

### Superior Hiking Trail Through Hiker's Reference Sheet 2016...All Information is Estimated and Unofficial

Created by Superior Hiking Trail Association Volunteer Kim Fishburn © 2016, Superior Hiking Trail Association © 2016

| Location  | Type        | Northbound Superior Shuttle  | Southbound Superior Shuttle | Trail Mile Mark   | Next Trail Junction | Section Length |      |     |     |
|---|-------------|--|-----------------------------|---|---------------------|----------------|------|-----|-----|
| Wild Valley Rd  | Trailhead   |  |                             | 0   | 5.9                 |                |      |     |     |
| Jay Cooke State Park                                  | Trailhead   | <b>Due to numerous changes in the Duluth area check the Superior Hiking Trail Assn. Conditions Tab on their website.</b> |                             | 5.9   | 3                   | 3              |      |     |     |
| Palkie Rd   | Trailhead   |  |                             | 8.9   | 8.1                 | 6.4            |      |     |     |
| 123 Ave West (150 ft spur)                            | Trailhead   |  |                             | 17  | 4.2                 | 4.3            |      |     |     |
| Magney Snively Park (350 Ft Spur trail to main trail) | Trailhead   | 0.5 spur trail to Spirit Mt Campground near mid point  |                             | 21.2  | 2.9                 | 3.2            |      |     |     |
| Spirit Mountain (0.3 spur)                            | Trailhead   |  |                             | 24.1  | 1.1                 | 2              |      |     |     |
| Kingsbury Creek (600 ft spur trail to main trail)     | Trailhead   | Munger Inn located southwest of zoo, Indian Pt Campground located behind Munger Inn                                      |                             | 25.2  | 2.6                 | 3.2            |      |     |     |
| Skyline Parkway at Highland/Getchell North 24"        | Trailhead   |  |                             | 27.8  | 5.7                 | 5.7            |      |     |     |
| Enger Park (440 ft spur)                              | Trailhead   | Numerous hotels located between Enger Park and the Rose Garden   |                             | 33.5  | 1.7                 | 1.7            |      |     |     |
| The Rose Garden                                       | Trailhead   |  |                             | 35.2  | 3.8                 | 3.8            |      |     |     |
| Hartley Nature Center                                 | Trailhead   |  |                             | 39  | 4.5                 | 4.5            |      |     |     |
|   |             |  |                             | 43.5  | 3.1                 | 3.1            |      |     |     |
| Location  | Type        | Highway 61 Mile  | Tent Pads                   | Trail Mile Marker   | Previous Campsite   | Next Campsite  |      |     |     |
| Martin Road   | Trailhead   | 14.9   |                             | 46.6  | 0                   | 4.9            |      |     |     |
| Bald Eagle  | Campsite    | 14.9   | 3                           | 51.5  | 0                   | 1.1            |      |     |     |
| White Pine  | Campsite    | 14.9   | 4                           | 52.6  | 1.1                 | 5.5            |      |     |     |
| Lismore Road  | Trailhead   | 14.9   |                             | <b>All trailheads from Jay Cooke State Park to Lake Co. 301 By Reservation only and at an additional charge</b><br>Northbound: Before 7:45 AM<br>Southbound: After 2:40 PM<br><br>Trailheads marked **** are at additional Charge |                     |                |      |     |     |
| Lone Tree   | Campsite    | 14.9   | 3                           |   |                     |                | 58.1 | 5.5 | 3.7 |
| Normanna Road   | Trailhead   | 14.9   |                             |   |                     |                | 61.8 | 3.7 | 3.9 |
| Heron Pond Campsite                                   | Campsite    | 14.9   | 4                           |   |                     |                | 65.7 | 3.9 | 2.7 |
| Sucker River  | Campsite    | 14.9   | 4                           |   |                     |                |      |     |     |
| Sucker River (0.9 mile spur to trail)                 | Trailhead   | 14.9   |                             |   |                     |                |      |     |     |
| Fox Farm Pond   | Campsite    | 14.9   | 4                           | 68.4  | 2.7                 | 7.4            |      |     |     |
| Fox Farm Rd   | Trailhead   | 14.9   |                             |   |                     |                |      |     |     |
| Big Bend  | Campsite    |  | 4                           | 75.8  | 7.4                 | 6.2            |      |     |     |
| Rossini Rd  | Trailhead   | 14.9   |                             |   |                     |                |      |     |     |
| McCarthy Creek  | Campsite    |  | 2                           | 82  | 6.2                 | 1.2            |      |     |     |
