

St. Louis River & Lake Superior Kayak Tours

Pick Your Date

HERE'S WHAT TO EXPECT:

Discover the unique natural and cultural history of the Lower St. Louis River, the United States' largest Lake Superior tributary and Lake Superior, the worlds largest lake by surface area. Choose from three different beginner level tours: The Historic Fond du Lac Riverfront and Birding Tour, the Duluth Waterfront Tour and the Duluth North Shoreline Tour. Use your choice of sea kayak and enjoy access to a stand-up paddleboard during the tour. We'll begin with a basic introduction and incorporate on water instruction throughout the three to six mile tour. We will paddle rain or shine and the weather conditions of the day will determine the degree of difficulty. Children aged six and above are welcome to participate in a tandem kayak with an adult.

Meets at the UMD Boat Shed. Approximately 4 hours.

WHERE: All of our tours meet at the UMD Boat Shed on Park Point.

Directions: Arriving in Duluth taking I-35 North, take exit #256B towards Lake Ave - go 0.5 mi, turn Left on W Commerce St - go 0.1 mi, turn Right on Lake Ave, go over the lift bridge, turn Right on 15TH ST S, turn Right on St Louis Ave (T in front of armory), we are next to the armory. For the Superior Harbor Tour we launch from and return to the Aquatic Center. For the Spirit Lake Birding Tour and the Historic Fond du Lac Neighborhood Tour, we trailer the boats to the launch sites. You can ride along in our van, or follow behind in your own vehicle.

COURSE INFORMATION: You will learn:

What to do in the event of a capsized "dry land wet exits"

Instructor demonstrates assisted rescue methods

Paddle strokes: forward touring stroke, reverse stroke, forward and reverse sweep and in water recovery draw.

Bracing for stability: low brace and sculling low brace.

EQUIPMENT: Summer weather in Duluth Can be wet and cold please bring: Swimsuit & Towel, Filled Water Bottle, Sunglasses with Strap, Eyeglasses must have retaining strap, Sunscreen, Shoes that will get wet, Warm hat and Sun Hat, Synthetic long underwear top and bottom, Rain Jacket and Warm jacket

WE PROVIDE: boats, paddles, lifejackets, wetsuits and accessories

COST: \$50/person/day (2-3 people)

\$45/person/day (4-6 people)

Recreational Sports Outdoor Program

UNIVERSITY OF MINNESOTA DULUTH

Driven to Discover™

Explore More with RSOP:

- Stand-Up Paddleboarding
- Whitewater Kayak Courses
- Whitewater Canoe Courses
- Rock Climbing on Minnesota's North Shore
- Rock Climbing Wall
- American Canoe Association Instructor Certification Workshops
- Climbing Instructor Certification and Training Workshops
- Summer Youth Adventure Camps

General Information and Registration

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Sea Kayaking Information

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The Real Classroom Is Outside...Get Into It!