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- Canoeing, hiking and backpacking.



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# EXPLORE *Minnesota* ©MTD CANOEING, HIKING AND BACKPACKING

## Plan your getaway

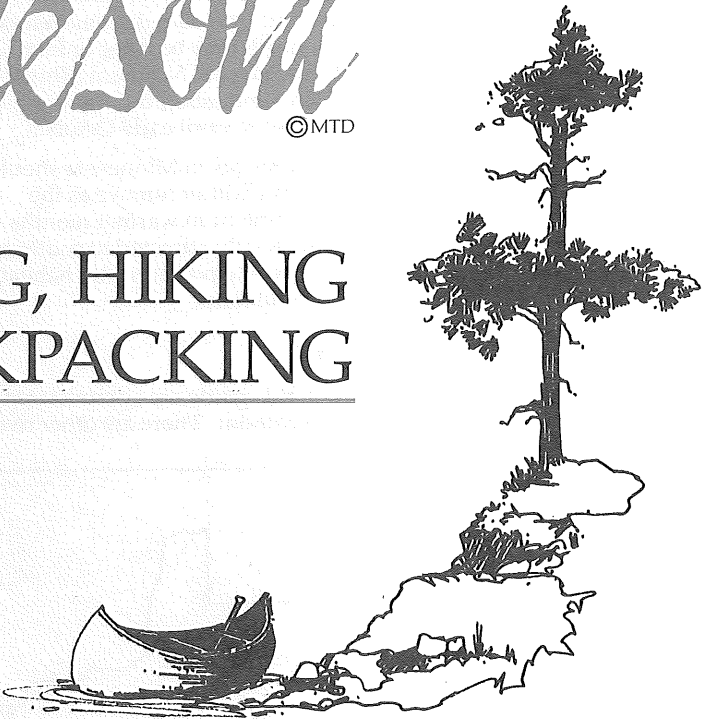
Explore Minnesota's back country. Pull on your hiking boots, grab your camera, and take to the woods. Or climb into a canoe, and glide along pristine waters. Take an afternoon, or a lifetime, and get to know the sights, sounds, and smells of Minnesota wilderness first-hand.

Minnesota's trails are waiting for you. A walk through the woods, a weekend backpacking trek, a relaxing canoe ride downstream, or a challenging outing in the Boundary Waters Canoe Area—find an experience to match your interest and experience.

This guide provides an extensive sampler of some of the best canoeing areas and hiking and backpacking trails in Minnesota. Seventy hiking trails are described. About half of them may be used by backpackers, those hikers planning long distance trips, camping overnight along the trail. Also, 23 canoe rivers and several other canoe areas and routes are described. These canoe routes and hiking trails offer a wide range of outdoors experiences.

The name "Minnesota" comes from the Dakota Indian word for "land of sky-tinted water." Altogether, there are about 3,000 miles of canoeing rivers and 12,000 natural lakes.

Minnesota is the ecological crossroads for three regions—the western plains and prairies, the northern coniferous forest and the eastern hardwood forest. Millions of acres of forest land shelter an abundance of wildlife in the state's national



park, Voyageurs; two national forests, Superior and Chipewewa; 64 state parks, 55 state forests, state trails, and hundreds of city and county parks.

## Explore Minnesota wildlife

The rivers and streams abound with walleye, northern pike, trout, bass and other fish. Moose, white-tailed deer, black bear, timber wolves, fox, coyote, raccoon, beavers and squirrels thrive in these natural habitats.

Alert bird watchers can spot bald eagles, hawks, loons, warblers, woodpeckers, owls, and a variety of ducks and other birds. Binoculars and a bird book come in handy on hiking and canoe trips.

Bring a wildflower book along too. Each season offers its own variety. Prairies, woodlands, and marshes are each home to a different set of wildflowers and other plant life. On a hiking trip, getting there isn't as important as what you see along the way. See how many flowers you recognize from past outings, and how many new ones you have become familiar with. Lady slippers, columbine, jack-in-the-pulpits, marsh marigolds, asters and buttercups—but leave the natural bouquet along the trail for the next visitor to enjoy too. On the other hand, help yourself to the blueberries and raspberries.

Get to know the trees along the trail. Red pine, white pine, black spruce, jack pine, and hemlock are the evergreens. The tamarack looks like an evergreen, but turns golden in the fall and drops its needles, the only coniferous tree to do so. Maples, red oak, white oak, aspen, birch, elm, hackberry and basswood are the hardwoods. In fall, their spectacular colors will lure you to the trail.

## Be a weather-wise explorer

Minnesota's climate can vary significantly from north to south. Daytime highs during the summer are generally in the 70's and 80's. They can occasionally reach the 90's in the southern part of the state. In the north, the average temperatures are generally lower. Particularly along the north shore of

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Lake Superior, daytime highs are often in the 60's during the summer.

Spring and fall hiking offer cooler temperatures (and fewer insects). The beginning of May marks the last freeze of the winter in southern Minnesota, with pleasant daytime temperatures. The final freeze further north may be three or four weeks later. In the fall the reverse is true. Northern Minnesota can expect its first freeze early in September, but the southern part of the state will not have a freeze until early October.

