



Cascade News

Cascade Lodge on Lake Superior
3719 West Highway 61
Lutsen, MN 55612

November 2015

All Trails Lead to Cascade!

The historic Cascade Lodge and Restaurant is owned and operated by Michael and Maureen O'Phelan, proudly serving you since 2004.

We hope you are enjoying your Thanksgiving Holiday with family and friends. We also hope you are considering a winter trip to Cascade Lodge on Lake Superior. We like to use the phrase "all trails lead to Cascade" to describe our winter accommodations as they really do! Snowmobile spur trail leading you out to both the Lutsen Trails and the State Trail that leads all the

way up the gunflint trail as well as Grand Portage for 100's of miles of that sport. Our ski trails are unprecedented offering 30km of 2 track classic and 30km of 1 track classic/skate skiing right from here. Snowshoeing of interest? Cascade is the place with both tons of wilderness as well as marked snow shoe trails. Downhill skiing is a short 10 minute drive from Cascade and we have many downhill ski

and stay packages! After all of these fantastic winter experiences enjoy a daily happy hour from 3-6pm in our Northwoods Irish themed pub featuring 1/2 price appetizers and dollar off drinks daily! Enjoy are new high speed fiber based broadband internet available in the lodge, restaurant and most cabins (hopefully all by winter!), and catch your favorite TV show on our new Dish network system with 100's of channels at your fingertips.



Cascade Lodge
Cascade Restaurant



Winter Packages Available

Downhill Ski Packages

Ski and Stay Packages at Cascade Lodge! There is no better way to enjoy Mid-America's largest downhill ski area with more than 90 runs on 4 mountains and over 1200 feet of vertical adventure for both snowboarders and downhill skiers. There's even a terrain park! Try out the new high speed gondola just installed in November. We can walk you through the process on the phone or try our website at;

www.cascadelodgemn.com

Use the packages pick under our lodging tab or direct at:

<http://cascadelodgemn.com/Home.php?Section=Lodging&SubSection=Specials&Tag=Lutsen>

Cross Country Ski

This package is based on our summer hiking package, the popular Hikers Delight. The 3 night version includes skiing a short ski near Cascade on arrival then Day 1: Eat Breakfast and pick up trail snack. Shuttle to Massie Loop Trail head. Ski from Caribou Trailhead and upper Hall and Massie Loops back to Cascade Lodge (12K).

Day 2: Eat Breakfast, pick up trail snack. Shuttle to Deer Yard Trailhead. Ski Main Loop and back to Cascade Lodge (13K). We also offer a 2 night version with the shuttle to either trail head.

North Shore Holiday

Need a unique shopping experience or how about some downtime before Christmas? Cascade Lodge is offering "A North Shore Holiday" coupon worth \$25 at area establishments including Cascade Restaurant for \$12.50!

You can purchase these online while making a reservation or when you reserve by phone. Valid from November 15-December 25th.

Christmas

Gift

Certificates!

Searching for that perfect gift item for somebody special? Cascade Lodge offer gift certificates for any amount you choose. We will send it to you or your loved one. Treat somebody to a wonderful opportunity to enjoy the North Shore. Call

800-322-9543

What's New At Cascade

It's been a season of infrastructure which started way back in late 2014 and continued into 2015. 1st, we put in brand new Dish Network Television service with individual receivers in every room and cabin for literally 100's of channels of service at your fingertips. We also converted all of our old TV's to flat screens. This was completed in late summer. Then in

February, the long awaited fiber optic broadband was brought into the Lodge. As it became warmer, we buried cable and delivered this same service via wifi boxes at strategic locations so that all of the cabins have service (still waiting on 4 units), we then worked with Verizon cel service to extend their network via these hotspots so that any guest with Verizon

service may use their phone here at Cascade Lodge—of course, any phone can text on our wifi. We installed new carpeting and artwork in our main lodge hallways as well as our main office area. During work week Cabin 8 got a new deck/roof and we stained Cabins 2 and 3 as well as installing new decking on Cabin 3. Finally, we improved our outdoor social areas—whew!



Above: New Carpet, artwork and look in Main lodge+office

Below: Our "new" 14 passenger van for shuttling guests.



Cascade Restaurant Happenings



Delicious, hand-cut prime rib every Saturday evening!!

We've had an exiting year at the Restaurant! We have 3 new chefs, all of whom bring valuable experience with them! We'll be reviewing our menu and hope to add some delicious new entrees and appetizers! We served Bangors & Mash for our

1/2way to St. Patrick's Day party and they were a HUGE hit! We have music lined up for winter weekends as well as scheduling our Annual St. Patrick's Day bash! And finally, we are installing new wood-look tile in the front of the Restaurant!

Yes, the beloved vinyl will be gone, but it's time for a fresh new look and we are excited! We'll be installing this in mid-December so stop in after December 17th and see how it looks!

Work Week May 8-15th 2016!!!

