www.vabenecaffe.com](http://www.vabenecaffe.com)

[www.newsceniccafe.com](http://www.newsceniccafe.com)

### Two Harbors.

**Castle Danger Brewery** is a great place to stop for a taste of local, craft-beer. Sample their current tap selections and consider purchasing a growler of your favorite to take with you up to the cabin.

[www.castledangerbrewery.com](http://www.castledangerbrewery.com)

### Finland.

Take a drive inland to the **Trestle Inn Restaurant and Saloon** nestled deep in the Superior National Forest at the crossroads of three snowmobile trails. The inn is constructed of 300 year old Douglas Fir timbers removed from an abandoned railroad trestle and offers casual pub fare, in-season weekend breakfasts and all you can eat fish fry (Fridays) and BBQ ribs (Saturdays). Note that credit cards are not accepted. South of the cabin on Highway 61, take Highway 1 West at Tettegouche State Park. Drive six miles to Finland and take County Road 7 for 20 miles into the wilderness.

[www.trestleinn.com](http://www.trestleinn.com)

### Schroeder.

The **Schroder Baking Company** is open seasonally and offers pastries, muffins, scones, coffee, sandwiches, pizza and calzones. Eat in at the small dining area or take it with you. Located on the south side of Highway 61 at 19 Lambs Way next to the campground.

### Tofte.

The **Tofte General Store**, in the nearest town just 6.5 miles up Highway 61 from the cabin, is your place for basic supplies, firewood, groceries, liquor and beer. Bluefin Bay Resort is also along Highway 61 in Tofte and offers the **Bluefin Grille** for lunch and dinner and the **Coho Café** for fresh baked goods and breakfast and lunch - dine in or take away.

[www.bluefinbay.com/dine/](http://www.bluefinbay.com/dine/)

### Grand Marais.

Further up Highway 61, approximately 33 miles past the cabin, is Grand Marais. Your first stop could be the **Dockside Fish Market**, located lakeside on Highway 61 as you drive through town. This family run business specializes in brown sugar brine smoked fish and local fresh fish such as herring, lake trout, whitefish and walleye. You can also find flown-in fresh salmon, halibut, tuna, shellfish and more. Open April - December.

**The Cook County Whole Foods Co-Op** is just one block below the stoplight as you continue on Highway 61. Since 1976 this Co-Op has been providing the community with affordable, healthy and sustainable products and services. Ask about their local items if you are looking for a gift — perhaps something from Superior Herbals, Hands of Harvest Soap or Wild Country

Maple Syrup. Along with the seasonable produce, check out the Co-Op's cheese and meat departments. Don't forget the fair trade coffee and tea!

**The Grand Marais Municipal Liquor Store** is near the Co-Op. There are two other grocery stores in Grand Marais, both along Highway 61: Johnson's Foods and IGA Gene's Foods.

Lunch at the **Gunflint Tavern** in Grand Marais is always relaxed and you will find a nice beer and wine selection. The menu is mostly-organic pub fare with a variety of ethnic dishes thrown in. They've got a rooftop deck (the Raven's Nest) with an unobstructed view of the harbor. Located in the historic Grand Marais State Bank Building with the Johnson Heritage Trading Post right next door. You can imagine this was the block where trappers, miners and explorers stopped before heading north on the Gunflint Trail.

Other lunch options in Grand Marais to consider are the **Crooked Spoon Cafe** for a seasonal menu featuring local food and beer and a wine bar. The **Angry Trout Cafe**, open May-October, is a small indoor/outdoor restaurant in an old commercial fishing shanty right on Grand Marais Harbor. The menu features Lake Superior fish, local produce and hand-harvested wild rice. Consider stopping at **World's Best Donuts** to see that they live up to their moniker. And if you've run out of beer, the **Voyager Brewing Company** offers growlers to go.

[www.docksidefishmarket.com](http://www.docksidefishmarket.com)

[www.cookcounty.coop](http://www.cookcounty.coop)

[www.gunflinttavern.com](http://www.gunflinttavern.com)

[www.crookedspooncafe.com](http://www.crookedspooncafe.com)

[www.angrytroutcafe.com](http://www.angrytroutcafe.com)

[www.worldsbestdonutsmn.com](http://www.worldsbestdonutsmn.com)

[www.voyageurbrewing.com](http://www.voyageurbrewing.com)

## Local Activities

### Entertainment

Cell phone reception may be limited. No TV. Staying at Sawtooth Cabin allows you to disconnect from technology and connect with the architectural design and Lake Superior.

There is a projector provided for watching movies if you bring your laptop (and a VGA connection/adaptor) and DVDs. Projection onto the kitchen wall is a favorite past time. Please note that operation of the projector is dependent on the types of media ports on your laptop.

There is a portable Bose sound system that receives auxiliary input from your digital music player or laptop. Relax, enjoy a game (the cabin has scrabble, backgammon, chess and cribbage) or use the poker chips for a high stakes card game. Games are located in the "office" cabinet.

### Arts + Culture

The **Cross River Heritage Center** located in Schroeder, is the place to visit to experience local heritage and culture. The building, with its Tudor-style architecture, was originally built in 1929. Its unusual architecture makes it the only Tudor building in Cook County since its construction.

**North Shore Commercial Fishing Museum** in Tofte offers the opportunity to learn about commercial fishing, past and present, at the fishing museum, where many artifacts from families' of the original settlers are on display. Continue your education along Bluefin Bay's Lakewalk leading west.

[www.crossriverheritage.org](http://www.crossriverheritage.org)

[www.commercialfishingmuseum.org](http://www.commercialfishingmuseum.org)

### Nature

**Sugarloaf Cove Nature Center** approximately 4 miles southwest of Schroeder, is renowned for its 1.1 billion year old lava flows and beautiful cobblestone beach. The Center offers a breadth of nature oriented activities and learning opportunities.

A top-notch fall color drive and lovely drive through the woods any other time of year begins at mile marker 80.4, drive north on the Temperance River Road for 5.1 miles, then head east on the Six Hundred Road (you're on Heartbreak Ridge) for 4.9 miles. Return 5.5 miles down the Sawbill Trail to Tofte.

[www.sugarloafnorthshore.org](http://www.sugarloafnorthshore.org)

## Agate Hunting

The shoreline between Tofte and Schroeder are ideal for finding Minnesota's state gem - the Lake Superior Agate. You can hunt for agates on any public beach or other location that has exposed rock gravel. Also keep your eyes peeled when walking gravel roads. Some locations allow only looking, not taking, so check before you pocket that agate. A few tips: it's not always obvious a rock is an agate. Wet it and look closely for translucency, banding and a glossy, waxy sheen. When agate-hunting on the beach, dig down several inches to where the rocks are wet. Because agates are semi-translucent, they glisten when wet.

## Playgrounds

The **Birch Grove Community Center** is the nearest playground for children. It is located on the north side of Highway 61 at mile marker 81.5. There is also an ice rink, tennis court, and area for cross country skiing at the community center.

[www.toftemn.com/township/birch-grove.htm](http://www.toftemn.com/township/birch-grove.htm)

## Tennis

The **Birch Grove Community Center** has newly a refurbished single tennis/pickleball court on the north side of Highway 61 at mile marker 81.5.

There are five newly refurbished tennis courts at the **Cook County Community Center** in Grand Marais at West 5th Street and West 2nd Avenue. These are the home courts for the **Cook Country Tennis Association**. The recreation area also includes a skateboard park, ball diamond, dog park, playground and outdoor ice skating and hockey rink.

[www.toftemn.com/township/birch-grove.htm](http://www.toftemn.com/township/birch-grove.htm)

[www.co.cook.mn.us/2016site/index.php/community-center](http://www.co.cook.mn.us/2016site/index.php/community-center)

[www.cookcountytennis.wordpress.com](http://www.cookcountytennis.wordpress.com)

## Fishing

The north shore of Lake Superior has a long fishing history. Lake Superior and its tributaries offer up lake trout, a variety of salmon and stream trout to anglers, while inland lakes provide walleye, smallmouth bass, northern pike, perch and brook trout. There are a number of places to fish from the shore (check out the water access map at the end of this section) or consider a fishing charter.

Dale Tormondsen, captain at **Halsnoy Fish Company** in Tofte, has been operating from the same safe harbor that his grandfather used over 100 years ago. Dale specializes in Lake Superior charter fishing and sight-seeing, herring netting and inland trips for

walleye and speckled trout. **Tofte Charters** offers a relaxing scenic cruise to Manitou Falls or two to eight hour chartered fishing trips on Lake Superior.

Be sure to obtain a fishing license, stamp and be sure it is open season before fishing.

[www.halsnoyfishco.com](http://www.halsnoyfishco.com)

[www.toftecharters.com](http://www.toftecharters.com)

[www.dnr.state.mn.us/fishmn](http://www.dnr.state.mn.us/fishmn)

## Hiking

Be prepared! Take food and water with you! Also recommended: trail maps (available at the cabin or at the Tofte Ranger Station at mile marker 81.1), bug repellent, sunscreen and comfortable footwear for potentially rough and slippery surfaces. Allow approximately 45 minutes per mile. Leave no trace.

The "office" cabinet in the cabin has a number of maps and books featuring local hiking trails. Please return the guides and maps so others may use them. We like to hike to the gorges north of the highway at **Temperance River State Park**, located at mile marker 80.4 on Highway 61. Steep drops to the rapidly flowing river require a bit of caution. A safer route is to the south of the highway over the footbridge and down to the river mouth and shoreline.

Another nice hike is the **Cross River** portion of the Superior Hiking Trail. This gradual climb offers great views of the river gorge. Park at the wayside in Schroeder and follow the trail up the east side 1.5 miles, either continue on the main Superior Hiking Trail or return downriver.

Also on the Superior Hiking Trail is the **Oberg and Leveaux Mountain Trails** which both begin at the same parking lot off Forest Road 336. From Tofte, go northeast approximately 4.7 miles to Onion River Road.

[www.dnr.state.mn.us/state\\_parks/temperance\\_river/](http://www.dnr.state.mn.us/state_parks/temperance_river/)

[www.shta.org](http://www.shta.org)

[www.fs.usda.gov/superior/](http://www.fs.usda.gov/superior/)

## Cycling

Near the cabin is the **Gitchi Gami State Trail**, a paved trail winding along the shore of Lake Superior. It is used by bicyclists, in-line skaters, joggers and walkers.

Or try biking the Sawtooth Mountains. The family friendly, 7 mile round trip, out and back **Onion River Road** trail includes several fun side-trip opportunities. **Heartbreak Hill Loop** his best summarized as "over the river and through the woods" while the

**Honeymoon Loop** is a classic Northwoods ride which will give you a taste of the ruggedness of the area. Both are intermediate level rides.

[www.ggta.org](http://www.ggta.org)

[www.visitcookcounty.com/biking/](http://www.visitcookcounty.com/biking/)

## Outfitters

It is not recommended that you canoe or kayak at the property. Please use one of the nearby outfitters where you will be provided appropriate gear and instructions.

**Sawtooth Outfitters** in Tofte offers bike, canoe, kayak, paddle board, ski, downhill and chess country ski, snowboard, snowshoe, and camping equipment rentals and tours.

**Sawbill Outfitters**, just outside of Tofte on Sawbill Lake, specializes in canoe rentals and guided trips to the Boundary Waters Canoe Area.

[www.sawtoothoutfitters.com](http://www.sawtoothoutfitters.com)

[www.sawbill.com](http://www.sawbill.com)

## Canoeing + Sea Kayaking

There are dozens of inland lakes and rivers in the area and Sawbill Outfitters offers a great day trip on the **Kelso Loop**. The loops takes about 4 hours of leisurely paddling, with most people taking a few hours longer to allow for snacking and sight seeing. can provide you with canoe rentals and tours of the area's best canoeing.

The **Lake Superior Water Trail** is a sea-kayak trail that circumnavigates Lake Superior. The Sugarloaf Cove to Grand Marais portion of the trail includes Schroeder (6 miles), Tofte (3 miles), Lutsen (7 miles), a 10.4 mile stretch with only one rocky landing public access, and from Cascade River State Park to Grand Marais (9.5 miles). Sawtooth Outfitters in Tofte provides kayak rentals and tours.

[www.dnr.state.mn.us/maps/kayaking/](http://www.dnr.state.mn.us/maps/kayaking/)

## Cross Country Skiing + Snowshoeing

The cabin has a number of maps and books featuring local ski trails. Hundreds of kilometers of trails on the north shore traverse hillsides, lake shores, river valley ridges, pine plantations, deciduous forests, and alongside beaver dams. You can choose trails based on their length, the type of terrain they cover, your level of ability, and whether you want classic (parallel tracks) or skating stride.

A Minnesota Ski Pass is required on all trails. An daily pass currently costs \$6, annual passes are \$20 and 3-year passes are \$55 and are required for everyone 16 and older. You can purchase passes at trail centers and businesses, by mail or online. Sawtooth Outfitters in Tofte offers cross country ski rentals.

Lots of folks like to snowshoe the Superior Hiking Trail, but you can snowshoe anywhere. If the trail is also a groomed ski trail, walk on the sides, not on the tracked trail. Try the **Sugarbush Trails** in Tofte. You can snowshoe to Carlton Peak or head east all the way to the Oberg Mountain.

[www.dnr.state.mn.us/licenses/skipass/](http://www.dnr.state.mn.us/licenses/skipass/)  
[www.sugarbushtrail.org/](http://www.sugarbushtrail.org/)

## Downhill Skiing + Snowboarding

The Sawtooth Mountains rise 1088 feet above the coast of Lake Superior and average 10' of lake effect snow each season - topography unlike any other Midwest locale.

**Lutsen**, just 13 miles up the road from the cabin, offers 95 runs over four mountains with a lift-serviced vertical rise more than double that of other regional resorts.

<https://www.lutsen.com>





# Sugarloaf Cove TRAIL GUIDE

**Sugarloaf Cove** is a 34-acre site located on the North Shore of Lake Superior, approximately 4 miles southwest of the town of Schroeder, Minnesota. The site was purchased by the State of Minnesota in 1988 to preserve its unique geological, biological, and cultural resources and make them available for educational purposes. Approximately 7 acres of the site have been designated as a State Scientific and Natural Area (SNA). The remaining 27 acres is owned by Sugarloaf: The North Shore Stewardship Association.

**Sugarloaf: The North Shore Stewardship Association** was organized in 1992 to protect the site and provide a public interpretive forum. Sugarloaf's mission is to inspire the preservation and restoration of the North Shore's unique environment through education and exemplary stewardship, especially at Sugarloaf Cove. We are a membership-supported, non-profit organization. You can support us by donating or becoming a member today!

