

## Summer 2010 Schedule

**MEETING LOCATIONS:** North Site: In front of TD Bank, County Fair Plaza

South Site: Victoria Inn/Scuttlebutts' parking lot, Arthur St West

**PLEASE NOTE THAT SCHEDULE IS SUBJECT TO CHANGE DEPENDING ON WEATHER OR TRAIL CONDITIONS**

DATE & MEETING TIME	EVENT	LEVEL OF DIFFICULTY	HIKING DISTANCE	HIKING TIME & TRAVEL TIME	CONTACT INFO
July 4, Sunday 9 am - North Site	<b>Sawyer Bay Boat Dock Hike</b> Hike the hilly trail to Sawyer's Bay Boat Dock. Bring lunch and plenty of fluids. Vehicle parking fee.	Difficult	17 km	6 hrs + 2.5 hrs	Hotline: 624-4271
July 10, Saturday 9 am - North Site	<b>Cooper's Point Hike</b> Enjoy this relaxing hike along the shore of Lake Superior near Kama Ridge in the Nipigon area. Bring a lunch & beverages.	Intermediate	7 km	4 hrs + 2.5 hrs	Hotline: 624-4271
July 18, Sunday 1 pm - South Site	<b>Oliver Lake Paddle</b> Paddle from one end of Oliver Lake to the other with a snack/lunch at the beach on the far end. <b>LIFE JACKETS ARE MANDATORY</b>	Easy	5 km	3 hrs + 1 hr	Hotline: 624-4271
July 24, Saturday 9 am - South Site	<b>Kadunce River to Wood's Creek (USA) Hike</b> Hike from Kadunce River to Wood's Creek (County Rd 58) on the Superior Hiking Trail in USA. Middle section has a unique high, wet area with two dozen footbridges. Bring a lunch (no fruit) and plenty of fluids. <b>Passports required.</b> Out of country insurance recommended. This is a one-way hike so car shuttling of cars is required.	Difficult	15 km	5 - 6 hrs + 3 hrs	Hotline: 624-4271
July 31 - Upper Kama 9 am - North Site	<b>Upper Kama Hike</b> See wonderful waterfalls and spectacular views of Lake Superior on this rugged hike east of Nipigon. Return to trailhead through the mystical cedar forest. This hike requires sturdy footwear, a lunch, and plenty of fluids	Difficult/V. Difficult	7 km	4 hrs + 2 hrs	Hotline: 624-4271
Aug 6, Friday 10 am - North Site	<b>Beach Road Bike Ride</b> We will have a leisurely bike ride along the beach roads from Crystal Beach Store to Lambert Island and continue to Eldorado Beach for lunch on the shore of Lake Superior. Bring a lunch and fluids. <b>HELMETS MUST BE WORN. Rain date: Friday August 13 - call</b>	Intermediate	27 km	4 hrs + 1 hr	Hotline: 624-4271

EASY: 5 km or less, flat or rolling terrain, leisurely pace

INTERMEDIATE: 5-10 km, rough terrain, moderate climbs and pace

DIFFICULT: 10+ km, rough terrain, steep climbs, steady pace

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August 14, Saturday 9 am - South Site	<b>Eagle Mountain (USA) Hike</b> Hike to the highest point in Minnesota. Great views. Bring a lunch (no fruit) and plenty of fluids. <b>Passports required.</b> Out of country insurance recommended. Day Use fee may be required.	Intermediate/Difficult	12 km	5 hrs + 3 hrs	Hotline: 624-4271
August 21, Saturday 10 am - North Site	<b>Middlebrun Bay (to Finlay Bay) Hike</b> We will hike the 2.5 km out to Middlebrun Bay on L. Superior in Sleeping Giant Prov Park. If the day is hot we may stay on the sand beach and enjoy Lake Superior. Otherwise we will hike on to Finlay Bay for lunch (another 2.5 km). Bring lunch, snacks, plenty of fluids and a bathing suit if you wish. Park fee applies.	Intermediate	5 - 10 km	3 - 5 hrs + 2.5 hrs	Hotline: 624-4271
August 28, Saturday 9 am - North Site	<b>Gorge Creek Falls Hike</b> A new trail developed by the Nipigon group. This trail leads up the side of a gorge to the top of a magnificent waterfall. Sturdy footwear with good grip is mandatory. Bring lunch, plenty of fluids and a camera. Fantastic views.	Very Difficult	7 km	5 hrs + 3 hrs	Hotline: 624-4271
September 5, Sunday 10 am - North Site	<b>Welch Mountain Hike</b> Steep climbs, but it is worth it for the spectacular views. Bring lunch, plenty of fluids and a camera.	Intermediate/Difficult	6.5 km	4 hrs + 1.5 hrs	Hotline: 624-4271
September 11, Saturday 8 am - North Site	<b>Rainbow Falls to Schreiber Beach Hike</b> Hiking the Schreiber Channel section of the Casque Isles Trail we will see some of Lake Superior's most majestic and rugged beauty. Lunch along the shore. Bring lots of fluids. Option for dinner en route home.	Difficult	13 km	4 - 6 hrs + 4 hrs	Hotline: 624-4271
September 18, Saturday 8 am - South Site	<b>Jackson L. Rd to Otter L. Rd (USA) Hike</b> We will be meeting up with the Superior Hiking Trail Association for one of their guided hikes. This section is challenging, with steep ascents and descents. Bring a lunch (no fruit) and plenty of fluids. <b>Passports required.</b> Out of country insurance recommended. <b>Susan needs a volunteer to be the in-town contact - please call if you can help.</b>	Very Difficult	14 km	6 hrs + 2 hrs	Hotline: 624-4271

EASY: 5 km or less, flat or rolling terrain, leisurely pace  
 INTERMEDIATE: 5-10 km, rough terrain, moderate climbs and pace  
 DIFFICULT: 10+ km, rough terrain, steep climbs, steady pace

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September 19, Sunday 8 am - South Site	<b>Jackson L. Rd to Arrowhead Trail (USA) Hike</b> We will be meeting up with the Superior Hiking Trail Association for one of their guided hikes. This section descends to creek valleys and climbs rocky ridges for views of Lake Superior and Isle Royale. Bring a lunch (no fruit) and plenty of fluids. <b>Passports required.</b> Out of country insurance recommended. <b>Susan needs a volunteer to be the in-town contact - please call if you can help.</b>	Intermediate/Difficult	14 km	6 hrs + 2 hrs	Hotline: 624-4271
September 21, Tuesday 7:00 Symposium 7:30 Start Confederation College	<b>Thunder Bay Hiking Association AGM</b> Join us for our 26th AGM. We will start the evening with a meet and greet at 7 pm with the abbreviated business portion starting at 7:30. The nominating committee will present a slate of candidates and a vote will be held to fill the positions on the executive. Following the voting Dale Shippam will speak on his hiking adventures. His latest being a trek to the North Pole.				
September 25, Saturday 10 am - South Site	<b>Mink Mountain Hike</b> A 600 foot climb to spectacular views of L Superior. Some rough sections - wear sturdy footwear. Bring plenty of fluids & lunch.	Intermediate	12 km	4 hrs + 2 hrs	Hotline: 624-4271

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DIFFICULT: 10+ km, rough terrain, steep climbs, steady pace