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with St. Louis,  
Lake & Cook  
Counties, MN

# FREE RESIDENT GUIDE

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# North Shore Events

## **JANUARY**

Duluth's Big Jig Ice Fishing Contest & Festival  
The Duluth Bridal Show  
Boulder Lake Ski Race | Duluth  
Gillette Radiothon | Duluth  
Gingerbread Arts & Craft Show | Duluth  
Great Lakes Pond Hockey Classic | Duluth  
Holiday Spirit in the Lights | Duluth  
John Beargrease Sled Dog Marathon | Duluth  
MCSA Governors Cup College Ski Race | Duluth  
Nordic Spirit Cross-Country Ski Race | Duluth  
Northwoods Snowshoe Championship | Duluth  
USSA Chevy Revolution Tour | Duluth  
USSA Freestyle Half-Pipe Event | Duluth  
USSA Ski Race | Duluth  
Warmer by the Lake | Duluth  
Winter Carnival | Duluth  
Winter Jig Highland Dance Competition | Duluth  
Sawtooth International XC Ski Race | Grand Marais

## **FEBRUARY**

Ely ArtWalk  
Ely Winter Festival  
Two Harbors Winter Frolic

## **MARCH**

Fun Fair Carnival & Expo | Duluth  
WolfTrack Classic Sled Dog Race | Ely  
Puck Days | Eveleth  
Winter Tracks | Grand Marais

## **APRIL**

Arrowhead Home & Builders Show | Duluth  
Art for Earth Day Gallery Hop | Duluth  
Homegrown Music Festival | Duluth  
Last Chance Bonspiel | Hibbing  
Sweetwater Shakedown Spring Music Festival | Lutsen

## **MAY**

Christopher & Banks MS Walk | Duluth  
Dulcimer Day in Duluth Folk Music Festival  
Memorial Day Parade | Duluth  
Grand Marais Jazz Festival  
Dylan Days | Hibbing

## **JUNE**

Grandma's Marathon | Duluth  
Larkin Hoffman MS 150 Bike Tour | Duluth  
Lincoln Park District Walleye Open | Duluth  
Minnesota State H.O.G. Rally | Duluth  
Park Point Art Fair | Duluth  
Sieur Du Luth Summer Arts Festival | Duluth  
Babbitt Walleye Whamma | Ely  
Finnish American Summer Festival | Ely  
Peter Mitchell Fun Days Dock Dogs | Ely  
Wooden Boat Show & Solstice Festival | Grand Marais  
Hibbing Jubilee  
Shifters Car Show | Hibbing  
Knife River Music Festival | Knife River  
Heritage Days | Two Harbors

## **JULY**

4th of July Celebration | North Shore  
Beaver Days | Beaver Bay  
Timber Days | Cook  
Downtown Duluth Sidewalk Days  
Finn Fest in Duluth  
North Shore Dragon Boat Festival | Duluth  
Spirit Valley Days | Duluth  
Blueberry Art Festival | Ely  
Boundary Waters Blues Festival | Ely  
Mines & Pines | Hibbing  
Bay Days 10K Road and Trail Run/Walk | Silver Bay  
Bay Front Reggae Festival | Duluth  
Great Virginia Get-Together

# North Shore Events

## **AUGUST**

Brewhouse Triathlon | Duluth  
Glensheen's Annual Festival of Fine Art & Craft | Duluth  
Bayfront Blues Festival | Duluth  
Looney Days | Ely  
Cook County Fair | Grand Marais  
Sawtooth Challenge | Grand Marais  
Grand Portage Bayou Boogie Festival  
Grand Portage Rendezvous Days & Pow Wow  
Labor Day Shootout | Hibbing  
Merritt Days | Mountain Iron  
South St. Louis County Fair | Proctor  
Silver Bay Invitational Golf Tournament | Silver Bay  
Lake County Fair | Two Harbors  
Summer Celebration Car Show | Virginia

## **SEPTEMBER**

Chisholm Fire Days  
Burrito Union 10-hr Triathlon | Duluth  
Grandma's Oktoberfest Celebration | Duluth  
North Shore Inline Marathon | Duluth  
Harvest Moon Festival | Ely  
A Taste of the Gunflint Trail | Grand Marais  
WTIP Radio Waves Music Festival | Grand Marais

## **OCTOBER**

Boo at the Zoo | Duluth  
Haunted Ship | Duluth  
Midnight Sun Grand Traverse | Duluth  
Wolf Family Rendezvous | Ely  
Moose Madness Festival | Grand Marais

## **NOVEMBER**

AMSOIL Duluth National Snocross  
Bentleyville "Tour of Lights" | Duluth  
Gales of November | Duluth  
Gobble Gallop Race | Duluth  
PAVSA Art Auction | Duluth  
The Polar Express Train Ride | Duluth  
Arctic Film Festival | Grand Marais

## **DECEMBER**

Glensheen Holiday Brunches | Duluth  
Holiday Banquet & City Lights Tour | Duluth  
Holiday Gallery Stroll | Duluth  
Holiday Spirit in the Lights | Duluth  
Weihnachtsfest | Duluth  
A Northwoods Christmas | Ely  
Bayfront Festival of Lights | Grand Marais  
Winter Solstice at Two Harbors

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# Residential Services

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## **ST. LOUIS COUNTY**

St. Louis County General Information .....	1 (800) 450-9777
Administration .....	(218) 726-2448
Assessor .....	726-2304
Attorney .....	726-2323
Auditor/Treasurer .....	279-2520
Board of Commissioners .....	726-2448
Environmental Services .....	749-0639
Extension .....	733-2870
Forestry/Land Department .....	726-2606
Information Systems .....	726-2646
Law Library .....	726-2612
Planning & Zoning .....	725-5000
Property Management .....	725-5085
Public Health & Human Services .....	726-2096
Public Works .....	742-9824
Purchasing .....	726-2663
Recorder .....	726-2677
Sheriff .....	726-2341
Veteran Services .....	725-5285

# Residential Services

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## **LAKE COUNTY**

Assessor .....	(218) 834-8310
Attorney .....	834-8350
Auditor/Treasurer .....	834-8315
Board of Commissioners .....	834-8320
Court Administration .....	834-8330
Facility Maintenance .....	834-8447
Forestry/ Land Department .....	834-8340
Highway .....	834-8380
Human Resources & Safety .....	834-8323
Information Systems .....	834-8392
Planning & Zoning .....	834-8327
Public Health & Human Services .....	834-8400
Recorder .....	834-8347
Sheriff .....	834-8385
Vital Records .....	834-8301

## **COOK COUNTY**

Assessor .....	(218) 387-3650
Attorney .....	387-3670
Auditor/Treasurer .....	387-3640
Board of Commissioners .....	387-3602
Community Center .....	387-3015
Court Administration .....	387-3610
Emergency Management .....	387-3059
Extension .....	387-3015
Highway .....	387-3014
Personnel .....	387-3602
Planning & Zoning .....	387-3630
Public Health & Human Services .....	387-3620
Recorder .....	387-3660
Soil & Water .....	387-3647
Sheriff .....	387-3030
Veteran Services .....	370-9726



## St. Louis County History *(Duluth, County Seat)*

St. Louis County is the second largest county in the United States, spanning over 6,000 square miles of picturesque wilderness and over 500 lakes. Dakota and Chippewa Indians occupied St. Louis County area until French fur traders and missionaries arrived. Daniel Duluth, a soldier and explorer from France, is believed to have established one of the first trading posts on the shores of Lake Superior in the 1600's. Once known as part of Superior County, St. Louis County was established in 1855 and is named after the St. Louis River. With the discovery of iron ore, St. Louis County forms part of the Iron Range where taconite mining continues today and is home to the fastest and largest lift bridge in the world, allowing ships to pass through the canals of Lake Superior. Visitors can enjoy many recreational activities as the Superior National Forest, Voyageurs National Park and the Boundary Waters Canoe Area Wilderness are located here. Today St. Louis County is home to approximately 196,864 residents.

**AURORA** – pop. 1,746

**BABBITT** – pop. 1,562

**BIWABIK** – pop. 974

**BROOKSTON** – pop. 90

**BUHL** – pop. 983

**CHISHOLM** – pop. 4,594

**COOK** – pop. 618

**DULUTH (COUNTY SEAT)** – pop. 84,284

**ELY** – pop. 3,473

**EVELETH** – pop. 3,582

**FLOODWOOD** – pop. 497

**GILBERT** – pop. 1,755

**HERMANTOWN** – pop. 9,361

**HIBBING** – pop. 16,209

**HOYT LAKES** – pop. 1,956

**IRON JUNCTION** – pop. 85

**KINNEY** – pop. 190

**LEONIDAS** – pop. 55

**MCKINLEY** – pop. 83

**MEADOWLANDS** – pop. 106

**MOUNTAIN IRON** – pop. 2,921

**ORR** – pop. 242

**PROCTOR** – pop. 2,839

**TOWER** – pop. 477

**VIRGINIA** – pop. 8,480

**WINTON** – pop. 187

*\*Populations are approximate.*

# St. Louis County Communities

## AURORA

Aurora, Latin for “morning,” is a mining town on the Mesabi Range that was founded in 1898 and incorporated in 1903. It was originally located near the Meadow Mine but settlers believed it was too far from the Duluth and Iron Range Railroad. It was moved one mile south in 1905 and the community developed rapidly due to its new proximity to the railroad. Aurora became the trade center for former miners who turned to agriculture as the local mines became exhausted.

## BABBITT

Christian Wieland a seasoned woodsman, guided geologist Henry Eames to Lake Vermilion in 1885 and along the way they discovered iron ore near Babbitt's present location. In 1869 the Ontonagon Syndicate was created by Wieland to explore the mineral deposits in northern Minnesota. Babbitt soon became a mining town. As the prospect of finding more iron ore grew, so did the community of Babbitt.

