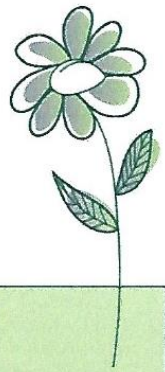


THE SUPERIOR HIKING TRAIL ASSOCIATION



www.shta.org

Hike Fest 2017



Friday, May 19 through Sunday, May 21, 2017
Wolf Ridge Environmental Learning Center, Finland MN

PO Box 4, Two Harbors, MN 55616 • Tel: (218) 834-2700 • www.shta.org • Email: hike@shta.org

Hike Fest 2017 — Join the Fun!

There's nothing better than a springtime hike on the Superior Hiking Trail — unless it's 3 days of hiking and other fun activities! The hiking starts on Friday afternoon with an "early bird" hike. Continue the trek on Saturday with five hike options of varied lengths and difficulty. End the weekend with a Sunday hike on the SHT in Duluth.

Other Weekend Activities

- For early risers a morning **yoga session** or early morning **hike**.
- **Maintenance hike** — learn about the tools and skills needed to volunteer.
- **Interesting presentations** about hiking trips around the country and the world.
- **SHT Jeopardy** and the Wolf Ridge **ropes course**.
- **Saturday Snack Potluck** — please bring a favorite after hike snack to share!
- **Shop our famous Silent Auction** — outdoor gear, artwork and much more. If you have an item to donate, please email or call the SHTA office. Purchase from the SHTA Store — we'll have new items for the season, and remember -- all proceeds support the trail! **Participation is limited, register early!**

Evening Programs

Friday Night - *"The Joy of DISCOVERY in Outdoor Travel"*

Bob O'Hara shares his path to discovering outdoor travel and the many places it has taken him. From simple beginnings to the ultimate discovery of the Far North and four decades of arctic canoeing. Everyone who has spent time in the outdoors has a tale of discovery. Hopefully this program will inspire you to expand yours.

Saturday Night - *"Running the Superior Hiking Trail: Building Community through Shared Adventure"*

Shawna Weaver spent nine days running the Superior Hiking Trail, interviewing community members along the way. Afterwards she created the Great Lakes Historical Collective to share the stories of North Shore citizens' special SHT memories, historical accounts of the land, sustainability issues and successes. Shawna will talk about her own trail challenges and memories, the citizens she interviewed, and what she learned through the experience.

Bow to your partner! Everybody dances to the music of Wild Thyme on Saturday night, as Terrance Smith calls the squares and rounds of an old time dance.



Superior View

HIKE FEST 2017 SCHEDULE OF EVENTS

• Friday, May 19

- 1:00 **Early Bird Hike: Cove Point Loop**, 5.8 miles. Dramatic cliffs above Beaver River and the Fault Line Ridge. Meet at Cove Point parking lot on Hwy 61 milepost 50 on right. *Rating: Difficult*
- 4:00 **Registration/Check-In Begins**, Science Center Lobby
- 6:00 **Pizza Supper**, Dining Hall
- 6:00 **Silent Auction Opens**
- 7:30 **Evening Program:** The Joy of Discovery in Outdoor Travel, with Bob O'Hara
- 8:30-11:00 **Social Hour**, West Dorm

• Saturday, May 20

- 6:45-7:30 **Yoga** with Sherri Bailey
- 6:45-7:30 **Early Morning Hike: to Marshall Mtn. and Back**, 1 mile total
- 7:30-8:30 **Breakfast**, Dining Hall
- 8:00 **Registration, Silent Auction Opens**
- 9:00 **Opening Session** includes announcements, hike directions and pick-up of pre-ordered lunches
- 9:30 **HIKES BEGIN:**

Hike 1: Wolf Ridge Wildflower Hike, 2 miles. Search for spring wildflowers with Wolf Ridge naturalists. *Rating: Easy*

Hike 2: Sonju Lake Parking Lot to Finland Rec Center, Baptism River and early spring forests. 7.5 miles. *Rating: Moderate*

Hike 3: Tettegouche State Park Loop Hike, 7.25 miles. A fun loop with several lakes and overlooks on the west side of Tettegouche State Park *Rating: Moderate*

Hike 4: To Superior View at Wolf Ridge and Back, 3.2 miles. Stunning overlook of Lake Superior *Rating: Moderate*

Hike 5: Two Loop Hike at Crosby-Manitou State Park, 1 mile Benson Lake Loop and 2.8 mile Humpback Loop with rocky outcrops and Manitou Falls. *Rating: Moderate*

Hike 6: Maintenance Hike, First, training by Trail Maintenance Supervisor Han Taylor on tool use and safety, and then out to clear brush and repair the trail! Tools and gear will be provided.

