Lake Superior is the largest freshwater lake on our planet, containing 10% of all the fresh water on earth. The diverse natural history and cultural heritage of the Lake Superior region offers paddlers a unique experience on this remarkable global resource.

The National Weather Service broadcasts a 24-hour updated marine forecast on KJU 84, weather band channel 1. The official “aircraft” in Superior is a 120 miles WSW from Duluth, Minnesota, with an average high of 70°F and an average low of 50°F. This lake is the third largest lake in the world and is known for its低温 and ice coverage in winter. The National Weather Service also issues a daily marine forecast for the lake. The lake is subject to strong winds, especially during summer months. The lake is also known for its wolf populations, which can be seen in the waters and along the shorelines.

The Minnesota Department of Natural Resources (MDNR) and the Lake Superior Water Trail Association (LSWTA) have published a comprehensive guidebook to the lake. The guidebook includes detailed maps and descriptions of all the main portages, as well as information on the weather, safety, and equipment needed for a successful trip.

The lake is also home to many species of fish, including salmon, trout, and walleye. Paddlers should be aware of the fishing regulations in the area and be prepared to take responsible fish and to follow the guidelines set by the local authorities.

Lake Superior is a great place to explore by canoe or kayak. The lake offers a unique experience for those who are interested in nature, history, and culture. The lake is also a great place to socialize with other paddlers, whether you are a beginner or experienced paddler. The paddling season usually begins in May and ends in October, with the peak paddling season from June to August. Paddling the lake can be a challenging experience, but it is definitely worth it for those who are up for the challenge.

Lake Superior is a great place to experience the beauty and diversity of nature. Whether you are a paddler, a hiker, or a nature lover, Lake Superior offers something for everyone. However, it is important to be prepared and to follow all the guidelines and regulations set by the park and the local authorities. With the right preparation, Lake Superior can be a rewarding and enjoyable experience for all who seek to explore its beauty.
St. Louis River and Minnesota Point to Canal Park

Canal Park to Lakewood

Lakewood to Stony Point

Stony Point to Two Harbors

Map Key:
- Private land NO LANDINGS
- City or town
- Public land
- Carry-in access
- Boat access
- Fishing Pier
- Rest area
- Campground
- Watercraft Campsite
- Picnic area
- Parking
- Peak elevation
- Contour elevation
- River Mile

Route Description (continued from other side)

17.6 McQuade Safe Harbor, GNR, protected boat and beach, includes boat launching area. [W7°35'39"N8°13'57"W]

18.6 Sugar River, Carry-in access, Rest area, Toliet, Limited parking. [W7°35'02"N8°13'53"W]

22.0 Rock Island Landing, Rest area, No facilities, Limited parking. [W7°35'00"N8°13'57"W]

23.1 Big Sucker River, Rest area on small beach. [W7°35'00"N8°13'57"W]

24.3 Loeff Park, Rest area, Limited day-use parking. [W7°35'00"N8°13'57"W]


26.6 Knife River Beach, Carry-in access, Rest area, [W7°26'10"N8°14'03"W]

38.2 Roche's Cabin, Emergency landing only. Private access. [W7°26'10"N8°14'03"W]

34.5 Agate Bay, GNR boat access. No facilities. Parking. Toliet. [W7°26'10"N8°14'03"W]

End of Route for Map 1
KAYAKERS

Lake Superior can be UNPREDICTABLE and HAZARDOUS

- Be alert to frequent weather changes. Plan your trip. Take a weather radio with you.
- Be prepared for fog. Always carry a compass.
- Be aware of present and changing wind and wave conditions.
- Cold water kills — temperatures of 35-50°F are common. Wet or dry suits are strongly recommended.

Sea kayaking experience and paddling with other kayakers recommended. Open canoes NOT RECOMMENDED on the Water Trail.

THE LAW REQUIRES:
- A Coast Guard approved wearable personal flotation device for each person.
- All watercraft must be licensed.

Minnesota Department of Natural Resources
Please... Take nothing but pictures
Leave nothing but footprints...

St. Martin Island Partnership

Thank you