

# 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](https://superiorhiking.org) for more information.

## 6 Suggested Hikes

*(one for each Trail section)*

### Section A: Southern Terminus to Martin Road

#### Spirit Mountain Loop – 3.5 miles

Start and end at either the Spirit Mountain Grand Avenue Chalet Trailhead or Spirit Mountain Parking Lot D Trailhead. The northeast side of the loop follows cascading Knowlton Creek climbing up to the ridges overlooking the St. Louis River estuary and providing great views of the Port of Duluth-Superior. *Map A-4, pg. 49 of the 9th Edition of the Superior Hiking Trail Guidebook.*



### Section B: Martin Road to Lake County Road 301

#### Sucker River – 6.6 miles

An out-and-back hike starting at the Western Fox Farm Road Trailhead, follow the spur trail up a .9-mile climb to an expansive view of Lake Superior before dropping down to a bridge over the beautiful, quiet Sucker River and joining the the main SHT corridor. Head south toward the Sucker River campsite at the main SHT junction. *Maps B-3, pgs. 72-73 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 2024 commemorative patch.*

# 6 Suggested Hikes Continued

## Section C: Lake County Road 301 to Highway 1

### **Wolf Rock to Mike's Rock – 5.6 miles**

An out-and-back hike starting at the W. Castle Danger Road Trailhead, head north to Wolf Rock, one of the steepest climbs on the SHT, to amazing views of Lake Superior and Crow Creek Valley. Continuing on, you'll get several more sweeping views of Lake Superior on your way to Mike's Rock. Want yet another great view? Add the .1-mile spur trail out to the Crow Creek Valley Overlook just after Wolf Rock. *Map C-2, pgs. 91-93 of the 9th Edition of the Superior Hiking Trail Guidebook.*

## Section D: Highway 1 to Temperance River Wayside

### **Crystal Creek Covered Bridge – 4.4 miles**

An out-and-back hike starting at the Caribou Falls Wayside Trailhead, follow the spur north .5 the beautiful Caribou Falls, then .2 additional miles to join the main SHT corridor. This hike features beautiful waterfalls, views of Lake Superior, and the famous covered bridge on Crystal Creek. Pro tip: the .2-mile trip down the Crystal Creek Campsite spur is worth the extra trip, and the latrine has the best view of any latrine on the SHT if you need a pit stop. *Map D-5, pgs. 132-133 of the 9th Edition of the Superior Hiking Trail Guidebook.*

## Section E: Temperance River Wayside to Pincushion Mountain

### **White Sky Rock to Poplar River – 8.8 miles**

This out-and-back hike starts at Caribou Trail Trailhead. Follow the spur .1 miles south to the spur up to White Sky Rock for an amazing view, then continue .8 miles join the main SHT corridor at Lake Agnes. Take in the view of Agnes Lake before continuing southward toward 3.5 miles to East Poplar River Campsite. This section offers amazing views, a brand new set of rock stairs, and a beautiful lunch or break spot at East Poplar River Campsite. *Map E-3, pgs. 156-158 of the 9th Edition of the Superior Hiking Trail Guidebook.*

## Section F: Pincushion Mountain to Northern Terminus

### **Hellacious Overlook – 7 miles**

This out-and-back hike starts at Arrowhead Trail Trailhead and heads north climbing to one of the longest and most dramatic ridgetop views on the Superior Hiking Trail, including Hellacious Overlook. On your way to the overlook, visit Caribou Pond Campsite for an up-close view of a beaver dam. Also close to the campsite, see a regenerating forest following recent logging. The SHT may be more difficult to follow in the logged area. *Map F-6, pgs. 1191-1192 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](https://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](https://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  
Center for Outdoor Ethics | LNT.org

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](http://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://superiorhiking.org).