



GIRLS GONE NORTH WEEKEND SCHEDULE OF EVENTS NOV. 9-11, 2018

FRIDAY, NOV. 9

Welcome, Check-In, Relax, Time to Bond

Arrive at your favorite Bluefin Bay Family Resort, check in and be sure to sign up for the complimentary Girls Gone North Weekend activities.

Guided Hike: Oberg Mountain (Resort Guided Hike)

10 a.m. – 12:30 p.m.

Bluefin Bay: Meet at Guest Services

Join our resort guided hike scheduled to depart at 10 a.m. from Bluefin Bay Guest Services. The Oberg Mountain Loop is one of our most popular hikes. The trail travels in a loop atop Oberg Mountain, following the ridgeline to offer panoramic views and several overlooks of Lake Superior, as well as Oberg Lake and the Sawtooth Mountains.

Waves of Superior Spa Treatments

9 am – 6 pm

Surfside: Waves of Superior Spa

Lounge with the ladies while you unwind in Waves of Superior Spa. We're offering Girls Gone North participants **15% off all massage and skin care treatments all weekend long!** Appointments should be booked in advance. To receive the discount, let the reservationist know you are part of Girls Gone North Weekend and give them your room number. Call for reservations: 218-663-6888

Girls Only Happy Hour at the Bluefin Grille

3 – 5 pm, 8-10 pm with live music

Bluefin Bay: Bluefin Grille

Join us for a special Girls Gone North Happy Hour offering GIRLS ONLY drink specials, including a variety of "lighter" cocktails (with recipes so you can make them at home)! Have you wondered how to reduce the calories in your cocktails? Now you can explore and experiment with your girlfriends.

LIVE MUSIC w/HAPPY HOUR! From 8-10 p.m. we're delighted to welcome local musician Maria Nickolay. You can learn more about her music here: maraianickolay.bandcamp.com. Or just come check it out while you sip your healthy cocktails! ;-)

On Friday night at the Grille, girls rule!

SATURDAY, NOV. 10

Yoga (All levels welcome; resort guests welcome)

8:30 am – 9:30 am

Bluefin Bay: Tofte Room

Join us for yoga in the Tofte Room to get a healthy start your day. This is a great way to continue with your yoga practice while on vacation, or give it a try for the first time. Our skilled yoga instructor will lead you through an hour of yoga using a sequence of Vinyasa Flow joining coordinated movement with breath to flow from one pose to the next. All skill levels are welcome and encouraged. Mats and props provided. 12 years of age and older only, please.

Yoga (All levels welcome; Girls Gone North guests only)

9:30 – 10:30 a.m.

Bluefin Bay: Tofte Room

Join us for yoga in the Tofte Room to get a healthy start to your day. We've added a Girls Gone North special yoga class, following our regularly scheduled Saturday morning class. So, if 8:30 is too early, or if that class is full, join us at 9:30 a.m. for an hour of yoga using a sequence of Vinyasa Flow coordinated movement to flow from one pose to the next. This non-intimidating environment is perfect for first-timers as well as experienced practitioners. Mats and props are provided.

Waves of Superior Spa Treatments

9 am – 5 pm

Surfside: Waves of Superior Spa

Girls Gone North Weekend participants receive 15% off all massage and skin care treatments. Appointments should be booked in advance. To receive the discount, just let the reservationist know you are part of Girls Gone North Weekend and give them your room number. Call for reservations: 218-663-6888

Cascade River State Park (Resort Guided Hike)

10 a.m. – 12 p.m.

Bluefin Bay: Guest Services

If you like waterfalls, you will enjoy this hike. Our regularly scheduled resort guided hike gives you beautiful views of the cascading waterfalls at Cascade River State Park near Lutsen. We'll venture through the Superior National Forest and along the beautiful Cascade River to view the series of stair-stepping waterfalls that give the river its name. This hike is rated easy/moderate and it is beautiful any time year. Because this is our scheduled hike for resort guests, sign up in advance is encouraged.

Adventure Hike – Caribou Falls (Girls Gone North Only)

11 a.m. – 1:30 p.m.

Bluefin Bay: Guest Services

This hike offers Girls Gone North participants a slightly more rigorous adventure with a waterfall and Lake Superior views. The hike begins along the Caribou River and leads to one of the most breathtaking

waterfalls on the North Shore. We'll descend four flights of stairs to the base of the 35-foot waterfall and then hike back up to the top...remember to count the number of steps for bragging rights later! At the top of the stairs, we'll continue on up the trail where you'll enjoy an observation platform with views of Lake Superior and the falls below. Sign up in advance is encouraged.

Lunch on Your Own (anytime)

Bluefin Grille or Coho Café & Bakery

North Shore Winery (Resort Shuttle)

2:30-4:15 p.m.?

