



Sand Island History

Sand Island was once known to the Chippewa as wababiko miniss, or White Rock Island; however, the red sandstone and overlay of red clay make up the earthen base for the conifers, hardwoods and American yew that make Sand Island their home. Old Man's Beard hangs from tree branches on the island, making the already ethereal forest seem extremely aged.

Sand is rich with natural and cultural history. At one time it was the location of a year 'round fishing village, Shaw. The village was equipped with a post office, store, and public school; even a road ran through the village, leading the way to the island's brown-stone lighthouse. Once the local fishing industry began to experience a depression and the development of the National Lakeshore occurred, Shaw dissolved. The Swallow Point sea caves are an impressive addition to this island's unique history. Formed with the aid of glaciers over 10,000 years ago, the exposed sandstone of the Devil's Island



Formation makes its home along the northeastern shoreline of Sand Island. The cliffs beckon explorers of all ages.

Today, parts of the island are still privately owned. The island is full of zig-zagging hiking trails, spectacular

views, great campsites, and old homesteads that still remain as memories of a bygone era.



We are glad that you have chosen to join us for a trip on beautiful Lake Superior. This overnight excursion will introduce you to some of the cultural, geological, and natural history of the area. Your trip includes: paddling, instruction, food, gear and transportation.

Where To Meet: All trip participants should meet at Trek & Trail in Bayfield at 8:45 am on the day of your trip.

Accommodations: To find lodging we recommend contacting the Bayfield Chamber of Commerce for accommodation information: 800.447.4094.

Weather: Weather is always a factor that demands attention when going out on Lake Superior. Sea kayaking is a very versatile activity, and if you're prepared it's easy to enjoy the mystical lake atmosphere provided by light rain or cloud cover.

Food: Trek & Trail provides its participants with a beach lunch and snacks during full-day programs. Lunches normally include: sandwiches, vegetables, chips or crackers, cookies, and a beverage.

Prior Conditioning: Trek & Trail strives to provide you with an enjoyable experience. Pre-trip conditioning and physical activities will help prepare you for your trip. Suggestions for conditioning include: sit-ups, push-ups, cycling, rowing, canoeing, swimming, and calisthenics that strengthen your shoulders, arms, and abdominal muscles. Persons with health problems, particularly heart problems, are required to consult their physician prior to participating.

Your Account: Any remaining balance on your account is due within 45 days of your trip. Please be sure you have an accurate understanding of our cancellation policy.

A Little About Bayfield: Bayfield is a comfortable town with the look of a New England fishing village. While here, take time to visit Bayfield's museum and some of the local shops. The ferry ride to Madeline Island is an excellent day excursion. Ask the Bayfield Chamber of Commerce (800.447.4094) for information about potential evening activity opportunities. Great views and magnificent sunsets, vast orchards and exciting charters make up part of the beauty and special allure this area offers -- while you're here take time to enjoy it!

Questions? Please Call: 800.354.8735

Typical Apostle Island Overnight Itinerary



How To Get Here

Trek & Trail's main store and reservation center is located in the Old Cooperage building at 7 Washington Ave. From the junction of Hwy 2 and 13 on the outskirts of Ashland, WI, go North 12 miles on 13 to Bayfield. Once you are in Bayfield, Hwy 13 becomes Rittenhouse Avenue, the "main street" of Bayfield. Go through town at the bottom of the hill 13 will curve to the left. Washington Ave in on the next crossing. Turn right on Washington Ave. and go all the way to the lake. Trek & Trail has limited short term parking at the Cooperage. Ask the reservation office about nearby long term parking

Other Considerations

*Please make your guide aware of any pertinent medical conditions you may have -- i.e. allergies, medications you're taking, etc. If you have any questions concerning your personal fitness or your ability to participate, please be sure to consult your physician.

*We ask that all minors are accompanied by an adult on all of our tours and expeditions.

*Please remember that if you are late for a trip you are not the only one affected. Our trips are normally fully booked. Your promptness affects everyone's allotted time on the water. Please plan accordingly.

*We cannot control the weather. Occasionally we are forced to alter our trip routes. Please be understanding.

*We recommend that all participants acquire travel insurance to cover emergency medical situations, evacuations and unforeseen last minute cancellations. Please refer to enclosed brochure.



www.trek-trail.com 800-354-8735

Day 1: At 9 a.m., the first day of your trip, you will meet your guide and fellow trip participants at the Trek & Trail Outfitting Center at the Cooperage Building. There you'll begin the day with a Basic Safety Course. In this 2-3 hour course, your guide will instruct you in paddling technique, strokes, "wet-exits," kayak rescues, safety and weather concerns, and equipment packing. Be prepared to get wet! Trek & Trail may provide you with a wetsuit for the course and trip, depending on conditions, but you may want to bring a set of clothing (long sleeved T-shirt and/or windjacket), specifically for the safety course that you can leave behind. After you've completed the Basic Safety Course you'll have lunch on the beach and start your adventure. The late afternoon sunlight gives a special luminescence to the colors and beauty of Lake Superior and the Apostle Islands. After your paddle across to the Island you are staying on, you will spend the rest of the evening setting up camp, having dinner, and relaxing around a campfire.

Day 2: On Sunday you'll have an opportunity to choose from a variety of morning activities including: hiking or paddling around the island. After your morning's exploration your group will make the crossing back to the main land, and arrive in Bayfield in the mid-afternoon.

Equipment & Clothing List

Chances are you'll be paddling through two of the splendid, sunny days which Lake Superior boasts. From experience, though, we know the weather conditions can vary greatly on any given day of a tour. For your safety and comfort you should come prepared by bringing the following:

- ___ Warm sweater or synthetic Pile jacket (not cotton)
- ___ Long underwear top & bottom (Synthetic works best)
- ___ Wind/Rain Jacket or paddling top
- ___ Shorts and pants of the "quick-dry," synthetic or pile variety
- ___ Footwear that you can get wet
- ___ Light Stocking Cap (if cold)
- ___ T-Shirts
- ___ Swimsuit
- ___ Sun Hat
- ___ Sunglasses
- ___ Water Bottle
- ___ Sunscreen
- ___ Walking shoes or hiking boots
- ___ Wool socks
- ___ Gloves (if cold)
- ___ Flashlight
- ___ Insect Repellent
- ___ Binoculars
- ___ Toiletries
- ___ Sleeping Bag



Trek & Trail Provides: Kayak, sprayskirt, paddle, PFD, paddle float, bilge pump, and farmer bill wetsuits (if needed).

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