Thank you for visiting



## TRAIL MAP



### 1 PINE PLANTATION

You are standing in a plantation of red pine trees. The red pine (*Pinus resinosa*), also called the Norway pine, is the state tree of Minnesota. Older red pines, with their thick bark, are tolerant of fire and can grow to be over 100 feet. Notice that these trees are all about the same size and they have been planted in rows. When Sugarloaf Cove was used as a pulpwood rafting operation, from 1943 to 1971, thousands of logs were stockpiled in this area, which was known as the Upper Landing. After the paper company closed its pulpwood operation in 1971, a forester remained at the site until 1978 and established two red pine plantations. In 2013, trees were harvested from this site to improve the health of the remaining trees.



### 2 SIDE LOGS

The logs on the ground in front of you were part of the chute that carried pulpwood from the Upper Landing to the lake. These logs formed the sides of the chute; the thick metal cables were attached to notches in the logs to keep them in place. The rafting operation

ended in 1971 so these logs have been lying here since then. They are slowly decaying and becoming part of the soil. Notice the trees and shrubs that are growing on and around the logs. This area was entirely cleared of vegetation when the paper company used the site, so these plants have grown since that time.



### 3 ALDER THICKET

You are now in the midst of a thicket of alder (*Alnus incana* and *Alnus viridis*). Alder is a type of shrub that grows rapidly on disturbed, moist ground. It is an important early shrub in forest succession, adding nutrients like nitrogen to poor soils. In 2006, this area underwent a controlled burn in order to thin the thick alder and prepare the soil for planting white cedars. The caged areas you see contain young cedars and other native trees, planted after the fire.



### 4 WEATHERING BEDROCK

Bedrock is what geologists call the solid rock that underlies the land that we live on. Bedrock is often completely hidden by soil and plants, but here along the North Shore of Lake

Superior, the soil is thin in many areas because of Ice Age glaciation and much of the 1,100 million year old bedrock is visible. If you look closely at the ground you are standing on, you will see that what appears to be gravel is actually made up of pieces of crumbling bedrock. Water trapped in cracks in the bedrock freezes in the winter and thaws in the spring, breaking the rock apart – a process called physical weathering.



### 5 SCENIC OVERLOOK

Across the cove you can see Sugarloaf Point. The forest on the point has not been disturbed for many years, and it contains a mixture of trees, shrubs, and other plants found only in north central and northeastern Minnesota. At the very end of the Point is a high knob of rock. The shape of this knob is similar to that of a typical loaf of bulk brown sugar that was sold in the 1800s, when English place-names were given to features on the North Shore.



### 6 ROCKY CLIFFS

Optional stop #6 is on the lakeshore at the bottom of the hill. Follow the trail to the left of the bench. At the shoreline, you are standing on bedrock that is 1,100 million years old.

This rock is called basalt, a name that indicates the texture and the chemical composition of the rock.

Basalt forms as a result of volcanic eruptions, similar to the ones occurring in Hawaii and Iceland today, and it is the most common type of lava flow.

When Consolidated Papers was using this cove to transport pulpwood across the lake, great booms (big floating logs chained end-to-end) were stretched across the mouth of the cove to contain the floating logs until they could be towed to Wisconsin. Can you find the iron rings that were used to attach the booms on this side of the cove?



### 7 LOG CHUTE

Although little physical evidence remains, it was in this area that the paper company constructed a chute to move logs from the Upper Landing to the cove. The chute was 80 feet long and about 10 feet wide. Once in the water, the floating logs were held inside the cove by storage booms until a large enough quantity was collected to fill a "raft",

which was made up of several thousand logs that covered as much as 40 acres. Tugboats pulled the rafts 62 miles across Lake Superior to Ashland, Wisconsin, a trip that took between 72 and 120 hours. Typically, 6-8 trips were made to Ashland each summer.



## 8 NURSE LOG

Stop here and examine the nurse log on the left side of the trail. A nurse log is a dead tree that has fallen to the ground and is slowly decaying. As the tree decays, it forms a fertile garden where many plants—including mosses, flowers, and other trees—can sprout and grow. Look closely and you should be able to identify some of the plants growing on the nurse log. Please allow the decay to occur naturally; do not pull the nurse log apart.



## 9 ROCKY SHORELINE

At this point you can leave the trail and head for the rocky ledges along the shore. When you reach the rocks, turn to your left and walk carefully along the shoreline, looking for evidence that these rocks are large, basaltic lava flows. See if you can find a flow contact, which is where one lava flow covered another lava flow. When basaltic magma is erupted, it flows relatively easily and spreads out in a layer. The next pulse of lava flows over the older surface, resulting in layers of individual flows, stacked on top of each other, much like a stack of pancakes. Like cooking pancake batter, the gas bubbles in the magma rise to the top of each flow. This results in a flow top that has many gas bubbles and a flow base that is much more massive and solid. You can recognize the flow contact because the massive base of one flow rests on the vesicular (bubbly) top of the older flow.

least fourteen different buildings at Sugarloaf Cove to support their pulpwood rafting operation. Many of



## 10 CONSOLIDATED PAPERS BUILDING SITE

Historic photos and maps indicate that Consolidated Papers, Inc. maintained at least fourteen different buildings at Sugarloaf Cove to support their pulpwood rafting operation. Many of

these buildings were located here at the base of the hill, including an office, warehouse, and garage. The last building was removed in 1999; it was moved to Grand Marais. The root cellar in the hillside, which helped feed dozens of people on the site for the summer, is the only major structure remaining and is used today for tool storage and protection of seedlings.



## 11 COBBLE BEACH

There is no official trail on the beach. Feel free to wander along, look at the rocks, and enjoying the lake. You are now within the boundary of the Scientific and Natural Area (SNA), so please be sure to walk gently. Take only pictures with you and leave only footprints behind. Please do not remove rocks, pebbles, or driftwood. Camping and campfires are not allowed on the beach.

Part of the beach at Sugarloaf Cove is covered by well-rounded rocks of varied color and texture. This is often called a “Cobble Beach” due to the size and shape of the rocks. Because the local bedrock is all dark gray basalt, we can conclude that many of the beach rocks were brought here by glacial ice. The rounding of the cobbles is a result of transport by glacial ice and especially the abrasive action of Lake Superior waves moving them back and forth across the beach.

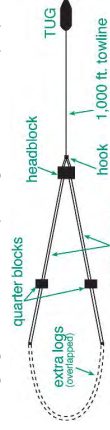
The spur trail leads to a restored wetland ecosystem. For more information, please take a moment to read the interpretive panels located along the spur trail.

To reach the next stop, walk two-thirds of the way along the beach, and follow the sign marking the continuation of the trail. You may also use the easier upland trail.



## 12 LOG RAFTS

Here you see more evidence of the pulpwood rafting operation. These huge logs were head blocks and quarter blocks, which formed a platform for workers to stand on while changing cable ties when pulling a boom full of pulp.



CONSOLIDATED PAPER, INC. PULPWOOD RAFT



## 13 TOMBOLO

This low area that you are walking through is part of the tombo. A tombo is formed when sediment (usually gravel) is deposited by waves and currents on a shallow section of the lake bottom over thousands of years, ultimately connecting an island (Sugarloaf Point) with the mainland.

Tomboles are rare along the Lake Superior shoreline, because there are few offshore islands and not many shallow areas where sediment can accumulate.



## 14 MOUTH OF SUGARLOAF CREEK

This small stream along the western boundary of the Sugarloaf Cove property is one of many that drain the uplands surrounding Lake Superior. The amount of water in the stream varies greatly throughout the year. During spring snowmelt and heavy rainstorms, the stream is swollen with water running off the land into Lake Superior. During dry periods, the stream shrinks to a quiet trickle. The rocky bed is all part of one large lava flow.

The land on the other side is privately owned, so please do not cross the stream.



## 15 PLANTING DEMONSTRATION

Nearly hidden on the forest floor are boom logs, left behind by the paper company and now decaying as new trees grow up around them. This forest is a major demonstration area for restoration of native conifer forests. You will notice a wide variety of fencing and planting techniques. Most of the fencing at Sugarloaf is done to protect young conifer trees from being eaten by white-tailed deer. The primary tree species planted here in 2004 and 2005 are white pine, white spruce and white cedar.



## 16 BEACH TERRACE AND RED PINE DEMONSTRATION

You are now standing on an old beach terrace, about 60 feet above Lake Superior. It marks the temporary water level of Lake Superior at one stage during the melting of the last glacial ice sheet. Notice the rounded beach pebbles at the bottom of the wave-cut slope.

Now look at the red pine plantation. The trees were planted after the paper company closed the rafting operation in 1971. A few feet down the trail, stop and look at the cord of wood that has been built with the trees removed from the pine plantation. A “cord” of wood is defined as being four feet high, four feet wide and eight feet long. In 2013, trees were harvested from this site to improve the health of the remaining trees.



## 17 VISITOR CENTER

The Sugarloaf Cove Visitor Center was constructed in 2000. This location was carefully chosen to minimize impacts to the shoreline.

The building, built by Senty Log Homes of Grand Marais, was designed to be energy efficient, with in-floor, off-peak electrical heating, and high R-value windows and doors which were donated by the Andersen Window Company. The decking, donated by Aspen Research, is made from recycled sawdust and vinyl—waste products from window manufacturing.

Thank you for visiting  
Sugarloaf Cove.

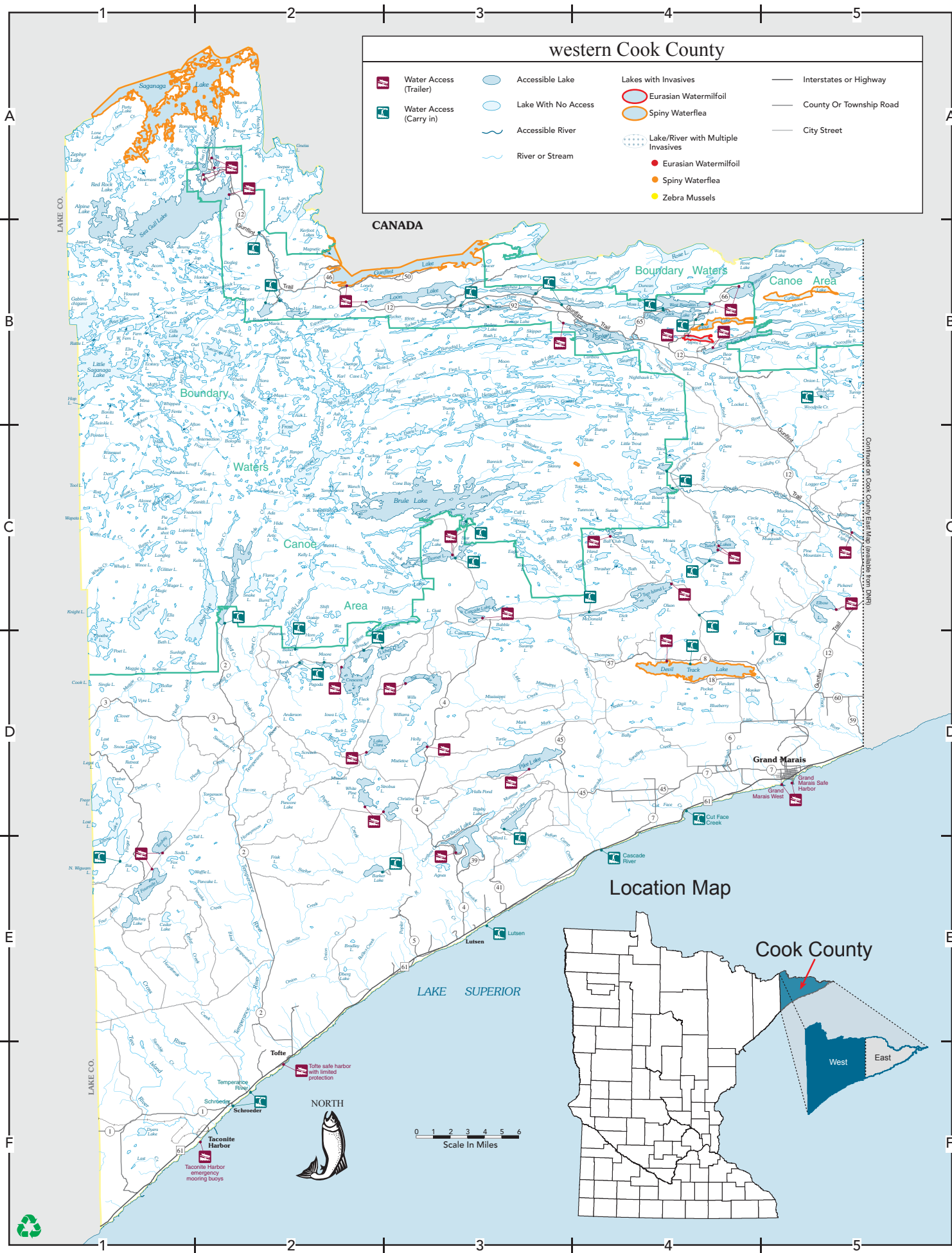
## JOIN US!

To become a member, please visit the visitor center or our web site at [www.sugarloafnorthshore.org](http://www.sugarloafnorthshore.org). Or mail your membership donation to the address below.

A contributing membership is \$25 yearly;  
a supporting membership is \$50;  
and a sustaining membership is \$100.

Sugarloaf: The North Shore Stewardship Association  
6008 London Road, Duluth, MN 55804  
218-525-0001  
[sugarloaf@boreal.org](mailto:sugarloaf@boreal.org)

*Funding for the printing of this trail guide was provided in part by  
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**Public Water Access in Minnesota:**

The Minnesota DNR State Parks and Trails water recreation program provides approximately 1,600 boat and shoreland access points to Minnesota's water resources. The DNR, Federal Government and local communities operate boat accesses. See the table on the right for specific site information. The DNR boating programs are funded by user fees including boat license & gas tax related to marine use.

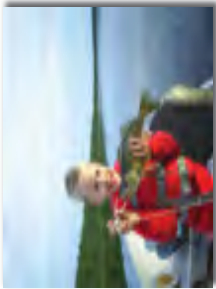
Public accesses are usually open 24 hours unless otherwise posted. Most sites have launch ramps but some sites, especially on smaller rivers, are carry in only. Campgrounds and docks are usually located only on the larger and larger sites.

**Public Water Access Rules** - The launch area must be kept clear and the following activities are unlawful: littering, camping, shooting, building fires, and consuming alcohol. See Minnesota Rules, chapter 6210 for complete rules.