WORKSHOPS:

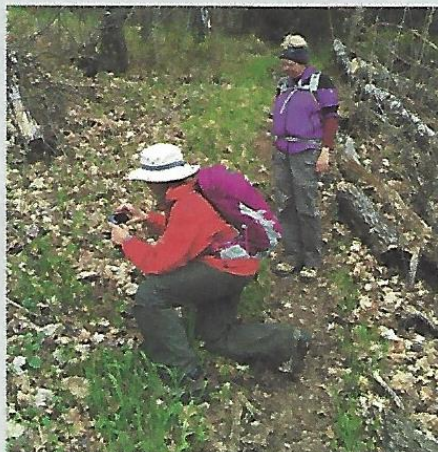
- 10:00 **Hut to Hut Hiking Worldwide**, by Sam Demas
- 11:00 **Hiking in Oregon - Mount Ireland and Strawberry Mtn. Wilderness** by Dick Worm

LUNCH

- 1:00 **Hiking from Iceland's Ring Road** by Gayle Henton
- 2:00 **SHT Jeopardy**, with Jo Swanson
- 2:00 **Hiking the 50 States' High Points**, by Eric Lindberg
- 3:30 **Snack Potluck** Science Center Lobby - please bring something to share.
- 3:30-5:00 **Wolf Ridge Ropes Course**
- 4:00 **Adventure on the Maah Daah Hey Trail in North Dakota and How I Almost Died**, by Jo Swanson
- 5:00 **SHTA Trail Store Closes**
- 5:00 **State of the Trail Report**
- 5:45 **Silent Auction Closes** - all winning bids should be claimed and paid for before dinner.
- 6:15 **Dinner**, Dining Hall
- 7:30 **Evening Program: Running the Superior Hiking Trail: Building Community through Shared Adventure**, with Shawna Weaver
- 8:30 **Old Time Dance** with Terrance Smith and Wild Thyme
- 8:30 **Social Hour**, Science Center Lobby

• Sunday, May 21

- 7:30-8:30 **Breakfast with the SHTA Board**, An opportunity to meet and talk with your representatives on the association's Board of Directors. Dining Hall
- 10:00 **Hike: Brewer Park Loop in Duluth**, 3.2 miles. *Rating: Moderate*



Looking for wildflowers
Photo Credit: Wendy Sjöblom

Please Help

Us Out!

You can help in the following ways to make this a successful Hike Fest:

• Donate

an item to the silent auction — artwork, photography, outdoor gear, gift certificates or similar items. (Any used items should be current and in excellent condition.)

• Bring

your favorite after-hike snack to share on Saturday afternoon.

• Volunteer

to help set-up the silent auction and auditorium on Friday afternoon at 3, help with registration on Friday 3-6, 6-8, or 8-10, sweep (last person) for a Saturday hike, or assist with the ropes course Saturday 3:30.

Please call or email hike@shta.org if you can help out with one of these volunteer needs.

Thanks!



Friday pizza supper is meat or veggie pizza, garlic toast, and fresh greens, and chocolate cake. Breakfasts: Saturday is scrambled eggs, pork links, wild rice porridge, cereals. Sunday is baked french toast, bacon, oatmeal and cereals. Bag lunches include a croissant sandwich, fruit, cookie, chips, and beverage. Regular lunches are choice of turkey, or ham, with cheese; veggie is cream cheese, cucumber, tomato and lettuce. Saturday dinner is Herb Roasted Beef OR Vegetarian Pot Roast, soup, greens, masher potatoes, and cheesecake for dessert. For children 12 and under, there is a reduced price for meals with a smaller portions.

Social hour held in the West Dorm common area on Friday night and in the Science Center Lobby on Saturday night along with the dance. SHTA will supply snacks and juice and pop so bring anything else you care to drink.

Please read the lodging options carefully:

1) West Dorm: four people minimum to a room with bathrooms down the hall. Rooms are male, female, and mixed. No room assignments in advance. You choose your room when you get there. Price is \$21 per night.

2) East Dorm: one to six people to a room with a bathroom in room. The room is \$105 per night.

Linens for either dorm: \$8 per person (sheets, blankets, pillow, towel). Or you can bring your own.

3) Camping: at the Finland State Forest Primitive Campground close to Wolf Ridge. Pay fee at entrance, \$14/night.

