



SAWTOOTH MOUNTAIN BACKPACKING TRIP

The Superior hiking trail wanders along Lake Superior's North Shore highlands, among the ancient and glacier-worn Sawtooth Mountain Range and adjacent to the North Shore of Lake Superior. The trail blooms with wildflowers in the spring, brings a harvest of berries to the summer traveler and offers a panorama of color in the fall. It offers spectacular vistas of Lake Superior, inland lakes, memorable silhouettes of the Sawtooth Mountain Range and breathtaking glimpses of wild rives as they cascade over waterfalls and through rocky gorges.

The trail affords opportunity to observe a variety of wildlife. The area is home to wolf, bear, moose, bald eagles and hundreds of other species.

This is a wilderness trail with rugged terrain. Hikes will at times be easy and gradual and at other times more strenuous and challenging. The trail is signed and blazed and is generally well maintained. The campsites are primitive and include a fire ring, cleared tent area and box latrine. All campsites are located next to a natural water source.

Strengthen your body, soul and the bonds of your friendship as you fulfill personal goals, grow spiritually and celebrate community life together on the trail. It's a great time to feel alive.

Equipment

Amnicon provides all the necessary camping equipment including backpacks, tents, cooking gear, first aid supplies etc. The campers are generally allowed to use their own personal gear at the discretion of the guide.

Transportation

The group is responsible for transportation to and from the trail head. Amnicon will pay for any camping and parking fees.

Safety

Safety is the first concern for Amnicon. Each trip is led by mature guides/counselors. They are certified in Lifeguarding, Wilderness First Aid and CPR and are given extensive training in emergency situations, backpacking skills and leadership development. Amnicon has a 38-year safety record and meets the high standard required by the American Camping Association for accreditation. In the event of an emergency, help can be obtained at several roadways that cross the hiking trail. These roadways are always within 5 hours travel by foot from where the group will be at anytime.

Sawtooth Mountain Backpacking Trip

TYPICAL SCHEDULE

DAY ONE

Arrive at Amnicon
Meet your guide and settle in
Go over the specifics of your trip with your guide
Sauna, volleyball, games or initiative activities
Dinner
Health and Safety orientation
Campfire, singing, devotions on the Lake Superior beach

DAY TWO

Breakfast and First Word
Pack your backpacks
Depart for the Superior Hiking Trail

DAYS TWO-FIVE (*traveling days*)

Breakfast and First Word
Break camp
Hike through wilderness, viewing spectacular scenery and spotting wildlife!
Set up camp
Relax, swim, explore, games, devotions, theme study, environmental activities
Cook dinner over an open fire
Campfire and discussions, singing, stargazing, stories, Last Word
Fall asleep to the lullaby of the wilderness

DAY SIX

Breakfast and First Word
Break camp and hike to take out point
Travel back to Amnicon
Unpack and clean up
Evaluation and farewells
Depart from Amnicon in the late afternoon

Amnicon is an outreach ministry of Central Lutheran Church. Amnicon's programs are open to everyone. No one will be discriminated against because of race, color, national origin, sex, disability or age. Any person who believes that anyone has been discriminated against in any USDA related activity should write immediately to the Administrator, Food and Nutrition Service, 3101 Park Drive, Alexandria, VA. 22302