| Ferguson  | Campsite    |  | 2                           | 83.2  | 1.2                 | 5.2            |      |     |     |
| Lake Co. Dem. Forest (1.2 mile spur to main trail)    | Trailhead   | 26   |                             |   |                     |                |      |     |     |
| Stewart River   | Campsite    |  | 3                           | 88.4  | 5.2                 | 4.3            |      |     |     |
| Reeves Falls  | Campsite    |  | 3                           | 92.7  | 4.3                 | 5.9            |      |     |     |
| Reeves Rd.  | Trailhead   | 26   |                             |   |                     |                |      |     |     |
| Silver Creek  | Campsite    |  | 3                           | 98.6  | 5.9                 | 9.6            |      |     |     |
| Lake Co. Rd 301                                       | Trailhead   | 28.5   |                             |   |                     |                |      |     |     |
| Castle Danger   | Trailhead   | 36.6   |                             | 7:45 am   | 2:40pm              |                |      |     |     |
| Crow Creek Valley                                     | Campsite    |  | 5                           | 108.2   | 9.6                 | 3.4            |      |     |     |
| West Gooseberry                                       | Campsite    |  | 4                           | 111.6   | 3.4                 | 0.9            |      |     |     |
| East Gooseberry                                       | Campsite    |  | 2                           | 112.5   | 0.9                 | 0.4            |      |     |     |
| Middle Gooseberry                                     | Campsite    |  | 2                           | 112.9   | 0.4                 | 0.4            |      |     |     |
| Gooseberry River                                      | Multi-Group |  | 8                           | 113.3   | 0.4                 | 6.4            |      |     |     |
| Gooseberry Falls State Park                           | Trailhead   | 38.9   |                             | 7:57 am   | 2:28 pm             |                |      |     |     |
| Blueberry Hill  | Campsite    |  | 4                           | Reroute via Blueberry Hill Rd.  | 119.7               | 6.4            |      |     |     |
| Split Rock River Wayside (0.5 mile spur to trail)     | Trailhead   | 43.5   |                             | 8:07 am   | 2:18 pm             |                |      |     |     |
| Southwest Split Rock River                            | Campsite    |  | 4                           | 123.7   | 4                   | 0.4            |      |     |     |
| Northwest Split Rock River                            | Campsite    |  | 3                           | 124.1   | 0.4                 | 0.2            |      |     |     |
| Northeast Split Rock River                            | Multi-Group |  | 7                           | 124.3   | 0.2                 | 0.3            |      |     |     |
| Southeast Split Rock River                            | Campsite    |  | 2                           | 124.6   | 0.3                 | 4.7            |      |     |     |
| Chapins Ridge   | Campsite    |  | 4                           | 129.3   | 4.7                 | 2.2            |      |     |     |
| Beaver Pond   | Campsite    |  | 4                           | 131.5   | 2.2                 | 1.5            |      |     |     |
| Faultline Ridge                                       | Multi-Group |  | 8                           | 133   | 1.5                 | 4.35           |      |     |     |
| Beaver Bay  | Trailhead   | 51.1   |                             | 8:32 am   | 1:53 pm             |                |      |     |     |
| North Beaver Bay                                      | Campsite    |  | 3                           | 137.35  | 4.35                | 0.25           |      |     |     |
| South Beaver Bay                                      | Campsite    |  | 3                           | 137.6   | 0.25                | 5.8            |      |     |     |
| Silver Bay  | Trailhead   | 54.3   |                             | 8:41 am   | 1:44pm              |                |      |     |     |
| Penn Creek  | Multi-Group |  | 8                           | 143.4   | 5.8                 | 1.4            |      |     |     |
| Bear Lake   | Campsite    |  | 4                           | 144.8   | 1.4                 | 1.2            |      |     |     |
| Round Mt Beaver Pond                                  | Campsite    |  | 6                           | 146   | 1.2                 | 0.8            |      |     |     |
| West Palisade   | Campsite    |  | 5                           | 146.8   | 0.8                 | 0.2            |      |     |     |
| East Palisade   | Campsite    |  | 4                           | 147   | 0.2                 | 7.8            |      |     |     |