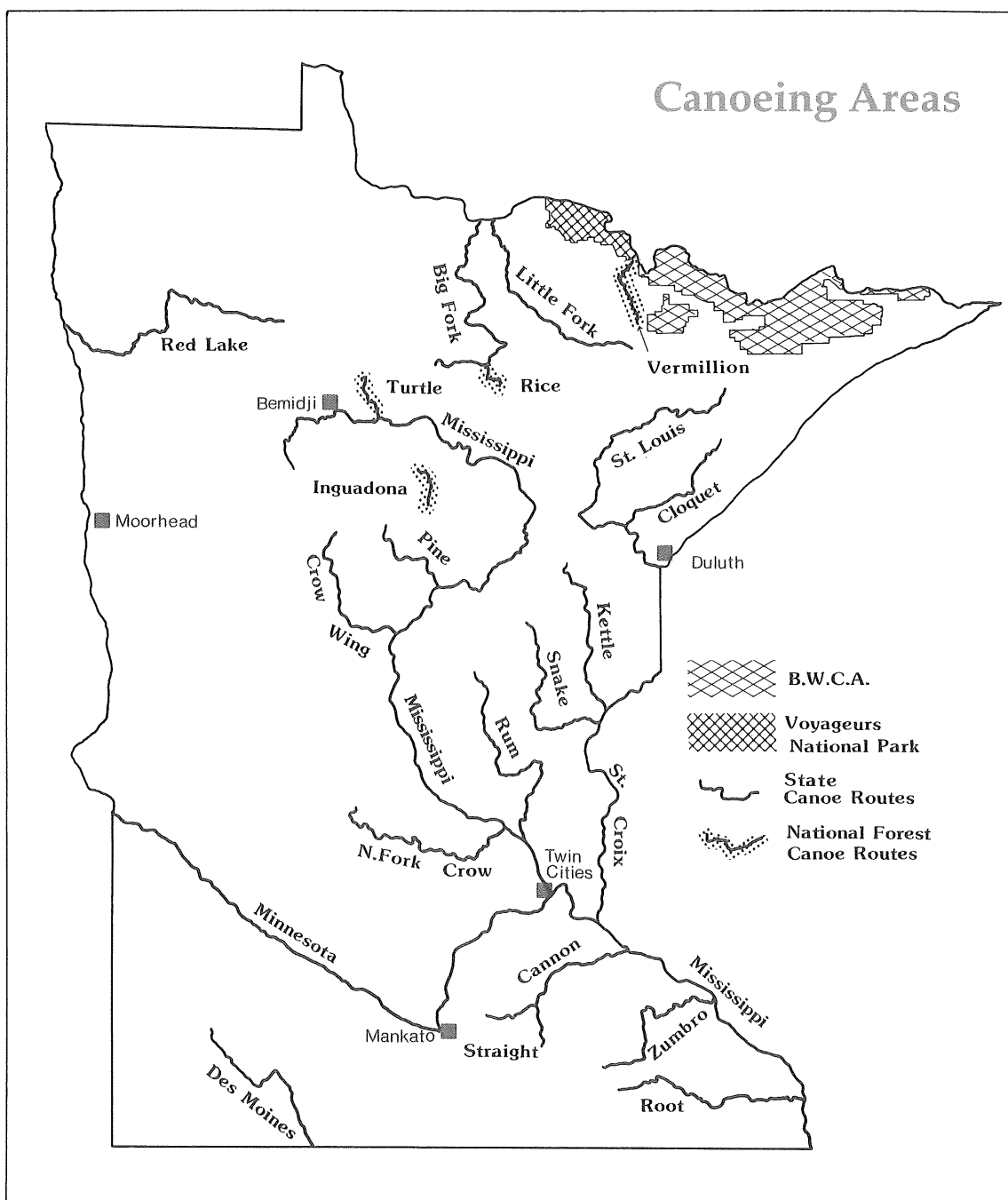
In all seasons, those exploring outdoors in Minnesota should bring layers of clothes that they can add or remove as the weather changes. Carry insect repellent in warmer months. The mosquito-wary might be especially attracted to southeastern Minnesota, where the absence of a pooled water habitat greatly restricts the mosquito population.

## Exploring on your own

Canoe routes and trails listed in this guide are administered by a unit of state or federal government. There are other rivers

suitable for canoeing and other trails for walks and hikes in city, county and regional parks. Local chambers of commerce can provide information on these opportunities.

For instance, you may wish to try the Blue Earth, Elk, or Willow rivers or Minnehaha Creek for canoeing. The city of Duluth has an extensive trail system through its many parks and along Hawk Ridge, with especially scenic views of the city and lake. In the southwest part of the state, consider Alexander Ramsey Park in Redwood Falls; Traverse des Sioux, north of St. Peter, and Garvin County Park south of Marshall. In the southeast, try the Oxbow County Park near Rochester, the J.C. Hormel Nature Center in Austin, or trails in the city of Red Wing. Tamarack National Wildlife Refuge, Inspiration Peak Wayside, and Kensington Runestone County Park near Alexandria are other hiking opportunities in the northwest. In the Heartland area, there are trails in the Sherburne National Wildlife Refuge and the Mille Lacs Wildlife Management Area. Several excellent hiking opportunities are in the Twin Cities area; reference is made below to a brochure that lists metro area trails.



# Canoeing

Minnesota offers miles of rivers for paddling, ranging from easy-going waters for the novice canoeist to whitewater for experienced kayakers only.

