WESTWARD BOUND

West Duluth offers a beautiful natural environment in a culturally rich area where you’ll find historic neighborhoods, outdoor adventure and a thriving business district.

**ST. LOUIS RIVER** The St. Louis River Estuary is the largest U.S. tributary to Lake Superior and the largest freshwater estuary in North America. The river is popular with anglers fishing for walleye and other species. The shoreline offers old-growth pine forests and native plants which are home to an abundance of birds and wildlife.

**STLOUISRIVER.ORG** lists places to pick up the On-The-Water Guide for Paddlers & Boaters, an invaluable resource for understanding the natural and cultural history of the lower St. Louis River.
ATTRACTIONS Visit the Lake Superior Zoo, take in a Huskies ballgame at Wade Stadium, or visit the Essentia Duluth Heritage Sports Center, a former iron factory that’s now a hockey and soccer hub—with an adjoining restaurant, bar and concert venue. Plan a stop at Spirit Mountain for year-round adventure: in summer, ride the Timber Flyer zip line or the Timber Twister alpine coaster; in the winter, hit the slopes for alpine skiing, snowboarding and tubing. Spirit Mountain is also home to the new Grand Ave Nordic Center which offers trails with snowmaking and world-class grooming.

HIKE + BIKE + CLIMB Spirit Mountain has the best lift-access mountain biking in all of Minnesota and is one of many access points to the Superior Hiking Trail where you’ll find stunning ridgeline vistas and beautiful old-growth forest. The Western Waterfront Trail provides nearly five miles of accessible trails along the banks of the St. Louis River and is the starting point of the Willard Munger Trail, a 70-mile paved stretch considered among the most scenic in the state. Quarry Park is a destination for climbers - known for its 1,000-foot long, 100-foot high cliff used for mixed climbing throughout the winter months. The park also includes a nine-hole disc golf course and trails for hiking and dog walking.