## CHISHOLM

Originally called “Meebeega” meaning “Rough Earth” by the Chippewa Indians, Chisholm was first explored by E.J. Longyear in 1892. Located in the heart of the Iron Range, Chisholm was platted and incorporated as a village in 1901. Due to the high amount of mining work and close proximity to the railroad, Chisholm grew dramatically. There were over 6,000 residents and over 500 buildings by 1908 until a forest fire destroyed the town. Building codes were improved and within a year, over 70 fireproof buildings had been constructed. In 1934 Chisholm became a city and residents continue to celebrate Chisholm Fire Days in celebration of their perseverance.

## COOK

Called “Ashwa” by the Dakota and Chippewa Indians meaning “By the River,” Cook was a stopping place as they traveled to and from Lake Vermilion. The first homesteaders arrived in present day Cook in 1900. Many sought the free 160 acres the government provided if one established residence and improved the land for five years. In 1903 Cook was established and timber milling led the industry.

# St. Louis County Communities

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## **DULUTH (COUNTY SEAT)**

Duluth was originally occupied by Dakota and Chippewa Indians. French explorers arrived in the 1600's and began trapping and trading fur. Daniel Duluth was sent by the French to settle disputes between the tribes and to progress the fur trading industry, thus the area came to be known as Duluth. Upon settlement, Duluth was the only port in the United States with access to the Atlantic and Pacific Oceans where lumber, wheat and iron ore were shipped. The arrival of the railroad furthered its progress. Duluth was soon the fastest growing and largest city in the United States until a stock market crash in 1873. With the abundance of natural resources, Duluth recovered and is the largest city on the North Shore.

## **ELY**

Occupied by the Chippewa Indians, Ely was explored by French fur traders. As prospectors arrived in search of gold, rich iron ore deposits were discovered here in 1883. On the shores of Shagawa Lake a mining village was established called "Florence." As more iron deposits were discovered west, the settlement moved and was renamed "Ely" after Samuel Ely, a miner from Michigan. The shipment of iron ore began in 1888 and sawmills and logging industries were established to meet the growing needs of the mines. As the industries in Ely began to boom, the railroad was extended to simplify the transport of goods. As of 1916 Ely was a widely known tourist attraction.

## **EVELETH**

Eveleth was platted in 1892 and is named after Erwin Eveleth. Eveleth was a timber cruiser sent from Michigan to purchase the local pinelands. As iron ore was discovered in 1895, the town relocated closer to the mineral deposits and in 1902 Eveleth was incorporated as a city. Mining continues to be the leading industry. Eveleth is known as the hockey capital of Minnesota where the world's largest hockey stick can be found.

## **HERMANTOWN**

Homesteaders began arriving in the late 1800's to claim government land in what is now Hermantown. The area continued to grow with new residents staking claim on government owned land. By the early 1900's, the railroad linked Hermantown to Duluth and schools, businesses and a city hall were established. A large forest fire in 1918 destroyed most of the development in Hermantown and the Red Cross helped to rebuild it. As more government homesteading projects were designed, the population of Hermantown continued to grow.

# St. Louis County Communities

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## **HIBBING**

Hibbing was established in 1893 by Frank Hibbing, a German miner who discovered iron ore in the area and was once known as the "Iron Capitol of the World." When a large deposit of ore was found two miles south in the 1920's, Hibbing moved to its present location. Over 20 businesses and 180 houses were moved by logs and steel wheels at the cost of \$16 million, taking several years to complete. The remains of buildings at the old location can still be found. Hibbing is widely known for its famous former residents, most notably, Bob Dylan.

## **PROCTOR**

As the railroad was extending into Duluth, Proctor was created in 1892. Large, flat areas were needed for mining and Proctor was a suitable site. Iron ore sorting yards were constructed here and the area flourished from the industrial development. Formerly known as "White City" for the multitude of white tents used as homes by residents, Proctor was named and incorporated as "Proctorknott" in 1894 and was later shortened to "Proctor."

## **TOWER**

Incorporated in 1889, Tower is the oldest city north of Duluth. It is located near the southern shores of Lake Vermilion. While looking for gold, prospectors discovered hematite with rich deposits of iron in the area. The Soudan Mine, an underground mine, was established and Tower began to thrive.

## **VIRGINIA**

Virginia was originally called "Qeechaquepagem" or "lake of the north birds" by the Cherokee tribe. In 1890 the first settlers arrived hoping to find gold. Instead, large iron deposits were discovered and the town was incorporated in 1892. After twice being destroyed by fire, all buildings in Virginia were required to be brick, concrete or stone in 1900. Virginia Rainy Lake Lumber was built in 1909 and was the largest white pine mill worldwide.



## Lake County History *(Two Harbors, County Seat)*

Lake County spans 2,062 miles and is located in the Arrowhead Region of Northeastern Minnesota. The Dakota and Chippewa tribes occupied the area until European fur traders, missionaries and trappers arrived in the late 1600's. Iron ore was discovered by George Stuntz in 1868 on the Vermilion Range and by 1884 Minnesota was part of the iron ore industry. Norwegian and Swedish immigrants began commercial fishing on Lake Superior at the turn of the century and the Two Harbors Lighthouse was built to guide ships in 1892. The Mesabi Range, the chief iron ore deposit in the United States, was discovered by the Merritt Brothers and the Minnesota Mining and Manufacturing Company was established. Lake County is bordered by Lake Superior, the largest freshwater lake in the world. Two public marinas, historical shipwrecks and two lighthouses can be found along the shoreline. Four state parks, the Boundary Waters Canoe Area and a national forest are located within Lake County's boundaries, offering residents and visitors many recreational opportunities such as hiking, camping and fishing. Today Lake County is home to approximately 10,609 residents.

**BEAVER BAY** – pop. 170

**SILVER BAY** – pop. 1,840

**TWO HARBORS (COUNTY SEAT)** – pop. 3,287

**BEAVER BAY TOWNSHIP** – pop. 570

**CRYSTAL BAY TOWNSHIP** – pop. 654

**FALL LAKE TOWNSHIP** – pop. 613

**SILVER CREEK TOWNSHIP** – pop. 1,186

**STONY RIVER TOWNSHIP** – pop. 217

*\*Populations are approximate.*

# Lake County Communities

## BEAVER BAY

The Chippewa named this bay “Ga-gijikensikag” or the “Place of Little Cedars.” Beaver Bay is located at the mouth of the Beaver River and is the oldest community on the North Shore. A flour mill was built at the falls of the river in the 1800's and has since been a summer colony. Beaver Bay was the county seat until 1886 when it was moved to Two Harbors. Beaver River is known for the plentiful trout and every spring a community fish fry is held. Its proximity to two state parks makes this area a popular recreational spot for visitors.

## SILVER BAY

Silver Bay is the newest community on the North Shore and was originally built by the Reserve Mining Company to process taconite, the first taconite processing facility in North America. Employees needed a place to reside and Silver Bay was incorporated in 1956.

## TWO HARBORS (COUNTY SEAT)

Once known as “Agate Bay,” the earliest settlers in Two Harbors were those of Norwegian, Swedish, Danish, French, English and Canadian descent. It was a noisy community of single men who worked the harbor which was known as “Whiskey Row” for the multitude of dance halls and saloons until families began to arrive and settle. Churches, banks, schools and other businesses were then built to accommodate the needs of the new residents. The economy was dependent upon iron, timber and fish. The railroad arrived in 1874 to allow for easy transport of goods throughout the country. In 1892 the Two Harbors Light Station, the oldest light house on the North Shore, was built to make the harbor safer for travelers on Lake Superior and was operated 24 hours a day. Two Harbors became the county seat for Lake County in 1886 and was incorporated as a city in 1888. The development of an international highway in 1924 allowed for the tourism industry to boom.





# Cook County Communities

## GRAND MARAIS (COUNTY SEAT)

Grand Marais was originally called “Kitchi-Bitobig” by the Chippewa Indians, which meant “Double Body of Water” for its two bays on Lake Superior. The area had been an Indian village until European settlement. French fur trappers named the area “Grand Marais,” loosely translated to great marsh. Fur trading was common in the early 1800’s as the American Fur Company competed with the Northwest Company until 1802. In the 1850’s fur trading declined and fishing, logging and mineral prospecting led the industry. With its proximity to the Sawtooth Mountains, Boundary Waters Canoe Area and the Superior National Forest, Grand Marais now attracts many visitors who enjoy year-round recreational activities.

## GRAND PORTAGE

The Chippewa Indians initially occupied Grand Portage and in 1731 the first European settlement was established. Grand Portage is home to the High Falls, the highest waterfall in Minnesota. The falls were dangerous to travel and as a result, the Chippewa created a nine mile trail to Lake Superior or the “Grand Portage.” The area became the center of activity for the North Shore as fur was traded and sold by the Northwest Company. As fur trading declined, logging, fishing and mining boomed and tourism currently leads the industry.

## Cook County History *(Grand Marais, County Seat)*

Cook County was originally populated by the Dakota and Chippewa Indians until French explorers arrived in the 1600’s. Fur trading became popular along the North Shore as pelts were exchanged and sold for supplies until the 1800’s. Then development began after discovery of iron ore in the Vermilion Range. Railroad lines were built as a means to transport the iron ore in the late 1800’s. In the early 1900’s, Cook County witnessed an influx of settlers arriving to obtain homesteads and work for the timber mills. Travel then increased with the advent of roads. Fishing, farming, logging and tourism dominated the industry in the area until the 1950’s when commercial fishing declined. Today Cook County is home to approximately 5,437 residents.

