



GOOD TO KNOW

START/FINISH

Southern Trailhead

Jay Cooke State Park

Northern Trailhead

270 Degree Overlook (1.9 km [1.2 mi]
north of the Otter Lake Road Trailhead)

HIGHEST/LOWEST POINT

Rosebush Ridge (557 m [1,827 ft])

Lake Superior (183 m [602 ft])

SEASON

May to October

ACCOMMODATION

On-Trail

As of 2019, there are 93 campsites located along the trail. Stealth or wild camping is not permitted on the Superior Hiking Trail.

In-Town

If you are looking for a hot shower and a comfortable bed, the best accommodation options are available in the towns of Finland and Grand Marais (Minnesota).

HELPFUL HINTS

LAKESHORE TRAIL

For hikers looking for a shorter alternative, consider the 68 km (42 mi) Lakeshore Trail. Situated on Lake Superior’s southern shore in the state of Michigan, the Lakeshore Trail is a gorgeous trek between Munising and Grand Marais (Michigan), which

encompasses lighthouses, sand dunes, shipwrecks, beaches, and, of course, magnificent views of Lake Superior.

FLORA & FAUNA

In regard to wildlife on the Superior Hiking Trail, there are moose, eagles, black bears, grouse, deer, and, if you’re lucky—or unlucky depending on the proximity—wolves. The prevalence of beaver dams throughout much of the hike means that water along the SHT should be treated.

BACKGROUND

THE BIRTHPLACE OF BOB DYLAN

The southern terminus of the trail is a few miles south of the Minnesota city of Duluth. With a population of just under 90,000, Duluth is the fourth-largest city in the state, and alongside its interstate neighbor, Superior, Michigan, it represents the largest port on Lake Superior. For many die-hard music fans, Duluth’s claim to fame is that it’s the birthplace of Robert Zimmerman (aka Bob Dylan), the legendary folk singer and Nobel Prize winner for literature. During your hike, it’s possible to visit Dylan’s birthplace on North Third Avenue, a nondescript duplex house with no blazing signs to show you that you’ve found the right place. There is simply a small plaque embedded in the sidewalk out front that reads, “In Bob We Trust.”

BONUS TRACK

OLD LOG THEATER

If you’re flying into or out of Minnesota, chances are you’ll be doing so from Minneapolis, part of the famous “Twin Cities,” a moniker shared with the state capital of St. Paul. If you have the time, try to catch a show at the Old Log Theater, the oldest continuously operating professional playhouse in the country. Opened in 1940, the theater was revamped in 1965 by architect Herb Bloomberg. Inspired by the barn design emblematic of the Midwest, Bloomberg expanded the building to fit 655 people. 48 years later, Greg and Marissa Frankenfield—theater fanatics and owners of a major Minnesota IT firm—acquired the venerable landmark. Estimates suggest the Old Log Theater has welcomed over six million people since it opened its doors almost eight decades ago.

TRANS SUPERIOR YACHT RACE

In August of every odd year since 1969, Lake Superior has been the site of the Trans Superior International Yacht Race. The competition started off as a challenge between two longtime friends, John Pierpoint and Jack Soetebier, both of whom hail from White Pine, Michigan.

The course is 326 nautical miles (the equivalent of 603 km [375 mi]) in length, and it extends between Gros Cap Light near Sault Ste. Marie, Michigan, and the Duluth Ship Canal in Minnesota. The world’s longest known freshwater sailboat race, competitors often have to deal with exacting conditions, with high winds and waves up to 3 m (10 ft) high being commonplace.