Novices, those with little or no canoeing experience, should only attempt Class I rapids (see the box explaining the rapids classification system). Segments of the Cannon, Crow Wing, Des Moines, Minnesota, Mississippi, North Fork Crow, Root, lower Rum, St. Croix, Straight, Zumbro and Pine rivers all are suitable for novices under normal flow conditions. Some of these rivers flow through larger bodies of water, requiring some intermediate skills.

Intermediate canoeists with some instruction and experience in canoeing skills are able to negotiate Class I and II rapids easily and can paddle large bodies of water. Intermediate canoeists may enjoy stretches of the Big Fork, Cloquet, Snake and St. Louis rivers.

Expert canoeists have had extensive instruction and experience in canoeing under a variety of situations. They are able to negotiate difficult rapids (Class I and up) and large bodies of water, and are knowledgeable about rescue and emergency procedures. Expert canoeists may be challenged by rapids on the Kettle, Snake and Little Fork, as well as other rivers during early spring high water levels.

Day trips are ideal on the Cannon, Minnesota, North Fork Crow, Root, Zumbro, Rum and Straight rivers. Extended wilderness trips can be taken on the Big Fork, St. Louis, Little Fork, Cloquet, and Vermilion rivers.

Canoe camping is possible on most of the rivers. Designated campsites have a fire ring, pit toilet, and table. Most do not provide pumped water. Wilderness rivers do not have as many designated campsites, and therefore good back country camping skills are required. (Refer to the guidelines under "On the Trail" in the hiking and backpacking section of this brochure.) Keep in mind that in remote areas it may be difficult to get help in emergencies, and canoeists should have good wilderness survival skills.

All canoes must be licensed when used on Minnesota waters. Validation decals to put on the canoe are available for a \$7 fee for a three-year period. Contact your local motor vehicle deputy registrar (the office that also issues driver's licenses) if you live in Minnesota.

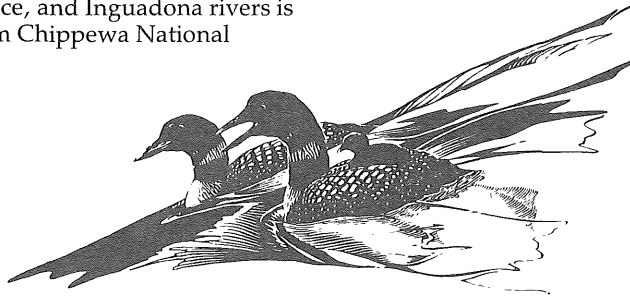
If you are not a resident of Minnesota but your canoe is licensed in your home

state, that license is valid for 90 consecutive days in Minnesota. If your home state does not require a canoe license, you will be required to purchase a Minnesota license while using your canoe in Minnesota waters. The address for licensing is the License Center, Department of Natural Resources, 500 Lafayette Rd., St. Paul, MN 55146, 612/296-2316 or toll-free 800-652-9747.

Maps, water level reports and other information on state designated canoe rivers (those marked with an \*) are available from the DNR Information Center (see address and phone number on the back of this brochure). Information on the Turtle, Rice, and Inguadona rivers is available from Chippewa National

Forest Supervisor's Office, Cass Lake, MN 56633, 218/335-2226. Information on the Vermilion River, St. Louis River, Superior National Forest lake routes, and the Boundary Waters Canoe Area (BWCA) is available from the Superior National Forest, Box 338, Duluth, MN 55804, 218/727-6692 (ask for the Forest Service).

The canoe routes are organized in this brochure by tourism regions in the state, and provide detailed descriptions of river difficulty and the type of experience offered by the route.



## Rapids Classification System

As a stream is constricted or forced to rush over rocks or other bottom features, the resulting action is rapid movement of the water that requires maneuvering of a canoe and can, at times, be dangerous. Whitewater requires knowledge and skill in order to pass through safely. Rivers and rapids are rated according to the International Scale of River Difficulty. All rapids should be scouted if there is any question of their difficulty. Water below 50° would cause rapids to be one class higher because of the danger from hypothermia posed by cold water.

**Class I:** Easy, small waves, few obstructions.

**Class II:** Rapids with waves up to three feet high. Some maneuvering is required.

**Class III:** Difficult rapids with high, irregular waves capable of swamping an open canoe. Narrow chutes may require extensive maneuvering. Usually considered the limit for an experienced paddler in an open canoe.

**Class IV:** Long, turbulent rapids with high, irregular waves, constricted passages and blind drops. Decked canoes and kayaks only; open canoes should be portaged.

**Class V:** Long, violent rapids with complete routes and steep drops or waterfalls. Hazard to life in the event of a mishap. Runnable only by experts in decked boats.

**Class VI:** Class V difficulty, carried to the extremes of navigability. Great risk to life. Runnable only by teams of experts in decked boats, with rescue skills and equipment.

The difficulty of rapids may vary with water level. High water may cover up a Class I stretch entirely but make other rapids much more difficult, changing a Class II to Class IV, for example. Big rapids frequently are most difficult and dangerous in high water. Some small Class I rapids, because they are present only in low water, are not generally shown on canoe route maps or included in the route description.



## ARROWHEAD

### Boundary Waters Canoe Area (BWCA)

The Boundary Waters Canoe Area, known as the BWCA, is located in the Superior National Forest in northeast Minnesota on the Canadian border, adjoining Quetico Provincial Park. Over one million acres in size, the BWCA extends 150 miles, encompassing 1,200 miles of canoe routes. It is an area of remote lakes and streams linked by overland portages.

