



Walk the North Shore

Join the Keep It Off Walking Challenge on this fun, imaginary, six week journey along the Superior Hiking Trail. This 200 mile trail is the equivalent of 400,000 steps!

How Can I Participate?

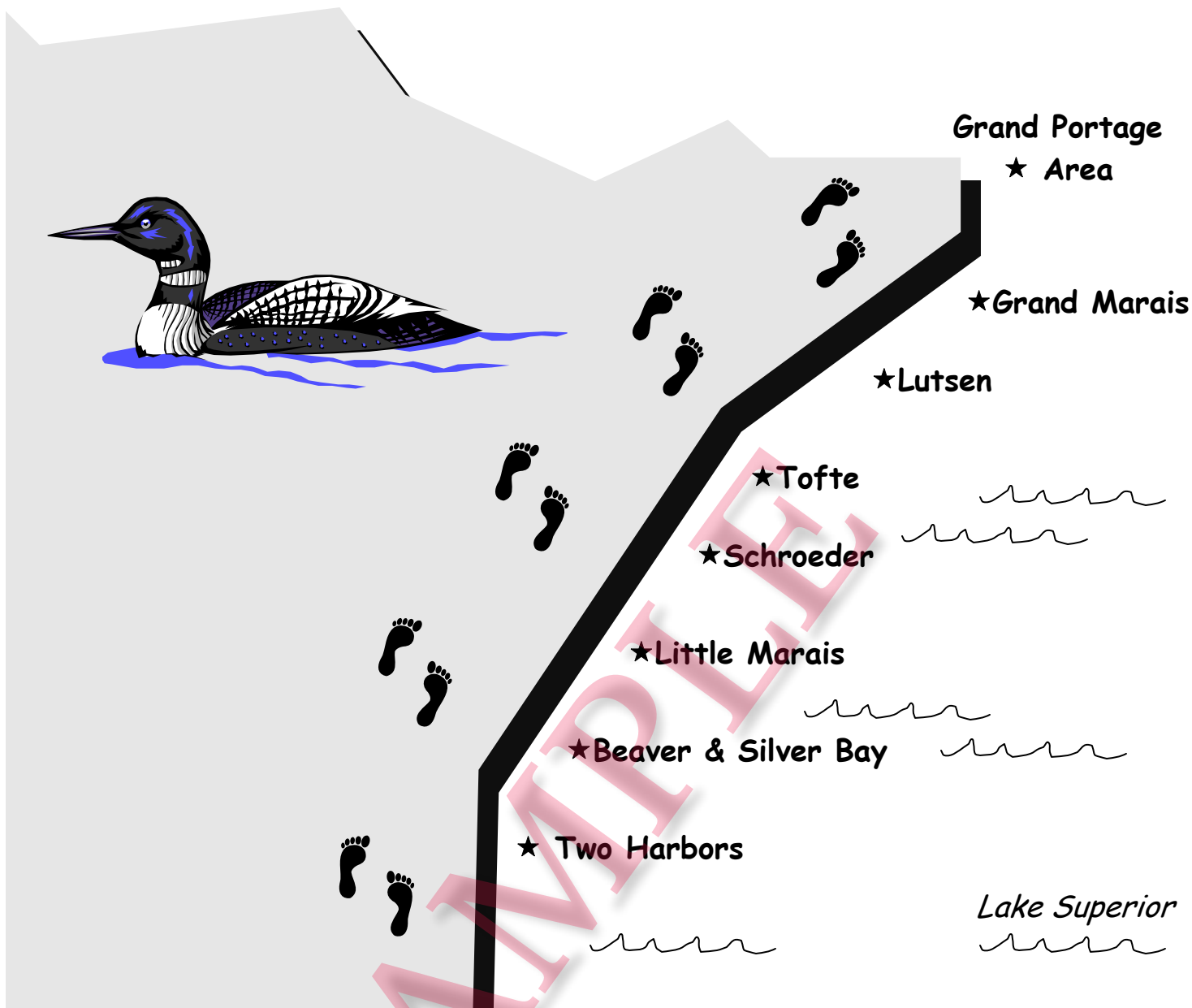
- Print the provided tracking log and use it to record your activity for six weeks.
- You can track your activity by using minutes of activity or steps. The map provides you with the total number of steps or minutes accumulated from city to city.