### Boating in Minnesota

The annual **Minnesota Boating Guide** summarizes Minnesota's boating laws and regulations in an easy-to-read form. The guide supplies information about operating watercraft on the state's lakes and rivers. Operator age restrictions apply to operators 17 years old and younger.

**Licensing.** All motorized and non-motorized watercraft must be licensed by the Department of Natural Resources (DNR). Please contact the DNR License Bureau for information.



### Fishing in Minnesota

**Fishing Regulations and Licensing** - All persons 16 and older are required to have the appropriate license when fishing. Licenses are available through the DNR License Bureau. Contact information for the DNR License Bureau is provided on the back of the license. Trout fishing requires a trout stamp. For more information call the DNR Information Center at (651) 296-4157 or 1-888-644-6367. To purchase a license by phone 24 hours a day, call 1-888-MN-LICENSE (663-4236).

**Selective Harvest Fishing** - Improved technology and increased fishing have caused the quality of fishing to decline in many waters. Practicing "Selective Harvest" offers anglers an opportunity to take some fish home while maintaining the quality of the fishery. Here are some tips to use for effective **Selective Harvest** fishing:

- Use barbless hooks
- Play the fish quickly and handle the fish carefully
- Use a wide gape hook by the mouth
- Use a needle nose pliers to remove hooks or cut the line if it is too deep
- Use the fish back into the water, do not throw it back

### Sustainable Natural Environments

**Practice Sustainable Water Recreation!** A healthy and attractive natural environment enables people to enjoy the outdoors without negative impacts on the environment. The DNR encourages people to improve water resources by promoting environmentally sensitive land use practices along rivers and throughout watersheds.

- Be courteous to other boater and water users
- Keep reasonable distances from birds, wildlife, and aquatic vegetation
- Travel at safe speeds and be aware of the effect your wake has on the shoreline and other users
- Operate your watercraft at a slow no wake speed
- Use watercraft that is the appropriate type and size for the water resource
- Boating doesn't require continuous movement; enjoy floating, anchoring and beaching and
- Conserve fuel by properly operating and
- Don't litter and do properly dispose of boat and sanitary wastes

### Aquatic Invasive Species (AIS) Laws and Requirements:

Before leaving the water access or shoreline property, you MUST:

- Clean off ALL aquatic plants and animals
- Drain all water including bilge, livewells, ballasts, bait buckets, motor and ballast tanks
- Fill the plug and leave it out

Get into the habit of taking these three simple steps, and it will soon become part of your routine. Pull away from the boat ramp area. Check for plants while strapping the boat down. Pull the plug when adjusting the motor. If you have other people (especially kids) with you, have them help! Adding a few minutes will help safeguard our waters.

Cleaning water-related equipment is just as important as cleaning boats, so while you're cleaning your boat, please remember to also:

- Clean anchors, ropes, fishing tackle, and other objects that were in the water. Many species can be transported in the mud or in fishing lines and rope
- Dump water out of canoes, kayaks, and other watercraft before leaving

These are YOUR waters and it is YOUR responsibility to inspect, clean, and drain your boats!

### AIS Bait Laws

It is illegal to transport lake and river water. To save your bait (minnows or leeches), the DNR recommends bringing bottled or tap water from home and keeping it in your vehicle or cooler. Bringing ice can be a good idea on warm days to cool down the water.

DO NOT dump unwanted bait into water bodies or on the shoreline! Unwanted bait belongs in the trash or a designated compost bin. Unwanted worms must be disposed of in the trash.

### Working Together to Protect the Waters

Watercraft inspectors are here to ensure watercraft and equipment are "clean in, clean out" if you need assistance, have questions about the laws, or are curious about the program, please ask!

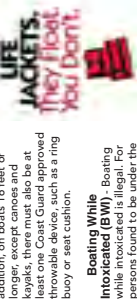
Ways you can help the Watercraft Inspectors:

- Please clean your boat and pull your plug as soon as you are safely able to. That way when the inspector comes, the inspection process will move quickly.
- If there is a Decontamination Unit present, please follow all the instructions given by the inspectors, for your safety and theirs. There will be plenty of time to ask questions and watch them work from a trout stamp. For more information call the DNR Information Center at (651) 296-4157 or 1-888-644-6367.
- The inspectors have tools, whippers and pliers, so if you are having trouble with your plug, ask!
- If there are weeds that are hard to reach, inspectors can also help pull weeds off boats or watercraft tanks. They also have grabbing tools for plants

When you see the Watercraft Inspectors, please be cooperative. The law requires compliance with inspectors, and it will help everyone to be on their way in a timely and pleasant manner.

### Safe Boating

**Personal Flotation Devices (PFD)** - On all boats (except a sailboat) regardless of length there must be a readily accessible Coast Guard approved wearable PFD for each person on board. In addition, on boats 16 feet or longer, except canoes and kayaks, there must be at least one Coast Guard approved throwable device, such as a ring buoy or seat cushion.



### Boating While Intoxicated (BWI)

Boating while intoxicated is illegal. For persons found to be under the influence there are significant penalties, including fines and possible jail sentences.

**Personal Watercraft** - Special laws apply including wearing a PFD and operating at slow no wake speed at certain distances from other watercraft, swimmers and other objects in the water. Operator age restrictions also apply. Consult the Boating Guide for more information. A DNR safety video is available free of charge.

### Public Water Accesses in western Cook County

Water Body Name	Map Grid Location	Ramp Type	Fish Species	Administrator	Water Body Name	Map Grid Location	Ramp Type	Fish Species	Administrator
Aspen Lake	B4	concrete	N.W	USFS	† Larch Creek	B2	carry in	N.W	USFS
Baker Lake	D2	carry in	N	USFS	Lichen Lake	D2	carry in	M.N.S.W	USFS
† Ball Club Lake	C4	concrete	W	USFS	Little Iron Lake	B3	carry in	N.W	USFS
† Barker Lake	E3	carry in	N.W	USFS	Loon Lake	B2	concrete	L.T.N.S.B	USFS
† Brangram Lake	D5	carry in	N	USFS	Marsh Lake	D2	carry in	N	USFS
Birch Lake	B3	carry in	L.T.S.T	USFS	Maynew Lake	B3	carry in	L.T.S	USFS
Boulder Lake	D2	carry in	M.N.S.W	USFS	McDonald Lake	C4	carry in	N.S.B.W	USFS
Bower Trout Lake	C4	carry in	N.S.W	USFS	Moore Lake	D2	carry in	N	USFS
† Brule Lake	C3	carry in	L.T.N.S.B.W	USFS	Pike Lake	D3	concrete	S.B.W	DNR
† Brude River / Northern Light Lake	C5	earth	W.N.S.B	DNR	Pine Lake	C4	carry in	ST	USFS
Caribou Lake	E3	concrete	N.S.B.W	DNR	Poplar Lake	B3	concrete	N.W	USFS / DNR
Cascade Lake	C3	gravel	N.W	USFS	Ram Lake	C4	carry in	L.T.S.T	USFS
Christine Lake	D2	gravel	N.S.W	DNR	† Round Lake	B2	carry in	N.S.B.W	USFS
Clara Lake	D2	gravel	N.W	USFS	† Saganaga Lake	A2	gravel	L.T.N.S.S.B.W	County
Cleaver Lake	B4	earth	L.T.S.B.W	County	† Sawbill Lake	C2	carry in	N.W	USFS
† Crescent Lake	D2	concrete	M.N.W	USFS	† Seagull Lake (E)	A2	earth	L.T.N.S.B.W	County
Deer Yard Lake	D3	carry in	N.W	USFS	† Seagull Lake (N)	A2	earth	L.T.N.S.B.W	USFS
Devil Track Lake	D3	carry in	N.W	DNR	Star Lake	C3	carry in	N	DNR
Devil Track Lake	D3	concrete	N.W	DNR	Grand Marais Safe Harbor	D5	concrete	L.T.S.T	DNR
East Bearskin Lake	B4	concrete	L.B.N.S.B.W	DNR	Grand Marais West	D5	concrete	L.T.S.T	City
† East Twin Lake	C4	concrete	W	DNR	Cut Face Creek	D4	concrete	L.T.S.T	City
Elbow Lake	C5	concrete	N.W	DNR	Cascade River	E4	gravel	L.T.S.T	DNR
Finger Lake	E1	carry in	N.W	USFS	Luisan	E3	gravel	L.T.S.T	Township
Flour Lake	B4	concrete	S.B.S.W	USFS	Toile	F2	concrete	L.T.S.T	Township
Four Mile Lake	E1	concrete	C.N.W	USFS	Tempomance River S.P	F2	carry in	L.T.S.T	DNR
† Gull Lake	A2	concrete	N.W	USFS	Schroeder	F2	carry in	L.T.S.T	Township
† Gunflint Lake	B2	concrete	L.T.N.S.B.W	USFS	Taconite Harbor	F2	concrete	L.T.S.T	DNR
† Ham Lake	B2	carry in	N.W	USFS	Tail Lake	D3	concrete	N.W	USFS
Holly Lake	D3	gravel	N	USFS	Tooley Lake	E1	earth	N.W	USFS
† Homer Lake	C3	concrete	N.W	USFS	Two Island Lake	C4	concrete	N.S.B.W	USFS
† Hungry Jack Lake / West Bearskin Lake	B4	carry in	C.L.T.N.S.S.B.W	USFS	Wapunga Lake	B4	carry in	C.L.B.S	USFS
Hungry Jack Lake	B4	carry in	C.L.T.N.S.S.B.W	USFS	West Bearskin Lake	B4	concrete	S.B.S	DNR
Iron Lake	B3	carry in	N.W	USFS	White Pine Lake	D2	concrete	N.S.W	USFS
Jim Lake	B5	carry in	L.T	USFS	† West Twin Lake	C4	concrete	W	DNR
Junco Lake	C4	carry in	ST	USFS					

† Portage over 100 yards

† **BWCA Entry Point.** Special permits and regulations apply. For further information contact:  
U.S.F.S. Superior National Forest  
8901 Grand Avenue Place  
Duluth, MN 55812  
(218) 628-4300  
Metro Area Federal Information Center  
(612) 349-5333

Fish Species: C — Crappie, LB — Largemouth Bass, LT — Lake Trout, BS — Muskellunge, N — Northern Pike, S — Sunfish, W — Walleye, N / A — Not Available or wildlife lake

Administrator: DNR - MN Dept. of Natural Resources  
USFS - U.S. Forest Service

### Devil Track Lake



# Hiking

Gunflint  
Tofte



SUPERIOR NATIONAL FOREST

NORTH SHORE AREA

TOFTE & GRAND MARAIS, MN



## What a nice day for a hike!

Pine trees, birch forests, rugged hills, wooded bogs, and even a great lake - this area has it all for the hiker. From day hikes of an hour or less, to extended backpacking trips, come and enjoy any of the beautiful trails northeastern Minnesota has to offer. These trails include those maintained by the USDA Forest Service, National Park Service, Minnesota DNR and State Parks, and local municipalities. See the keyed map inside for approximate locations of trails, but stop at a ranger station or park headquarters for a Forest Map to find your way to the trailhead and to inquire about trail maps.

### 1. CARIBOU FALLS

- **Moderate; 1.5 mile**
  - **Access:** Wayside rest off Hwy. 61, 8 miles south of Schroeder
- A pleasant walk along the Caribou River leads to Caribou Falls. Continue along the Superior Hiking Trail or return to the wayside parking area.

### 2. SUGARLOAF INTERPRETIVE TRAIL

- **Easy; 1.5 mile**
  - **Access:** Hwy. 61, 6 miles south of Schroeder
- Trail travels through woods and along ledge rock to Sugarloaf Beach. Trail guide available at parking area.

### 3. CROSS RIVER TRAIL

- **Moderate; 0.5 mile**
  - **Access:** Cross River wayside rest, Highway 61
- Here's a gradual climb with great views of the river gorge. Continue up river over the snowmobile trail to explore further, or return on the hiking trail to Highway 61.

### 4. TEMPERANCE RIVER

- **Moderate; 6 miles, various trails**
  - **Access:** Temperance River State Park
- Trails wind along both sides of the river past eight pools and seven overlooks with sheer rocky ledges. It's easy hiking, but use caution. Maps are available at Temperance River State Park.

### 5. CARLTON PEAK

- **Moderate; 3 miles**
  - **Access:** Sawbill Trail (Co. Rd. 2)
- Gradual at first, then steep. This forest hike takes you to great views of Lake Superior. Steep cliffs at top; use caution with small children.

### 6. BRITTON PEAK

- **Difficult but short; 0.3 miles**
  - **Access:** Sawbill Trail (Co. Rd. 2)
- A short climb offers you a great view of Lake Superior. Steep cliffs at top; use caution with small children.

### 7. RAY BERGLUND WAYSIDE REST

- **Moderate; 0.5 mile**
  - **Access:** Wayside stop, Highway 61
- Follow the Onion River along this scenic path.

### 8. OBERG & LEVEAUX MOUNTAIN NATIONAL RECREATIONAL TRAILS

- **Moderate; Oberg 2.2 miles, Leveaux 3.4 miles**
  - **Access:** Forest Road 336
- Both trails begin at the same parking lot off Forest Road 336. High overlooks along Oberg give great views of Lake Superior, Oberg Lake, and Moose Mountain. Steep cliffs at top; use caution with small children. Leveaux Trail follows a ridge rising 1,000 feet above Lake Superior. Fall color is fabulous on both trails.

### 9. WHITE SKY ROCK

- **Moderate; 1 mile**
  - **Access:** Caribou Trail (Co. Rd. 4)
- A steep hike to the cliff tops offers a panoramic view of Caribou Lake. It's a spectacular fall color hike.

### 10. CASCADE RIVER HIKES

- **Moderate to difficult; 18 miles, various loops**
  - **Access:** Cascade State Park, Highway 61
- Hiking along both sides of the river gorge with views of the waterfalls. Other trails follow the rocky terrain along Lake Superior or wind through the forest to Lookout Mountain. Maps are available at Cascade State Park.

### 11. EAGLE MOUNTAIN TRAIL

- **Moderate to difficult; 7 miles**
  - **Access:** Forest Road 170
  - **Requires self-issuing day permit or overnight camping permit for wilderness entry**
- Eagle Mountain, at 2,301 feet, is the highest point in Minnesota. The trail is rocky at its beginning and climbs in the last mile for a view of the surrounding hills, lakes, and creeks. Most of the trail is in the Boundary Waters Canoe Area Wilderness. Two developed campsites are found on Whale Lake at the base of the mountain.

