**In town services for Superior Hiking Trail users**
And Post Office info for re-supply package hold

*SHTA Last Updated: 11/2026*

| 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 | 218-723-2510 |
| 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 | No | 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 | 218-475-4136 |

**Services Key**

| | | | | | |
|---|---|---|---|---|---|
| M | Meals | | C | Camping | |
| L | Lodging | | LM | Laundromat | |
| G | Groceries | | O | Outfitting Supplies | |
| LG | 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