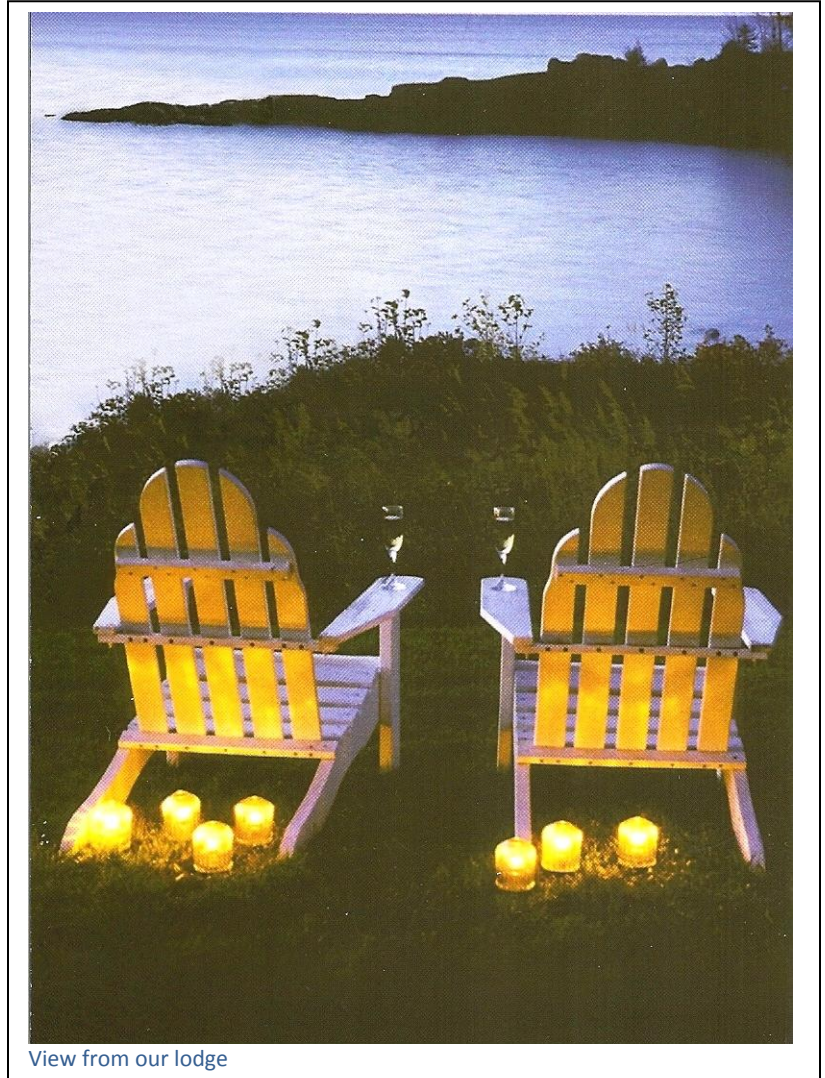


Minnesota's North Shore: September 11-16, 2011

The ultimate way to experience the pristine beauty of Lake Superior's North Shore and its Sawtooth Mountains is on foot! Savor:

- The gorgeous rugged coastline of legendary Lake Gitche Gumme.
- Rushing waterfalls, canyons, mountain streams, and North Woods forests.
- Cove Point, our 5-star, lakefront lodge located on a 150-acre nature preserve. Stroll to Superior's gorgeous shoreline, and watch sailboats and the sunrise from your Adirondack chair.
- Autumn's rich colors.
- Famous, cliff-top Split Rock Lighthouse and its keeper's quarters.
- Sunset dinners at lakefront restaurants.
- North Woods wildlife, including moose, black bear, wolves, and porcupines.
- The Midwest's best-kept secret.



View from our lodge



View from Shovel Point

Each day, we'll hike portions of the Superior Hiking Trail, named one of the nation's best and most scenic paths by *Backpacker Magazine*. This 275-mile footpath follows the rugged ridgeline of the Sawtooth Mountains, which hug Lake Superior's shoreline from Duluth to Canada.

* This trip is also available as a 5-day getaway Sept. 6-10, 2011 exclusively for members of *Walk on the Wild Side*, our weekly hiking and biking group. That info is posted under Short Autumn Getaways at www.TrailboundTrips.com.

Some photos courtesy of Jenny Spence.

Highlights of your trip . . .

Sunday, September 11

- Drive to Cove Point Lodge near Beaver Bay, MN. Or fly into Duluth Int'l Airport, and let us drive you to our lodge at 2 pm.
- Settle into your cozy lakeside room.
- Enjoy superb food and mesmerizing lake views from Cove Point's dining room.

