



Points of Interest Along the Way

Sand Island is rich with natural and cultural history. At one time Sand Island was the location of a year 'round fishing village, Shaw. The village was equipped with a post office, store, and public school. A road ran through the village which led the way to the island's brownstone 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 remnants of homesteads of a bygone era.

Oak Island is the highest island of the Apostles, with more than 400 vertical ft. of elevation above Lake Superior. It also has 8 miles of hiking trails and a great vista where one can view and enjoy the Northwest's spectacular sunsets.



Raspberry Island's lighthouse has been restored to turn-of-the-century condition, along with the grounds, gardens and croquet court. NPS personnel, dressed in lightkeeper's garb, will tell the tale of their daily activities and the previous role they played in the Great Lake's shipping trade.

The islands visited in the Paddle Through Time are close to the mainland and are protected from Lake Superior's large swells by the rest of the archipelago. This makes for moderate, yet fascinating paddling.



We are glad that you have chosen to join us for a trip on beautiful Lake Superior. This 3-day 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 a.m. on the day your trip begins.

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. In terms of weather, sea kayaking is a very versatile activity, and if you're prepared it's easy to enjoy the more mystical lake atmosphere provided by light rain or cloud cover.

Food: Trek & Trail provides its participants with beach lunches, snacks, breakfasts and hardy dinners during your trip. Meals are made with fresh ingredients and are designed to provide you with ample calories and nutrients for your paddling activities. We are happy to accommodate special dietary needs if you let us know in advance. Please make your needs known on the trip application form.

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 Paddle Through Time Itinerary:

Day 1: At 9:00 a.m. you will meet your guide and fellow trip participants at Trek & Trail's outfitting center in the Old Cooperage building. You'll begin the day with a 2-3 hour Basic Safety Course in which your guide will instruct you in paddling technique, "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 wind jacket) specifically for the safety course that you can leave behind. That way you'll have enough warm and dry clothing for your 3-day excursion. After the Basic Safety Course you'll have lunch, pack your gear, and then head out of Bayfield around 1:30-2:00 p.m. 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: Your group will get up, have breakfast, and leave the island for a morning paddle. You may stop on one of the secluded beaches, or eat lunch at one of the lighthouses. After lunch you will paddle to one of the scenic NPS campsites, set up camp, eat dinner, and relax for the rest of the evening.

Day 3: 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 some 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
- ___ Sleeping Pad

Trek & Trail Provides:

- Kayak
- Sprayskirt
- Paddle
- PFD
- Paddle float
- Bilge pump
- Farmer bill wetsuits (if needed).
- Tents (if you have one you like, bring it)



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 is 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

Along the mainland you may have a chance to view several shipwrecks of the area. Upon arrival, you'll sort out and clean gear and then have a