

SUPERIOR HIKING TRAIL ASSOCIATION
SUMMER BACKPACK TRIP JULY 9-13, 2008
Trip Leaders: Sherri Kriesel & Tom LeMay

SUMMARY: Backpack 35 miles from Lutsen Ski Area to Caribou River Wayside in 5 days and 4 nights. Enjoy a bit of everything with a loop hike around Oberg Mountain, dramatic topography, and trees such as maple, birch, balsam, and cedar. Stay one night in the Temperance River State Park, after great views of Carlton Peak, play in the waters of the Cross River, enjoy the quiet at Alfred's pond, set up tents at Crystal Creek campsite and look for calcite crystals. Complete the trip at the dramatic Caribou River gorge and waterfalls. The cost of the trip is a nonrefundable \$15.00.

REFERENCES: Guide to the Superior Hiking Trail Fifth Edition 2007 pages 103-123. Use SHTA maps 2 & 3.

1st DAY: Wednesday 7/9 9 a.m. **MEET** at the parking lot on Sugar Loaf Road. On Hwy 61 at approximate mile marker 73 (2.5 miles North of the Caribou State Wayside), turn left (north) and go about a mile to the SHT parking lot on left. Shuttle all backpackers using some of the cars to mile marker 90.1 Ski Hill Road Lutsen Ski area to the parking lot past Papa Charlie's.

Hike 7 miles to Oberg Mountain, do the 1.8 mile loop, and set up tents at the Onion River campsite .6 miles away. 9.4 miles total.

2nd DAY: Thursday 7/10 Hike 10.2 miles and set up in the Temperance State Park walk in campsites. Bring about \$10 for the required camp fees.

3rd DAY: Friday 7/11 Get wet in or linger along the Cross River during the 6.4 miles to Fredenberg Creek campsite.

4th DAY: Saturday 7/12 Hike 8.8 miles passing through the covered bridge to Crystal Creek campsite.

5th DAY: Sunday 7/13 **SPLIT DAY**, some backpackers hike back 1.5 miles to Sugar Loaf Road parking lot and move cars to the Caribou State Wayside. Remaining backpackers hike 2 miles down the trail and meet the drivers at

the Caribou River waterfalls and hike back together. Retrieve cars from the Lutsen Ski area parking lot, get showers, and have lunch together.