### 12. SWEETHEARTS BLUFF

- **Easy to difficult; 1 mile**
  - **Access:** Grand Marais Municipal Recreation Area
- The trail starts at the far west end of the trailer park. It's a one-mile hike with picnic shelters and beautiful views of the harbor and shoreline.

### 13. ARTISTS POINT & LIGHTHOUSE

- **Easy; 0.5 mile**
  - **Access:** U.S. Coast Guard Station, Grand Marais
- Exploring the shoreline rocks beneath the breakwater will reveal names of visitors back to 1892. Walk the trails to the east along Artist's Point and enjoy the sights and sounds of the boreal forest. Walk west along a wide cement pier to the lighthouse. Be sure to take your camera.

### 14. PINCUSHION MOUNTAIN TRAILS

- **Easy to difficult; 15 miles, various loops**
  - **Access:** Gunflint Trail (Co. Rd. 12), turn right on Co. Rd. 53
- Take the loop to Pincushion Mountain for a view of the Devil Track River gorge and a panorama of Lake Superior. Connections can be made here with the Superior Hiking Trail.

### 15. DEVIL TRACK RIVER TRAIL

- **Moderate; 10 miles**
  - **Access:** 4 miles east of Grand Marais on Hwy. 61 with a left on Lindskoog Rd (Co. Rd. 58) for one mile
- Hike 1.5 miles to the canyon, 2.5 miles to the foot bridge, or 5 miles to Pincushion Mountain.

# Superior National Forest: Hiking Gunflint & Tofte

## More Trails

### 16. GEORGE WASHINGTON MEMORIAL PINES

- **Easy; 3 miles**
- **Access:** Gunflint Trail (Co. Rd. 12)

The trail is an old road through a tall pine stand. It turns at Elbow Creek and follows the creek before winding back into the forest. The trail crosses a swamp; if you don't want to get your feet wet, you'll have to turn around.

### 17. NORTHERN LIGHT OVERLOOK TRAIL

- **Difficult but short; 1 mile**
- **Access:** Gunflint Trail (Co. Rd. 12)

Climb one-half-mile to the top of Blueberry Hill. Outstanding vistas in several directions above Northern Light Lake.

### 18. DANIELS LAKE TRAIL

- **Easy; 1.5 mile**
- **Access:** Trailhead at West Bearskin Lake Boat Landing or Clearwater Lake Boat Landing
- **Requires self-issuing day permit for wilderness entry**

Access to the Border Route Trail. Public parking is available ¾ mile from either trailhead.

### 19. HONEYMOON BLUFF TRAIL

- **Difficult but short; 1.5 mile**
- **Access:** Clearwater Lake Road (Co. Rd. 66), near Flour Lake Campground

Here's a short but steep walk to a beautiful overlook above Hungry Jack Lake. Try a sunset hike, and be sure to take in the colorful view in autumn.

### 20. CARIBOU ROCK TRAIL

- **Moderate to difficult; 1.5 or 7 miles**
- **Access:** Hungry Jack Lake Road (Co. Rd. 65)
- **Requires self-issuing day permit for wilderness entry**

A ¾ mile well-traveled walk takes you to a beautiful overlook of West Bearskin Lake, another 3/8 mile hike and you are at an overlook of Moss Lake. Continue walking over rugged and scenic terrain to Stairway Portage and Rose Lake.

### 21. SOUTH LAKE TRAIL

- **Moderate; 7 miles**
- **Access:** Gunflint Trail (Co. Rd. 12) near Poplar Lake
- **Requires self-issuing day permit for wilderness entry**

Entry point permit required for overnight use

Extending from Poplar to South Lake, a portion of the trail is in the Boundary Waters Canoe Area Wilderness. The trail passes over Partridge Lake with a developed overnight campsite. View tall red and white pines along the trail in the sections where it passes through the old forests.

### 22. TOPPER LAKE TRAILHEAD / MUCKER LAKE TRAIL

- **Easy; 1.5 miles; or 6 miles to Mucker Lake**
- **Access:** End of Forest Road 317
- **Requires self-issuing day permit for wilderness entry**

Topper Lake is nestled among hills. Mucker Lake Trail intersects the Border Route Trail at South Lake.

### 23. CRAB LAKE TRAIL

- **Easy; 8 miles**
- **Access:** Loon Lake Lodge side road (just past lodge)
- **Requires self-issuing day permit for wilderness entry**

Access to Border Route Trail.

### 24. GUNFLINT LAKE TRAILS

- **Moderate to difficult; 26 miles, various loops**
- **Access:** Loon Lake Landing or one of the resorts along Gunflint Lake.

High Cliffs Trail and South Rim Trail have spectacular views of Gunflint Lake and the Canadian shore. Get the feel of the forest as you hike through dense growth between ridges. Maps are essential. Pick one up from an area resort before starting out.

### 25. MAGNETIC ROCK TRAIL

- **Easy; 3 miles**
- **Access:** Gunflint Trail (Co. Rd. 12)
- **Requires self-issuing day permit for wilderness entry**

Hike across Larch Creek to Magnetic Rock. The trail passes through 3 major disturbances: the 1999 blowdown, 2002 prescribed burn, and 2007 Ham Lake wildfire. Look for young jack pine and fire specialist woodpeckers.

Magnetic Rock is a 60-foot rock with strong magnetic attraction. Bring your compass and test the magnetism. The trail continues to connect with the Gunflint Lake Trails. Use a trail map for hiking past Magnetic Lake.

### 28. KADUNCE RIVER TRAIL

- **Easy; 1.5 mile**
  - **Access:** Hwy 61 E at Kadunce Wayside, 9 miles from Grand Marais
- Easy hiking takes you through the woods and along a river gorge. Take a fishing pole – stream fishing is good. Connects to Superior Hiking Trail.

### 29. DEVIL'S KETTLE TRAIL

- **Moderate; lots of stairways; 2.5 miles**
- **Access:** Highway 61 at Judge C.R. Magney State Park

The trail follows the Brule River with vistas of waterfalls and rapids. The 50-foot waterfall at the Devil's Kettle mysteriously disappears into a hole in the basalt bedrock. Connects to Superior Hiking Trail.

### 31. THE GRAND PORTAGE

- **Moderate to difficult; 16 miles**
- **Access:** Grand Portage National Monument

This historic trail, in use for hundreds of years, was used by Native Americans, European explorers, and fur trade-era Voyageurs. It winds through heavily wooded terrain and rises 630 feet from Lake Superior to the Pigeon River. A one-way hike takes approximately five hours. Campsites at historic Fort Charlotte on the Pigeon River require a permit, obtained free from the National Park Service. A separate brochure describing the portage is available at the Great Hall inside the historic stockade area of the Grand Portage National Monument.

### 32. MOUNT ROSE TRAIL

- **Difficult but short; 1 mile**
- **Access:** Grand Portage National Monument, Grand Portage

A self-guiding brochure is available for the hike. Climbing 300 vertical feet along a paved pathway, you'll see many fine vistas of the bay and the historic fur trade headquarters. Wayside exhibit panels explain the history of the fur trade at Grand Portage.

### 33. PARTRIDGE FALLS

- **Easy; 10 miles**
- **Access:** Mineral Center Rd. (Co. Rd. 72) to Partridge Falls Rd.

A five-mile walk along the Partridge River flats brings you to a beautiful 40-foot waterfall on the Pigeon River.

### 34. GRAND PORTAGE STATE PARK

- **Easy and handicapped accessible**
- **High Falls Trail – 0.5 mile; Middle Falls Trail – 3.5 miles**
- **Access:** Grand Portage State Park

The High Falls Trail begins at the park office and goes north along the Pigeon River. A 700-foot boardwalk provides easy access on the last part of the trail. Three overlooks (one wheelchair accessible) give awesome views of the 120-foot waterfall. The Middle Falls Trail begins at the park office and is a winding scenic trail that takes visitors over ridge tops, through heavily wooded forest, and along the river bank. Visitors will appreciate the semi-mountainous terrain with its breathtaking views of the river gorge and Lake Superior.

### 35. MOUNT JOSEPHINE TRAIL

- **Difficult; 1.5 mile**
- **Access:** Co. Rd. 17, Grand Portage Village

After parking in the lot adjacent to Co. Rd. 17, walk one-quarter mile to the trailhead. From there, a difficult 30-minute switchback climbs 800 feet, but it's worth the effort. The top provides a glorious panorama of Lake Superior, Pigeon Point, Isle Royale, and the Susie Islands.

# Superior National Forest: Hiking Gunflint & Tofte

## More Trails

### 36. NINE MILE LAKE

- Moderate; 4 mile
- Access: Lake Co 7, 15 mi east of Tofte

A nice walk starting across the road from Nine Mile Lake campground. The 'loop' part of the trail may be brushy and hard to follow.

### 37. MANITOU OVERLOOK

- Short but steep; 1 mile
- Access: Forest Rd 361, 10 mi SE of Isabella

Short trail to nice overlook. Rough road access.

### 38. DIVIDE LAKE

- Moderate; 1 mile
- Access: FR 172 at Divide Lake Campground, 5 mi E of Isabella

Loop goes around Divide Lake through some marshlands. Several designated photo spots.

### 39. EIGHTEEN LAKE

- Easy loop around lake; 2 miles
- Access: FR 369, 4 mi NE of Isabella

Trail loops around lake starting from boat access. Some shore fishing opportunities.

### 40. FLATHORN LAKE

- Easy; 2 miles
- Access: FR 177 (Midiwan Lake Rd, 1 mile N of MN 1

Nice trail from picnic area. Both big pines and some second growth.

### 41. MCDUGAL LAKE

- Moderate; 1 mile
- Access: From McDougal Campground off MN 1, 10 mi W of Isabella.

Hike parallels shoreline, then veers into the woods in a circle. Some swampy and brushy areas. Trail sees little use, can be hard to locate in places.

### 43. HOGBACK LAKE

- Moderate; 4 miles
- Access: FR 172, 12 mi E of Isabella

Trail loops around lake from boat landing. Several shore fishing spots.

### 44. LIMA MOUNTAIN

- Moderate; 1.1 mile
- Access: FR 152 off of the Gunflint Trail

Hike to nice view from top of Lima Mountain. Some steep areas. The trail and land is managed by the MN DNR.

### 45. MOOSE VIEWING

- Easy; 0.1 mile
- Access: 24 miles up the Gunflint Trail

Easy short trail to viewing platform by moose habitat. No guarantees!

### 46. CENTENNIAL TRAIL

- Moderate to difficult, 3.3 mile loop. Partly on Kekekabic Trail
- Access: Kekekabic trail head, 40 mi up Gunflint Tr. from Grand Marais

The Centennial Trail follows an 1890's railroad route to the ill-fated Paulsen Mine. A brochure and numbered posts will guide you. You'll see mine test pits, walk 1890's stone trestles, and see recent signs of fire and wind as you retrace this historic attempt to extract iron ore. A short spur leads to the view from the former site of a fire tower. This new trail has a rough surface and steep areas with no stairs.

### 47. SEAGULL NATURE TRAIL

- Moderate; 0.7 mile
- Access: Trail's End Campground at end of Gunflint Tr., 50 mi from Grand Marais.

This trail was re-established during the Ham Lake fire. It is a nice short hike that allows you to see the patchy nature of the fire and how the forest recovers.

## If you're hiking into the Boundary Waters Canoe Area Wilderness...

- A permit is required for both overnight and day use.
- Limit of 9 people in a group.
- No cans or bottles.
- Overnight hikers must camp at a campsite (see map) or at least 150 feet from the trail or lakeshore.
- Fires, when allowed, only in the fire grates at campsites. Check for fire restrictions.
- There are no trail signs in the wilderness. Use a topographic map and compass to guide you.

## Long

## Distance

## Trails

### 26. SUPERIOR HIKING TRAIL

- Moderate to difficult; 200 miles
- Access: Various locations

This long distance trail follows the Lake Superior shore from Two Harbors to the Canadian border. Spring brings a carpet of wildflowers, summer brings a harvest of berries, and fall offers a panorama of color. There are spectacular vistas of Lake Superior, memorable silhouettes of the Sawtooth Mountain Range, and breathtaking glimpses of wild rivers as they cascade over waterfalls through rocky gorges. Trailheads are located at most County Road crossings and state parks. Current maps are available at U.S. Forest Service offices, state park offices, local resorts and businesses, and from the Superior Hiking Trail Association in Two Harbors, MN.

### 27. KEKEKABIC TRAIL

- Moderate; 37 miles, various loops
- Access: Gunflint Trail (Co. Rd. 12) 40 miles from Grand Marais
- Requires self-issuing day permit for wilderness entry; entry point permit required for overnight use

The trail extends from the Gunflint Trail to County Road 18 near Ely. The trail passes through the 2007 Ham Lake wildfire and is a good chance to see post fire ecology. Post fire soils are fragile, please stay on the trail.