Monday, September 12

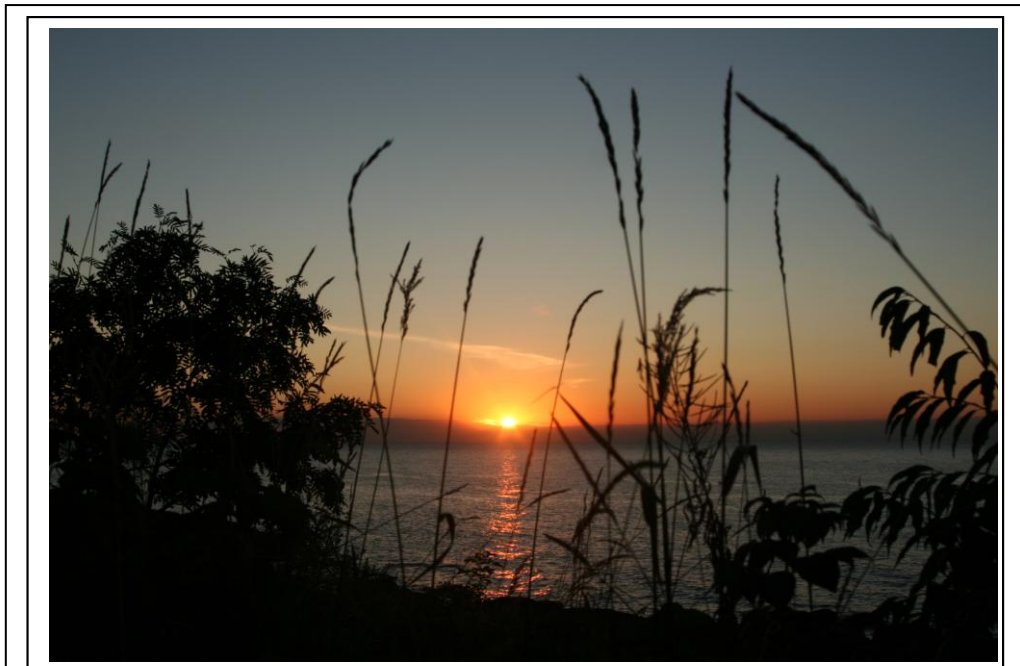
- Hike 5 miles along a series of spectacular waterfalls and then to a lookout point overlooking Lake Gitche Gumme, the world's largest freshwater lake.
- Enjoy free time to meander along the falls, shoot pictures, and visit the park's great nature gift center, wildlife exhibits, and videos.
- Tour Split Rock Lighthouse, its fog room, and the vintage home of the lighthouse keeper.
- Stroll a mile along Superior's shore with unbeatable views of the lighthouse.
- Savor a sunset dinner at the Northern Lights, overlooking late-summer gardens and Lake Superior.

Tuesday, September 13

- Hike 3.5 miles through the Tettegouche wilderness and past towering waterfalls.
- Drink in spectacular vistas of Superior's coastline and North Woods forests from high atop coastal cliffs on this 1-mile hike.
- Enjoy a casual dinner at Cove Point, and then munch popcorn, sip wine, and swap fireside stories in the lodge great room.



North Woods forests



Sunrise from our lodge

Wednesday, September 14

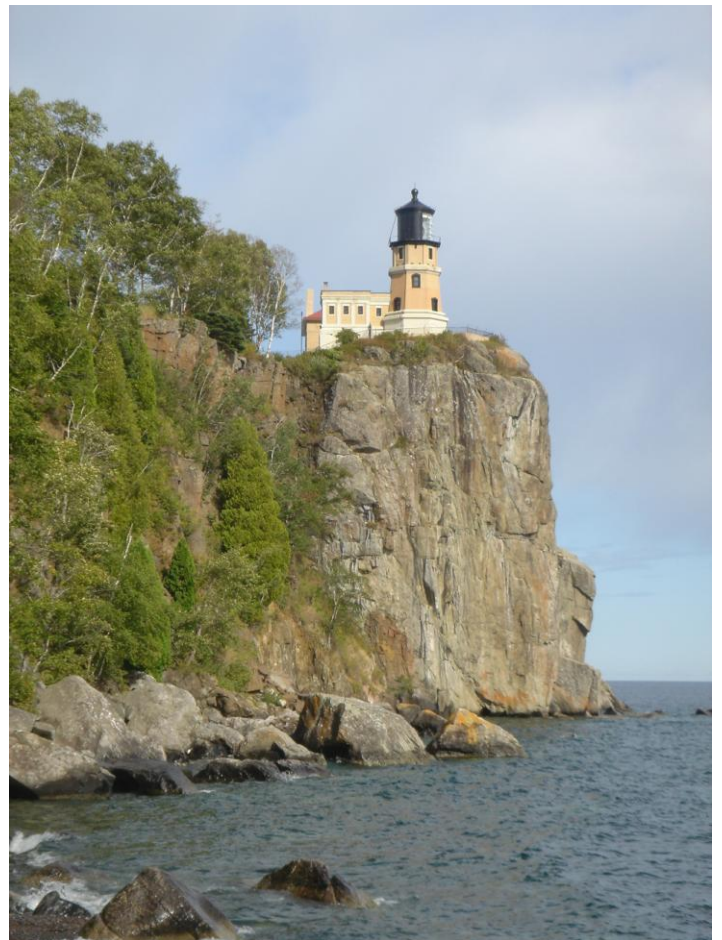
- Sail along Superior's shoreline on the Hjordis schooner*, learning the basics of sailing, as well as the lake shore's ecology, geology, and history. (*Conditions allowing.)
- Enjoy lunch, shopping, the arts, and harbor in charming Grand Marais.
- Circle a mountaintop for unparalleled late-afternoon vistas on this 2-mile hike.
- Enjoy great lakeside dining at the Bluefin Restaurant.