| State Highway 1                                       | Trailhead   | 59.3   |                             | 8:57 am   | 1:28 pm             |                |      |     |     |
| West Kennedy Creek                                    | Campsite    |  | 5                           | 154.8   | 7.8                 | 0.1            |      |     |     |
| East Kennedy Creek                                    | Campsite    |  | 4                           | 154.9   | 0.1                 | 5.8            |      |     |     |
| Lake County Rd. 6                                     | Trailhead   | 65.3   |                             | 9:23 am   | 1:02 pm             |                |      |     |     |
| Section 13  | Campsite    |  | 4                           | 160.7   | 5.8                 | 3.8            |      |     |     |
| Leskinen Creek  | Campsite    |  | 8                           | 164.5   | 3.8                 | 4.7            |      |     |     |
| Finland Recreation Center (0.3 mile spur to trail)    | Trailhead   | 59.3   |                             | 9:10 am   | 3:22 pm             |                |      |     |     |
| South Egge Lake                                       | Campsite    |  | 4                           | 169.2   | 4.7                 | 0.2            |      |     |     |
| North Egge Lake                                       | Campsite    |  | 4                           | 169.4   | 0.2                 | 3.1            |      |     |     |
| South Sonju Lake                                      | Multi-Group |  | 6                           | 172.5   | 3.1                 | 0.3            |      |     |     |
| North Sonju Lake                                      | Campsite    |  | 4                           | 172.8   | 0.3                 | 1.9            |      |     |     |
| East Branch Baptism River                             | Campsite    |  | 4                           | 174.7   | 1.9                 | 0.6            |      |     |     |
| Blessner Creek  | Campsite    |  | 3                           | 175.3   | 0.6                 | 2.1            |      |     |     |
| Aspen Knob  | Campsite    |  | 2                           | 177.4   | 2.1                 | 5.1            |      |     |     |
| Crosby-Manitou State Park                             | Trailhead   | 59.3   |                             |   |                     |                |      |     |     |
| Horseshoe Ridge                                       | Campsite    |  | 4                           | 182.5   | 5.1                 | 3.1            |      |     |     |
| West Caribou River                                    | Campsite    |  | 2                           | 185.6   | 3.1                 | 0.3            |      |     |     |
| Caribou River Wayside (0.6 mile spur to trail)        | Trailhead   | 70.5   |                             | 9:36  | 12:49 pm            |                |      |     |     |
| East Caribou River                                    | Multi-Group |  | 10                          | 185.9   | 0.3                 | 1.2            |      |     |     |
| Crystal Creek   | Campsite    |  | 4                           | 187.1   | 1.2                 | 2.4            |      |     |     |
| Sugarloaf Pond  | Campsite    |  | 4                           | 189.5   | 2.4                 | 3.5            |      |     |     |

| Location   | Type        | Highway 61 Mile Marker | Tent Pads | Northbound Superior Shuttle  | Southbound Superior Shuttle                   | Trail Mile Marker | Previous Campsite | Next Campsite |     |
|--|-------------|------------------------|-----------|--|---|-------------------|-------------------|---------------|-----|
| Dyer's Creek   | Campsite    |                        | 4         |  |   | 193               | 3.5               | 2.9           |     |
| Cook County Rd 1   | Trailhead   | 78.8                   |           | ****   | ****  |                   |                   |               |     |
| Fredenberg Creek   | Campsite    |                        | 5         |  |   | 195.9             | 2.9               | 2             |     |
| Falls  | Campsite    |                        | 3         |  |   | 197.9             | 2                 | 0.8           |     |
| Ledge  | Campsite    |                        | 2         |  |   | 198.7             | 0.8               | 0.8           |     |
| North Cross River  | Campsite    |                        | 2         |  |   | 199.5             | 0.8               | 0.1           |     |
| South Cross River  | Campsite    |                        | 4         |  |   | 199.6             | 0.1               | 9.1           |     |
| Temperance River State Park (0.2 spur trail to main trail)               | Trailhead   | 80.3                   |           | 9:51 am  | 12:34 pm                                      |                   |                   |               |     |
| Britton Peak   | Trailhead   | 82.8                   |           | 10:07 am   | 12:18pm                                       |                   |                   |               |     |