### 30. BORDER ROUTE TRAIL

- Moderate to difficult; 70 miles
- Access: Gunflint Trail (Co. Rd. 12)
- Requires self-issuing day permit for wilderness entry; entry point permit required for overnight use

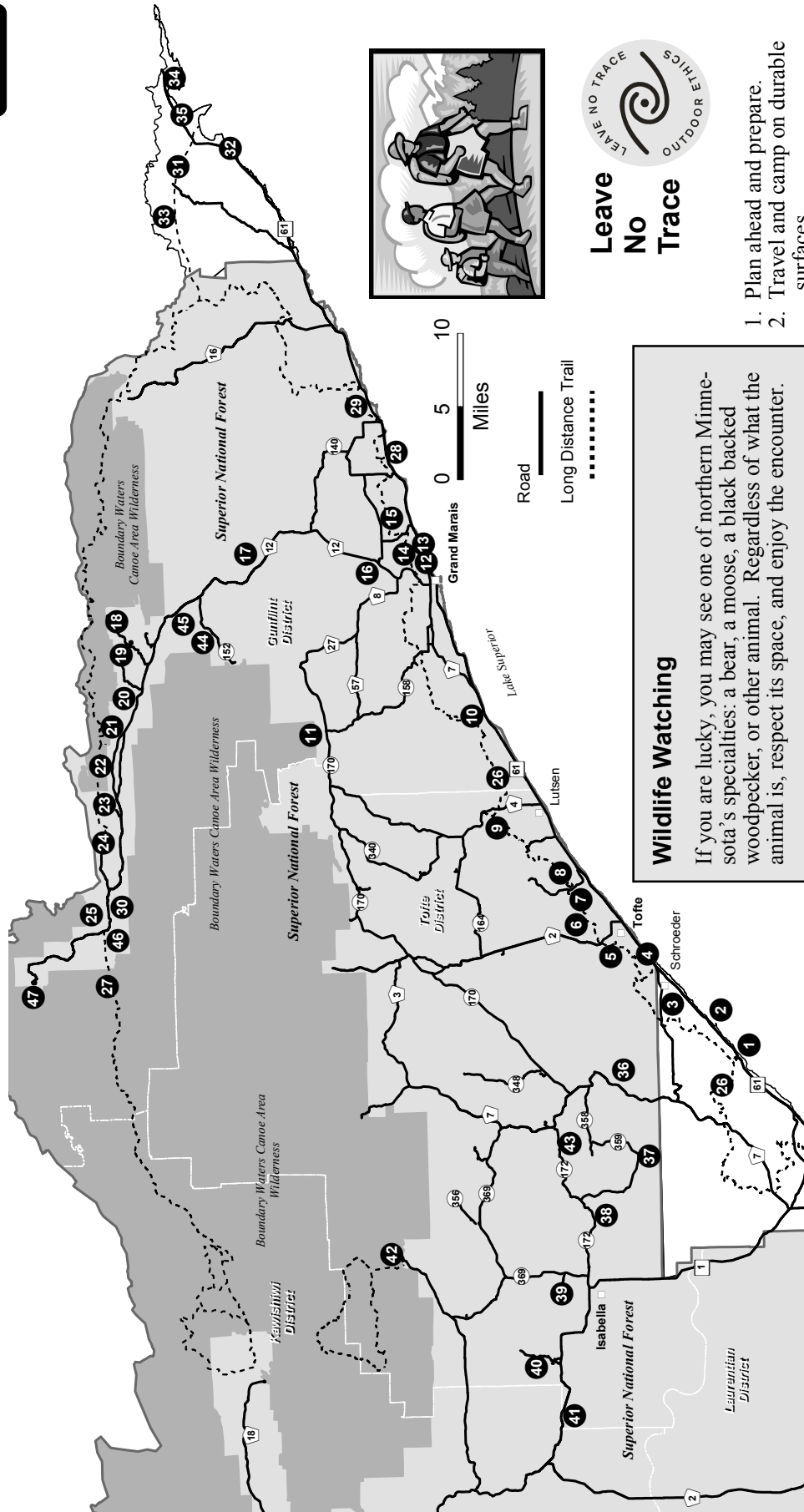
The trail extends from a trailhead on the Gunflint Trail to the Pigeon River below South Fowl Lake. Most of the trail passes through the BWCAW (requires overnight permits for camping). It's moderately rugged terrain, with many rock ledges and spectacular views. The trail passes through the 2007 Ham Lake wildfire and is a good chance to see post fire ecology. Post fire soils are fragile, please stay on the trail. Windfalls are to be expected, and it may be difficult to follow the trail. Campsites can be found along lakeshores. For current trail conditions and maps, contact the U.S. Forest Service in Grand Marais.

### 42. POWWOW TRAIL

- Half easy on old roadbed, N & NW portions difficult; 29 miles
- Access: FR 377, 17 mi N of Isabella
- Requires self-issuing day permit for wilderness entry; entry point permit required for overnight use 8/07/07 SAR

This loop leaves from the Isabella Lake parking area and passes through both forest and bogs. Be prepared for bugs and wet conditions. Trail may be brushed over in sections, bring a good map, compass, and GPS if available.

# Superior National Forest: Hiking Gunflint & Tofte



**Leave  
No  
Trace**

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Minimize use and impact of fires.
5. Respect wildlife.
6. Leave what you find.
7. Be considerate of other visitors.

## Wildlife Watching

If you are lucky, you may see one of northern Minnesota's specialties: a bear, a moose, a black backed woodpecker, or other animal. Regardless of what the animal is, respect its space, and enjoy the encounter.

**Gunflint Ranger District**  
2020 W Hwy 61  
Grand Marais, MN 55604  
218-387-1750

## Need more information?

**on the web at:**  
[www.fs.usda.gov/superior](http://www.fs.usda.gov/superior)

**Tofte Ranger District**  
PO Box 2159  
Tofte, MN 55615  
218-663-8060



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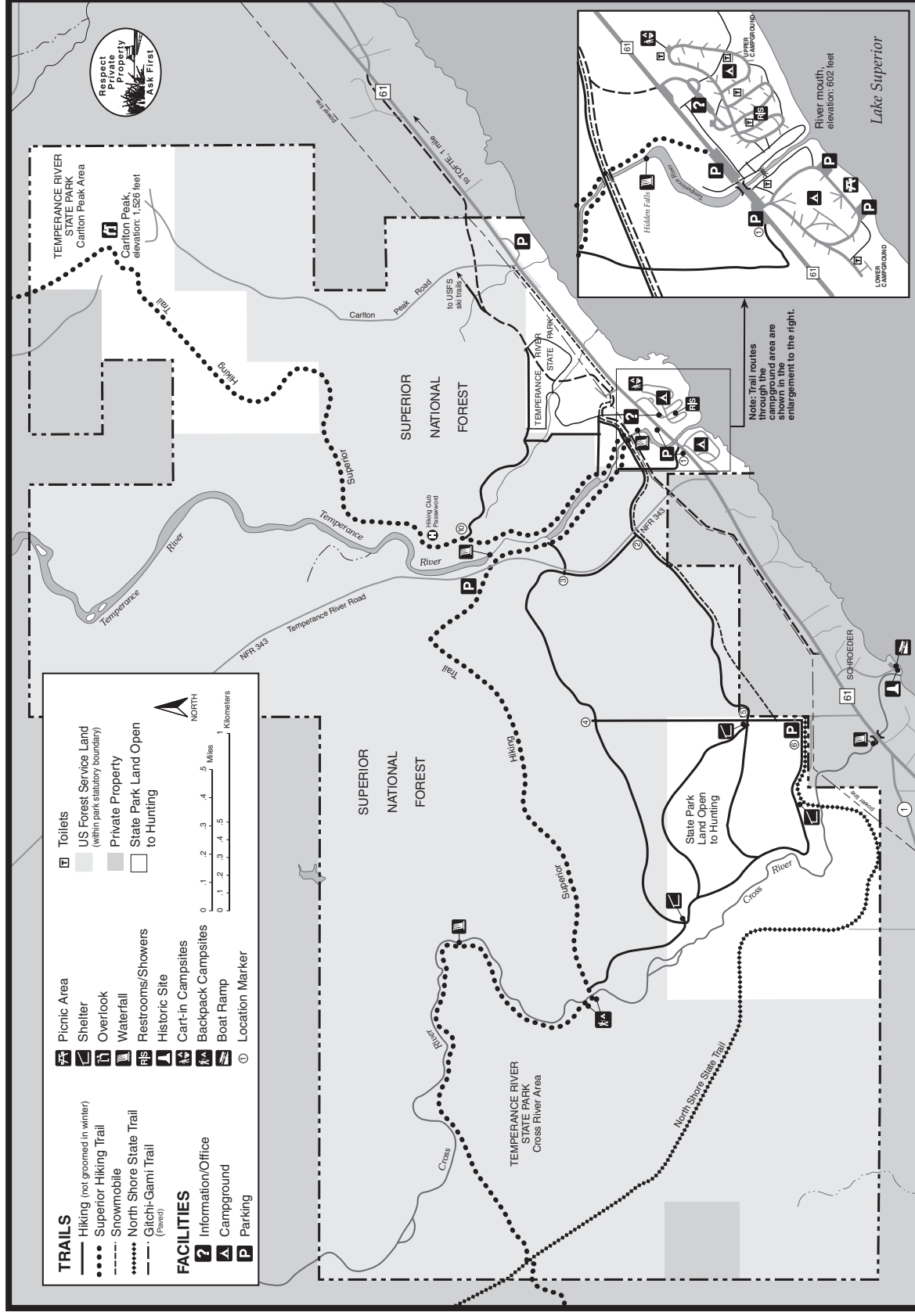
# TEMPERANCE RIVER STATE PARK

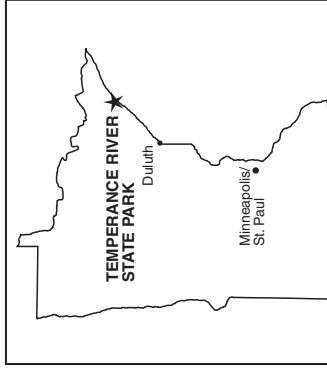
## FACILITIES AND FEATURES

- 55 semi-modern campsites (18 with electricity)
- 3 cart-in camping sites
- Modern sanitation building
- Picnic grounds
- 8 miles of hiking trails
- 8 miles of snowmobile trails

## VISITOR FAVORITES

- Hiking the river gorge trails
- Fishing for trout and steelhead
- Camping along Lake Superior
- Scenic sites
- Picnic grounds on Lake Superior shore
- Major trail head to the Superior Hiking Trail





## TEMPERANCE RIVER STATE PARK

### FOR MORE INFORMATION

Temperance River State Park  
7620 West Hwy 61, Box 33  
Schroeder, MN 55613  
218-663-7476

Department of Natural Resources  
Information Center  
500 Lafayette Road  
St. Paul, MN 55155-4040

(651) 296-6157 (Metro Area)  
1-888-646-6367 (MN Toll Free)  
(651) 296-5484 (Metro Area)  
1-800-657-3929 (MN Toll Free)  
mn.dnr.gov

### TEMPERANCE RIVER STATE PARK

and Cross River State Wayside are located on State Highway 61 in southern Cook County, 81 miles northeast of Duluth. Both are located just north of Schroeder. Highway map index: P-7.

The 200 acres of Temperance River State Park and the 2,520 acres of Cross River State Wayside are located in a region famous for its bare rock cliffs along the

Lake Superior shore. The park receives warming breezes off the lake in the winter and cooling breezes in the summer. Attractions include camping adjacent to Lake Superior and the spectacular geologic formations along the narrow Temperance River gorge.

**GEOLOGY:** One of the most interesting geologic features in the park is the Temperance River gorge with its many waterfalls. The rapidly falling river cut deep potholes in the soft lava of the river bed. Potholes are formed by swirling water carrying sand and gravel which wears away the soft lava. Over thousands of years these potholes were dug deeper and wider, eventually connecting and creating the deep narrow gorge of today. Some dry potholes can be seen adjacent to the river. These were formed under the river and then left dry when the river moved to a different course, or became smaller.

**HISTORY:** Pierre Esprit Radisson and Medard Chouart, Sieur des Groselliers were probably the first white visitors to the North Shore when they traveled up the shore of Lake Superior during 1660. Along with the Ojibwa Indian tribe, the French controlled the North Shore area until 1763. The first white residents to the area were probably clerks at American Fur Company posts located along the shore in the 1830s. The Ojibwa called the Cross River the "Tchibiatigo zibi" or "Wood of the Soul (or Spirit) River". In 1843, Father Baraga, a missionary priest, crossed Lake Superior from the Wisconsin shore and landed safely at the mouth of the river despite a storm. In gratitude, Father Baraga erected a cross at the river, hence the name Cross River. The Ojibwa name for the Temperance River was "kawimbashi" or "Deep Hollow River". In an 1864 report Thomas Clark called the stream the Temperance River because unlike other North Shore streams, this river had no bar at its mouth.

**VEGETATION:** The vegetation seen in the park today is very similar to that of

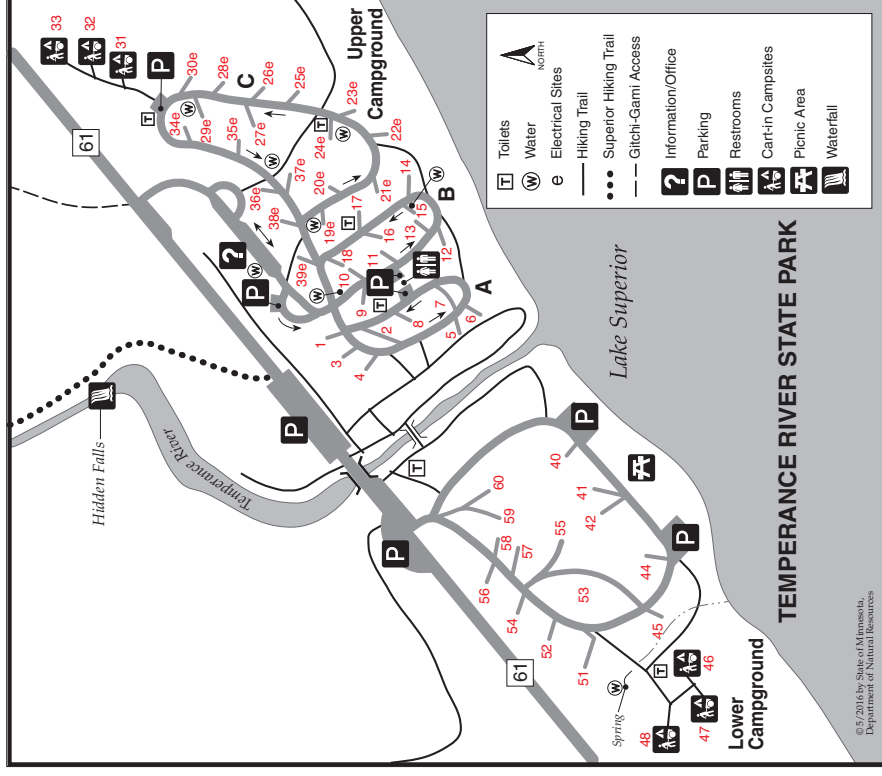
pre-settlement time. Common forest trees include white and yellow birch, white pine, spruce, fir and cedar. Topography in the park varies from wet lowland areas to dry uplands sites, and is reflected in variety of vegetation.

**WILDLIFE:** The variety of plant communities in the park provide habitat for many different types of wildlife species. Wildlife sightings are common in the park.

Both the Temperance and Cross Rivers are designated trout streams. Brook, brown and rainbow trout have been stocked in the Temperance over the years, and the brook and brown have established natural populations. Chinook salmon and steelhead have also been introduced into the vicinity of the Temperance.

### SO EVERYONE CAN ENJOY THE PARK . . .

- The park belongs to all Minnesotans. Please treat it with respect and help us protect it by following the rules.
- The park is open year-round. On a daily basis, the park gate is closed at 10:00 P.M. to 8:00 A.M. the following morning except to registered campers.
- Camp only in designated locations.
- The use of firearms, explosives, air guns, slingshots, traps, seines, nets, bows and arrows, and all other weapons is prohibited in state parks.
- Pets must be restrained on a leash no longer than six feet. Pets are not allowed in park buildings.
- Park in designated areas only.
- Motor bikes and other licensed vehicles are allowed only on park roads, not on trails.
- Enjoy the park wildlife and plants but please respect them. Do not pick or dig up plants, disturb or feed animals, or scavenge dead wood.



