

Hike 50 Challenge

The Superior Hiking Trail Association's **Hike 50 Challenge** recognizes Trail users for completing any 50 miles of the Superior Hiking Trail within a calendar year. Hike, walk, run, backpack, or snowshoe your miles. The challenge is designed to provide a fun motivation for your SHT hiking or running goals. Visit superiorhiking.org for more information.

6 Suggested Hikes

(one for each Trail section)

Section A: Southern Terminus to Martin Road

Ely's Peak Loop – 3 miles

Start and end at the 123rd Ave. W. Trailhead. A 1.3-mile spur trail connects to the main SHT corridor to create this 3-mile loop which offers rugged climbs up to sweeping vistas on top of Ely's Peak, including Larry's Lookout. *Map A-3, pg. 44 of the 9th Edition of the Superior Hiking Trail Guidebook.*



Section B: Martin Road to Lake County Road 301

Fox Farm Pond – 4.9 miles

Start at the Western Fox Farm Rd. Trailhead, and follow the spur trail up a .9-mile climb to an expansive view before dropping down to a bridge over the beautiful, quiet Sucker River and joining the the main SHT corridor. Head north toward Eastern Fox Farm Rd. Trailhead, passing by Fox Farm Pond Campsite, a great place for a lunch break or to watch the water for beaver activity at dawn and dusk. *Maps B-3 and B-4, pgs. 72-74 of the 9th Edition of the Superior Hiking Trail Guidebook.*



Everyone who completes the Hike 50 Challenge will receive an official Certificate of Completion, signed by Birchy, and our 2023 commemorative patch.

6 Suggested Hikes continued

(one for each Trail section)

Section C: Lake County Road 301 to Highway 1

Pine Ridge Overlook – 6 miles

Start at the Lake County 301 Rd. Trailhead, and head north 2.1 miles to the Pine Ridge Overlook. Continuing on, there are several unbridged water crossings on this section, including the Encampment River that are usually easy to cross. During spring snowmelt, crossings may be impassible. End at West Castle Danger Rd. Trailhead. To add an additional vista to your hike, continue north .3 miles to the top of Wolf Rock. *Map C-1, pgs. 89-90 of the 9th Edition of the Superior Hiking Trail Guidebook.*

Section D: Highway 1 to Temperance River Wayside

Egge and Sonju Lakes – 7.6 miles

Start at the Lake County Road 7 Trailhead and follow the spur north .3 miles to join the main SHT corridor. This hike with minimal elevation change is a lovely hike past both Egge and Sonju Lakes. This would be a great day hike for kids. Make sure to visit Lilly's Island down a short spur trail between the South and North Sonju Lake campsites. End your hike at the Sonju Lake Road Trailhead. *Maps D-2 and D-3, pgs. 124-125 of the 9th Edition of the Superior Hiking Trail Guidebook.*

Section E: Temperance River Wayside to Pincushion Mountain

Lakes, Creeks, and Mountain Vistas – 11 miles

Start at Caribou Trail Trailhead and follow the .9-mile spur south to join the main SHT corridor, though the short .1-mile spur up to White Sky Rock is worth the extra hiking. Take in the view of Agnes Lake before following its north shore Jonvick Creek, the location of a brand new boardwalk over a beaver pond, then to a brand new bridge over Spruce Creek, and up to the sweeping vista on top of Lookout Mountain. This section has several significant climbs before dropping down to the rugged Cascade River gorge. Finish by taking the spur trail on the west side of the river down to Cascade River Wayside Trailhead. *Maps E-3, E-4, and E-5. Pgs. 159-161 of the 9th Edition of the Superior Hiking Trail Guidebook.*

Section F: Pincushion Mountain to Northern Terminus

Wildflower Hill – 6.6 miles

Start at Lindskog Road Trailhead and head north along Woods Creek to one of the Trail's most unique features – Wildflower Hill, a beautiful meadow overlooking Lake Superior. This is a great place to watch birds of prey hunt. This hike continues past several small North Shore creeks – Durfee, Cliff, and Kimball – all featuring interesting bedrock geology. Kimball Creek Campsite is a great place for lunch and to let kids play in the creek. End the hike at Cook County Road 14 Trailhead. *Maps F-2 and F-3, pgs. 177-179 of the 9th Edition of the Superior Hiking Trail Guidebook.*

As more visitors discover the benefits of using the SHT, it's more important than ever to **RECREATE RESPONSIBLY**; that is, be mindful of your impact on the Trail, the surrounding environment, and fellow trail users.

YOU CAN HELP!



- Practice the principles of Leave No Trace.
 - superiorhiking.org/leave-no-trace
- Plan ahead. Research the stretch of trail you plan to visit and its specific challenges.
- Check Trail Conditions before you go.
 - superiorhiking.org/trail-conditions
- Please observe but do not disturb the wildlife.

These simple steps can make a huge difference to keep the SHT in great shape for all to enjoy.



Leave No Trace SEVEN PRINCIPLES

1. Plan Ahead & Prepare
2. Travel & Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

© 1999 by the Leave No Trace Center for Outdoor Ethics: www.LNT.org.



Track Your Progress

Date	Hike Description	Miles

The Superior Hiking Trail is member-supported and volunteer-powered. Managed and maintained by the nonprofit Superior Hiking Trail Association, we depend on our community to help care for the Trail. Interested in paying forward the wonderful experiences you had during your Hike 50 Challenge? Learn more about becoming a member and volunteer at [superiorhiking.org](https://www.superiorhiking.org).