Bluefin Bay: Meet at Guest Services

Take the resort shuttle to and from North Shore Winery in Lutsen for a little wine tasting and winery tour. The shuttle leaves Bluefin Bay promptly at 2:30 p.m. and arrives at the winery at 2:45 p.m.; shuttle pick up is at 4 p.m., arriving at Bluefin Bay at 4:15pm. Please sign up with Guest Services in advance with the number in your party as the resort shuttles fill quickly according to demand.

If the shuttles are full, you can also drive to North Shore Winery, located about 10-15 minutes from Bluefin Bay. The winery is open Friday-Monday from Noon to 7 p.m. We ask you to pre-register for the resort shuttle as space is limited.

SIGNATURE EVENT – SAT., NOV. 10

Be Well. An Evening of Organic Fun!

5:00-7:00 pm.

Surfside: Lakeside Ballroom

“Love the Skin You’re In” workshop with Eminence Organic Skin Care & an Organic Wine Tasting hosted by Johnson Brothers & Waves of Superior Café!

This year, we're hosting TWO signature events simultaneously to introduce Girls Gone North guests more intimately to Waves of Superior Spa and Café. Join us for two separate 45-min sessions designed to help you learn & have some truly 'organic' fun!

Part 1: Love the Skin You’re In (Mini-facial anyone?)

Ask a woman of almost any age what she worries about and you're likely to hear – among a list of concerns – getting and feeling old! We're so hard on ourselves, right? This 45 minute hands-on workshop will give you new insight into skin health, beauty, and age prevention and treatment. Join Eminence Organic Skin Care expert, Rachel Ann Riter, to learn about the best regime for your skin concerns. Each person will receive a skin analysis and regime, learn the importance of active organic ingredients and how to do a mini-treatment yourself. We'll have our Waves of Superior Spa team on hand to help answer questions and determine the best regiment for your skin type.

PRESENTER BIO: Rachel Ann Riter has more than 20 years of experience as both an Esthetician and Master Trainer with Eminence Organic Skin Care. Rachel's passion is to help educate clients on how to

prevent and correct challenges with their skin. The Waves of Superior Spa staff is delighted to work with Rachel and Eminence Organic Skin Care to provide high quality skin care services and products.

Part 2: Organic wine tasting & sampling event

It's no secret, organic wine is all the rage these days. But what exactly does it mean to be deemed an organic wine? Are there benefits to drinking organic vs. other? Our Waves of Superior Café Food & Beverage staff teams with our favorite wine reps to offer some insight and samples! Join us to learn and to taste – organic wines and appetizers are complimentary in this 45-min tasting and socializing session.

NOTE: Our Girls Gone North Signature Event from 5-7 p.m. is complimentary, but space is limited so you must sign up in advance to attend. Register when you make your lodging reservation or when you check in by listing everyone in your party for the "SIGNATURE ORGANIC EVENT" from 5-7 p.m. Our max attendance for this event is 60 people and we will take reservations on a first come, first served basis.

SUNDAY, NOV. 11

Yoga (All levels welcome; resort guests welcome)

8:30 am – 9:30 am

Bluefin Bay: Tofte Room

Join us for yoga in the Tofte Room to get a healthy start your day. This is a great way to continue with your yoga practice while on vacation, or give it a try for the first time. Our skilled yoga instructor will lead you through an hour of yoga using a sequence of Vinyasa Flow joining coordinated movement with breath to flow from one pose to the next. All skill levels are welcome and encouraged. Mats and props provided. 12 years of age and older only, please. Sign-up in advance is encouraged as the size of the class is limited.

Waves of Superior Spa Treatments

9 am – 6 pm

Surfside: Waves of Superior Spa

Girls Gone North Weekend participants receive 15% off all massage and skin care treatments. Appointments should be booked in advance. To receive the discount, just let the reservationist know you are part of Girls Gone North Weekend and give them your room number. Call for reservations: 218-663-6888

SIGN UP IN ADVANCE TO ENSURE PARTICIPATION IN GIRLS GONE NORTH EVENTS!

To register, call Bluefin Bay Guest Services at 1-800-BLUEFIN (258-3346) and be sure to list the names of ALL participants who want to reserve a spot for each activity.

*Girls Gone North Weekend is sponsored by Bluefin Bay Family of Resorts,
with our media partner, Minnesota Monthly Magazine.*

THANK YOU & SAFE TRAVELS HOME!

**A Little Special Pampering – Just for the Girls
by Waves of Superior Spa**

Again this year our Waves of Superior Spa at Surfside is offering a Girls Gone North Spa Special!

Receive 15% off a massage, body treatment or skin care service during Girls Gone North Weekend. This is the perfect enticement to try Waves of Superior Spa if you haven't joined us yet. Make one appointment or we'll work with you to accommodate your group.

This offer is valid Nov 9-11, 2018 for Girls Gone North participants only.

Call 218-663-6888 to take advantage of this special offer.

We expect the spa to be busy, so please book spa appointments in advance to receive the special. When you call to make a reservation, please let staff know you are part of Girls Gone North Weekend so we can ensure the discount.