• Build fires in designated locations—fire rings or fireplaces. Wood is available for purchase from park staff. Portable stoves or grills are permitted.

• Daily or annual permits are required for all vehicles entering a state park. They may be purchased at the park headquarters or the Information Center in St. Paul (see "FOR MORE INFORMATION" to left).

*This information is available in alternative format upon request.*  
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# Oberg & LeVeaux Mts



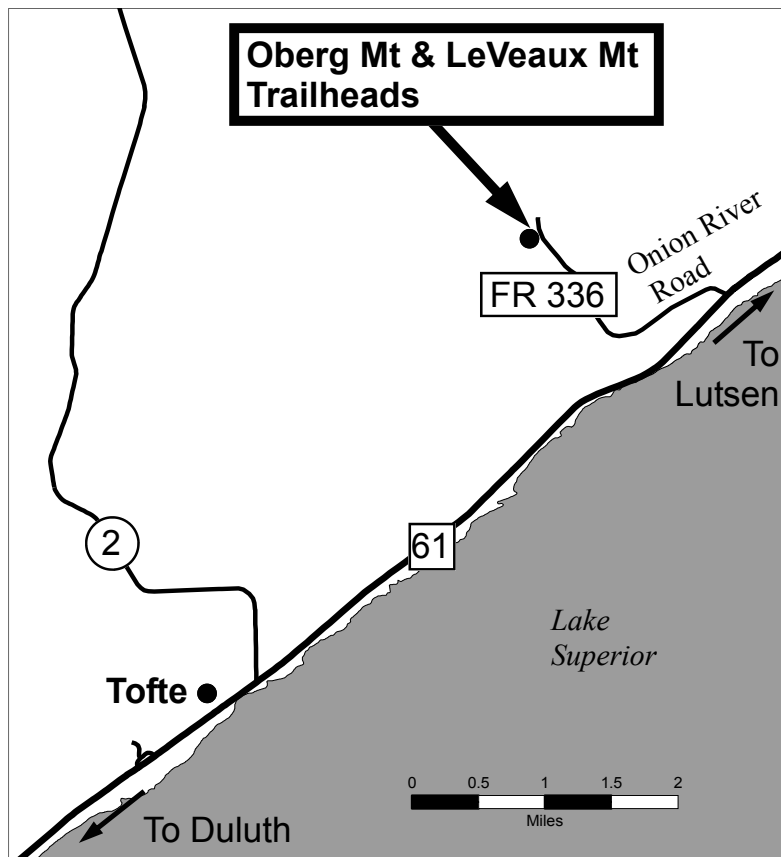
SUPERIOR NATIONAL FOREST

NORTH SHORE AREA

TOFTE & GRAND MARAIS, MN

## Features

- Two trail options to two peaks from one parking area
- Spectacular views and fall colors
- Connects to Superior Hiking Trail
- Outhouse at trailhead
- High cliffs without guard rails, keep children in hand. Watch for slippery rocks.
- Easy hiking except for some short but steep trail sections with switchbacks
- Oberg loop approx. 2.3 miles  
LeVeaux loop approx. 3.2 miles

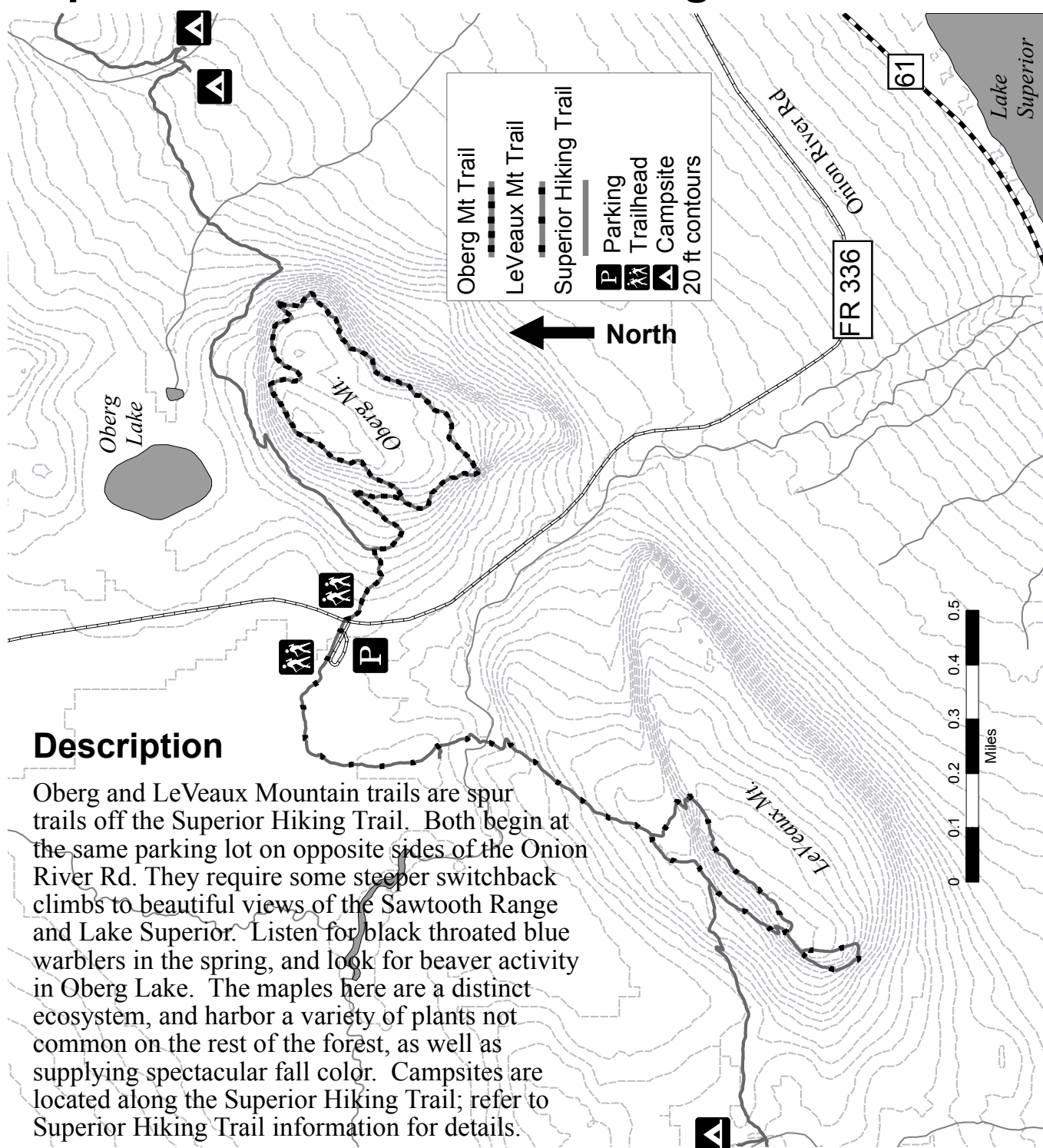


## Location

Oberg Mountain and LeVeaux Mountain Trailheads are served by the same parking area on the Onion River Road (Forest Road 336).

- From Tofte, go northeast on MN 61 approximately 4.7 miles.
- Onion River Road is marked by only a small street sign. Look for the 'Superior Hiking Trail' sign on MN 61 to signal your turn.
- Proceed up the unpaved Onion River Road about 2.1 miles to the parking lot on the left.
- Oberg Mt Trail begins on the opposite side of Onion River Road from the parking lot.
- LeVeaux Mt Trail begins from the end of the parking lot farthest from the road.

# Superior National Forest - Oberg & LeVeaux Mts



**Gunflint Ranger District**  
2020 W Hwy 61  
Grand Marais, MN 55604  
218-387-1750

## Need more information?

on the web at:  
[www.fs.fed.us/r9/superior](http://www.fs.fed.us/r9/superior)

**Tofte Ranger District**  
7355 West Hwy 61  
Tofte, MN 55615  
218-663-8060

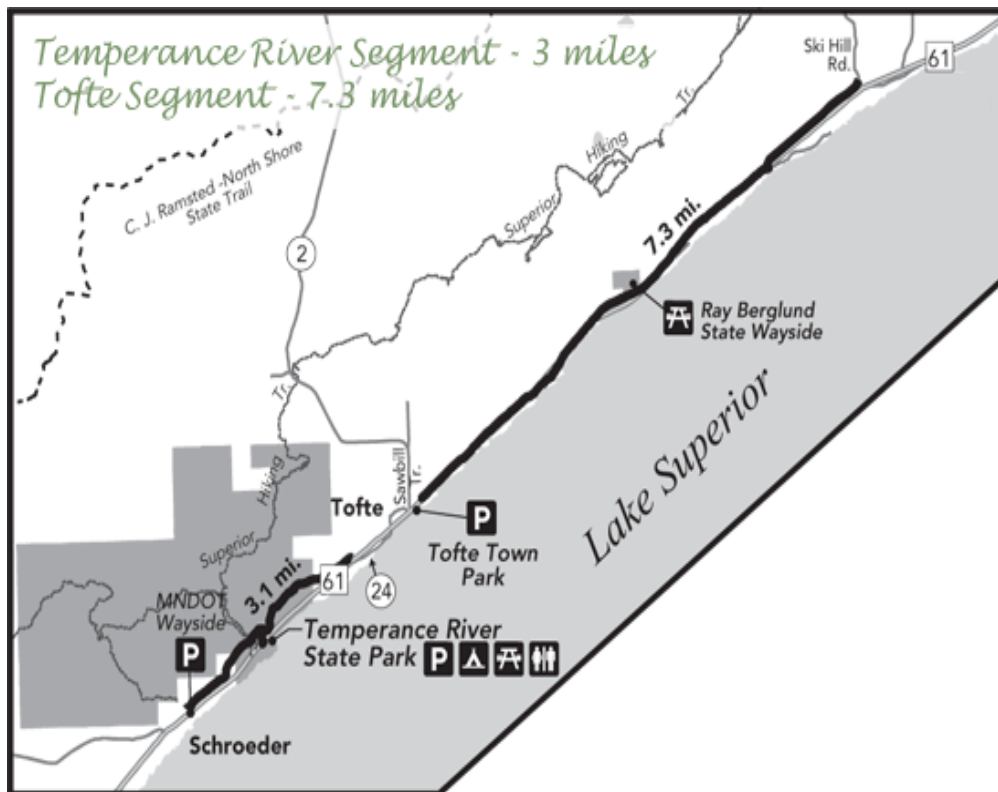


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## Temperance River

### Segment

#### Temperance River Segment

This trail segment is 3 miles long and connects the towns of Schroeder and Tofte. Parking is available at the MnDOT wayside rest in Schroeder and at the Tofte Town Park/Public Access on Lake Superior. This segment is on the inland side of Highway 61 and travels through the interior of Temperance River State Park, crossing the Temperance River gorge. This trail segment also offers a scenic view of Carlton Peak, elevation 1526 feet (Lake Superior's elevation is approximately 600 feet above sea level).

This trail segment is not connected to the next segment, from Tofte to County Road 34, but riders can cross the highway at the northeast end of the trail and ride through the town of Tofte on Tofte Park Road and Highway 61 to the next segment. As an alternative to riding on Highway 61, which has narrow shoulders through Tofte, bikers can walk their bikes along the lakeside path west of Bluefin Bay Resort.

#### Tofte to Lutsen Ski Hill Road Segment

This 7.3-mile trail segment starts at the northeast end of the town of Tofte. At County Road 34, where the trail used to dead-end, a tunnel underpass beneath Highway 61 connects to a new trail segment that ends at County Road 5 (Lutsen Ski Hill Road).

At the Tofte end of this segment, there is no designated public parking available. Bikers are advised to speak with business owners before parking and leaving vehicles on private property. At the Ski Hill Road end, there is now a designated GGST parking area.

Food, beverages and restroom facilities are available in Tofte, in the Lutsen Mountains resort facilities at the top of the Ski Hill Road, and one mile from the end of the trail in the town of Lutsen.

### **Tofte to Onion River Segment**

This 5.5-mile trail segment starts at the northeast end of the town of Tofte and presently deadends at County Road 34, at a tunnel underpass under Highway 61. This trail segment currently offers greater parking challenges than other trail segments. At this time there is no designated public parking available. Bikers are advised to speak with business owners before parking and leaving vehicles on private property. Plans presently call for extension of this segment, construction of 1.6 miles of trail from County Road 34 to County Road 4 (Lutsen Ski Hill Road) during the summer of 2011. Food, beverages and restroom facilities are available in Tofte.



P.O. Box 1330  
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## Onion River Road

**Distance:** 7 miles

**Estimated Time:** 30-60 mins

**Difficulty:** Easy

**Surface Type:** Forest Service road

**Special Notes:** Easy, family-friendly ride with several fun side-trip opportunities. A great introduction to Cook County backroads cycling opportunities. Outhouse facility at the trailhead. Please remember riding on the Superior Hiking trail is not allowed.

**Directions to Trailhead:** Located between Lutsen and Tofte, Onion River Road (Forest Road 336) heads north off of Highway 61 about a quarter-mile east of Lutsen Sea Villas. Although you can ride the road directly from Highway 61, the route described starts at the Oberg Mountain Trailhead parking area, 1.5 miles up the road.

**Route Description:** Turn left out of the parking lot. The first mile is scenic and diverse. After going through a low area with spruce and alder forest, you climb into the hardwood maples. In fact, you are riding through the Sugarbush Ski Trail System. Keep an eye out for moose tracks along the road. At the 1.5 mile mark you will cross a ski trail. The road is now paralleling the Onion River to your left.

After another mile, you will cross a snowmobile trail. A short detour to the left will bring you to the headwaters of the Onion River. Another mile or so will bring you to the end of the road, where there is a turnaround. Adventurous riders can extend the ride another half-mile beyond the end of the road on an old trail that connects up to a snowmobile trail. We recommend turning around at the snowmobile trail.

Trace your tracks back to the parking area.

Two fun side trip options: From the trailhead, hike to the top of Oberg Mountain (2 miles). Or follow the power lines that you drive under to the west; it is a short hike to the cascades of the Onion River.



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**\*\*\*Note: There's a typo on the map above. The spot labeled "Ray Bergland State Park" is actually Ray Bergland State Scenic Wayside.**

LUTSEN • TOFTE • SCHROEDER | GRAND MARAIS | GUNFLINT TRAIL | GRAND PORTAGE





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## Heartbreak Hill Loop

**Distance:** 18 miles

**Estimated Time:** 2-5 hours

**Difficulty:** Intermediate

**Surface Type:** Mixture of pavement and gravel

**Special Notes:** This is one of the few biking routes that starts near Lake Superior. Can ride on a cyclocross bike. Bring a lock so you have the option to take a short hike in Temperance River State Park. It is customary to take a quick dip in Lake Superior post-ride.