**GRAND MARAIS (COUNTY SEAT)** – pop. 1,418

**GRAND PORTAGE** – pop. 582

**LUTSEN TOWNSHIP** – pop. 362

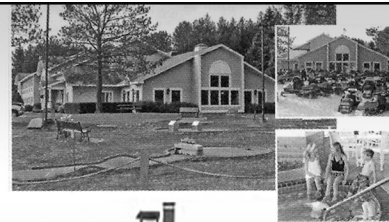
**SCHROEDER TOWNSHIP** – pop. 218

**TOFTE TOWNSHIP** – pop. 261

*\*Populations are approximate.*

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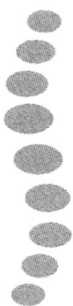
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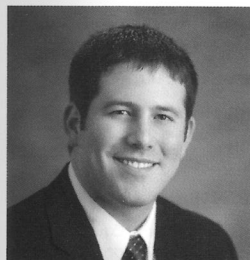
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## About the Lake Superior Zoo

**Visit the historic Lake Superior Zoo and see fascinating animals from all over the world!** Seated in West Duluth's Fairmont Park, the Lake Superior Zoo sits on over 16½ acres at the base of Spirit Mountain. A rocky hillside, majestic pines and the picturesque Kingsbury Creek make for the perfect park setting. The Lake Superior Zoo was founded in 1923 by Bert Onsgard with support from the city of Duluth and the community. The first resident of the zoo was a white-tailed deer named Billy, and by late-1920's, the zoo's collection had grown to over 220 animals, birds and reptiles.

Today, this cultural resource is home to hundreds of native and exotic animals species. African Lions, Amur Tiger, Snow Leopard, North American Mountain Lion, Gray Wolves, Eurasian Lynx, Grizzly Bear, and Kodiak bear are among the larger animals you will find at our zoo. The main building, built in 1927, features the **Tiger's Paw Gift Shop**, **Safari Café**, Amur Tiger viewing deck, a two-story Reeve's Muntjac Deer and Asian Pheasant exhibit, and our **Griggs Learning Center**, which houses outreach animals for educational programs.

Every day is an adventure at the zoo. With animal feedings, trainings and enrichment activities as a part of our daily schedule, there's always something new to explore! Be sure to greet our new barnyard friends like Lynnard the Llama, our two Shetland Sheep and Pygora Goat. **The Primate Conservation Center is a must see!** It houses our Angolan Colobus Monkeys, Cotton-topped Tamarins, Goeldi's Monkeys and other endangered primates. A **Nocturnal Wing** within the Primate Center is home to variety of nighttime friends including bats, a Two-toed Sloth, Pallas' Cats, a Large Spotted Genet, Kinkajou and more!

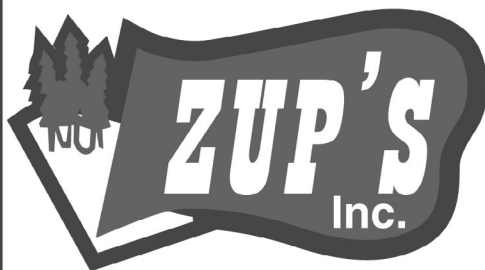
Be sure to walk the hill up to the **Northern Territory** and visit Trouble, the Alaskan Grizzly Bear, our Kodiak Bear, Mountain Lion, and Gray Wolves. Follow the path along the Kingsbury Creek to see a nearly-extinct Pere David Deer which continues to the African Lions. Up the hill, you'll find our **Australian Connection building**, where you'll see Red Kangaroos, Kookaburras, Prehensile-tail Skink and a large salt-water aquarium that's filled with an amazing selection of Great Barrier Reef fish.

On your visit, be sure to keep an eye out for information regarding our efforts towards the conservation of endangered and threatened animals that call our zoo home. Pallas' Cats, Snow Leopard, Ring-Tailed Lemurs, White-Napped Cranes, Bald Eagles (and more) are all a part of our Species Survival Plan (SSP) program.

The Lake Superior Zoo is located 10 minutes from downtown Duluth and is open daily year round. Visiting hours are 10 am – 5 pm during the summer (Memorial Day Weekend through Labor day) and 10 am – 4 pm during the winter (the day after Labor Day until Memorial Day Weekend). **The Tiger's Paw Gift Shop** is open daily year round. The **Safari Café** is open daily during the summer months. Visit LSZoo.org for more information about upcoming events, information about our animals, our education programs and much more!

*\*Information courtesy of the Lake Superior Zoo.*

*North Shore | Resident Guide 15*



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**Cook 218-666-0205**

**Tower 218-753-2725**

**Aurora 218-229-3375**

**Silver Bay 218-226-4161**

# North Shore Attractions

## CINEMA 6

8426 Enterprise Dr. S | Mountain Iron | (218) 741-2008

## COMET THEATER

102 River St. S | Cook | (218) 666-5814

## DEPOT - ST. LOUIS COUNTY HERITAGE & ARTS CENTER

506 Michigan St. W | Duluth | (218) 727-8025

## DULUTH CHILDREN'S MUSEUM

506 Michigan St. W | Duluth | (218) 733-7543

## DULUTH OMNIMAX THEATRE

301 Harbor Dr. | Duluth | (218) 727-0022

## DULUTH PLAYHOUSE & PLAYGROUND

506 Michigan St. W | Duluth | (218) 733-7555

## ELY GOLF CLUB

901 Central Ave. S | Ely | (218) 365-5932

## FOND-DU-LUTH CASINO

129 Superior St. E | Duluth | (218) 722-0280

## GLENSHEEN MANSION

3300 London Rd. | Duluth | (218) 726-8910

## GREAT LAKE AQUARIUM

353 Harbor Dr. | Duluth | (218) 740-3474

## GREYHOUND BUS MUSEUM

1201 Greyhound Blvd. | Hibbing | (218) 263-5814

## INTERNATIONAL WOLF CENTER

1396 Hwy. 169 | Ely | (218) 365-4695

## LAKE SUPERIOR MARINE MUSEUM

600 Lake Ave. S | Duluth | (218) 720-5260

## LAKE SUPERIOR ZOOLOGICAL GARDENS

7210 Fremont St. | Duluth | (218) 730-4900

## LUTSEN MOUNTAINS CORPS SKI

467 Ski Hill Rd. | Lutsen | (218) 663-7281

## MARCUS LAKES CINEMA

4351 Stebner Rd. | Hermantown | (218) 729-0335

## MINNESOTA MUSEUM OF MINING

701 Lake St. W | Chisholm | (218) 254-5543

## NORTH AMERICAN BEAR CENTER

1926 Hwy. 169 | Ely | (218) 365-7879

## NORTH HOUSE FOLK SCHOOL

500 Hwy. 61 W | Grand Marais | (218) 387-9762

## NORTH SHORE COMMERCIAL FISHING MUSEUM

7136 Hwy. 61 | Tofte | (218) 663-7050

## PAULUCCI SPACE THEATRE

1502 23rd St. E | Hibbing | (218) 262-6720

## SILVER BOWL

97 Outer Dr. | Silver Bay | (218) 226-4479

## SPLIT ROCK LIGHTHOUSE

3755 Split Rock Lighthouse Rd. | Two Harbors | (218) 226-6377

## SUPERIOR NATIONAL LUTSEN-GOLF

5731 Hwy. 61 W | Lutsen | (218) 663-7195

## THRILLZ INDOOR AMUSEMENT PARK

329 Lake Ave. S | Duluth | (218) 720-5868

## TWEED MUSEUM OF ART

1201 Ordean Building | Duluth | (218) 726-8222

## UNITED STATES HOCKEY HALL OF FAME

801 Hat Trick Ave. | Eveleth | (218) 744-5167

## VIRGINIA AREA HISTORICAL SOCIETY

800 N 9th Ave. W | Virginia | (218) 741-1136

## WILLIAM A IRVIN MUSEUM

350 Harbor Dr. | Duluth | (218) 722-7876



## Minnesota Vikings Schedule

WK	DATE	OPPONENT	TIME	STATION
1	Sun, Sep 8	@ Lions	12:00 PM	FOX
2	Sun, Sep 15	@ Bears	12:00 PM	FOX
3	Sun, Sep 22	Browns	12:00 PM	CBS
4	Sun, Sep 29	Steelers	12:00 PM	CBS
5	BYE	-	-	-
6	Sun, Oct 13	Panthers	12:00 PM	FOX
7	Mon, Oct 21	@ Giants	7:40 PM	ESPN
8	Sun, Oct 27	Packers	7:30 PM	NBC
9	Sun, Nov 3	@ Cowboys	12:00 PM	FOX
10	Thu, Nov 7	Redskins	7:25 PM	NFL
11	Sun, Nov 17	@ Seahawks	3:25 PM	FOX
12	Sun, Nov 24	@ Packers	12:00 PM	FOX
13	Sun, Dec 1	Bears	12:00 PM	FOX
14	Sun, Dec 8	@ Ravens	12:00 PM	FOX
15	Sun, Dec 15	Eagles	12:00 PM	FOX
16	Sun, Dec 22	@ Bengals	12:00 PM	FOX
17	Sun, Dec 29	Lions	12:00 PM	FOX

*\*Dates and start times are subject to change.*

# Minnesota Hunting Seasons

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas:

Online: [www.dnr.state.mn.us](http://www.dnr.state.mn.us), Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

