

**Various Services for Superior Hiking Trail users, prepared by the Superior Hiking Trail Association.**

Post Office Info For Re-Supply Package Hold: Last Update: 5/2020

North Shore Community	Zip Code	Other Services Available	Medical Available	Miles To Town	Post Office Phone Number
Duluth (Main Post Office)	55806	M,L,G,C,LM,O	Hospital (2), Clinic	SHT passes through town	218-723-2526
Two Harbors	55616	M,L,G,C,LM,O	Hospital, Clinic	6	218-834-3430
Beaver Bay	55601	M,L,LG,LM	No	1.5	218-226-4129
Silver Bay	55614	M,L,G,LM	Clinic	2.5	218-226-3700
Finland	55603	M,L,G,C	No	1.3	218-353-7318
Schroeder	55613	M,L,C	No	2.4	218-663-7568
Tofte	55615	M,L,G,O	No	2.7	218-663-7985
Lutsen (via Caribou Trail/Cook Co 4)	55612	G	No	4.5	218-663-7323
Grand Marais	55604	M,L,G,C,LM,O	Hospital, Clinic	2.5	218-387-1020
Hovland	55606	M,LG	No	3.5	

**Services Key**

<b>M</b>	Meals		<b>C</b>	Camping	
<b>L</b>	Lodging		<b>LM</b>	Laundromat	
<b>G</b>	Groceries		<b>O</b>	Outfitting Supplies	
<b>LG</b>	Limited Groceries				

**Mail packages should be addressed: Your Name, General Delivery, City, MN, Zip. It is helpful to write "Hold for SHT Hiker" on the package**