

Good

## Summer is in Full Swing!

It has been a great summer, with excellent paddling weather. If you haven't been paddling since your Surf and Turf class- get out there! If you need a refresher sign up for another class or if you would like to paddle with a group on the big waters of Lake Superior, register for our North Shore trip. Soon summer will disappear; don't let it slip by without getting in some more paddling.

## You Asked . . .

**Q:** What does the TURF stand for in your name?

**A:** We often receive this question when people attend our classes. Obviously the SURF stands for the kayaking part of our business, which is what we currently concentrate on. However our other love is backpacking and therefore we also plan on offering backpacking classes that focus on living and traveling comfortably in the outdoors. In addition, we will offer trips to some beautiful locations in Minnesota and Wisconsin. If you have a special interest or want to learn more give us a call at 651.283.3566.

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## Send us your requests!

In each newsletter we will have a section titled "You Asked..." We will pick a question sent in from our readers to place into the newsletter. If you have any burning questions that you would like answered or any suggestions for future articles, please email them to us at [info@surfandturfadv.com](mailto:info@surfandturfadv.com). We hope this newsletter (our first) will be your ticket to the great outdoors.

## Coastal Sea Kayaking on the North Shore

*A great class, even better location!*

Are you looking for a class that will allow you to refine your kayaking skills? Or maybe you are looking to take in the beautiful scenery on Minnesota's North Shore? Perhaps you just recently purchased a kayak or built your own and would like to get it out on the water to test it in a safe, supervised environment? The Coastal Kayaking class on the North Shore will definitely meet all of these objectives and more. What a great, fun way to learn some new skills and meet new people.



Large, rocky cliffs along Lake Superior's North Shore

## Brief Course Description

This two-day course will be based at beautiful Lax Lake Resort near Beaver Bay the weekend of September 5<sup>th</sup> - 7<sup>th</sup>. The Saturday class will begin at 9 a.m. at Lax Lake. The morning session will review topics covered in the Quick Start and Intro to Sea Kayaking classes such as basic equipment, launching and landing a kayak, as well as basic paddle strokes, wet exits, and rescues. The afternoon session will include more on-water group and solo rescues as well as towing skills. Later in the evening we will share a Potluck Dinner while learning more about navigation, trip planning, risk management, and weather, wind and sea conditions. Sunday's class, weather permitting, will be on Lake Superior and will allow participants to practice the skills and apply the knowledge they learned in Saturday's session. We will be launching from Twin Points boat launch and will paddle either to Gooseberry Falls or Split Rock Lighthouse depending on the conditions.

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## Course Information

**Date:** September 5<sup>th</sup> – 7<sup>th</sup>, 2003

**Location:** Lax Lake Resort, Silver Bay, MN

**Cost**

**Class:** \$105

**Equipment Rental:** \$30

**Wetsuit:** \$15

**Lodging:** See Lax Lake Resort Article

Rocky coastline and beaches along Lake Superior



If you are interested in the Coastal Sea Kayaking class on the North Shore you need to register by **August 15!** Call us today at 651.283.3566 or visit [www.surfandturfadv.com](http://www.surfandturfadv.com) for course and registration details.

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## Lax Lake Resort & Campground

*Location, Location, Location*

Lax Lake Resort and Campground is a perfect spot for our North Shore Coastal Kayaking class. The resort is located only an hour north of Duluth and approximately 7 miles from the North Shore and Lake Superior.

Lax Lake is a beautiful inland lake that is 1.5 miles long and a half-mile wide. The south east side of the lake borders Tettegouche State Park and therefore remains undeveloped. The lake bottom is a combination of rock and sand and the water is quite clear. The side of the lake where the resort is located averages depths of 4-6 feet while on the opposite side of the lake it averages 25 feet deep.



View of Beautiful Lax Lake

The resort offers lodging for everyone. Their accommodations include lakeshore cabins, lodge rooms, and campsites.

The rustic two bedroom cabins are fully furnished and include a kitchen, two double beds, and a screened in porch. Bathroom and shower facilities are located in the Lodge building. The cabins do not have running water.

There are four lodge rooms that are located above the bathroom and shower facilities. Each of these rooms includes a queen bed and one twin and has a sliding glass door that opens to a scenic view of the lake. These rooms do not include any cooking facilities, but there is a common area with a refrigerator and microwave.

There are 16 campsites available. Some have electric while others are for tents only.

### Lax Lake Lodging Rates

- Lakeside Cabins (up to 4 people) .....\$69/night
- Lakeside Lodge Room (up to 3).....\$50/night
- Campsite (two tents) .....\$17/night



The Lodge at Lax Lake Resort

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## Calendar of Events

### INTRODUCTION TO SEA KAYAKING

PLACE: WHITE BEAR LAKE

TIME: SATURDAY, AUGUST 23 FROM 9AM – 4PM

COST: \$70, ADDITIONAL \$20 FOR EQUIPMENT

### COASTAL SEA KAYAKING ON THE NORTH SHORE

PLACE: LAX LAKE RESORT

TIME: SATURDAY, SEPTEMBER 6 AT 9 AM – SUNDAY, SEPTEMBER 7 AT 4PM.

COST: SEE ARTICLE FOR DETAILS.