The BWCA is a federally designated wilderness area, preserved in its natural state. No motors are allowed. Cans and bottles may not be brought into the area. Camping is allowed only at designated campsites; there are over 2,000 campsites in the BWCA. Permits must be obtained for visits to the BWCA between May 1 and Sept. 30. Party size is limited to 10 or fewer persons.

These regulations serve to protect the wilderness quality of the area. The heavily forested area is home to moose, beaver, bear and loons, and offers the human visitor quiet and solitude. The lakes offer excellent fishing opportunities.

Trips in the BWCA can range from day outings to camping trips of several weeks. The major BWCA entry points are near Crane Lake, Ely, Grand Marais and Tofte. Access is also possible from Tower and from the Arrowhead Trail north of Hovland.

For more information on the BWCA, contact the Minnesota Travel Information Center listed on the back of this brochure or the U.S. Forest Service, Box 338, Duluth, MN 55801, 218/727-6692 (ask for the Forest Service).

### Voyageurs National Park

Located on the Canadian border just east of International Falls, Voyageurs is a water-based park open to motorized boats as well as canoes. There are 30 lakes within its borders, separated by forested, rocky knobs and ridges. Canoeists share the lakes with fishing boats, houseboats, runabouts, cabin cruisers and sailboats.

Canoeists are cautioned to plan routes close to shorelines in areas where islands give shelter from the wind, and to avoid crossing the main bodies of the large lakes - Rainy, Kabetogama, Namakan, and Sand Point. The large lakes are

subject to unpredictable weather that can create dangerous waves and other threatening conditions. Canoeists should stay ashore during periods of rough water.

Kabetogama Peninsula, the center of the park, can be reached only by water or air. One common canoe route from Island View in the northwest corner of the park, follows the northern shoreline of the peninsula to Cranberry Bay and into a chain of lakes (Locator, War Club, Quill and Loiten) by way of Cranberry Creek. (There is a portage of over one mile on a portion of the creek.) Another route is from the Ash River over a short

### \*State Designated Canoe Routes

Nineteen rivers in Minnesota have been designated as canoe and boating routes by the state, and are managed by the Department of Natural Resources (DNR). Accesses, campsites, portages and rest areas are provided and maintained on these rivers by the DNR as well as county and local governments. (Private facilities such as campgrounds, resorts and outfitters are also found on many of the rivers.) Detailed, pocket-sized maps of the rivers available free from the DNR provide mile by mile information including accesses, campsites, towns, road crossings, rapids, portages and other information. Water level information is provided from the DNR through weekly reports from May to October.

portage to Moose Bay and canoeing among the islands in that portion of Namakan Lake.

There are about 100 designated campsites on islands and on lakeshores in the park. Access to the park is from Island View, Kabetogama, Ash River, Kabetogama Narrows, and Crane Lake.

For more information contact Voyageurs National Park, Box 50, International Falls, MN 56649, 218/283-9821.

### Superior National Forest lake canoe routes

**Timber-Frear lakes:** (Fifteen miles northwest of Tofte) Nine-mile loop route. Several lakes connected by seven portages ranging from 5-150 rods. Low hills with rock outcrops, some sandy

beaches. Six campsites. Access at Whitefish Lake and Finger Lake. Excellent fishing. Similar to BWCA experience; motors permitted. Roads to access points are primitive.

**Crescent-Rice lakes:** (Twenty-five miles north of Tofte) Five miles. Access at Crescent Lake campground; primitive road recommended for pickup trucks only. Four campsites. Seven portages. Fairly good fishing.

**Island River-Isabella Lake:** (Twelve miles north of Isabella) Ten miles. Good access roads. Semi-wilderness route with portions in BWCA. Ten short portages. Two campsites. Calm water. Flat to gently rolling hills, with some rock cliffs. River visited by feeding moose.

**Fenske-Grassy-Low lakes:** (Twelve miles north of Ely) Twenty-mile circle route. Five access points. Ten portages. Two campsites each on Bass, Low and Grassy lakes; one each on T and Sletten lakes. Rock hills, swamps, and rivers, similar to BWCA. Sand beaches. Good fishing.

**Bass-High-Dry-Little Dry lakes:** (Seven miles north of Ely) Three miles. Four portages. Two campsites on Bass Lake, four on High. Trout lakes. High Lake is especially pretty, with many rock islands. Small waterfall on route. Hiking trail around Bass Lake.

**Burntside-Dead River-Twin lakes:** (Six miles northwest of Ely) Eleven miles. Three access points. Two portages. Eleven campsites on route. High, rocky hills. Large Burntside Lake, with many islands, plus river. Wilderness area close to civilization.

**Silver Island-T-Windy lakes:** (Twenty miles northeast of Isabella) Five miles. Two portages. Six campsites. Good to excellent fishing in all three lakes. T and Silver Island are very rocky.

More information on these routes is available from the Superior National Forest, U.S. Forest Service, Box 338, Duluth, MN 55801, 218/727-6692 (ask for the Forest Service).

### Arrowhead Rivers

**\* Big Fork:** From Dora Lake to Rainy River on the Canadian Border; 165 miles. Upper 30 and lower 50 miles is quiet flow amid wild rice marsh, tamaracks. From Big Fork to Big Falls, river punctuated with Class I and II rapids along densely wooded banks and rock outcroppings. Remote. Wilderness campsites available. Back country camping skills required. Two mandatory portages; other portage trails not maintained. Not recommended for canoeing in high water. Pleasant wilderness trip for novice canoeists who are cautious, have back country skills, and are willing to portage rapids. Good wall-

eye and muskie fishing. Excellent for viewing wildlife. Map available from DNR.