**Directions to Trailhead:** Start and finish this ride at Tofte Town Park. Just West of Bluefin Bay Resort is County Road 24, or Tofte Town Park Road. Park near Lake Superior in the parking lot.

**Route Description:** Head out of the town park and ride past Bluefin Bay to the Sawbill Trail (County Road 2). Climbing the Sawbill Trail for the first three miles on pavement, you gain a good deal of elevation, although the climb is never steep. At the end of the pavement there is a parking lot on the right side—that's the Britton Peak Trailhead. (See the Britton Peak description for a nice singletrack side trip.) The trailhead also makes for a great shuttle drop-off if you don't want to climb the Sawbill.

Proceed for another 3 miles. This is a very scenic section of the ride, with the Temperance River Valley on your left. At Forest Road 166 (600 Road) turn left (west) across the "Pink Bridge." At this point you will have another gradual 3-mile climb to the top of Heartbreak Hill. The hill got its name from the old logging days. In the winter months, loggers would use draft horses to pull fully loaded sleighs of white pines out of the woods. When the horses couldn't make it up the hill, it caused the loggers much heartbreak.

Less than a mile after you cross Heartbreak Creek, turn left (south) on Forest Road 343 (Temperance River Road). As you work your way back toward Lake Superior, enjoy the great views of Carlton Peak and the Temperance River. A couple hundred yards before you hit Highway 61, turn left (east) on the Gitchi Gami Bike Trail. This trail will take you right through the heart of Temperance River State Park. There is a bridge crossing the gorge and even a bike rack to lock up your bike if you want to take a short hike along the river. Continue on the Gitchi Gami trail back to Tofte. You will cross Highway 61 and be back on Tofte Town Park Road.



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## Pancore/Honeymoon Loop

**Distance:** 20 miles

**Estimated Time:** 3 - 5 hours

**Difficulty:** Intermediate. Rated intermediate due to the distance and mild route finding

**Surface Type:** Generally smooth gravel with a few rockier sections on the Pancore Lake Road.

**To Trailhead:** The ideal place to start this ride depends on whether you access it from the Lutsen side or the Tofte side. The route will generally be described from the Lutsen Side. A half mile East of Lutsen, turn up the hill on the Caribou Trail, County Road 4. After about 6 miles the road turns to gravel, there will be a snowmobile trail parking lot immediately on your right.

**3A Spur Trail:** *\*\*As an alternate starting point, that will add 10 miles to the loop, read further. Park at the parking lot just past Papa Charlies. Ride North up the gravel road. The improved gravel ends in ¼ mile. Stay right on the two track trail, called The North Road. After a couple miles you will cross the Poplar River on a one lane bridge. You will be on a snowmobile trail at this point. Climb the hill and basically stay left for the next mile and a half. The trail will give way to an improved road, please stay on the road, as this is private property at this point. After another half mile, the driveway will run into Barker Lake Road, hang a right, after 2 miles, you will join the route described above, take a left onto the Honeymoon trail.*

**General Information:** A classic Northwoods ride, the Pancore/Honeymoon Loop will give you a taste of the ruggedness of the area. The surface is generally smooth with a few rockier sections on the Pancore Lake Road. With caution, this is ride able on a cyclocross bike. Throw a fly rod in your pack, as you cross a great section of the Poplar River, known to hide some great trout!

### Route Description:

Turn left, South, out of the Parking Area. Turn right, West, on the Honeymoon Trail. Although during the fall color season it may feel like you are on a honeymoon with the maple forest you are riding through, this road has enough topography to make you wonder what kind of honeymoon you are on! The first couple miles are somewhat residential. Once you pass White Pine Lake, a nice little side detour, the route becomes more remote.

Crossing the Poplar River, for the first time, you will notice a small campground on the right side. Leaving the Poplar River you will roller coaster your way through an amazing maple forest. About 3 miles after the river there will be a short spur on your right. A little climb, there is a cool view from the top. The old lookout tower has been replaced with a county communications tower. Cell phones usually work from this spot.

Leaving the tower you have a nice downhill run to the Sawbill Trail. Folks coming from Tofte can use this intersection, with a small parking area, as their starting point. Turn right, North, on the Sawbill Trail for one mile.

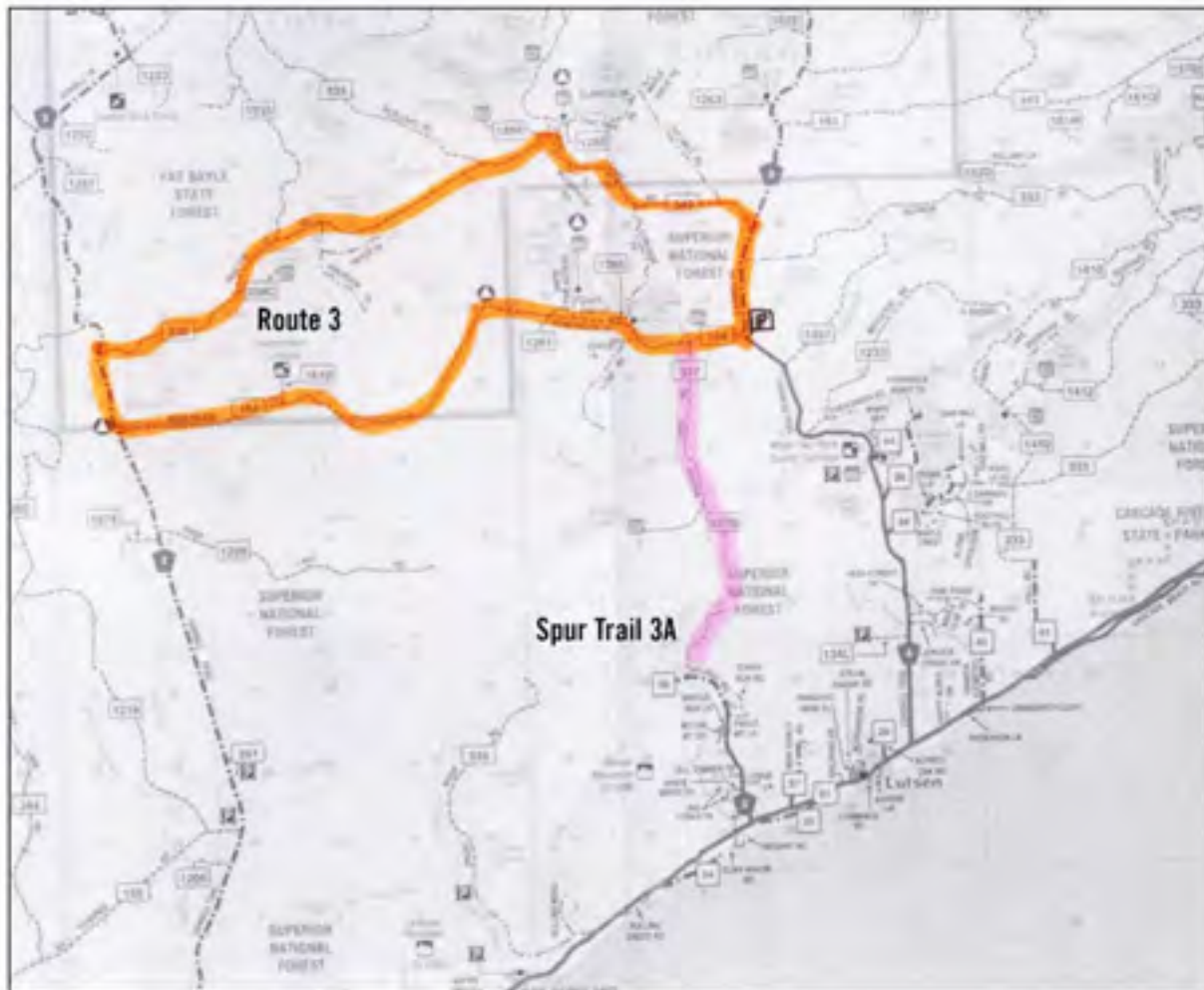
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Look for the Pancore Lake Road sign on your right, also Forest Road 338. Pancore Lake Road starts out level and works into some hills, the first 4 miles being well maintained. There is private land along this section, please be respectful. Once past Erickson Trail, the road becomes a minimum maintenance road. This means that there will be rocks, ruts, washouts, etc... for the next few miles, great riding actually! Another mile and you will cross the Poplar River for the second time. This area is pretty prime moose habitat, you might be lucky enough to see one.

A couple miles later, Rice Lake Road will come in from the left. Stay right on Rice Lake Road. Another mile and Clara Lake Road will come in from the left. Stay right on Clara Lake Road, an improved gravel road. About 3 more miles and you will be back at the Caribou Trail, turn right, travel 1.5 miles back to the Parking Area, on your left.



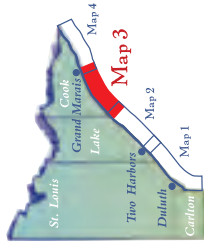
LUTSEN • TOFTE • SCHROEDER | GRAND MARAIS | GUNFLINT TRAIL | GRAND PORTAGE



# Lake Superior Water Trail

Caribou River to Grand Marais  
Map 3 of 4

MINNESOTA  
STATE PARKS  
AND TRAILS  
ESTABLISHED 1891



The Minnesota Department of Natural Resources  
is an Equal Opportunity Employer.

This information is available in  
alternative format upon request

Minnesota State Parks and Trails  
500 Lafayette Road Box 52  
St. Paul, MN 55155-4052

## INFORMATION

Minnesota Department of  
Natural Resources Information Center  
1-888-MINNDNR (646-6367)  
TDD/AN toll free 1-800-657-3979

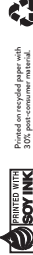
DNR Parks & Trails  
(651) 259-5666

DNR Website  
minn.gov

Assistance Provided By:

Lake Superior Water Trail  
Association of Minnesota  
Matt Kanis Map Illustrations

This map is not intended as a sole  
source for navigational information.



**L**ake Superior is the largest freshwater lake on our planet, containing 10% of all the fresh water on earth. The lake's 32,000 square mile surface area stretches across the border between the United States and Canada; two countries, three states, 915 miles of shoreline, and a rich natural history and cultural heritage of the Lake Superior region offers paddlers a unique experience on this remarkable global resource.

**THE LAKE SUPERIOR WATER TRAIL**  
Established by the Minnesota Legislature in 1993, the Minnesota portion of the Lake Superior Water Trail extends from the St. Louis Bay in Duluth to the Pigeon River on the Canadian border, a distance of approximately 150 miles. Cooperative efforts in Ontario, Wisconsin, Michigan, and Minnesota have resulted in the trail's development and maintenance by sea kayakers. The development and maintenance of the Water Trail is a joint effort of the Minnesota Department of Natural Resources and the Lake Superior Water Trail Association of Minnesota. The map covers approximately 10 miles of the trail, from the Caribou River to Grand Marais. Although generally lacking the spectacular high cliffs that dominate the shoreline in Lake County, this section of the Water Trail will reward the paddler with many interesting geological formations embedded in the low basaltic shoreline outcroppings. Areas of small islands and peninsulas, such as the Sawtooth Range, Private development, particularly in the Tofte and Lutens areas, has limited the number of public access points, and paddlers traversing this area need to plan ahead with an eye on the weather and personal needs.

**THE LAKE SUPERIOR EXPERIENCE**  
Lake Superior, born in fire and ice, has offered adventuresome travelers endless miles of discovery for thousands of years. The geological history and features of the northwestern shoreline and the rugged shorelines of the entire lake are a testimony to the great forces of nature which created this great lake.

Although the North Shore of Lake Superior is located on the southern fringe of the boreal forest, the cold, harsh conditions created by the lake's waters resemble alpine or tundra ecosystems. Billboard trees, spruce, white pine, aspen and birch together with spruce, white pine, aspen and birch soften the rugged shoreline.

The North Shore's cultural history and diversity is no less impressive. The North Shore has a rich history of exploration, discovery, and the people and traditions of the First Nations of the lake and the European influence of early explorers, missionaries and fur traders. Evidence of the history of the lumber, mining, shipping, and commercial fishing industries are found all along the shore.

### FOR YOUR SAFETY

The many shipwrecks along the North Shore are tragic reminders of the power and fury of Lake Superior. That power is something every paddler must respect and not underestimate. The same dramatic weather conditions which enrich the shoreline can change in minutes to life-threatening conditions and cliff areas can prevent paddlers from seeking safety on shore. A paddler needs to be prepared mentally and physically to deal with these conditions and to be able to help others. Local marine weather forecasts should be monitored before and during any trip on the lake. A paddler needs to understand the implications these forecasts have on overall lake conditions, as well as the shoreline area you plan to travel. Wave heights are greatly increased by shoreline features and currents.

- Always wear a U.S. Coast Guard approved personal flotation device.
- Be familiar with dangers of hypothermia and dress appropriately for the cold water (32 to 50 degrees Fahrenheit).
- Cold water is a killer - wearing a wet or dry suit is strongly recommended.

- Seek instruction and practice kayak skills, including rescues, before paddling on Lake Superior. Be certain your boat has adequate bow and stern flotation and that you have access to a pump for emptying a flooded boat.

- Travel with a companion or group. Know your limits and don't drink in your group. Discuss safety issues before leaving shore.

- Study shoreline features on your chart and review exit points before launching. Remember, cliffs can cause additional water turbulence and prevent you from going ashore.
- All watercraft (including non-motorized canoes and kayaks over 9 feet in length) must be registered in Minnesota or the state of residence.

- Each paddler is required to have a wearable U.S. Coast Guard approved personal flotation device accessible and there must be a bright white light on board each kayak or canoe after sunset to be displayed in time to prevent a collision.



CHAS BLACKLOCK



CHAS BLACKLOCK



CHAS BLACKLOCK



CHAS BLACKLOCK

# LAKE SUPERIOR

Lake Superior is the largest freshwater lake on our planet, containing 10% of all the fresh water on earth.

The diverse natural history and cultural heritage of the Lake Superior region offers paddlers a unique experience on this remarkable global resource.



- Anticipate changes in weather, wind and waves by monitoring a weather or marine VHF radio, and using your awareness and common sense. The National Weather Service broadcasts a 24 hour updated marine forecast on KG64, weather band channel 1 on the maritime VHF frequency, from Duluth (183.779-6697), press 4 for Lake Superior weather information.

