

# Hike 40 Challenge

## Celebrating 40 years of the Superior Hiking Trail!

In 2026, the Superior Hiking Trail marks its 40th anniversary. This special **Hike 40 Challenge** edition highlights four decades of milestones while celebrating your completion of any 40 Trail miles during the calendar year—whether you hike, walk, run, backpack, or snowshoe.

Each featured hike showcases a defining moment in the Trail's history that helped shape the SHT into the 300+ mile world-class Trail it is today. Visit [superiorhiking.org/hike50challenge](https://superiorhiking.org/hike50challenge) to learn more and start planning your adventure.



## PLEASE RECREATE RESPONSIBLY

As more visitors discover the benefits of using the SHT, it's more important than ever to recreate responsibly. Be mindful of your impact on the Trail, the surrounding environment, and fellow Trail users.

- Practice the principles of Leave No Trace. [superiorhiking.org/leave-no-trace](https://superiorhiking.org/leave-no-trace)
- Plan ahead. Purchase the Guidebook and Atlas to research the stretch of Trail you plan to visit and its specific challenges. [shop.superiorhiking.org](https://shop.superiorhiking.org)
- Check Trail conditions before you go. [superiorhiking.org/trail-conditions](https://superiorhiking.org/trail-conditions)
- Please observe but do not disturb wildlife.

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

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SUPERIOR  
HIKING TRAIL®  
• Established 1986 •



Everyone who completes the Hike 40 Challenge will receive an official Certificate of Completion, signed by Birchy, and our 2026 commemorative patch.

# 5 Suggested Hikes



## Section A: Southern Terminus to Martin Road

### The Final Connection—3.8 miles

From the Wild Valley Road Trailhead, hike 1.9 miles south to the Trail's southern terminus at the Minnesota–Wisconsin border before returning back. One of the Trail's quietest stretches, this route crosses the Red River, passes the Red River Valley Campsite, and ends beneath a wooden arch marking the state line. While there are some hills, this is a relatively gentle section. Completed in 2017—three decades after the trail first began taking shape—this final connection linked the SHT to the North Country National Scenic Trail, the nation's longest National Scenic Trail. In 2019, that connection became official, making the Superior Hiking Trail part of a 4,600-mile route stretching across the northern United States. *If you're feeling adventurous and can shuttle vehicles, continue an additional 1 mile until you hit the newest North Country Trail trailhead at CR-4/Military Road.* **Atlas A2, Guidebook Pages 32-33**



**Red River Bridge Construction**  
2017, photo by Roberta Laidlaw

## Section C: Lake County Rd 301 to Minnesota Highway 1

### Halfway Hike Celebration—2.4 miles

From the Gooseberry Falls Visitor Center trailhead, follow signs for the Superior Hiking Trail spur and white blazes along the paved path. Continue 1.2 miles north along the river as you pass through birch and pine forest to the Fifth Falls Bridge. You can return on the same path or cross the river and head back on the opposite side. Numerous intersecting park trails offer additional loop options along the way. This scenic stretch of the Superior Hiking Trail marks the site of the 1990 Halfway Celebration. Just three years after the beginning of construction, 16 hikers completed some or all of the 140 miles from Grand Marais to Gooseberry Falls State Park over 12 days, finishing with a grand picnic to celebrate reaching the halfway point of the Trail's original 250-mile vision. **Atlas C4, Guidebook Pages 94-95**



**Halfway Hike Celebration**  
1990, photo by Harlan Liljequist

All suggested hikes are out-and-back routes—meaning you return to the same trailhead where you started.

## Section D: Minnesota Hwy 1 to Temperance River Wayside

### Superior 100 Ultramarathon & Trail Advocacy—6 miles

From the Lake County Road 7 Trailhead, a spur connects to the main SHT before crossing the road and heading north. Follow the Trail 2.6 miles to cross Egge Creek on a small bridge, then continue 0.4 miles to Egge Lake. The terrain rolls gently with little elevation change. This section lies near the halfway point of the Superior 100 Mile Trail Race, one of the nation's oldest and most challenging ultramarathons. Founded in 1991, the race annually brings hundreds of runners along 100 miles of rugged terrain from Gooseberry Falls State Park to near Lutsen. Racers and race organizers support the Superior Hiking Trail Association as volunteers, members, and with annual donations to maintain the Trail. 2026 race dates include May 16 and September 12.

**Atlas D3, Guidebook Pages 124-126**



## Section E: Temperance River to Pincussion Mountain

### The First Steps—8.8 miles

Sawbill (Britton Peak) Trailhead follows an original footpath predating the Superior Hiking Trail. On July 5, 1987, more than 75 supporters gathered at the base of Britton Peak for a log-cutting ceremony marking the start of Trail construction. From the trailhead, hike 0.1 mile north to the Britton Peak spur to check out the new stone staircase (over 50 stone steps built by volunteers in 2020 and 2023), continue north 4.4 miles until you reach the Leveaux Mountain Loop south junction, where ridgeline vistas stretch toward Lake Superior—a fitting place to reflect on the many hands, minds, and hearts that made the Trail possible. **Atlas E1/E2, Guidebook Pages 150-152**



## Section F: Pincusion Mountain to Northern Terminus

### Connecting to the Canadian Border—2.4 miles

For many years, the SHT officially ended near Rosebush Ridge at the Swamp River and Otter Lake Road. The final 1.2 miles to the 270 Degree Overlook—now considered the northern end of the Trail—came later by incorporating an existing section of the Border Route Trail, built in the 1970s by the Minnesota Rovers Outing Club. From the Otter Lake Road trailhead—often unplowed in winter and muddy in spring—hikers follow the SHT west 0.2 miles to the Border Route Trail parking area, then continue north on the shared SHT/BRT corridor for 0.9 miles. In its final stretch, the Trail climbs to the stunning 270 Degree Overlook, where a short 0.1-mile spur leads to sweeping views of the Swamp River and Pigeon River valleys and across the Canadian border. **Atlas F6, Guidebook Pages 198-199**