## HUNTING

### RABBIT & SQUIRREL

09/14/13 - 02/28/14

### GRAY & RED FOX, BADGER, OPOSSUM & RACCOON

(North) 10/19/13 - 03/13/14

(South) 10/19/13 - 03/15/14

### GOOSE

(Early Canada Goose) 09/01/13 - 09/20/13

### CROW

03/01/13 - 03/31/13; 07/15/13 - 10/15/13

### BEAR

09/01/13 - 10/13/13

### MOURNING DOVE

09/01/13 - 10/30/13

### SNIPE & RAIL

09/01/13 - 11/04/13

### DEER

(Archery) 09/14/13 - 12/31/13

(Youth) 10/17/13 - 10/20/13

(Camp Ripley Archery) 10/17/13 - 10/18/13

(Firearm 2A & 3A) 11/09/13 - 11/17/13

(Firearm 1A) 11/09/13 - 11/24/13

(Firearm 3B) 11/23/13 - 12/01/13

(Muzzleloader) 11/30/13 - 12/15/13

### SHARPTAILED GROUSE

09/14/13 - 11/30/13

## HUNTING, CONTD.

### GROUSE & GRAY PARTRIDGE

09/14/13 - 01/01/14

### MOOSE

(Northeast Zone) 09/28/13 - 10/13/13

### TURKEY

09/28/13 - 10/27/13

### PHEASANT

10/12/13 - 01/01/14

### PRAIRIE CHICKEN

10/19/13 - 10/23/13

### FISHER & PINE MARTEN

11/30/13 - 12/05/13

## FURBEARER TRAPPING

### BEAVER

(North) 10/26/13 - 04/30/14

(South) 11/02/13 - 04/30/14

### MINK & MUSKRAT

(North) 10/26/13 - 02/28/14

(South) 11/02/13 - 02/28/14

### OTTER

(North Zone) 10/26/13 - 01/05/14

(South Zone) 11/02/13 - 01/05/14

### BOBCAT

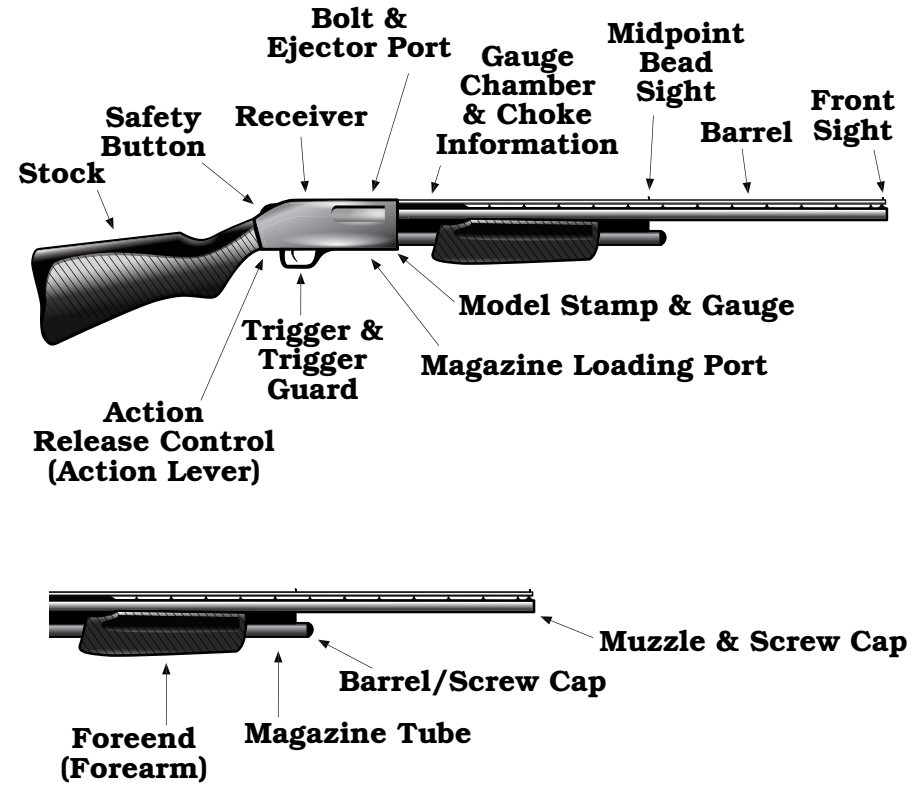
11/30/13 - 12/05/13

*\*At the time of publication not all of the 2013-2014*

*Minnesota Hunting Seasons were available.*

*Contact [www.dnr.state.mn.us](http://www.dnr.state.mn.us) for more information*

# Hunting Safety



**All hunters should consider taking an advanced hunter education class to learn the latest hunting techniques along with tips on coming home alive.**

**Here are five suggestions for a safe and successful hunting experience:**

1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly, so hunters should carry a simple survival kit and be prepared for an unexpected overnight stay in the field. The survival kit should contain a rope, a knife, water, waterproof matches, an emergency shelter, and first aid supplies.
4. If you are on the water, make sure to wear a personal flotation device (life preserver).
5. Know your hunting partners' physical and emotional limitations, as well as your own, and don't push your partners or yourself beyond those limits.

# Minnesota Fishing Seasons

## BOWFISHING

05/01/13 - 02/23/14

## WALLEYE, SAUGER & NORTHERN PIKE

05/11/13 - 02/23/14

## LARGEMOUTH BASS\*

05/11/13 - 02/23/14

## SMALLMOUTH BASS\*

(Catch & Release) 09/09/13 - 02/23/14

## LAKE TROUT\*

(Outside BWCA) 01/12/13 - 03/31/13

05/11/13 - 09/30/14

## STREAM TROUT\*

(Southeast) 01/01/13 - 03/31/13

(Catch & Release) Spring: 04/01/13 - 04/12/13

Summer: 05/11/13 - 10/31/13

Fall: 09/15/13 - 09/30/13

(All Lakes) 05/11/13 - 10/31/13

## Muskie

06/01/13 - 12/01/13

## Take-a-kid fishing weekend

06/07/13 - 06/09/13

*\*Contact the MN DNR for specific zone information by calling: 1 (888) 646-6367.*



## Boating Safety

### Operating Watercraft

**Follow these guidelines to help prevent and prepare for capsizing, swamping, or someone falling overboard.**

Make sure that you and your passengers are wearing life jackets while the boat is moving.

Attach the ignition safety lanyard to your wrist, clothes, or life jacket.

Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone sit on pedestal seats when craft is not in idle.

Don't overload your boat. Balance the load of passengers and gear stored on-board.

Keep your center of gravity low by not allowing people to stand up or move around while craft is in motion.

In small boats, don't allow anyone to lean beyond the gunwale.

Turn boat at slow rates of speed.

Secure the anchor line to the bow, never to the stern.

Don't risk operating water craft in rough conditions or bad weather.

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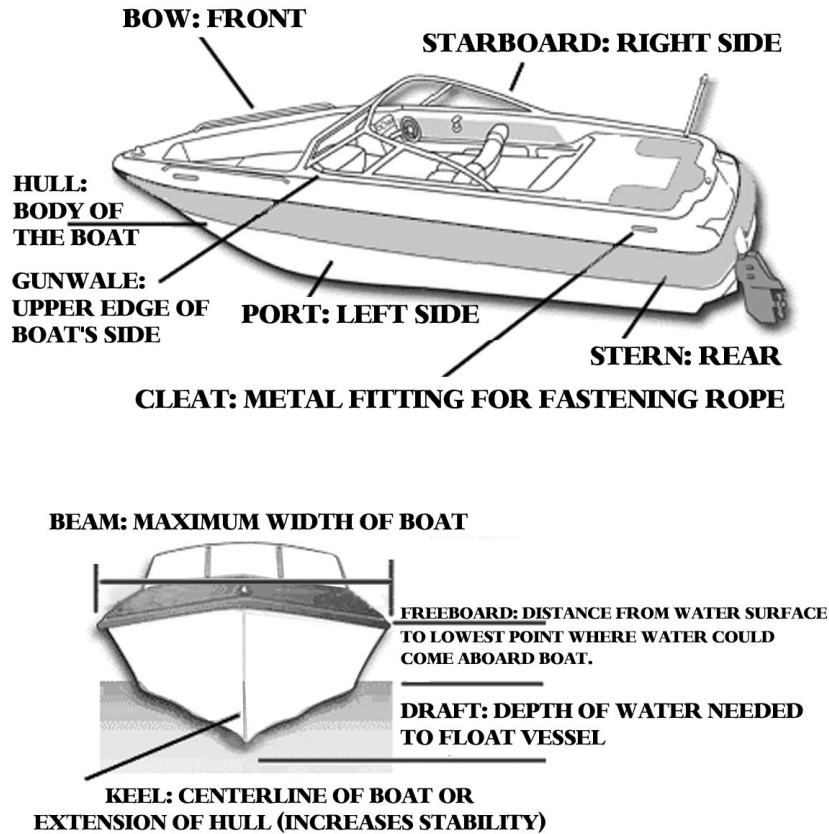
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# Boating Safety

## Know Your Craft



## Who May Operate a Motorboat (Other Than a Personal Watercraft)

### For engines 25 horsepower or less:

Those under age 12 may operate without restrictions.

### For engines over 25 horsepower through 75 horsepower:

Those under age 12 must have someone 21 years of age or older on board within reach of the controls.

### For engines over 75 horsepower:

No children under age 12 may operate, even with an adult on board.

### Other restrictions apply to boat operators 12 to 17 years old:

Operators from 12 to 17 years of age may operate engines of 25 horsepower or lower with no restrictions.

### For engines over 25 horsepower:

Operators 12 to 17 years of age must have:

A watercraft operator's permit, or someone age 21 years or older on board within reach of the controls.

# Boating Safety

## Flotation Devices



### Offshore Life Jackets - Type 1:

For rough or remote waters where rescue may take awhile. Provide the most buoyancy, excellent for flotation, turns most unconscious persons face up in the water.



### Near-Shore Vests - Type 2:

Good for calm waters when quick assistance or rescue is likely. Turns some unconscious wearers face up in the water, but not as efficiently as offshore life jackets.



### Flotation Aids - Type 3:

Vests or full-sleeved jackets good for calm waters when quick assistance is likely. Not for rough waters. They will not turn most unconscious persons face up. Used for sports, such as water-skiing. Some inflate in water.



### Unwearable / Throwable Devices - Type 4:

Cushions and ring buoys designed to be thrown to someone in trouble. Type 4 is not designed to be worn. Not for rough waters - not for anyone unable to hold on to it.