- Fog frequently restricts visibility to zero. Bring a good compass and know how to use it.
- Choose your trip and daily travel distances in relation to your abilities, experience, fitness and a 2.3 mph average kayak speed. Changing lake conditions can greatly affect distances traveled.

- Other items recommended for paddlers to carry: A compass, a map, a whistle, a pump, a first aid kit, and a means to monitor the weather channels. Spray skirt: Float for paddle, whistle and emergency flares; Water, snacks and sunscreen; and compass.

- This map is not adequate for sole use as a navigational aid. USGS Geographic maps and NOAA charts of the North Shore can be obtained from a variety of sources, such as Kayaking or camping gear retailers. Learn how to use maps and a compass for navigation before setting out on the lake.

## CAMPING OPPORTUNITIES

Camping is permitted at designated sites only. The following options are available:

- Campgrounds - state park, municipal and private campgrounds. Usually located inland. They make a good base camp for day trips. Fees are charged and reservations are advisable.
- Kayak/beachhead campsites in state parks. These primitive state park sites are accessible by water or foot trail only. Most of these sites have fire rings. Fee charged. Reservations are required. At these sites, all state park rules apply and all vehicles must have a state park vehicle permit.

- Water Trail kayak campsites. These primitive sites are accessible from the lake only. They are available on a first-come, first-served basis, with no fee charged at this time. The campsites are intended for a one night maximum stay, weather permitting. Group sites are limited to six people; please be courteous. Paddlers should leave campsites as clean or cleaner than you find them and carry out all trash. For more information on individual site capacity, refer to the route description portion of this map.

- Low impact camping. Please tread very lightly when you are on land. Use only the trails and avoid disturbing the vegetation. What appears to be a "plain" rock surface may have many brightly colored lichens, mosses and tiny plants. Avoid walking on mosses and lichens along the shore. The use of camp stoves at campsites is recommended. Within state parks campsites are allowed in fire rings only.

- Camp in groups of 6 or less. Camp only in designated areas that are marked on the map.
- Respect private homes and property along the shore! Please take breaks and camp only at designated areas.

## DRINKING WATER

Drinking water is not provided at most of the campsites. Be prepared to treat all water from the lake and rivers.

## ENJOY

Lake Superior is a spectacular environment for a sea kayaker. The natural history and cultural diversity will provide additional dimensions to the experience. Enjoy all that Lake Superior has to offer, respect the lake and tread lightly on her shores. Have a great time!

# LAKE SUPERIOR WATER TRAIL



## Route Description

(continued from other side)

In Miles (0.0 at Minnesota Entrance - Duluth Lift Bridge)

**105.2 Lutsen Resort.** One of the classic landmarks of the Lake Superior Water Trail. Contact nearest for further information. [47° 38.135' N / 90° 42.0' W]

**109.0 Lutsen Grandview Community Park.** Rest area, parking, toilets, picnic area and an access. Rocky landing. [47° 39.560' N / 90° 38.337' W]

**Caution:** There are currently no established public landing areas or facilities for the next 6 miles. Be knowledgeable of current weather conditions. Plan accordingly.

**115.4 Cascade River.** Cascade River State Park. Rest area on beach just west of river mouth. State Park backpack/kayak complete #1. Shared use of facilities. State Park campground and parking are located inland 0.2 miles northwest across Highway 61. Please register for camping at the State Park. [47° 42.400' N / 90° 31.425' W]

**115.8 Pigeon Area.** Cascade River State Park. Seven picnic sites with tables and fire rings. Pit toilet near east end of day use parking lot. No camping or overnight parking.

**117.0 Backpack/Kayak Campsites.** Cascade River State Park backpack/kayak complete #1. Shared use of facilities. State Park campground and parking are located inland 0.2 miles northwest across Highway 61. Please register for camping at the State Park. [47° 42.400' N / 90° 31.425' W]

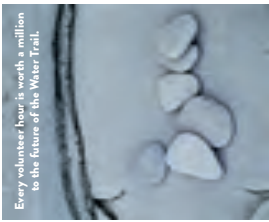
**117.8 Butterworth Cliffs SNA.** No landing. Site protects a rare insectivorous plant, Herring gull nesting area in a rare river mouth. [47° 42.785' N / 90° 29.935' W]

**120.0 Cut Face Creek.** Rest Area and Access. State Park backpack/kayak complete #1. Shared use of facilities. [47° 42.785' N / 90° 29.935' W]

**122.5 Full River.** Kayak Campsites. Rest area and complete. [47° 43.820' N / 90° 26.380' W]

**125.0 Grand Marais.** County seat of Cook County. All facilities available. Municipal campground at west end of harbor. Parking, boat ramp, and boat launch. [47° 44.455' N / 90° 23.295' W]

**End of Route**



CHAS BLACKLOCK

## HOW CAN I HELP?

For Association membership and information on becoming involved with the Lake Superior Water Trail Association (LSWTA), write to:

Lake Superior Water Trail Association of Minnesota  
Watons of Superior  
395 S. Lake Avenue  
Duluth, MN 55802

Visit the LSWTA website:

LSWTA.org



# LAKE SUPERIOR WATER TRAIL



MAP KEY	
	Private land (NO LANDING)
	City or town
	Public land
	Carry-in access
	Trailer access
	Rest area
	Backpack/kayak campsites
	Campground
	Picnic area
	Parking
	Lighthouse
	Peak elevation
	Contour elevation
	River Miles

**WARNING:** Land only at public landing access. Landing on private property is trespassing.

## Route Description

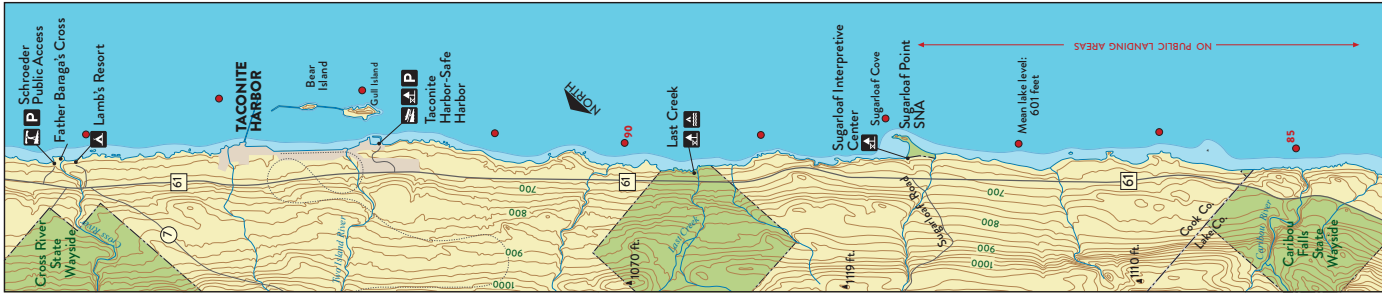
In Miles (0.0 at Minnesota Entrance - Duluth Lift Bridge)

- 88.0 Sugarloaf Interpretive Center.** Rest area on picnic grounds. Interpretive hiking trails nearby. Sugarloaf Point SNA. [47° 29' 22.0" N / 90° 59' 01.0" W]
- 89.5 Last Creek Kayak Campsite.** Campsite on hill overlooking lake and creek. Small beach at creek. Beach may be washed out making landing difficult. [47° 30' 15" N / 90° 57' 10" W]
- 92.0 Taconite Harbor - Salt Harbor.** Trailer access, picnic area, and boat ramp. Large commercial ships may be using this area. [47° 31' 29.0" N / 90° 55' 44.0" W]
- 94.0 Lamb's Resort and Campground.** Private resort with camping available. Contact resort for further information. [47° 32' 54.0" N / 90° 53' 38.0" W]
- 94.2 Father Baraga's Cross Monument.** On point of land near mouth of Cross River.
- 94.2 Schroeder Public Access.** Carry-in with access to lake. Parking, toilets, State wayside at Sugarloaf Point. [47° 32' 64.0" N / 90° 53' 44.0" W]
- 95.2 Temperance River State Park.** Rest area, carry-in access to lake, picnicking, toilets. Spectacular canyon and waterfalls on hiking trails across highway. Picnicking, camping permitted, and other facilities. [47° 33' 18.0" N / 90° 52' 42.5" W]
- 97.3 Tofte Town Park.** Access at boat ramp, picnicking, toilets. Most facilities including outfitters available. [47° 34' 23.0" N / 90° 50' 38.0" W]
- 97.7 Blue Falls Bay Beach.** Rest area, campground, lodging. Contact resort for further information. [47° 34' 43.0" N / 90° 50' 09.0" W]
- 101.5 Onion River.** Rest area on small beach at mouth. State wayside on other side of highway. No facilities. [47° 36' 49.0" N / 90° 46' 25.0" W]
- 105.0 Lutsen Kayak Camp.** Two primitive campsites near cobble beach. No facilities at this time. [47° 36' 06.0" N / 90° 42' 60.0" W]

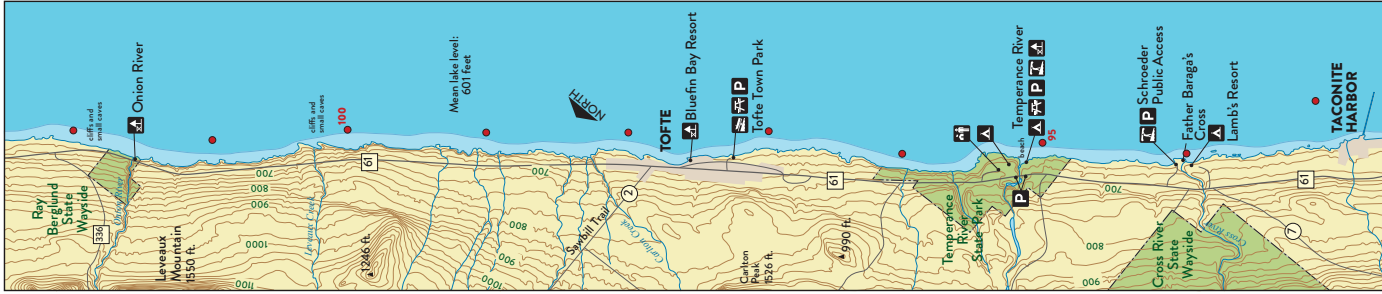
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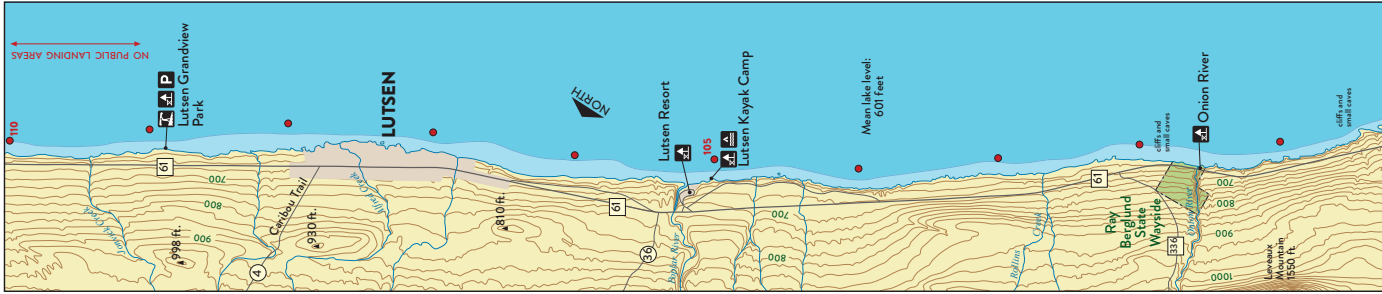
## Caribou River to Schroeder



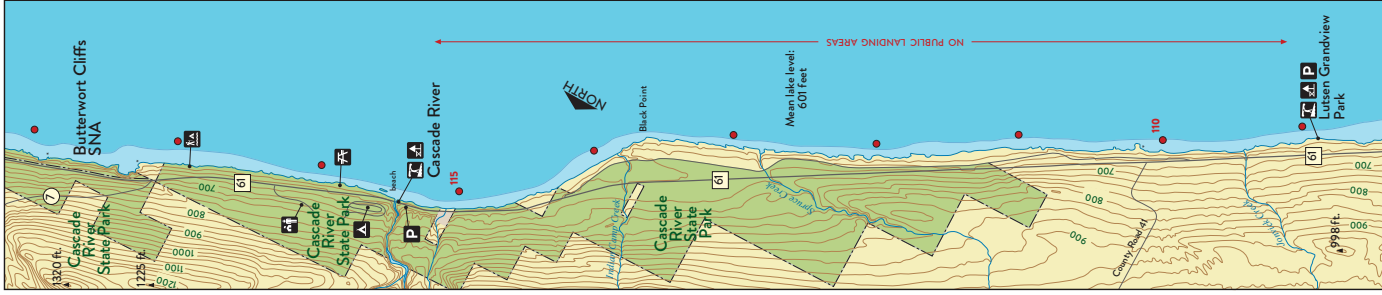
## Schroeder to Onion River



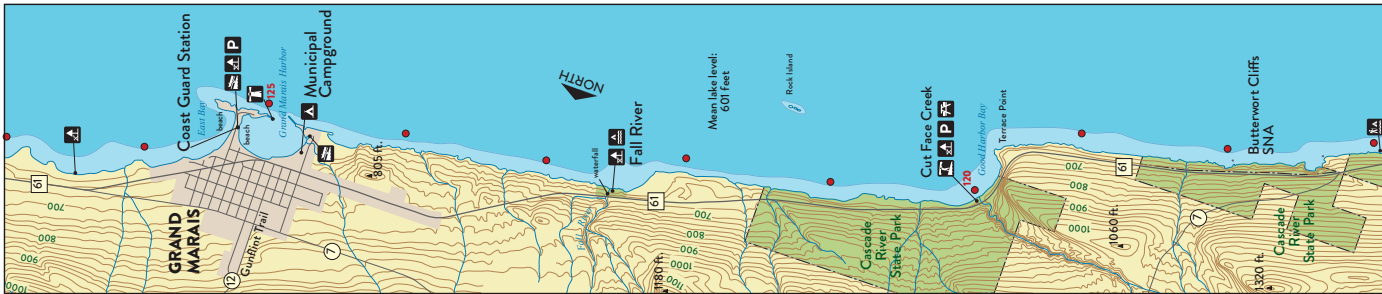
## Onion River to Jonvik Creek



## Jonvik Creek to Butterworth Cliffs



## Butterworth Cliffs to Grand Marais





# SUGARBUSH

Trail Association

Tofta, Minnesota

[www.sugarbushtrail.org](http://www.sugarbushtrail.org)