| Springdale Creek   | Campsite    |                        | 4         |  |   | 208.7             | 9.1               | 2.5           |     |
| West Leveaux Pond  | Multi-Group |                        | 8         |  |   | 211.2             | 2.5               | 0.1           |     |
| East Leveaux Pond  | Campsite    |                        | 4         |  |   | 211.3             | 0.1               | 1.2           |     |
| Onion River  | Multi-Group |                        | 8         |  |   | 212.5             | 1.2               | 2             |     |
| Oberg Mountain   | Trailhead   | 87.5                   |           | 10:24 am   | 12:01pm                                       |                   |                   |               |     |
| West Rollins Creek   | Campsite    |                        | 5         |  |   | 214.5             | 2                 | 0.1           |     |
| East Rollins Creek   | Campsite    |                        | 3         |  |   | 214.6             | 0.1               | 4.5           |     |
| Mystery Mountain   | Multi-Group |                        | 6         |  |   | 219.1             | 4.5               | 2.1           |     |
| Lutsen Mountain Recreation Area  | Trailhead   | 90.1                   |           | 10:38 am   | 11:47 am                                      |                   |                   |               |     |
| West Poplar River  | Campsite    |                        | 3         |  |   | 221.2             | 2.1               | 0.6           |     |
| East Poplar River  | Campsite    |                        | 2         |  |   | 221.8             | 0.6               | 3             |     |
| West Agnes Lake  | Campsite    |                        | 4         |  |   | 224.8             | 3                 | 0.3           |     |
| East Agnes Lake  | Campsite    |                        | 4         |  |   | 225.1             | 0.3               | 2.4           |     |
| Caribou Trail (0.8 mile spur trail to main trail)                        | Trailhead   | 92                     |           | ****   | ****  |                   |                   |               |     |
| Jonvick Creek  | Campsite    |                        | 2         |  |   | 227.5             | 2.4               | 2.2           |     |
| Spruce Creek   | Multi-Group |                        | 7         |  |   | 229.7             | 2.2               | 3.3           |     |
| Indian Creek   | Multi-Group |                        | 6         |  |   | 233               | 3.3               | 3.2           |     |
| Cascade River State Park (0.2 mile spur trail to main trail)             | Trailhead   | 99.9                   |           | 10:55 am   | 11:30 am                                      |                   |                   |               |     |
| Trout Creek (following east side of river)                               | Campsite    |                        | 5         | Trail via the east side of the river   |   | 236.2             | 3.2               | 3.7           |     |
| Big White Pine (west side)   | Campsite    |                        | 3         |  | Mileages are computed using the west side for | 236.3             | 3.3               | 0.5           |     |
| Cut Log (west side)  | Campsite    |                        | 3         |  |   | 236.8             | 0.5               | 2.3           |     |
| North Cascade River  | Multi-Group |                        | 6         |  |   | 239.1             | 2.3               | 4.3           |     |
| Sundling Creek   | Campsite    |                        | 4         |  |   | 243.4             | 4.3               | 1.7           |     |
| Bally Creek Rd   | Trailhead   | 101.7                  |           | ****   | ****  |                   |                   |               |     |
| South BallyCreek Pond  | Campsite    |                        | 4         |  |   | 245.1             | 1.7               | 0.2           |     |
| North Bally Creek Pond   | Campsite    |                        | 3         |  |   | 245.3             | 0.2               | 10.5          |     |
| Pincushion Mt (Grand Marais)   | Trailhead   | 110                    |           | 11:10 am   | 11:15 am                                      |                   |                   |               |     |
| West Devils Track  | Campsite    |                        | 6         |  |   | 255.8             | 10.5              | 0.1           |     |
| East Devils Track  | Campsite    |                        | 2         |  |   | 255.9             | 0.1               | 2.9           |     |
| Cook County Rd 58  | Trailhead   | 113.8                  |           | All Trailheads from Cook Co. Rd 58 to Otter Lake Rd By Reservation Only and at an additional charge. A separate van takes care of all points north of Grand Marais. Northbound after 11:10 AM Southbound: Call |   |                   |                   |               |     |
