



## Points of Interest Along the Way

Among Sand Island's many assets are the impressive Swallow Point sea caves. The cliffs beckon explorers of all ages. Zig-zags of hiking trails, spectacular views, great campsites, and remnants of old homesteads still remain as memories of a bygone era.

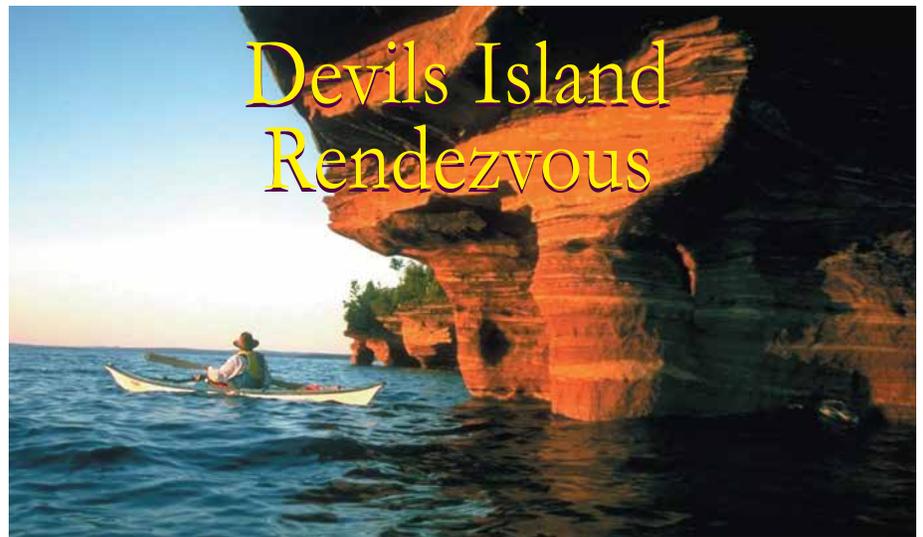
York Island was at one time two islands, but today, sand, flora and fauna bridge the gap between the two. York boasts one of the most breathtaking views of all the islands -- and a beautiful sand beach to boot!

Bear Island's looming shape is responsible for its name. Seemingly rising out of the depths of Lake Superior, this island boasts the grand mammal's outline.

Devil's Island possesses an extensive 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 northern shoreline of the island. The ancient red earthen cliffs appeal to all ages. Although the caves are tempting to explore, they can be extremely hazardous when seas are rough. The shoreline offers few safe landing sites; hence, the caves can only be visited when conditions are relatively calm.

Stockton Island and its nature trails, quarries, cliffs, and caves, offer extensive opportunities for hiking, camping, beachcombing, swimming, and bird watching. This island has evolved from aboriginal agricultural use, to commercial fishing and logging, to today's recreational use.

Manitou Island is the site of an abandoned commercial fishing camp. Old equipment, cabins, and fishing paraphernalia still remain on this once-inhabited island.



We are glad that you have chosen to join us for a trip on beautiful Lake Superior. This 6-day excursion will introduce you to some of the geology, natural history, and local lore 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 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. 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 Program Itinerary

**\*\*Itinerary is weather dependent. The route of this trip does vary!\*\***

Day 1: You'll meet your guide and fellow trip participants at the Cooperage at 9:00 a.m. on the first day of your trip. You'll begin the day with a 2-3 hour Basic Safety Course during 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 will provide you with a wetsuit for the course and trip 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. After the course you'll have lunch, pack your gear, and then head out of Bayfield around 1:30-2:00 p.m. Once you've been shuttled to Little Sand Bay via van, our put in point about 12 miles north of Bayfield, it is a 3-4 mile crossing to Sand Island. Upon arrival you'll explore the Swallow Point sea caves, and then do a 2 1/2 mile crossing to York Island. You should arrive at York with enough daylight to set up camp, have dinner, and relax around a campfire.

Day 2: Launching from York Island, the group will head to Devils Island, with a chance to rest at Bear Island. We'll have opportunities to look out at large expanses of open water and Minnesota's North Shore. We'll hopefully explore the beautiful sea caves. Don't forget to visit the historic lighthouse on the north end of the island. (Ask about Fluffy's experience.)

Day 3: After breakfast at Devils we will head to Rocky Island for lunch on the beach, and we'll then head over to set up camp on the southern end of Otter Island.

Day 4: This will be a relaxing day including a short paddle to Ironwood and its sand-sip campsite, or we can explore some of the historic sites of the middle islands. One place you might want to make time to visit is the fish camp on Manitou Island.

Day 5: We'll paddle to Stockton Island today. If you are ambitious and want to visit Outer Island, this is your last chance. Otherwise, Stockton has a lot to explore, especially its rugged shore at the on the north end, the spectacular Julian Bay with its back water lagoon, and the the brownstone quarry at Quarry Bay.

Day 6: It's a 10 mile paddle to Bayfield. Upon arrival at the historic Cooperage, we'll clean up and debrief the trip.

## 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



### 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 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