Thursday, September 15

- Hike 5 miles through a vast white birch forest, up to a scenic mountain peak, and along the Temperance River's cauldrons, as it tumbles wildly through narrow canyons.
- Relax and reflect at a secluded section of Superior beach.
- Gather for our last evening together, with our signature lakeside campfire.

Friday, September 16

- Relish your last morning at Cove Point.
- Drive home or let us shuttle you to Duluth's airport at 9 am



Split Rock Lighthouse



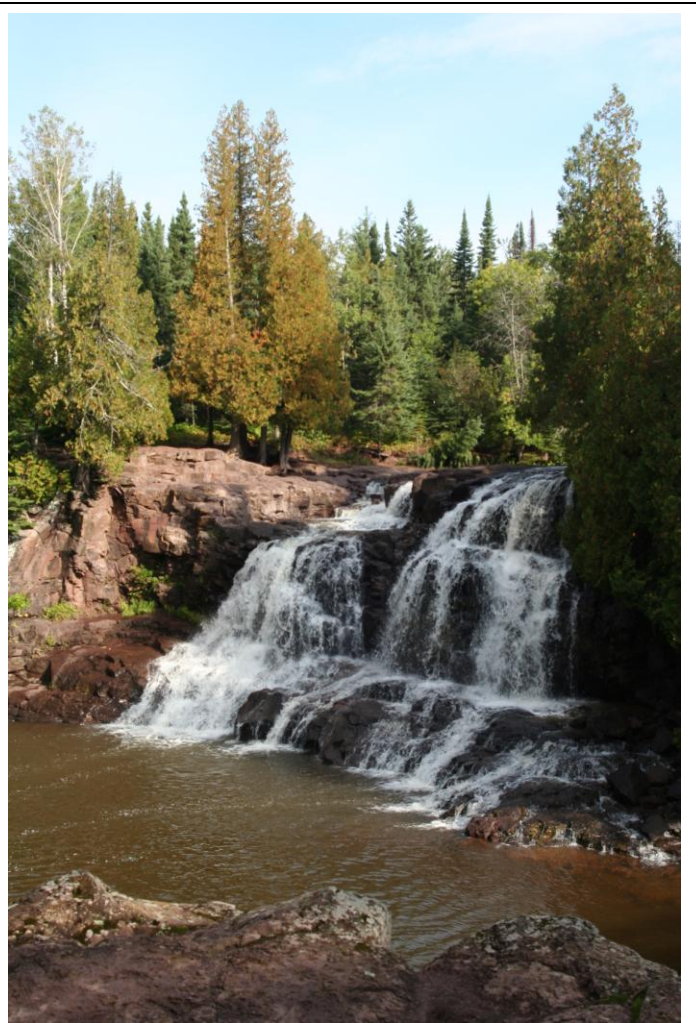
Minnesota's beautiful mountain streams and waterfalls

Cost of \$1,395 covers, . . .

- 5 nights in a 5-star lodge
- 6 guided hikes
- Hearty Cove Point breakfasts each day
- Transportation throughout the week
- Shuttle to and from Duluth Int'l Airport within designated time frames
- Guided tour of Split Rock Lighthouse
- Lakeside campfire/dinner
- Guided discussions based on what we see in nature each day, which fosters warm camaraderie and helps you view nature and yourself in new ways.
- Park entrance fees
- Informational booklet packed with suggestions on what to bring; fun facts about the park and its history, weather, and wildlife; and hiking tips
- Photo CD memento of the trip
- Trip "reunion" party

Book Your Trip

This trip is open to 10 women, in addition to the two guides. Hold your spot by printing, completing and mailing the registration form, along with a \$400 non-refundable deposit. (Full payment is due 60 days before the trip.)



Falls at Gooseberry



Just one of the beautiful falls you'll enjoy



Aboard the Hjordis

Join us in Minnesota - Here's how to register



Your contact info . . .

Your name: _____

City: _____

Home phone: _____

E-Mail: _____

(Ongoing communication will be through e-mail)

Address: _____

State/Zip: _____

Cell Phone: _____

Roommate (optional) _____

(You may request a roommate, or we'll be happy to pair you with one of the other great women traveling solo.)

Mail this form . . .

Mail this form and your \$400 non-refundable deposit (make check payable to *Trailbound Trips*), to:
Trailbound Trips, 111 Woodland Drive, Lake Barrington, IL 60010

We'll contact you soon with information about your upcoming hike.
Questions? Don't hesitate to contact Carol Ruhter at *Trailbound Trips* at 847-381-9374 or
TrailboundTrips@gmail.com

Happy trails!