• SAMPLE TRACKING FORM

MINUTE EXAMPLE	Minutes of activity	STEP EXAMPLE	Steps
Week 1		Week 4	
Sunday	30 min. (walking)	Sunday	10,029 steps (day total)
Monday	45 min. (elliptical)	Monday	11,930 steps (w/ spin class)
Tuesday	30 min. (walking to bus)	Tuesday	7,020 steps (day total)
Wednesday	20 min. (walk @ lunch)	Wednesday	11,125 steps (w/ spin class)
Thursday	60 min. (water aerobics)	Thursday	6,727 steps (day total)
Friday	0 min.	Friday	6,020 steps (walk @ lunch)
Saturday	45 min. (house work)	Saturday	4,920 steps (weight lifting)
Weekly-Total Activity Minutes/Steps	230 minutes total	Weekly-Total Activity Minutes/Steps	57,771 steps total

- Travel to at least Lutsen (250,000 steps or 1875 minutes) to be eligible for a prize.
- Use the attached log to record your activity, and then email us your total number of minutes or steps, the city you reached, as well as a story about your most interesting trek by **Friday, May 22, 2009**.
- For more information on the Superior Hiking Trail and other great places to be active in Minnesota, check out: Superior Hiking trail @ www.shta.org , North Shore hiking @ www.northshorehiking.com and www.exploreminnesota.com/home.aspx.

Questions? Call us at 952-967-6760 or email us at keepitoff@HealthPartners.com.



Start - Two Harbors

1. Beaver & Silver Bay - 80,000 Steps or 600 minutes
2. Little Marais - 140,200 steps or 1,050 minutes
3. Schroeder - 214,000 steps or 1,605 minutes
4. Tofte - 223,400 steps or 1,680 minutes
5. Lutsen - 250,000 steps or 1,875 minutes
6. Grand Marais - 324,000 steps or 2,430 minutes
7. Grand Portage Area - 400,000 steps or 3,000 minutes

North Shore Attractions & Activities

Here are a few things to do and see as you travel up the North Shore. Watch your steps to see what places you are passing by as you take this grand hike. Enjoy and have fun!

Start - Two Harbors

- Watch ships load with taconite in the harbor
- Tour the Edna G. tugboat
- Take a walking tour of town
- Learn about the Superior Hiking Trail at their headquarters on Hwy 61 in town
- Visit the start of Grandma's Marathon

City #1 - Beaver & Silver Bay - 80,000 steps or 600 minutes

- Stroll through the oldest, Beaver Bay, and youngest, Silver Bay, villages on the shore
- Don't miss Split Rock lighthouse & Tettegouche & Crosby Manitou State Parks
- Cruise the big lake on board the Grampa Woo (daily tours including midday and dinner cruises)

City #2 - Little Marais - 140,200 steps or 1,050 minutes

- Visit the Wolf Ridge Environmental Learning Center
- Stay at the Stone Hearth Inn Bed and Breakfast on Lake Superior
- Eat at the Cross River Café where the locals dine
- Shop at the A Fish out of Water store where you can find whittled, carved, and crafted wooden items for the home or as a gift

City #3 - Schroeder - 214,000 steps or 1,605 minutes

- Catch the spray of the Cross River Falls
- Cross the footbridge over Temperance River
- Drive down to Father Baraga's Cross
- Race minnows at John Schroeder Days, the 3rd weekend in June
- Hike to the gorges at Temperance River State Park

City #4 - Tofte - 223,400 steps or 1,680 minutes

- Tour the North Shore Fishing Museum
- Explore the Sawbill Trail and back roads
- Walk the lakewalk
- Take a quick hike to the top of Britton Peak

City #5 - Lutsen - 250,000 steps or 1,875 minutes

- Ride the Gondola Ride to the top of Moose Mountain
- Play golf at Superior National Golf Course, "*The Cadillac of MN golf courses*"
- Count the cascades at Cascade River State Park
- Ride the Alpine Slide!
- Go horseback riding at Homestead Stables
- Rent a bike and ride great mountain trails