\* **Cloquet:** From Indian Lake near Brimston to the St. Louis River near Brookston; 75 miles. Segment above Island Lake Reservoir for intermediate skill levels. Intermittent Class I, II and III bouldery rapids through deep forest of pine, birch, and aspen. Portages provided at most rapids, Island Lake Dam. Remote from roads, upper river is one of the most pristine rivers in the state. Campsites available; back country camping skills needed. Segment below Island Lake suitable for novice canoeists. Some Class I rapids. Homes and farmland along lower river. Low flows from reservoir may limit canoeability; check water levels. Map available from DNR.

\* **Kettle:** From Hwy. 27 near Moose Lake to the St. Croix River; 55 miles. Wild and scenic river with densely forested banks. Intermittent Class I rapids above Banning State Park make this stretch suitable for novice and intermediate canoeists. From Banning State Park to Sandstone, noted for challenging whitewater, with Class II-IV rapids; expert whitewater skills essential. Sandstone to St. Croix River suited for intermediate skill levels with Class I-II rapids. Difficulty varies by water level, which changes quickly. Portages at Banning Rapids and Sandstone Dam. Informa-

tion available at Banning State Park. Map available from DNR.

\* **Little Fork:** From Cook to Rainy River at Canadian border; 140 miles. Farmland flanks the river's upper and lower reaches, but the 50 miles below Silverdale is remote and primitive with thick forests and tamarack bogs. For whitewater experienced canoeists. Short, sharp Class I and II rapids separated by long stretches of quiet river. No developed campsites. Abundant wildlife, excellent walleye and muskie fishing. Map available from DNR.

**Rice:** Clubhouse Lake to village of Big Fork; 18 miles. Easy-going river flows through Chippewa National Forest, passing several points of interest, including Copenhagen Lake, a farm camp of the 1900s and a 1907 homestead. Suitable for novice canoeists. Check for low water levels late summer and fall. Four campsites. Map available from Chippewa National Forest (CNF) offices.

\* **Rum:** (See description under *Heartland*.)

\* **St. Croix:** From Trego, WI to the Mississippi River at Hastings; 180 miles. A wilderness river in its upper reaches, it changes to power boating and more intensive recreational use downstream, sometimes heavy on weekends. Novice to intermediate skills are required for

most of the river. Class II-IV rapids at Taylors Falls require expert whitewater skills. Portage dam and rapids at Taylors Falls (Interstate State Park). Check water levels. Good fishing. Passes through St. Croix, Wild River, Interstate, and William O'Brien state parks. Map available from DNR.

\* **St. Louis:** From Hwy. 53 to Cloquet; 90 miles. An excellent wilderness river for canoeists with intermediate skills. Cold or high water situations may require expert skills. Back country camping skills necessary for extended trips. Wilderness campsites can be found along the entire route. Portage dam near Forbes. Good fishing. Extreme water conditions below Cloquet (Knife Falls Dam) through Jay Cooke State Park make navigation by watercraft impossible. Map available from DNR.

**St. Louis:** From Skibo Mills southeast of Hoyt Lakes to Round Lake section; nine miles. Normally calm with some fast-moving rocky areas. Five portages. Meanders through lowland brush with some aspen and birch. Good area for moose sightings. Six campsites. Three access points. Flows through Superior National Forest.

\* **Snake:** From Co. Rd. 26 north of McGrath to St. Croix River; 85 miles. Significant differences between the upper and lower sections make this river ideal for a variety of canoeists. From Co. Rd. 26 to Mora, expert skills required to negotiate Class II-IV rapids. Water level can change rapidly, and determines difficulty of rapids; therefore, check water levels. From Kanabec Co. Rd. 3 to St. Croix River, novice to intermediate skills required, depending on water levels. Most of the route through thick forests. Campsites in upper stretch and near the mouth. Approach old dams near Woodland with caution. Portage dam near Pine City. Good fishing. Map available from DNR.

**Vermilion River:** From Vermilion to Crane Lake; 39 miles. Long quiet stretches interrupted by rapids ranging from Class I-VI, with 12 portages ranging from a few rods to over a mile. High Falls, four miles upstream from Crane Lake, must be portaged by all. Other falls and the gorge must be portaged by all in open boats. Flows between Superior National Forest and Kabetogama State Forest, wilderness areas with pine forests and marshy shores. Scenic falls and gorge area. Several active eagle nests. Old homesteads, historic trading post along route. Check water levels, which affect rapids. Nine campsites. Seven access points. Good fishing. Good route for both expert canoeists and novices careful to portage around rapids. Map available from DNR.

## Planning a Safe Trip

**Choose a canoe route that does not exceed your skill level.** A *novice* is someone with little or no canoeing experience, but with the ability to swim in most water conditions. An *intermediate* has some experience in canoeing and instruction in canoeing skills, is able to handle Class I and II rapids easily, and can negotiate large bodies of water. An *expert* has had extensive instruction and experience in canoeing under a variety of situations, and is able to negotiate difficult rapids (Class II and up) and large bodies of water. Expert canoeists also know emergency and rescue procedures.

