

Traveler

The great Northwoods adventure.

Story and photos by John Scanlan

I don't know when the idea first hit me. I think it was in July of 2014. Lying spread eagle beneath a ceiling fan while trying to sleep in the heat, I declared, "I'm not spending another July in South Carolina."

Thus, I started a year's worth of planning on what I dubbed to be "The great Northwoods adventure." I decided to use Superior, Wisconsin, as my base of operations, and from there I would pedal over to the Apostle Islands National Lakeshore and back.

I departed Hilton Head Island with my Trek hybrid mounted atop my car and arrived in Superior on Sunday, July 5, 2015. I got a room at the Holiday Inn Express on U.S. Routes 2 and 53 and walked right across the street to eat at Perkins; after which, I toured the Richard I. Bong Historical Center, which honors the memory of Major Dick Bong and other WWII veterans. I ate supper at Perkins too, vowing that it would be my last chain restaurant. From here on out, it would be local, mom-n-pop places.

The next morning, I ate breakfast in the lobby, checked out and hit the Osaugie Trail on my bicycle. Paralleling traffic on U.S. Routes 2 and 53, I pedaled south to the Osaugie's end and then jumped on County Road E.

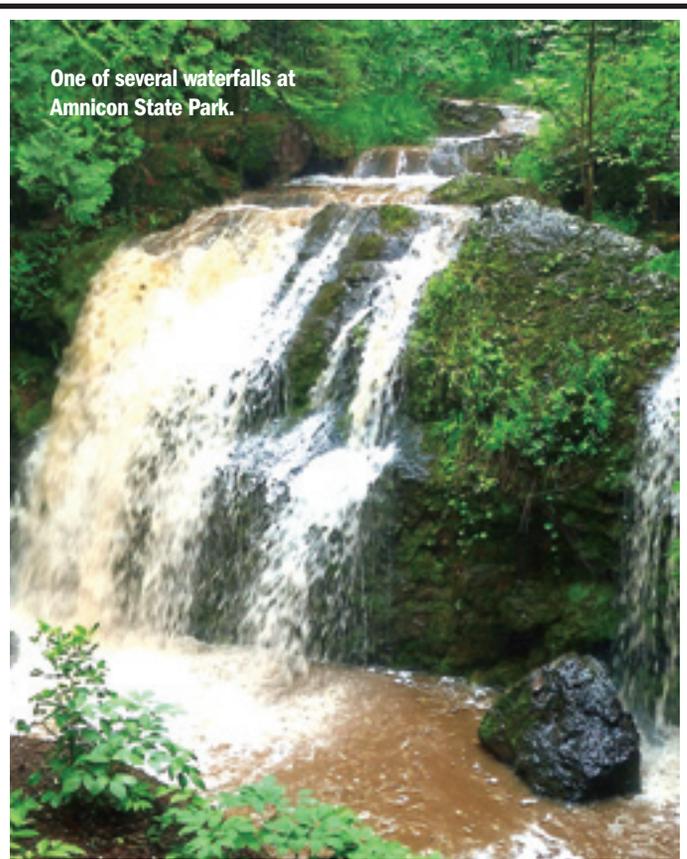
Time spent on more county roads and a brief stint on U.S. 2 — where I laughed out loud at the Three Finger Fireworks sign — took me to The Sleepy Hollow Motel, where I got a room. This was a clean, mom-n-pop place with a wood motif just outside of Amnicon Falls State Park.

From there, I walked into the park to take pictures of the falls, which were gorgeous. Due to the recent rain, the Amnicon River roared through the park that

was lush and green. Afterwards, I walked to Charlie's Riverside Bar for a small veggie pizza.

The next morning's breakfast consisted of a cold chicken wrap from Charlie's, after which, I hit U.S. 2 traveling east at 6:53 a.m. Where did those hills come from? I thought Wisconsin was flat! In fact, before arriving at Brule, I had to overcome two "walkers" — hills so steep that I had to dismount and push my loaded Trek.

After eating a huge late breakfast at Twin Gables, I rented a canoe from the Brule River Canoe Rental Company. Then I did canoe route A1, a calm 12-mile paddle down the



One of several waterfalls at Amnicon State Park.

Brule River from Stones Bridge Landing to Winneboujou . . . but there was a kicker. They had no one-man canoes, so I had to sit backwards on the front seat of a 14-foot, two-man canoe. Stop and think about that for

a second. In any case, the four-hour paddle was gorgeous. I even stopped to watch a deer feed along the banks.

Afterwards, I walked across the highway to get a room at the Brule River Motel and then walked to eat supper at The Round Up North. If you're ever there, get the spaghetti.

Wednesday, July 8 started with a monstrous breakfast at Twin Gables that included two egg-n-cheese muffins to go. Then I headed north and out of Brule. I eventually hit the smooth pavement and downhill grade of Wisconsin Route 13 and cruised at 16 mph into Port Wing. It was so cool to look across Lake Superior and be able to see Minnesota.

I set up my tent at the Anchor Inn Campground and then relaxed before eating supper in the Bear Paw Café. I was envious of the young waitress, who would be a freshman at the University of Wisconsin in a matter of weeks.

The next morning, after waffles at the Bear Paw, I was on the road at 7:31. After a big "walker" into Herbster, I cruised into Cornucopia, hoping to catch a kayak excursion. But



Grizz Works Wood Sculpture & Outdoor gallery features chainsaw art in Maple.