A list of nearby hotels is also available on the website or by emailing the SHTA office.

- **Mandatory Quiet Time is 11:00** in the dorm common area.
- **Check-out is 9:00 Sunday morning.** Please leave your keys in the key tray on the table in the dorms and your laundry in the cart.
- **Dogs are not permitted at Wolf Ridge**

Directions to Wolf Ridge: At Hwy 61 milepost 60.2, take Hwy 1 5.9 miles to Finland. Follow signs to Co Rd 6, turn right and go about 3 miles to Cranberry Road. Turn right at Wolf Ridge sign and go 2.5 miles to Wolf Ridge campus. Follow one-way circular driveway. Check-in at Science Center first. **You can unload your car at the dorms but all cars must be parked in the parking lot.**

HIKE FEST 2017 REGISTRATION FORM

NAMES OF EVERYONE IN YOUR PARTY: _____

ADDRESS _____

CITY, STATE, ZIP _____

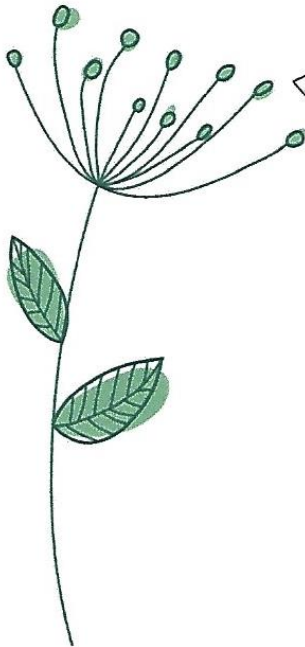
DAYTIME PHONE _____

EMAIL _____

Please register online or return this form no later than May 3, 2017 to:

**SHTA,
PO Box 4,
Two Harbors MN •
55616-0004**

- | | | |
|--|----------------|----------------------|
| <input type="checkbox"/> Friday Pizza Supper..... | Number at \$10 | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday Breakfast..... | Number at \$7 | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday Bag Lunch, Regular..... | Number at \$6 | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday Bag Lunch, Veggie..... | Number at \$6 | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday Dinner, Herb Roasted Beef | Number at \$12 | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday Dinner, Vegetarian Pot Roast | Number at \$12 | _____ Total \$ _____ |
| <input type="checkbox"/> Sunday Breakfast..... | Number at \$7 | _____ Total \$ _____ |
| <input type="checkbox"/> Friday Child Pizza Dinner..... | Number at \$5 | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday Child Breakfast | Number at \$3 | _____ Total \$ _____ |



SUPERIOR HIKING TRAIL ASSOCIATION
731 Seventh Ave. (Hwy. 61), P.O. Box 4
Two Harbors, MN 55616-0004

NON-PROFIT
U.S. POSTAGE
PAID
DULUTH, MN
Permit No.721

HIKE FEST 2017 NOTICE

Save time for everyone by registering online at shta.org, News & Events/Hike Fest or fill out this form and return it with your credit card information or check. For questions, call or email the SHTA office.

- | | | |
|--|----------------|----------------------|
| <input type="checkbox"/> Saturday Child Lunch, Sunbutter & jelly | Number at \$3 | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday Child Dinner, Chicken Strips | Number at \$6 | _____ Total \$ _____ |
| <input type="checkbox"/> Sunday Child Breakfast | Number at \$3 | _____ Total \$ _____ |
| <input type="checkbox"/> Friday, Bunkbed in West Dorm Room | Number at \$21 | _____ Total \$ _____ |
| <input type="checkbox"/> Friday, East Dorm Room (has bunks for 1-6 people) | \$105 per room | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday, Bunkbed in West Dorm Room | Number at \$21 | _____ Total \$ _____ |
| <input type="checkbox"/> Saturday, East Dorm Room (bunks for 1-6 people) | \$105 per room | _____ Total \$ _____ |
| <input type="checkbox"/> Linens (sheet, blanket, pillow w/case, towel) | Number at \$8 | _____ Total \$ _____ |

SUBTOTAL Meals/Lodging \$ _____

- | | | |
|---|----------------|----------------------|
| <input type="checkbox"/> Registration Fee \$15 per person (12 and under free) | Number at \$15 | _____ Total \$ _____ |
|---|----------------|----------------------|

TOTAL _____ \$ _____

PAYMENT Check Visa / MasterCard / Discover / American Express

Card No. _____

Exp. Date _____

Verification No. (last 3 digits on signature space on back of card) _____

Signature _____