**Obtain maps and water level information before your trip.** Water levels change the conditions on rivers in short periods of time; call the DNR Information Center or the county sheriff to get an up-to-date report on the river you plan to visit.

**Use a Coast Guard approved personal flotation device and bring a spare paddle.** Wet suits and helmets are recommended for canoeists and kayakers in rough whitewater.

**Scout rapids.** Stop upstream of rapids, get out of the canoe and survey the river for hidden dangers and possible routes through the rapids. When in doubt, portage it out.

**Be prepared.** Some stretches of river are remote, with a high frequency of fallen trees or other debris that can be trickier to navigate than rapids.

State designated canoe rivers are maintained to provide safe and enjoyable canoeing experiences. Weather factors, such as high winds or heavy rainfall, may create hazardous conditions on some river stretches related to safe canoeability. If you should encounter a safety problem, please contact the DNR Trails and Waterways Unit or the local county sheriff.



## HEARTLAND

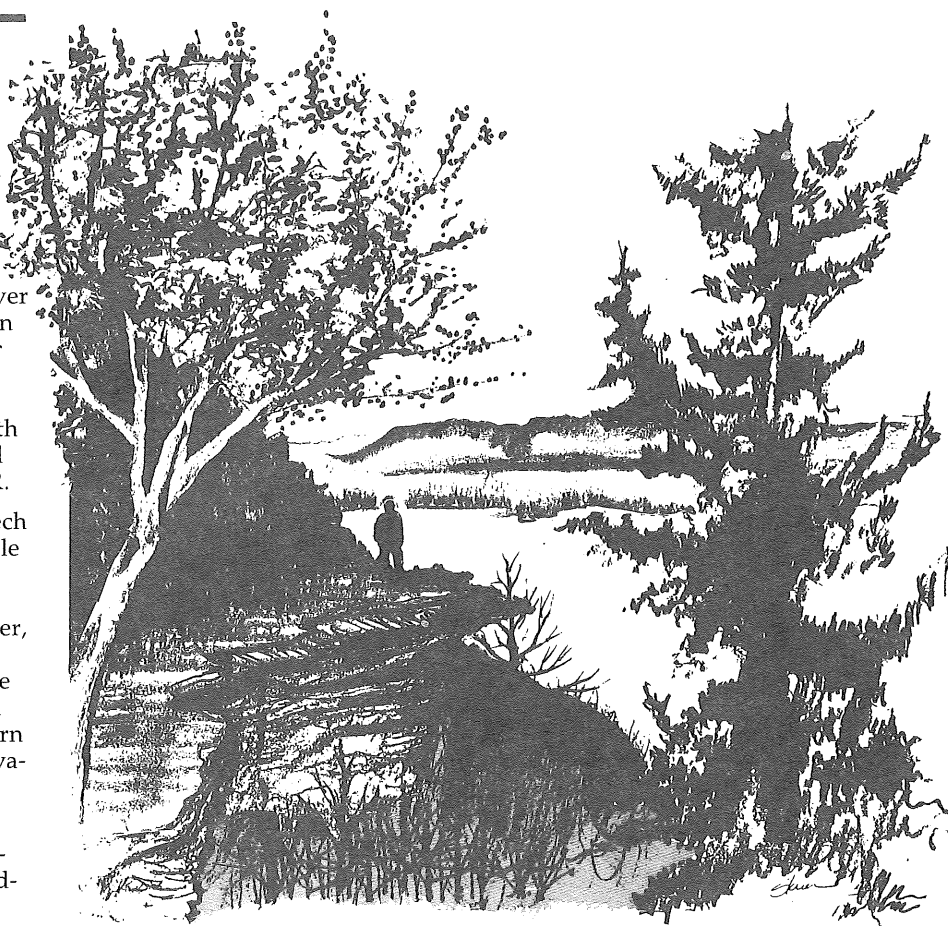
\* **Crow Wing:** From 10th Crow Wing Lake near Akely to Mississippi River; 110 miles. Popular sandy-bottomed river for novice canoeists. A chain of lakes in headwaters gives way to a gentle river cutting through lush forest and marshes. Numerous campgrounds along route; few small towns. Rich with the history of Indians, fur traders, and lumberjacks. Map available from DNR.

**Inguadona:** Lower Trelipe Lake to Leech Lake; 23 miles. Easy going river suitable for novice canoeists flowing through Chippewa National Forest. Route includes Inguadona Lake, the Boy River, the Boy and Swift lakes. Numerous resorts along route. Wild rice beds, site of an old Ojibwe Indian village and an old logging camp. Route follows eastern boundary of Leech Lake Indian Reservation. Three campsites. Map available from CNF.

\* **Pine:** From Lake Hattie to the Mississippi River; 45 miles. Bordered by hardwood and pine forests, farmland and marsh. Flows through the Whitefish chain of lakes. Occasional Class I rapids throughout its length, ideal for novice canoeists. Large lakes may require intermediate skills. Portage dams at Lake Hattie, city of Pine River and Cross Lake. Campsites and resorts in the chain of lakes area. Map available from DNR.

