


# Discover Minnesota's Treasures:


*Mountains... Waterfalls... Lake Superior...  
Northwood Forests... the Superior Hiking Trail!  
Sept. 9-14 & Sept. 16-21, 2018*





*Trailbound Trips ~ Explore. Dream. Discover.*


## Explore one of the Midwest's Best-Kept Secrets


 **Hike** Lake Superior's rugged coastline and skim across the world's largest freshwater lake on a guided kayak trip.


 **Gaze** at fantastic vistas from the Sawtooth Mountains that hug Superior's northern shoreline from Duluth to Canada.


 **Discover** rushing waterfalls, river canyons, and Northwoods forests glowing with autumn's colors.


 **Trek** portions of the Superior Hiking Trail, named one of the nation's most scenic paths by *Backpacker Magazine*.

 **Explore** cliff-top Split Rock Lighthouse and its keeper's quarters.

 **Seek** signs of moose, black bear, and wolves.

 **Savor** sunset dinners at lakefront restaurants.

 **Meet** other great women!

 **Enjoy** our 5-star lakefront lodge on a 150-acre nature preserve. Stroll Superior's shoreline, cozy-up to the fireplace, and watch sailboats and sunrises from Adirondack chairs.



Hike through the Sawtooth Mountains and white birch forests.



Watch the sun rise over Lake Superior from our lodge.

*"I like to hike. I like nature and how I feel after I've been a part of the outdoors. It fills me up. I go home and feel I'm a better listener, a better friend, wife, and person. I'm so glad I found this group!" ~ "Ladybug"*

## *Sunday, Sept. 9 & 16*

Drive to *Cove Point Lodge* near Beaver Bay, MN ... or fly into Duluth Int'l Airport, where we'll pick you up by 2 pm and drive you to our lodge. Settle into your cozy lakeside room.

Enjoy a superb dinner and pretty lake views from *Cove Point's* dining room.

## *Monday, Sept. 10 & 17*

Hike 5 miles along a series of spectacular waterfalls to a point overlooking Lake Gitche Gumme.

Enjoy free time to meander along the falls and to visit the park's wildlife exhibits and gift shop.

Tour Split Rock Lighthouse, its fog room, and the vintage home of the lighthouse keeper. Then stroll Superior's shore for unbeatable lighthouse views.

Savor a sunset dinner at *Northern Lights*, with views of its late-summer gardens and Lake Superior.

## *Tuesday, Sept. 11 & 18*

Hike 3.5 miles through the Tettegouche wilderness and past towering waterfalls. After lunch, drink in spectacular vistas of Superior's coastline and Northwoods forests from atop coastal cliffs on this 1-mile trek.

Enjoy a casual dinner at *Cove Point*, and then sip wine, play games, and swap fireside stories in the lodge great room.



Savor waterfalls...



...vistas



...and unmarred wilderness.



Bond with other women who love the outdoors....



...and reacquaint yourself with the adventurer inside of you.

### *Wed, Sept. 12 & 19*

Kayak along Superior's rugged shoreline to a gorge formed by a cascading waterfall...and then look for agates on its beach. On this 3-hour guided paddling tour, you'll also learn area ecology, geology, and history. If Superior's waters are too rough, we'll kayak a pristine inland lake.

In the afternoon, circle a mountaintop for panoramic vistas on this 2-mile hike. Enjoy great lakeside dining at the *Bluefin Restaurant*.

### *Thursday, Sept. 13 & 20*

Hike 5 miles through a vast white birch forest, up to a scenic mountain peak, and then follow the Temperance River as it tumbles and swirls through narrow canyons.

Relax and reflect at a secluded section of Superior's beach. You choose the restaurant for our last evening together. After, we'll gather for a lakeside campfire.

### *Friday, Sept. 14 & 21*

Relish your last morning at Cove Point. Drive home or let us shuttle you to Duluth's airport, arriving there at 9:30 am.

*"The trip was well thought out, the lodging was wonderful, the women in the group were nice, and the leaders were great. We were treated to all the best the area had to offer."  
~ "Happy Hiker"*



Kayak Lake Superior's coastline to a waterfall and agate gorge..



Explore pretty Split Rock Lighthouse and the lake it guards.



Relax at our lakefront lodge.

## *The Trip Cost of \$1,885 Covers...*

- 5 nights (double-occupancy) in a 5-star lodge on Lake Superior's shores. Enjoy the indoor pool, hot tub, and gathering room with fireplace and bar.
- 6 guided hikes with experienced leaders.
- Hearty *Cove Point* breakfasts each day.
- Transportation throughout the week.
- Shuttles to and from Duluth Int'l Airport within designated time frames.
- Docent-led tour of Split Rock Lighthouse.
- Lakeside campfire and s'mores.
- Park entrance fees and permits.
- Guided discussions, based on what we see each day, that foster warm friendship, and that help you view nature and yourself in new ways.
- Informational booklet packed with hiking tips, packing list, fun area facts, and detailed itinerary.

Online photo memento of your trip.

*"I love the hiking the most on these trips, but the side-trip opportunities -- like kayaking and the lighthouse tour -- make for a well-rounded trip of the area."*

~ "Swift River"

**Save your spot soon. Trips fill quickly!**  
Register online [www.TrailboundTrips.com](http://www.TrailboundTrips.com) and click on *Superior Hiking Trail* under *Upcoming Weeklong Trips* on the home page. Or mail the form on the next page.

## Save Your Spot On This 2018 Minnesota Trip!

### Note your contact info:

Your name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Cell phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Roomie: \_\_\_\_\_

Request a roomie, or we'll try to pair you with another solo traveler.  
\_\_\_\_ I prefer a solo room (Additional cost for solo upgrade is \$550)

Preferred Dates:

\_\_\_ Sept. 9-14, 2018 \_\_\_ Sept. 16-21, 2018

### Register:

Mail this form and a **\$500** non-refundable deposit (make checks payable to *Trailbound Trips*) to:

*Trailbound Trips*  
533 S. Summit Street  
Barrington, IL 60010

**Questions?** Feel free to contact Carol Ruhter at 847-381-9374 or [TrailboundTrips@gmail.com](mailto:TrailboundTrips@gmail.com)

***Happy trails!***  
Carol Ruhter  
*Trailbound Founder & Guide*



Enjoy the tranquility of our lodge and the lake.



Step out of your comfort zone ... and into nature.

*"Twenty years from now, you will be more disappointed by the things you didn't do than the things you did. Explore. Dream. Discover."  
~Mark Twain*