Cornucopia is known as the western gateway to the Apostle Islands National Lakeshore.

What's cooking?



AWAITING ASPARAGUS

Asparagus is an excellent source of vitamin K, folate, copper, selenium, vitamin B2, vitamin C, and vitamin E. It is a very good source of dietary fiber, manganese, phosphorus, niacin, potassium, choline, vitamin A, zinc, iron, protein, vitamin B6 and pantothenic acid. And it's delicious. Gardening season for asparagus in Wisconsin runs April through June.

Did you know that you also can pick wild asparagus on a state wildlife area? Edible fruits, edible nuts, wild mushrooms, wild asparagus and watercress may be removed by hand without a permit for the purpose of personal consumption by the collector. To find a state wildlife area near you, visit dnr.wi.gov and search "state wildlife area."

ASPARAGUS WITH LEMON MUSTARD VINAIGRETTE

- 1 ½ pounds fresh asparagus, washed and trimmed**
- 1 small red onion, thinly sliced**
- 2 teaspoons lemon and pepper seasoning**
- 1 tablespoon country-style Dijon mustard**
- ½ teaspoon sugar**
- ¼ cup olive or vegetable oil**

Steam or boil the asparagus for 7 to 10 minutes, or until tender. Rinse with cold water. Place the asparagus on large platter and top with the red onion. Combine the remaining ingredients; drizzle over the asparagus and serve. Serves 6; 120 calories and 9 grams fat.

This recipe is from Sherry Tanumihardjo of UW-Extension and Jennifer Keeley, Bureau of Aging and Long Term Care Resources.

WE REGRET THE ERROR.

The February issue cited an incorrect date for the MacKenzie Center Maple Syrup Festival. The festival is Saturday, April 2.

no luck. All of Lost Creek Adventures' trips were full. So, I made a reservation for the next morning and set up my tent at the Siskiwit Bay Marina. The previous night I was surrounded by RVs, tonight I would have boats in the marina on one side and Lake Superior on the other.

Then I walked to see three waterfalls in the local Siskiwit River: a beautiful, under-the-radar escape. I soaked my feet in a clear pool until it was time to eat supper and then I walked to eat whitefish at The Village Inn.

On Friday morning, I kayaked with a group to the Mawikwe Bay Sea Caves, part of the Apostle Island National Lakeshore, courtesy of Lost Creek Adventures. There, I learned that centuries of wave action, freezing and thawing had sculpted formations and caves into the sandstone shoreline. We paddled amongst them and it was awesome.

After lunch in the classic Ehler's Store, I hopped on my Trek at 12:30. Later, while pushing my Trek up a huge "walker," a touring bicyclist with a guitar strapped to his back passed me. It was humiliating, but in any case, I eventually pedaled around the horn on Route 13 to Bayfield. There, I immediately went to the dock and signed up for the next day's Stockton Island Day-Hiker with Apostle Islands Cruises. Then I got a quick bicycle tune-up at Bayfield Bike Route, where the guy with the guitar was doing the same. Lastly, I

ate whitefish at Greunke's Inn and I realized a pattern was starting to form in my schedule.

Totally exhausted, the last thing I wanted to do was climb back onto my Trek, so I pushed it to get a tent site at the Apostle Islands Area Campground, located 1 ½ miles south of Bayfield.

The next morning I walked to eat breakfast in Greunke's and then Apostle Islands Cruises took me and several others out to Stockton Island and dropped us off. There, I hiked the Anderson Point Trail, taking some phenomenal pictures, and caught my boat ride back to Bayfield. Then I toured both the Historical Museum and the Maritime Museum before eating whitefish at Maggie's. Then, I got a veggie pizza to go and walked the 1 ½ miles back out to my campsite.

Sunday, July 12, started with half of a cold veggie pizza and then hitting Route 13 at 6:50. In Washburn, French



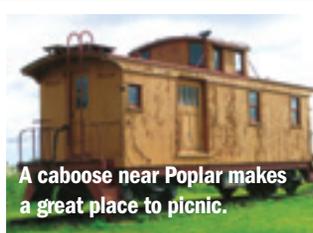
The Mawikwe sea caves are part of the Apostle Islands National Lakeshore's most spectacular scenery.

toast from the Coco Café powered me onward to U.S. 2 west, where I continued to the Iron River. And that's where I caved and broke my vow to not eat at chain restaurants. I couldn't help it. It had been years since I had eaten at an A&W. Those famous brown bubbles of the root beer went down well with two chicken sandwiches devoured while I was sitting outside on the curb. Then I got a room at the Lumbermen's Inn.

The next morning, I walked down to the Rustic Roost for a big breakfast and two egg-n-cheese muffins to go. I was on the road at 7:43 a.m. After one "walker" on U.S. 2



Green Bay Packer pride spills over to northern Wisconsin.



A caboose near Poplar makes a great place to picnic.

west, I ate my to-go order with Gatorade while sitting on the back of an abandoned caboose near Poplar.

After cruising at 16 mph on U.S. 2 and 53 back into Superior, I got a room at the same Holiday Inn Express and ate at good ol' Perkins. But I didn't have the whitefish. Instead, I ordered the "Ragin' Cajun" with my two glasses of chocolate milk.

Is upper Wisconsin great or what? 

John Scanlan writes from Hilton Head Island, South Carolina.



You'll find the other Big Apple just south of Bayfield.