\* **Rum:** From Mille Lacs Lake (Mille Lacs/Kathio State Park) to the Mississippi River at Anoka; 145 miles. Accesses and campsites at numerous locations and proximity to the metropolitan area make this a popular canoeing river. Upper stretches flow through dense hardwood forests with some pines. From Mille Lacs Lake to Princeton, intermediate to expert skills required, depending on water levels and conditions. Below Princeton, a low gradient makes it an excellent novice route. Pine and hardwood forests line the banks through this stretch. Prehistoric sites in the Mille Lacs/Kathio State Park. Excellent fishing. Portage dams at Mille Lacs Lake, near Onamia, in Milaca, Princeton, and Anoka. Map available from DNR.

**Turtle:** From Lake Julie 12 miles north of Bemidji to Cass Lake; 16 miles. Generally slow moving river flowing through Rice and Kitchie lakes in the Chippewa National Forest. Small rapids require no portaging. Wild rice beds; wildlife. Suitable for novice canoeists. Three campsites. Map available from CNF.



\* **Mississippi:** From Lake Itasca to the Iowa border; 687 miles. The "Father of Waters" is many different rivers, growing from a wilderness stream in its headwaters to a highway for barge traffic. Much of it is appropriate for novice skill levels, although skill and caution are needed near barge traffic and going through navigational locks. From the Twin Cities to Iowa, the river widens and can be deceptively swift. Motorboats and barges can throw large wakes that should not be met broadside by canoes. Paddlers should watch for dams and know what side to portage or lock through (consult DNR maps). Stay close to shore entering or leaving a lock. Back country skills needed in upper reaches. Portage dams at major cities. Maps available from DNR, by section of river.



## VIKINGLAND

\* **Red Lake River:** From lower Red Lake to East Grand Forks; 195 miles. Novice canoeists could run most of the river, except for the section from St. Hillaire to south of Huot where, depending on

## Water Level Reports

Weekly water level reports are prepared for designated canoe rivers by the Department of Natural Resources (DNR). The reports note whether the water levels are sufficient for canoeing or whether they are dangerously deep and swift. Call: 296-6157 in the Twin Cities area or 800-652-9747, toll-free from Minnesota. Ask for the DNR Information Center.

water levels, intermediate or expert skills may be necessary. Check water levels. Open prairies in the upper reaches change to wooded banks and pastures downstream. Campsites available in major towns. Portage dams in Thief River Falls, Red Lake Falls, Crookston (2) and East Grand Forks. A permit is required to use the stretch of river within the boundaries of the Red Lake Indian Reservation. Map available from DNR.

\* **Mississippi:** (See description under Heartland.)



## SOUTHERN MINNESOTA

\* **Cannon:** From Hwy. 13 bridge west of Sakatah Lake near Waterville, to Mississippi River north of Red Wing; 80 miles. Three man-made lakes. Portage dams at Sakatah Lake, Morristown, Faribault (2), Northfield, Byllesby reservoir and Welch. Twists and turns through a variety of scenery from rolling farmlands, to wooded valleys, to a deep picturesque gorge with rocky bluffs more than 250 feet above the river. Historic mill at Dundas. Designated a state scenic and recreational river below Faribault. Some Class I rapids. Good for novice canoeists except during high water when current is swift and powerful. Good day trip river; most campsites in upper portions of the river. River bottoms near Mississippi River has many channels, may be confusing. Map available from DNR.

\* **Crow (North Fork):** (See description under *Metroland*.)

\* **Des Moines:** From Talcot Lake near Dundee to Iowa border; 70 miles. Generally calm waters with some Class I boulder-field rapids. Suitable for novice canoeists. Most scenic and popular section is Windom to Jackson, other portions are mostly agricultural. A leisurely trip through low hills, woods and farmland. 100-200 foot bluffs at Kilen Woods State Park. Campsites available in Windom-Jackson segment. Portage dams at Talcot Lake, Windom, Jackson. Map available from DNR.

\* **Minnesota:** From Lac qui Parle near Montevideo to Mississippi River in St. Paul; 285 miles. Broad channel flowing through floodplain forest and wide valley; granite boulders, outcrops and wooded bluffs interspersed with farmland. Appropriate for novice canoeists (Class I). Portage dams at Granite Falls and Montevideo; barges may be encountered in Twin Cities area. Campsites available in the many parks along river. Wildlife refuges; haven for bird life and waterfowl. Map available from DNR.

\* **Mississippi:** (See description under *Heartland*.)

\* **Root:** From Chatfield to the Mississippi River south of La Crescent; 90 miles. Hardwood forests, high limestone bluffs, and wooded pastures line this scenic route. Class I rapids throughout the route require novice skills. High water levels may require higher skills. Check water levels. Campsites spaced along the route. Chatfield to Whalen section is very scenic. His-

toric sites near Lanesboro. Good fishing. Map available from DNR.

\* **Straight:** From Hwy. 14 south of Owatonna to Cannon River at Faribault; 30 miles. Good river for novice canoeists. Small Class I rapids near Clinton Falls. Winds slowly through wooded farmland. No campsites. Accesses in Owatonna and Clinton Falls. Good fishing. Portage dam in Owatonna. Map available from DNR.

\* **Zumbro:** From Rochester (South Fork), Zumbrota (North Fork) or Oronoco (Middle Fork) to the Mississippi River near Kellogg; 80 miles. Small Class I rapids throughout make this an enjoyable novice level river. High limestone bluffs and thick forests line the banks as well as pasture and farmland. From Rochester to Theilman it flows mainly through narrow gorges, hemmed by rocky cliffs. Below Theilman, the valley widens and farmland increases. Lively current may occur through this stretch at times. Portage dams near Mazeppa, Zumbro Lake, and Rochester. Good fishing. Map from DNR.