### Special Use - Type 5:

Vests, hybrids/others designed for specific activities, for example windsurfing, kayaking, water-skiing. Some Type 5 devices inflate when entering the water. To be acceptable, Type 5 must be used in compliance with their label instructions.

**All watercraft must have at least one** Coast Guard Approved Type 1, 2, 3 or 5 flotation device that is the proper size for each person on board or being towed.

**All devices must** be in good condition and easily accessible.

**Children under age 10 must wear a device** when on board a boat that is underway unless: in an enclosed cabin or below deck or on an anchored boat that is being used for swimming or diving or passenger craft with a licensed captain.

**Along with the above** at least one approved Type 4 must be on board boats 16 ft. or longer (except canoes and kayaks) and immediately available.

**A Coast Guard approved Type 5 device may be substituted** for any other Coast Guard approved device if it meets the same requirements and is noted on the label.

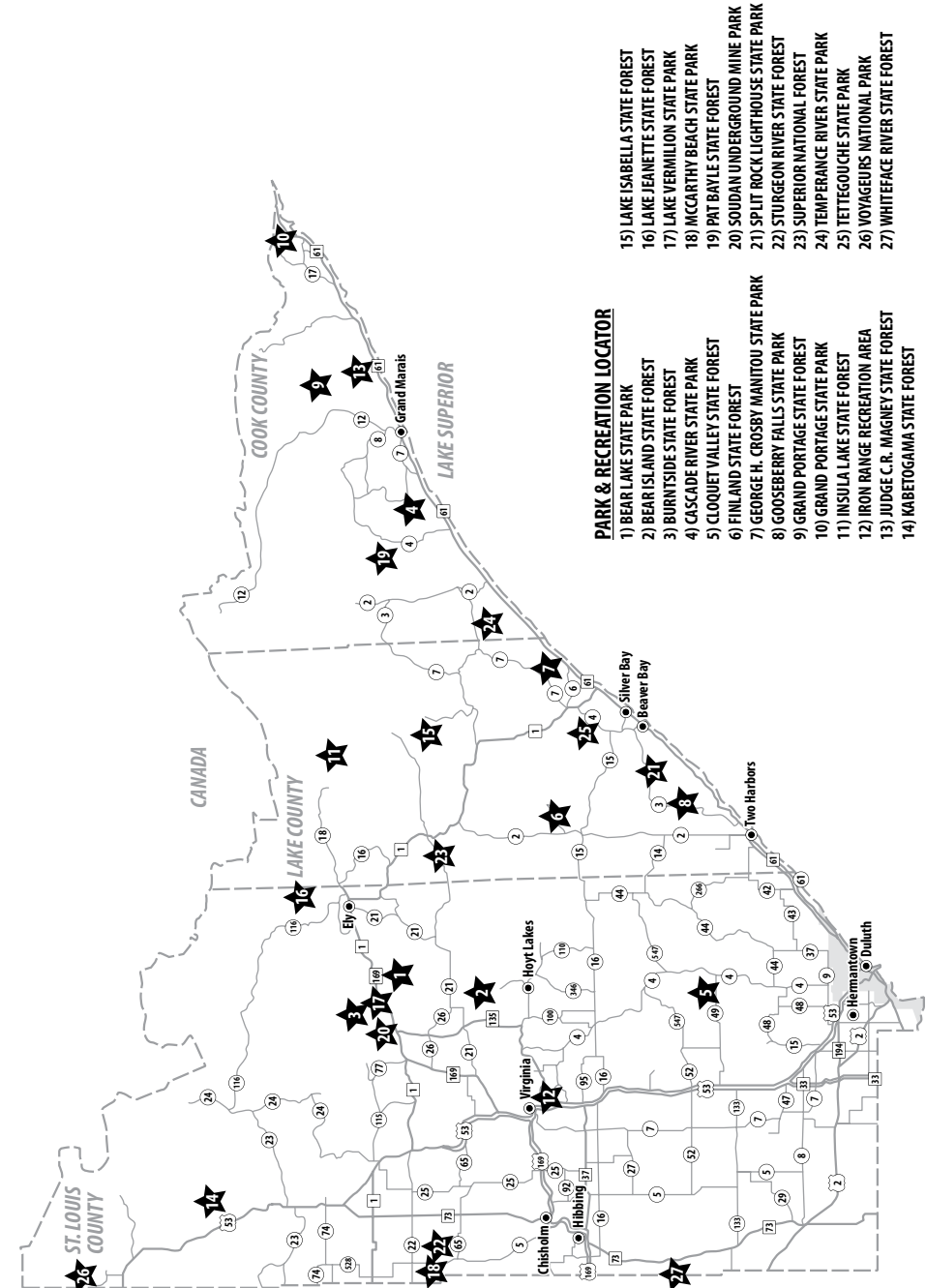
**Anyone riding a jet ski or other Personal Water Craft** must wear an approved -non inflating flotation device, as well as anyone being towed by a water craft.

# Boundary Waters Canoe Area

- Established in 1978, the Boundary Waters Canoe Area, or BWCA, encompasses over one million acres of wilderness and is managed by the Superior National Forest.
- Permits are required to enter the BWCA at all times.
- Access to the BWCA is limited to the entry point and date shown on your permit.
- Motorized or mechanical equipment may never be used in the BWCA, unless designated otherwise.
- Fish remains must be disposed of well away from shorelines and trails.
- Glass bottles and cans are not allowed in the BWCA.
- The maximum group size is nine people and four watercraft in the BWCA.
- Wash dishes and bathe at least 150 feet from natural water sources.
- Fires are only allowed within steel fire grates at designated campsites.
- Burning trash is not allowed in the BWCA.
- Dogs are allowed in the BWCA, but must be controlled and leashed at all times.
- Firearm use is prohibited within 150 yards of any human occupied area.
- State hunting and fishing regulations apply in the BWCA.
- Fireworks of any kind are illegal in the BWCA.
- For more information on the BWCA, call (218) 626-4300.



# North Shore Parks & Recreation



# North Shore Parks & Recreation

Campground	Fishing Access	ATV/OHV Trail
Camping Cabin	Boat Launch	Snowmobile Trail
Dump Station	Carry-In Canoe Launch	Cross-Country Ski Trail
Electricity	Swimming Beach	Scenic Overlook
Picnic Area	Bicycle Trail	Wildlife Viewing
Restrooms	Hiking Trail	Public Hunting Area
Showers	Equestrian Trail	Historic Site

## MN STATE FORESTRY OFFICE

1201 E Hwy. 2 | Grand Rapids | (218) 999-7833

## SUPERIOR NATIONAL FOREST OFFICE

3901 Grand Ave. Pl. | Duluth | (218) 626-4300

## MINNESOTA STATE PARKS OFFICE

1201 E Hwy. 2 | Grand Rapids | (218) 327-4388

## VOYAGEURS NATIONAL PARK OFFICE

360 Hwy. 11 | International Falls | (218) 283-6600

### 1) BEAR HEAD LAKE STATE PARK | Ely | (218) 365-7229 | 4,373 Acres



### 2) BEAR ISLAND STATE FOREST | Ely | (218) 999-7833 | 157,814 Acres



### 3) BURNTSIDE STATE FOREST | Ely | (218) 999-7833 | 74,815 Acres



### 4) CASCADE RIVER STATE PARK | Lutsen | (218) 387-3053 | 5,050 Acres



### 5) CLOQUET VALLEY STATE FOREST | Two Harbors | (218) 999-7833 | 327,098 Acres



### 6) FINLAND STATE FOREST | Finland | (218) 999-7833 | 311,970 Acres



### 7) GEORGE H. CROSBY MANITOU STATE PARK | Silver Bay | (218) 226-6365 | 6,682 Acres



### 8) GOOSEBERRY FALLS STATE PARK | Two Harbors | (218) 834-3855 | 1,687 Acres



### 9) GRAND PORTAGE STATE FOREST | Grand Portage | (218) 475-2360 | 100,172 Acres



# North Shore Parks & Recreation

### 10) GRAND PORTAGE STATE PARK | Grand Portage | (218) 475-2360 | 278 Acres



### 11) INSULA LAKE STATE FOREST | Lake Insula | (218) 999-7833 | 609 Acres



### 12) IRON RANGE OFF-HIGHWAY VEHICLE STATE RECREATION AREA | Gilbert | (218) 748-2207 | 4,064 Acres



### 13) JUDGE C.R. MAGNEY STATE PARK | Grand Marais | (218) 387-3039 | 4,643 Acres



### 14) KABETOGRAMA STATE FOREST | Kabetogama Lake | (218) 999-7833 | 619,287 Acres



### 15) LAKE ISABELLA STATE FOREST | Crystal Bay Township | (218) 999-7833 | 368 Acres



### 16) LAKE JEANETTE STATE FOREST | Lake Jeanette | (218) 999-7833 | 11,521 Acres



### 17) LAKE VERMILION STATE PARK | Lake Vermilion | (218) 753-2245 | 3,000 Acres



### 18) MCCARTHY BEACH STATE PARK | Side Lake | (218) 254-7979 | 2,471 Acres



### 19) PAT BAYLE STATE FOREST | Grand Marais | (218) 999-7833 | 180,403 Acres



### 20) SOUDAN UNDERGROUND MINE STATE PARK | Soudan | (218) 753-2245 | 301 Acres



### 21) SPLIT ROCK LIGHTHOUSE STATE PARK | Two Harbors | (218) 226-6377 | 2,200 Acres



### 22) STURGEON RIVER STATE FOREST | Big Falls | (218) 276-2237 | 146,691 Acres



### 23) SUPERIOR NATIONAL FOREST | Ely | (218) 626-4300 | 3,900,000 Acres



### 24) TEMPERANCE RIVER STATE PARK | Silver Bay | (218) 663-7476 | 5,059 Acres



### 25) TETTEGOUCHE STATE PARK | Silver Bay | (218) 226-6365 | 9,346 Acres



### 26) VOYAGEURS NATIONAL PARK | International Falls | (218) 283-6600 | 218,200 Acres

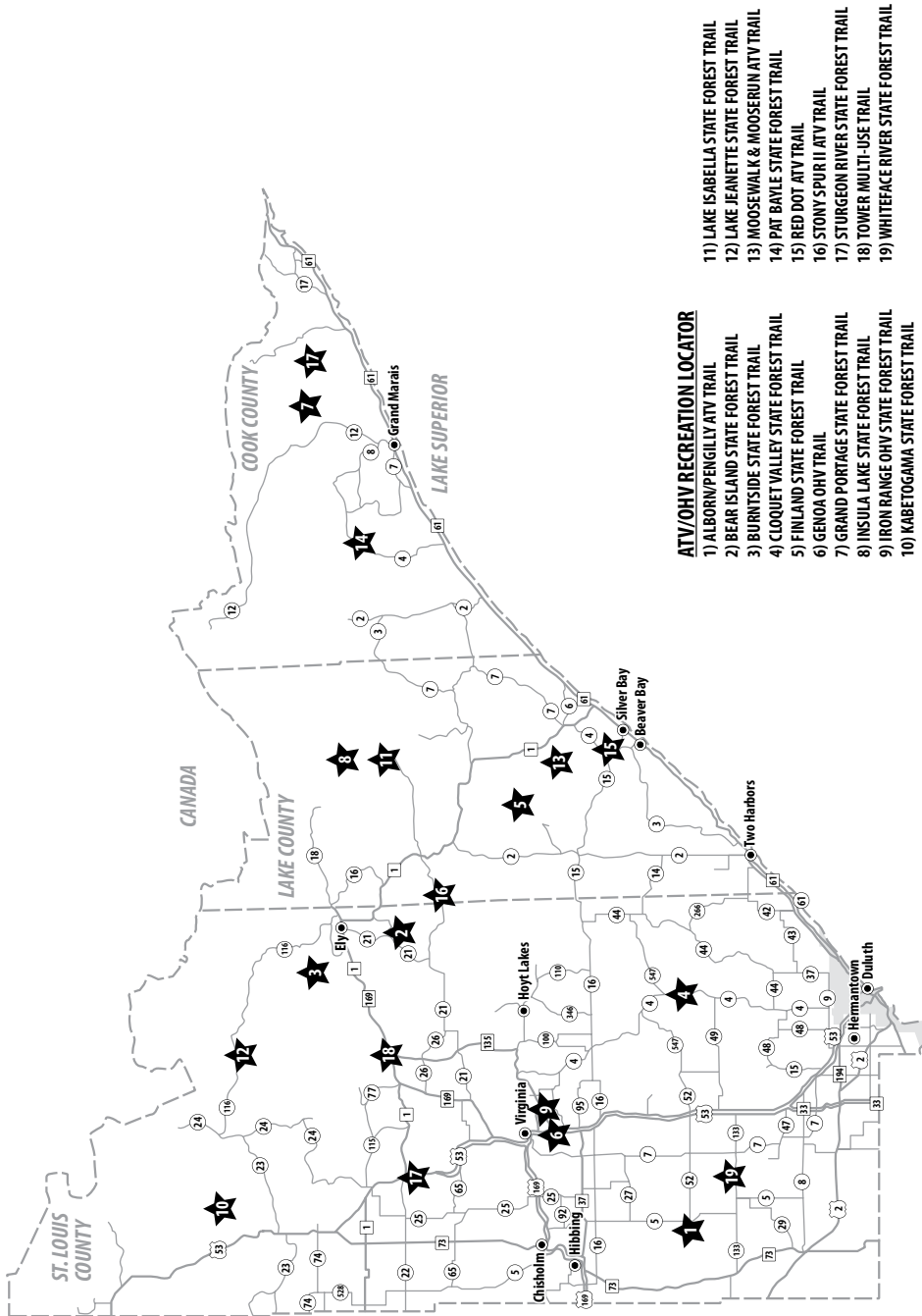


### 27) WHITEFACE RIVER STATE FOREST | Saginaw | (218) 999-7833 | 4,429 Acres





# North Shore ATV Trails



## ATV/OHV RECREATION LOCATOR

- 1) ALBORN/PENGILLY ATV TRAIL
- 2) BEAR ISLAND STATE FOREST TRAIL
- 3) BURNSIDE STATE FOREST TRAIL
- 4) CLOQUET VALLEY STATE FOREST TRAIL
- 5) FINLAND STATE FOREST TRAIL
- 6) GENOA OHV TRAIL
- 7) GRAND PORTAGE STATE FOREST TRAIL
- 8) INSULA LAKE STATE FOREST TRAIL
- 9) IRON RANGE OHV STATE FOREST TRAIL
- 10) KABETOGAMA STATE FOREST TRAIL

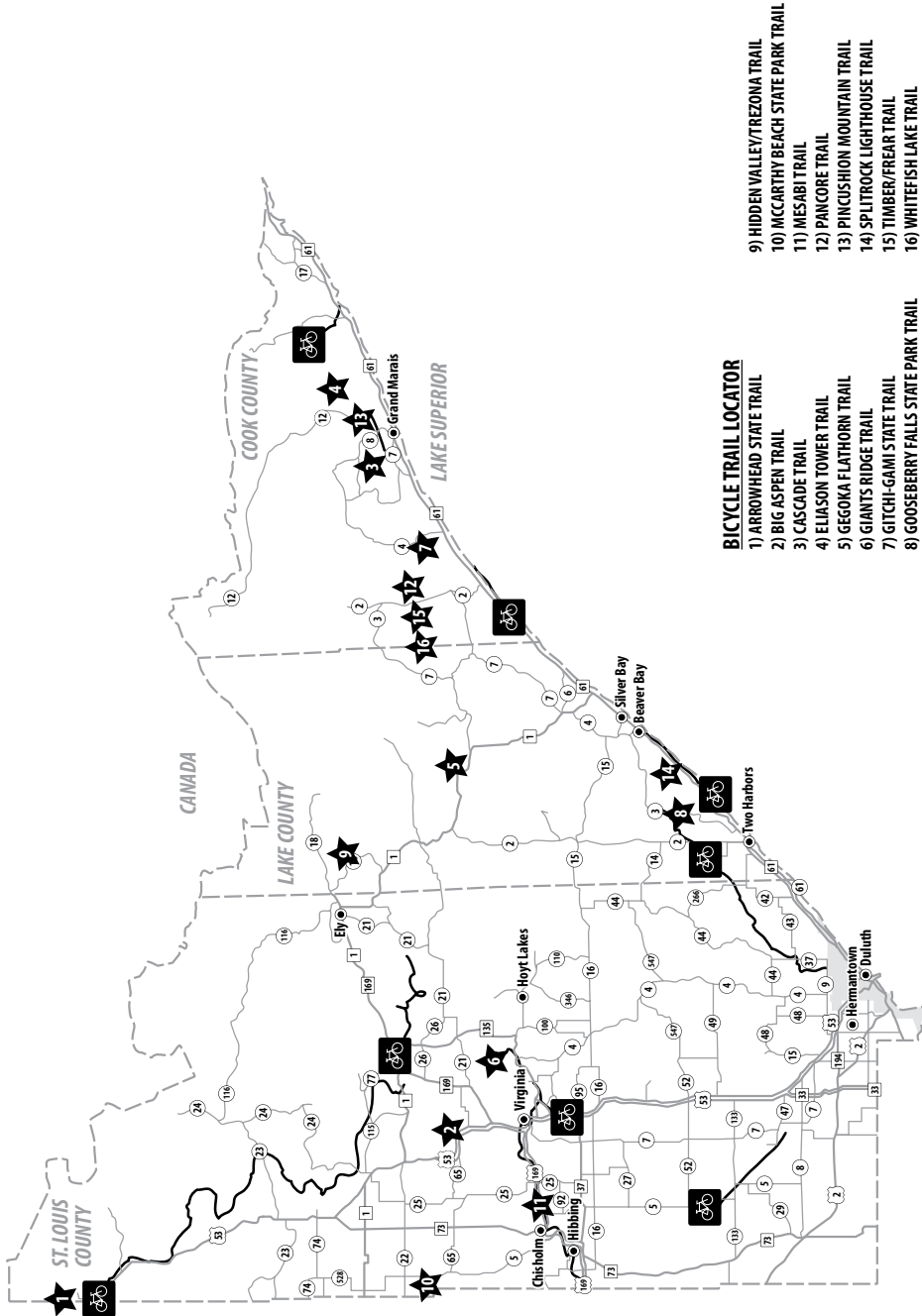
- 11) LAKE ISABELLA STATE FOREST TRAIL
- 12) LAKE JEANETTE STATE FOREST TRAIL
- 13) MOOSEWALK & MOOSEHORN ATV TRAIL
- 14) PAT BAYLE STATE FOREST TRAIL
- 15) RED DOT ATV TRAIL
- 16) STONY SPUR II ATV TRAIL
- 17) STURGEON RIVER STATE FOREST TRAIL
- 18) TOWER MULTI-USE TRAIL
- 19) WHITEFACE RIVER STATE FOREST TRAIL

# ATV Safety

- Read the owner's manual and know your vehicle thoroughly.
- Check your vehicle before you ride.
- Wear protective equipment and clothing.
- Don't lend your vehicle to unskilled riders.
- Supervise young or inexperienced riders.
- Never carry a passenger on vehicles meant for one rider.
- Do not operate under the influence of drugs or alcohol.
- Drive at speeds that are appropriate to trail conditions.
- Stay to the right on trails.
- Stay away from thin ice, open water and wetlands
- Know the weather forecast.
- Make sure headlights and taillights work properly.
- Maintain safe distances between other riders.
- Reduce your speed when riding at night.
- Yield to other motor vehicles and trail users.
- Young or beginning riders are encouraged to take a safety training course.

