



## Sea Caves History

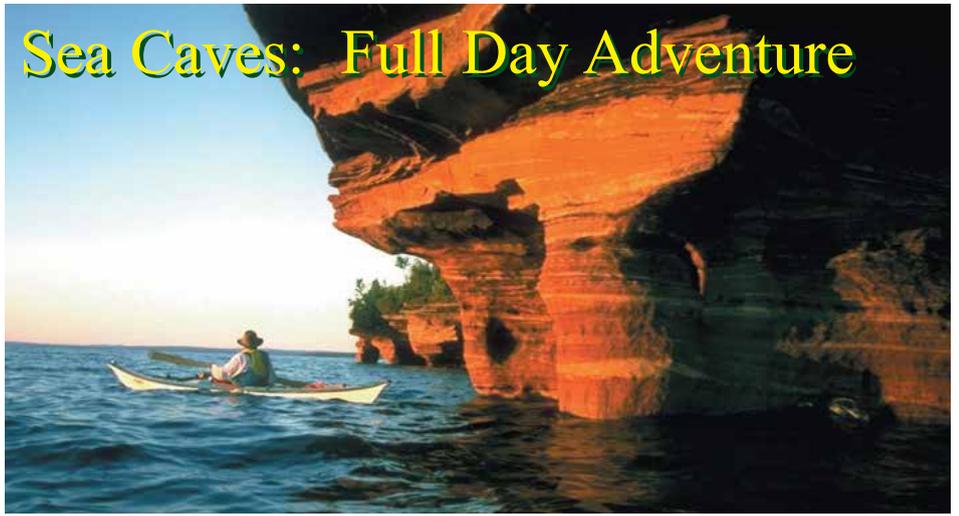
The sandstone of the Devil's Island Formation makes up the foundation of the Squaw Bay sea caves. Made up of arches, chambers and hidden passageways, the caves have an ancient history to share. Their creation began over one billion years ago and their spectacular shape is due to glacial, wave, and wind erosion that artistically sculpted the caves, resulting in the spectacular cliffs we see today. If you decide to take our evening trip, the setting sun paints a rainbow of warm oranges, reds, and yellows on the cliff walls and lake. Whether during the afternoon or at dusk, the sea caves offer a unique and wonderful opportunity for photographers to bring a piece of the beauty of Lake Superior home with them.



The alternate trip location, the Bark Bay Slough, possesses its own mystique as well. An abundance of flora and fauna make their home in the slough and are great studies for photographers. The slough provides a source of investigation and fun for the explorer in all of us.

Whether we end up at the Squaw Bay Sea Caves, or at the Bark Bay Slough, purchasing a waterproof camera might not be a bad idea. The water at the Sea Caves is relatively deep (19-35 feet) and you won't want to go fishing for your equipment.

## Sea Caves: Full Day Adventure



We are glad that you have chosen to join us for a day trip on beautiful Lake Superior. This full day excursion will introduce you to the cultural, geological, and natural history of the area. Your trip itinerary includes an out and back paddle, paddling instruction, lunch, 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 Sea Caves Itinerary:

After meeting at the Cooperage, at the indicated time and date we'll transport you via van 25 minutes northwest around the Bayfield Peninsula to our put-in site at Squaw Bay. We'll begin there with an orientation to equipment, safety, and basic paddling skills. Double kayaks will be used to ensure safety and enjoyment for everyone. Trek & Trail may also provide wetsuits, depending on conditions. The itinerary for our excursion at the sea caves includes an "out and back" route. We'll paddle approximately 3 miles to a turn around point -- a picturesque, sandy beach where we'll rest, eat lunch, and enjoy the view of protected Eagle Island and a glimpse of Minnesota's north shore.

If conditions are unsafe at Squaw Bay, we'll paddle the protected waters of the Bark Bay Slough. We'll wrap up the day around 3:30p.m. at either Squaw or Bark Bay and be back to town in time for your night in Bayfield.

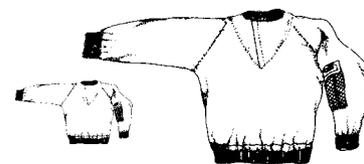
If you're joining us for our evening sea caves paddle, be prepared to spend about the same amount of time on the water as we do during our day sea caves paddles. We will have the pleasure of a sunset accompaniment on our trip; you may want to prepare for slightly cooler temperatures since we may be out after dark. The Bark Bay Slough is the alternate route for the evening sea caves paddle as well.

If you have concerns regarding equipment you'd like to bring along, or your sea caves trip in general, please call us at 800.354.8735. We want you to have an enjoyable and memorable experience.

## Equipment & Clothing List

Chances are you'll be paddling through one 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:

- \_\_\_ Long underwear top (Synthetic works best)
- \_\_\_ Wind/Rain Jacket or paddling top
- \_\_\_ Shorts or pants ideally of the "quick-dry" variety
- \_\_\_ Footwear that you can get wet
- \_\_\_ Light Stocking Cap (if cold)
- \_\_\_ T-Shirt
- \_\_\_ Swimsuit
- \_\_\_ Sun Hat
- \_\_\_ Sunglasses
- \_\_\_ Water Bottle
- \_\_\_ Sunscreen



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

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## 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