We had a successful 2015 work week with 12 fun and hard-working people! Sign up now for the 2015 work week and we will gladly exchange rooms and meals for your skills and efforts. Typically, we need people skilled in painting, carpentry, electrical, plumbing yard work etc. The plan this year is that we will be painting another

cabin and doing some outdoor work. Here's how it works: You arrive on Sunday and check in to a free basic room. On Monday thru Friday we provide you with a breakfast at 8am and then by 8:30-9 we begin working on projects. We break for lunch about 12 noon and we finish up about 3 pm. The rest of the day is yours. On Friday the lunch is

light and we will typically finish up by 12 noon. Saturday you are on your own for meals, but the Lodging is free, checkout is Sunday. Don't miss this opportunity to be a part of this years adventure and a chance at some new friends and reconnecting with old ones. We have limited availability so please make plans early! Call Michael now at 218-387-1112!

Sustainability Initiatives

New Website!

We Switched out all of our old tube style TV's with Samsung LED type TV's (this project is nearing completion) this year to take advantage of our new HD TV service mentioned earlier. We are in the process of moving to LED bulbs throughout the resort but this is a very expensive technology at this point, so we are being strategic about where we use them right now and also testing how long they last in our environment. Basically, we are using them in locations where the lights are on a lot. Our golf carts are retired for the winter but we used the electric carts rather than vehicles for get-

ting around the resort all summer long. We have an extensive recycling program at Cascade Lodge which we would like guests to take advantage of but we often see recycling habits go on vacation when guests are on vacation! We provide containers all over the place including every cabin deck so don't be afraid to use them! We haul recycling 1-2X per week and it saves a lot of garbage hauling costs as well as our environment. If you have any suggestions for improving this, by all means pass them on to Michael. Thanks!

Our new website is picking up a lot of extra activity for us and being noticed not only for its information on Cascade Lodge but for the information and links provided for the many activities and points of interest around Cook County. We recently heard from a birding enthusiast how complete and interesting our birding activities page was. If you have any content that you think might be of interest to us send it our way! We are interested in photos, movies, links and personal testimonies/stories concerning Cascade Lodge and the surrounding area.

Winter Activities Calendar 2013-2014

We will be featuring a full slate of enjoyable winter activities this year to keep you busy during your stay at Cascade Lodge on Lake Superior. Unfortunately our popular horse drawn sleigh ride has been retired due to the operator no longer willing to run the event. The Cook County Events and Visitors Bureau publishes a monthly packet of activities in the area that is available

at our front desk or at this [link](http://www.visitcookcounty.com/calendar/); <http://www.visitcookcounty.com/calendar/> or download their new app to your smart phone. We can also help you find the very popular sled dog rides offered through Stoney Creek Sled Dog Rides in Tofte Minnesota. Finally, don't forget that Cascade Lodge has direct access to the largest cross country ski system in

North America! We groom a portion of these trails with a Pisten Bully groomer—see photo inset. We are also surrounded by Cascade River State Park and many enjoy the frozen winter scenery on their snow shoes. We rent cross county ski packages and snowshoes for all levels and have an excellent selection. When you're finished with your day enjoy live music most week-ends in our onsite pub!



There is no better piece of equipment for grooming ski trails than the Pisten Bully! Cascade Lodge recently donated this one to the Norpine Ski Trail Association. What an awesome level of commitment to ski trail grooming!

Meet Troy Brueggeman

Troy joined us in early September as our head chef. He came from Wisconsin where he had worked for a large resort. Troy has already "upped" our kitchen performance by initiating more streamlined approaches to preparing

food and he has overhauled our kitchen so it is more efficient. Add to these accomplishments that he is a fantastic cook! He enjoys pairing special meals with wines and beer and we plan on having some events which will

feature this. Troy also enjoys focusing on natural and whole ingredients, including fantastic gluten free and vegetarian meals. In his spare time, Troy loves fishing!! Stop in and say hello to our new Chef!!



Late Fall & Winter Lodging Specials!



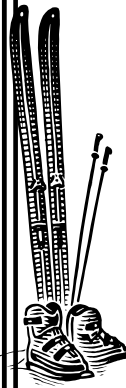
Ring in the new year
at Cascade Lodge
and Restaurant/Pub!

Make Winter Ski Plans January 3 for 2!

Reserve any Room or Cabin for 2
nights and get the 3rd night free! It's a
savings of up to 33% off your stay!

Great Midweek Specials All Winter Long

(Excludes 12/25-1/3). All Units Marked down 20% Sun-
Thursday. 40% off midweek now until December 24th!
Then 20% midweek through the winter!



**Cascade Lodge Ski & Stay
Packages Excellent Value!!**
At the Upper Midwest's Premier Ski
Area... **Lutsen Mountains... 90
runs, 4 mountains, new terrain
park and chairlifts.** You can now
book online at our website:
www.cascadelodgemn.com



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Lutsen, MN 55612

Call Cascade Lodge for Reservations:
218-387-1112 or 1-800-322-9543
-or- visit our Website:

www.cascadelodgemn.com

Cross Country Ski Package

2 or 3 Nights Lodging
Breakfast and Trail Snack
each day & Shuttles to
great trailheads
Available 12/26/14 -
3/31/15

Includes 25K of excel-
lent Cross Country Ski-
ing on our 58K system.
Ski some of the most scenic
groomed trails on the North
Shore of Lake Superior!



A North Shore Holiday! Enjoy a \$25 coupon valid at
Cascade Restaurant and other close by venues for
only \$12.50! Valid 11/22-12/25!