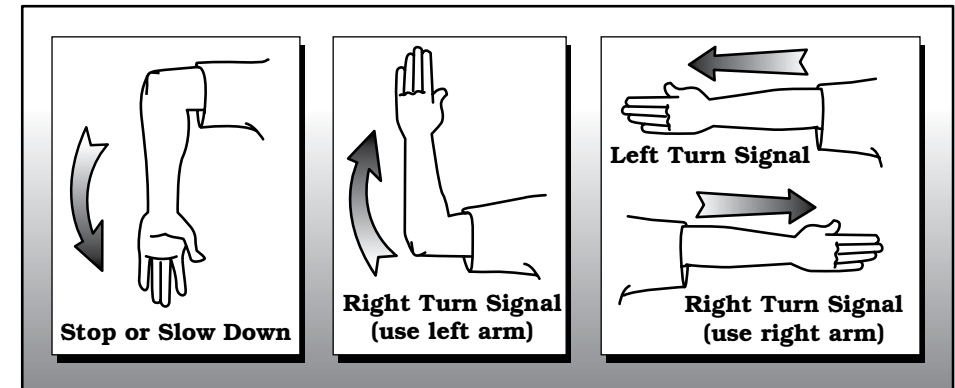


# North Shore Bicycle Trails

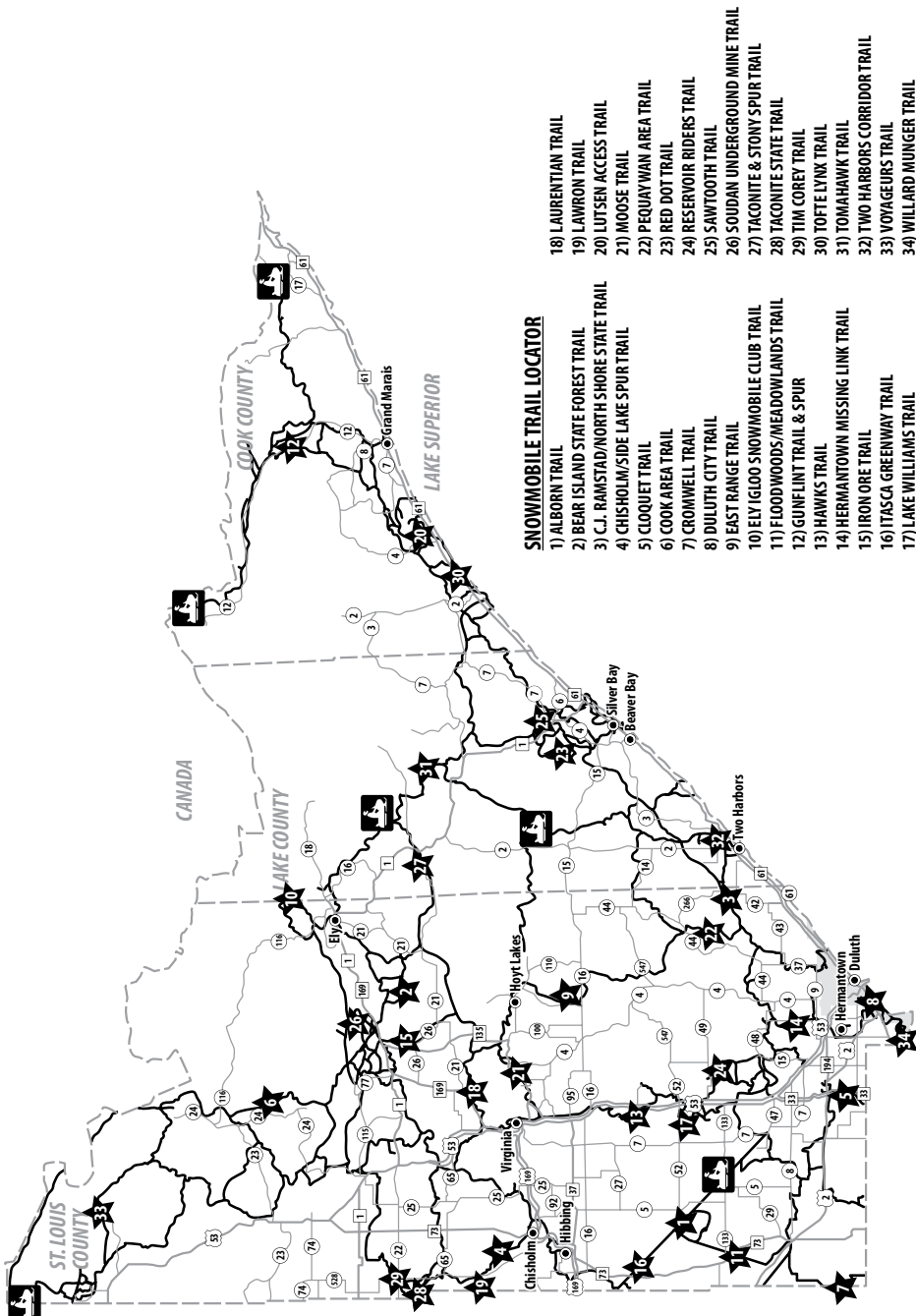


# Bicycle Safety

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.



# North Shore Snowmobile Trails



# Snowmobile Safety

Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.

Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.

If you snowmobile at night, don't override your lights.

Always use the buddy system. Never ride off alone.

Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.

Wear sensible, protective clothing designed for operating a snowmobile.

Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.

Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.

Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.

Know the weather forecast, especially the ice and snow conditions.

Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.

Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.

Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

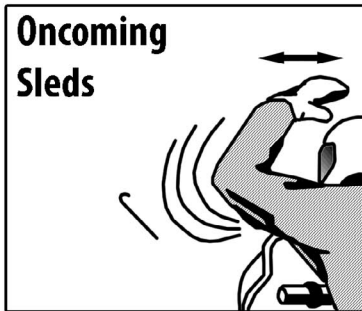
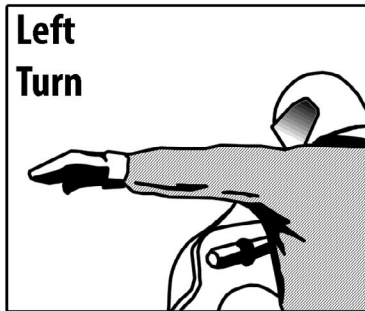
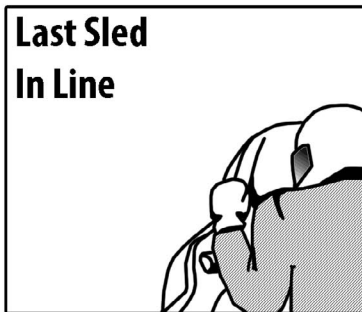
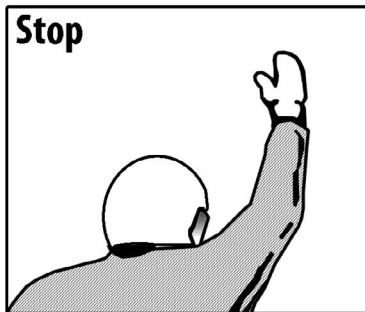
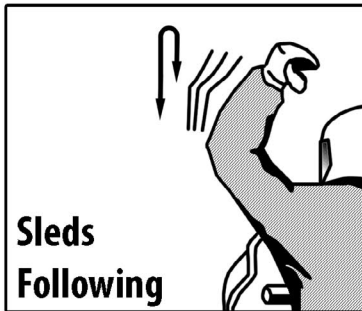
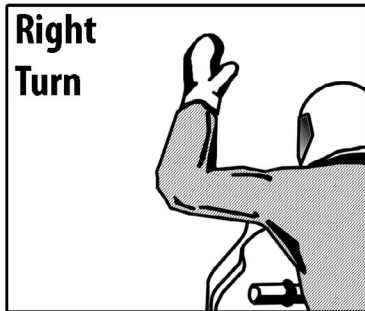
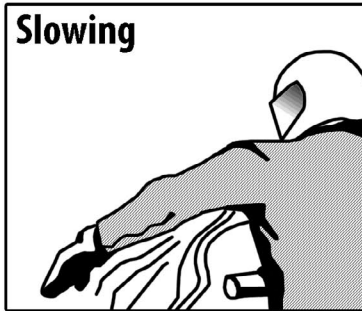
## Common Trail Signs



# Snowmobile Safety

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic.

Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.



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# Home Safety

- Keep the outside of your home well-lit. Motion sensors and timers help deter burglars.
- Dead-bolts and peep-holes should be placed on all outside doors.
- Windows and sliding glass doors should have locks and be in good working order.
- Keep your garage door closed.
- Use an engraver to mark computers, cameras, stereos, TV's, tools, yard equipment, etc.
- Never leave valuables, expensive jewelry, or large amounts of cash at home. If you must, keep a list of your valuables with serial numbers to assist in insurance claims.
- Keep your car locked at all times and store all valuables out of sight.
- Guns should always be stored unloaded and with a gunlock.
- Become part of a neighborhood watch or program that is similar.
- Be suspicious of unusual people or vehicles in your neighborhood. Document the date, time, description and license plate number to give to law enforcement if needed.
- When on vacation, do not advertise your absence. Stop mail and newspaper delivery. Have a trusted friend or neighbor to give the impression you are home by stopping by to take out trash, shovel snow, mow the lawn, etc.



# Carbon Monoxide Safety

## PREVENTION

- Install carbon monoxide detectors near every bedroom, gas appliance and in your RV, camper or motor home and test them monthly.
- Have flues, chimneys and all fuel-burning appliances inspected by a professional annually.
- Make sure fireplaces, wood stoves, dryers, furnaces and water heaters are properly vented to the outside.
- Only burn clean and untreated wood.
- Never idle your car or gas powered vehicle in the garage, with or without the garage door open.
- Toxic fumes build up quickly and can easily contaminate your home.
- Never use gas-powered engines like weed trimmers, snow blowers, chain saws, lawnmowers or portable generators in enclosed areas.
- Never use a charcoal grill indoors or in any closed area.
- Never use a gas oven to heat your home.
- Never sleep in a room or area heated with a gas or kerosene space heater that does not have proper ventilation.