## METROLAND

\* **Crow (North Fork):** From Lake Koronis to Mississippi River near Dayton; 130 miles. Suitable for novice canoeists with some Class I rapids. Watch for fallen trees, sharp bends in river. Above Kingston, river is small, shallow, winds through prairie, farmland and wooded lowlands. Lower portion broader, meanders through wooded floodplain. Many campsites in Wright County. Excellent day trip. Portage dams at Hanover and Berning's Mill. Exercise caution at Hanover Dam. Map available from DNR.

\* **Minnesota:** (See description under *Southern Minnesota*.)

\* **Mississippi:** (See description under *Heartland*.)

\* **Rum:** (See description under *Heartland*.)

\* **St. Croix:** (See description under *Arrowhead*.)

## Canoe Rental and Outfitters

This listing includes full-service outfitters as well as canoe or tube rental businesses. (It is not all-inclusive, but lists those who responded to an offer to be listed in the brochure for a nominal fee.) A descriptive directory of full-service canoe outfitters is available from the Minnesota Travel Information Center at the phone number listed on the back of this brochure.

**Babbitt** 55706 (BWCA)  
Duane's Outfitters, Hwy. 21,  
218/827-2710

**Chatfield** 55923 (Root River)  
TST Rentals, 103 Division St.,  
507/867-3410

**Cloquet** 55720 (St. Louis and  
Cloquet rivers)  
St. Louis River Rentals (inflatable  
rafts and canoes), North-  
eastern Bldg., Dunlap Island,  
218/879-1782

**Cook** 55723 (Vermilion River)  
Tibbets Vermilion River Cot-  
tages, Box 1072, 218/666-2444

**Crane Lake** 55725 (Vermilion  
River)  
Crane Lake Base Camp, Rt. 3,  
Box 122T, 218/993-2396  
Olson's Borderland Lodge &  
Outfitters, Box M-89, 218/993-  
2233

**Ely** 55731 (BWCA)  
Bill Rom's Canoe Country Out-  
fitters, Box 30, 218/365-4046  
Border Lakes Outfitters, Box 8,  
218/365-3783  
Boundary Waters Canoe Outfit-  
ters, Box 447, 218/365-3201  
Canadian Border Outfitters,  
Box 117, 218/365-5847  
Canadian Waters, 111 E. Sheri-  
dan, 218/365-3202 (call col-  
lect)

Cliff Wold's Canoe Trip Outfit-  
ting Co., 1731 E. Sheridan,  
218/365-3267

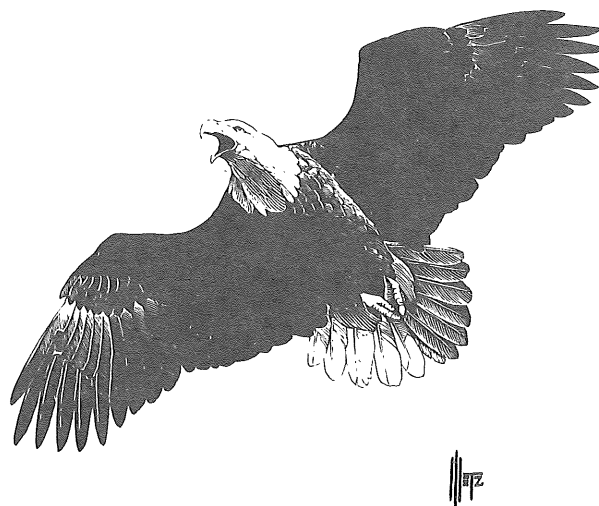
Kawishiwi Lodge & Outfitters,  
Box 480, 218/365-5487  
North Country Canoe Outfit-  
ters, Star Rt. 1, Box 3000, 218/  
365-5581

Outdoor Adventure Canoe  
Outfitters, Box 576, 218/365-  
3466

Pipestone Canoe Outfitting  
Co., Box 780-EM 85, 218/365-  
3788

Tom & Woods Moose Lake Wilderness Canoe Trips, Box 358, 218/365-5837 (call collect)  
 Wilderness Outfitters, One E. Camp St., 218/365-3211 or 218/365-4785  
**Grand Marais** 55604 (BWCA)  
 Bear Track Outfitting Co., Box 51, 218/387-1162  
 Gunflint Northwoods Outfitters, Box 100 Gunflint Trail, 800-328-3325 (out of Minnesota); 800-328-3362 (Minnesota)  
 Jocko's Clearwater Canoe Outfitters, Box 31 Gunflint Trail, 218/388-2254  
 Saganaga Canoe Outfitters, Box 148 Gunflint Trail, 218/388-2217

**Menahga** 56464 (Crow Wing River)  
 Huntersville Canoe & Horseback Outfitters, Rt. 4, Box 308, 218/564-4279  
**Minneapolis**  
 Aarcee Rental & Sales, 2900 Lyndale Ave. S., 612/827-5746  
 Ketter Canoeing, 101-79th Ave. N., 612/560-3840  
**Red Lake Falls** 56750 (Red Lake River)  
 Tube The Red, Hwy. 32, Box 471, 218/253-2480



Superior North Canoe Outfitters, Box 141-E Gunflint Trail, 218/388-4416  
 Tuscarora Canoe Outfitters, