THE SUPERIOR HIKING TRAIL RUNS 310 MILES, from the Minnesota-Wisconsin border to the Canadian border. You can access the Trail from 53 trailheads (with parking lots).

THE TRAIL IS DESIGNED FOR TRAVEL BY FOOT ONLY. (Dogs are fine, but only on leash.) Expect rugged terrain, stunning vistas, brilliant fall colors, winter silence, and unforgettable experiences, whether you spend three hours or three weeks on the Trail. It is well-marked with blue blazes and signs.

THERE ARE 94 BACKCOUNTRY CAMPSITES OPERATED BY THE SHTA. All are equipped with latrines and fire rings. Most have natural water sources nearby, but you need to treat your drinking water. Use designated campsites only. If you camp at a state park campsite, you must pay camping fees.

THE SUPERIOR HIKING TRAIL ASSOCIATION, member-supported and volunteer-powered, builds, maintains, and renews this spectacular trail, a vital link with the natural world on Lake Superior's North Shore.

WE PUBLISH A GUIDE AND MAPS TO HELP YOU ALONG YOUR WAY. We also provide information and trail accessories at our Trail Information Center in Two Harbors.
SUGGESTED HIKES ON THE TRAIL

1. **ELY’S PEAK, 1.8 miles round-trip.** You’ll never guess you’re in a city when you reach this 360 degree, panoramic viewpoint. Follow the ladders and blue blazes on exposed rock along the short trek to the peak.

2. **BREWER PARK LOOP, 4.6 miles round-trip.** Seeking sweeping views near Duluth? From Skyline Drive at Highland, let Keene Creek guide you uphill to the loop, and follow the ridge to drink in the clear vista of St Louis River estuary. Bring your camera for this one.

3. **GOOSEBERRY RIVER LOOP, 2.0 miles round-trip.** Experience the best of Gooseberry Falls State Park. Take in the grand falls at the start, meander up a picturesque river and cross over more falls as you turn to head back along Fifth Falls Trail. Your mom will love this hike!

4. **COVE POINT LOOP, 6.0 miles round-trip.** Innumerable stellar inland views! Take the spur trail to the loop along the ridge-line and bask among the tall pines.

5. **BEAN AND BEAR LAKES LOOP, 6.7 miles round-trip.** You’ll appreciate the challenge once you emerge upon the cliffs above the inland lakes. For a great view of the “big” lake, take the spur trail to Elam’s Knob Overlook.

6. **EGGE LAKE, 4.6 miles round-trip.** Check out this section for a gentler hiking experience along the SHT. Cross Egge Creek and pack a picnic to enjoy on the shores of this serene lake.

7. **CARLTON PEAK, 3.0 miles round-trip.** From Britton Peak trailhead, climb steadily up and take your pick of two short spur trails to exposed overlooks at the top.

8. **OBERG MOUNTAIN LOOP, 2.5 miles round-trip.** A stretch of trail so scenic, we put it on the cover of our Guide to the SHT! Nine viewpoints make this loop one of our favorites.

9. **DEVIL TRACK CANYON AND RIVER, 5.0 miles round-trip.** Follow the canyon rim along stunning red cliffs and descend into the river gorge before turning back. Our most rugged recommended hike.

Visit the SHT TRAIL INFORMATION CENTER in Two Harbors— on Highway 61, at northeast corner of 8th St.

superiorhiking.org