## SYMPTOMS

- Headaches, severe fatigue, vomiting, nausea, muscle and joint pain, dizziness, tingling, vertigo
- Attention and multi-tasking problems, short-term memory problems, word-finding problems
- Irritability, temper, loss of interest, sleep disturbance, anxiety, lack of motivation
- Eating and swallowing difficulties, vision problems, lack of muscular coordination, speaking difficulty, ringing in the ears
- Seizures, tremors, balancing problems, shortness of breath

***Carbon monoxide poisoning is easily confused with flu-like symptoms. Serious long-term health risks or death can result if warning signs are ignored. Carbon monoxide can affect you for days, weeks, months or years. High levels of carbon monoxide can be fatal within minutes.***

## TREATMENT

- Immediately take the victim out to fresh air.
- If the victim cannot be removed, open every window and door.
- All appliances should be turned off.
- Take the victim to an emergency room as quickly as fast as possible, or call 911.

# Emergency Planning

## ESCAPE ROUTES

Everyone in your family should know the best ways to exit the house in case of a disaster. Teach your young children how to open sliding doors, windows and other exits. Designate a meeting place where the family can gather after escaping from the house.

## FLASHLIGHTS

The whole family needs to know where to find flashlights. Periodically check the batteries.

## FULLY CHARGED CELL PHONES

All family members should keep their cell phones charged. Make a habit of charging them, while everyone is asleep. Cell phones can be lifesavers in emergencies.

## LIST OF VALUABLES

Keep this document listing your possessions (and if possible, a video of your home interior) in a fireproof safe, or in a safe deposit box at a bank.

## COMMUNITY EMERGENCY PLANS

Familiarize yourself with community evacuation plans and neighborhood escape routes. Post a copy of them in a highly visible place in your home.



## THUNDERSTORM/TORNADO

- Remove dead branches from trees beforehand to avoid injury or damage.
- After seeing lightning, if you hear thunder in less than 30 seconds, it is recommended that you stay inside for 30 minutes after the thunder has ceased.
- The inside of a car is safer than the outside, as a lightning strike will simply pass through the car as long as you aren't in contact with any metal.
- Unplug all major appliances, as a power surge can cause serious damage.
- Avoid all tall structures and elevated areas as well as large amounts of metal.



## FIRES

- Make sure that every level of your house has a smoke detector, and be sure to test them once a month. Have the family plan an emergency exit route.
- Always keep track of any stoves or high-temperature/high-voltage appliances that are running. Be sure to never leave any cooking unattended.
- Keep lighters and matches away from children.
- If a burn occurs, soak the skin in cool water. If the skin blisters, seek medical assistance.

# ⊕ Emergency First-Aid Tips ⊕

## FIRST AID FOR CPR & HEART ATTACK

### CPR

CPR is to be administered when a person is not breathing or has no pulse. Be quick to act by remembering the A,B,C's: Airway, Breathing & Circulation.

#### Airway:

Place the person on a firm surface, on their back. Kneel next to the person's neck and shoulders. Open the person's airway by tilting back the head and lifting the chin.

#### Breathing:

With the head tilted and chin lifted, pinch the nostrils shut and cover the person's mouth with yours. Give two slow breaths.

#### Circulation:

Find the hand position on the center of the breastbone. Place the heel of your hand on that position, with your other hand on top of the first hand. Use your upper body weight to push down. Give two compressions per second. Compress the chest at a rate equal to 100/minute. Perform 30 compressions at this rate. Repeat until an ambulance arrives.

### HEART ATTACK

Symptoms of a heart attack may include any of the following:

- Uncomfortable pressure, fullness or squeezing pain in the center of the chest.
- Expanded pain in the upper abdomen.
- Shortness of breath.
- Pain or numbness in either arms, shoulders, neck, jaw or teeth.
- Dizziness or fainting.
- Nausea and sweating.

**If you or someone else may be having a heart attack - follow these steps immediately:**

- **DIAL 911**
- **Chew and swallow Aspirin (unless you are allergic/not allowed to)**
- **Take Nitroglycerin (only if prescribed)**
- **Begin CPR if the person is unconscious**

**IN AN EMERGENCY, DIAL 911**

# ⊕ *Emergency First-Aid Tips* ⊕

## *FIRST AID FOR BURNS & CHOKING*

### **BURNS**

**For minor 1st and 2nd degree burns smaller than 3" in diameter:** Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

#### **Bandage the burn with sterile gauze:**

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

#### **Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:**

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sunscreen outdoors. Avoid giving aspirin to children.

#### ***For 3rd degree burns/all major burns - DIAL 911***

***DO NOT run cold water over large severe burns - this can cause shock.***

***DO NOT remove burnt clothing.***

***Check for signs of breathing/coughing/movement.***

***If there are no signs of breathing begin CPR.***

***Elevate burned areas above heart level, if possible.***

***Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.***

### **CHOKING**

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.

***IN AN EMERGENCY, DIAL 911***

# ⊕ *Emergency First-Aid Tips* ⊕

## *FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY*

### **INSECT BITES/ANAPHYLAXIS**

**Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms:**

#### **CALL 911.**

**Administer emergency prescription medication.** See if the person is carrying special emergency allergy medicine and give it to them according to the directions.

#### **Loosen tight clothing.**

**Lay the person down.** The person should lay down on their back with feet elevated. Turn them on their side if they are vomiting or bleeding from their mouth to prevent them from choking.

**If they are not breathing - administer CPR.** Most insect bite reactions are mild and cause no allergic reaction. If stung by a bee, use a straight edged object, like a credit card, to scrape away the stinger. Don't use tweezers - they can pinch more venom out of the stinger. Apply an ice pack to the area and take an over the counter pain reliever.

### **POISON PREVENTION**

**Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.**

**Lock up your poisons and medications.** Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

**Follow directions carefully.** Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

**Keep your pets safe from household chemicals, too.** Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.

***IN AN EMERGENCY, DIAL 911***

# Safety Tips for Parents & For Kids

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## PARENTS:

- Teach your kids that an emergency is when you need help from a doctor, a police officer or a firefighter.
- Designate a safe place by your house that a child can go to if they need help right away.
- Have your kids memorize your address and phone numbers. They should also know your full name and where you work.

## KIDS:

### FIRE SAFETY

- If you or someone else is on fire - remember to STOP, DROP and ROLL. Wrap a blanket on the person to help put out the fire.
- If there is a fire, leave the house as fast as you can! Crawl on the floor to avoid smoke and if the door is hot, don't open it - find another way out.
- Learn all the fire exits in your house. Assign a safe place outside for everyone to meet in case of a fire emergency.

### HOME ALONE

- Never tell anyone that you are home alone.
- If someone calls and ask for your mom and dad, tell them "They cannot come to the phone right now, can you please call back later?"
- Do not answer the door, unless it is someone that you know your parents have okay'd them to come over.

# Emergency Numbers For Kids

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KEEP A COPY OF THIS LIST NEAR EACH PHONE IN YOUR HOUSE

MY ADDRESS: \_\_\_\_\_

\_\_\_\_\_

MY PHONE NUMBER: \_\_\_\_\_

MOM AT WORK: \_\_\_\_\_

MOM CELL PHONE: \_\_\_\_\_

DAD AT WORK: \_\_\_\_\_

DAD CELL PHONE: \_\_\_\_\_

NEIGHBOR: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

POISON CONTROL: 1-800-222-1222

**EMERGENCY DIAL**

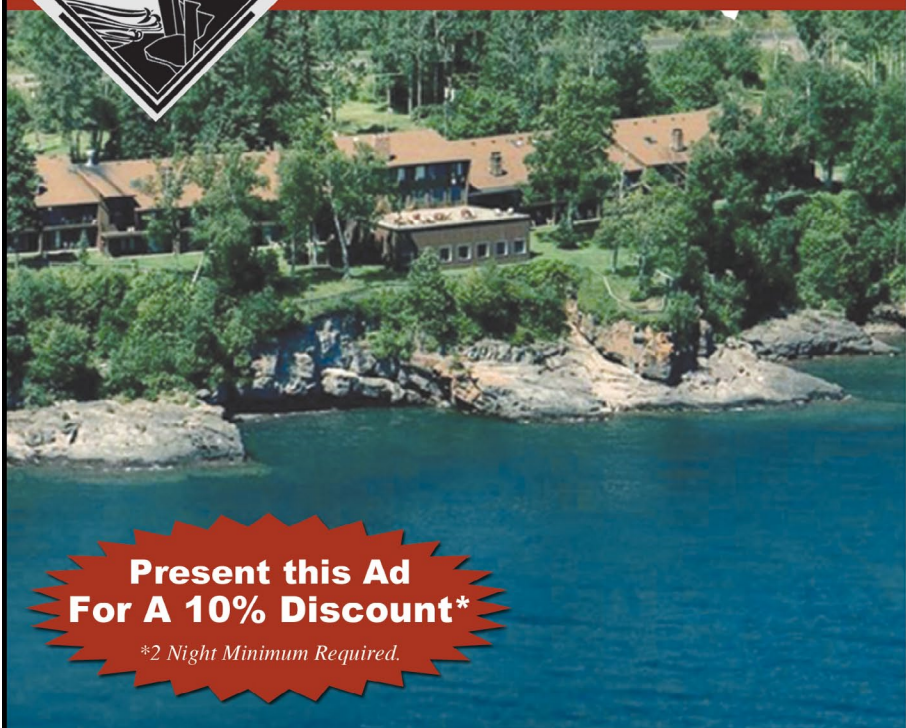
**911**





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