| Woods Creek  | Campsite    |                        | 4         |  |   |                   | 258.8             | 2.9           | 2.4 |
| Durfee Creek   | Multi-Group |                        | 6         |  |   |                   | 261.2             | 2.4           | 1.1 |
| Cliff Creek  | Multi-Group |                        | 8         |  |   |                   | 262.3             | 1.1           | 2.6 |
| Kimball Creek  | Campsite    |                        | 3         |  |   |                   | 264.9             | 2.6           | 1.2 |
| Crow Creek   | Campsite    |                        | 4         |  |   |                   | 266.1             | 1.2           | 0.4 |
| West Fork of the Kadunce   | Campsite    |                        | 4         |  |   |                   | 266.5             | 0.4           | 0.5 |
| Kadunce River Wayside (0.7 mile spur to trail)                           | Trailhead   | 119                    |           |  |   | ****              | ****              |               |     |
| Kadunce River  | Campsite    |                        | 3         |  |   | 267               | 0.5               | 5.3           |     |
| South Little Brule River   | Campsite    |                        | 2         |  |   | 272.3             | 5.3               | 0.4           |     |
| North Little Brule River   | Campsite    |                        | 4         |  |   | 272.7             | 0.4               | 0             |     |
| Northwest Little Brule River   | Campsite    |                        | 3         |  |   | 272.7             | 0                 | 11.9          |     |
| Judge C.R. Magney State Park   | Trailhead   | 123.8                  |           |  |   |                   |                   |               |     |
| Cook Country Rd 70   | Trailhead   | 124.4                  |           | ****   | ****  |                   |                   |               |     |
| Hazel  | Campsite    |                        | 3         |  |   | 284.6             | 11.9              | 3             |     |
| South Carlson Pond   | Campsite    |                        | 6         |  |   | 287.6             | 3                 | 2.3           |     |
| North Carlson Pond   | Campsite    |                        | 6         |  |   | 289.9             | 2.3               | 4.1           |     |
| Arrowhead Trail  | Trailhead   | 128.9                  |           | ****   | ****  |                   |                   |               |     |
| Woodland Caribou Pond  | Campsite    |                        | 4         |  |   | 294               | 4.1               | 3.8           |     |
| Jackson Lake Rd.   | Trailhead   | 128.9                  |           | ****   | ****  |                   |                   |               |     |
| Jackson Creek  | Campsite    |                        | 3         |  |   | 297.8             | 3.8               | 5.3           |     |
| Andy Creek   | Campsite    |                        | 4         |  |   | 303.1             | 5.3               | 0             |     |
| Otter Lake Rd.   | Trailhead   | 128.9                  |           | ****   | ****  | 304.8             |                   |               |     |
| 270 Degree Overlook - Official end of trail 1.2 miles from road crossing |             |                        |           |  |   | 306               |                   |               |     |

|                             |                   |                |   |
|-----------------------------|-------------------|----------------|---|
| Town                        | Highway 61 Marker | Available      | Superior Shuttle 218-834-5511                           |
| Two Harbors MN 55616        | 26.1              | M,L,G,C ,LM,P  | Harriet Quarles Transportation 218-387-1801 or 387-1801 |
| Gooseberry Falls State Park | 38.9              | C              |   |
| Split Rock River State Park | 49                | C              |   |
| Beaver Bay MN 55601         | 51                | M,L, LG LM,P   | LG =Limited Groceries                                   |
| Silver Bay MN 55614         | 54.3              | M,L,G,LM,C,P   | C=Camping   |
| Ilgen City (Highway 1)      | 59.3              | L              | LM=Laundromat   |
| Finland MN 55603            | 59.3              | M,L,G,C,P      | O=Outfitting Supplies                                   |
| Crosby Manitou State Park   | 59.3              | C              | P=Post Office   |
| Temperance River State Park | 80.3              | C              | Call 911 for emergencies                                |
| Tofte MN 55615              | 82.6              | M,L,G,O,P      | St Louis County Sheriff Office 218-726-2339             |
| Lutsen MN 55612             | 91.7              | M,L,G          | Lake County Sheriffs Office 218-834-8385                |
| Grand Marais MN 55604       | 109.5             | M,L,G,C,LM,O,P | Cook County Sheriffs office 218-387-3030                |
| Judge Magney State Park     | 123.8             | C              |   |

Compiled by Kim Fishburn