

Stop	Location	Daily	Total	Day	Date	Day	Notes	Resupply Address	Break	Lun	Din	Snac
1	Northern Terminus/Jackson Creek Campsite	8	8	1	9/27/2022	Tuesday			0	0	1	4
	North Little Brule River Campsite	23.6	31.6	2	9/28/2022	Wednesday	Fairly easy, moderate terrain allowing for more miles. Campsite spacing also determined where I stopped.		1	1	1	6
	Woods Creek Campsite	13.6	45.2	3	9/29/2022	Thursday	One of my favorite campsites on the trail. Campsite at back by stream.		1	1	1	6
	South Bally Creek Pond Campsite	13.4	58.6	4	9/30/2022	Friday			1	1	1	6
	Trout Creek	8.4	67	5	10/1/2022	Saturday	NOBO thru-hikers told me bridge over Cascade River still closed so I came down the other side of the river.		1	1	1	6
	Cascade Lodge	8.6	67.2	6	10/2/2022	Sunday	Made reservations about a month in advance due to peak Fall season. This was a good stay, even with prehistoric bug in the bathroom and having to sleep on front porch due to heat being broken.	Cascade Lodge 3719 W. Hwy. 61 Lutsen, MN 55612 Please Hold for SHT Hiker Ellie Thomas ETA 10/2/22	0	0	0	0
	West Poplar River Campsite	13.4	80.6	7	10/3/2022	Monday			0	0	1	4
	Stealth Spot near Temperance River	18	98.6	8	10/4/2022	Tuesday	Dark before reaching a campsite so I stayed in the state park in a stealth site on side trail above the river.		1	1	1	6
	West Caribou River Campsite	16.2	114.8	9	10/5/2022	Wednesday	Set me up to get close to Finland, MN tomorrow.		1	1	1	6
	South Egge Lake Campsite	15.7	130.5	10	10/6/2022	Thursday	Camped with Mike from first night on trail. First person I've camped with since Cascade Lodge.		1	1	1	6
	Finland, MN	2.5	133	11	10/7/2022	Friday	Good resupply at small grocery store. Picked up box at PO with limited hours. Our Place let me hang out a few hours after breakfast charging everything and packing food before I met friends for lunch and headed back out.	Elizabeth Thomas GENERAL DELIVERY 6638 Highway 1 Finland, MN 55603 Please HOLD for AZT Thru-hiker ETA 10/6/22	0	0	0	0
	Leskinen Creek Campsite	2.1	135.1	11	10/7/2022	Friday	Seven other women and had a great time chatting.		0	0	1	0
	East Palisade Creek	17.8	152.9	12	10/8/2022	Saturday	Another really nice campsite to myself.		1	1	1	6
	Chapins Ridge Campsite	16.1	169	13	10/9/2022	Sunday	Another nice campsite in the Pines		1	1	1	6
	Crow Valley Campsite	20.5	189.5	14	10/10/2022	Monday	Nice campsite close to trailhead for pickup		1	1	1	6

Stop	Location	Daily	Total	Day	Date	Day	Notes	Resupply Address	Break	Lun	Din	Snac
	Stewart River Campsite	18.1	207.6	15	10/11/2022	Tuesday	I decided to ration food and hike on a couple more days. I had a Memorial to attend via Zoom and did not want to go in and out of town twice.		1	1	1	6
	Big Bend Campsite	12.7	220.3	16	10/12/2022	Wednesday			1	1	1	6
	Heron Pond Campsite	14	234.3	17	10/13/2022	Thursday			1	1	1	6
	Normanna TH/Two Harbors, MN	44.8	234.3	18	10/14/2022	Friday	Stayed at Viking Motel. Very nice motel room and owner drove me around town on errands. I would stay here again. The motel is seasonal and only takes reservations two weeks in advance. Used Superior Shuttles for pickup from TH. Very little traffic and tough to hitch.	Elizabeth Thomas GENERAL DELIVERY 106 Waterfront Dr. Two Harbors, MN 55616 Please HOLD for AZT Thru-hiker ETA 10/11/22	0	0	0	0
	Two Harbors, MN	0	234.3	19	10/15/2022	Saturday		ZERO DAY	0	0	0	0
	Two Harbors, MN	0	234.3	20	10/16/2022	Sunday		ZERO DAY	0	0	0	0
	Bald Eagle Campsite	10.4	244.7	21	10/17/2022	Monday	Very small site and exposed with wind.		0	0	1	4
	West 3rd Street	15.7	260.4	22	10/18/2022	Tuesday	Got shuttle after poor experience in city.			1		6
	Grand Portage Trailhead	23.7	284.1	23	10/19/2022	Wednesday	Dropped off at Haines Road Trailhead 5 miles further to avoid city hiking, so this was really 18.7 miles. Picked up by shuttle at Grand Portage.			1		6
	Southern Terminus	13.7	297.8	24	10/20/2022	Thursday	Dropped off at southern terminus. Hiked down and back to Jay Cooke State Campground. Tried to call shuttle to pick me up at Grand Portage but no signal, so he came to Jay Cooke which was back-up plan. Took me to pre-scheduled rental car pick-up. I did not get to hike 5.9 miles to Jay Cooke unfortunately.			1		6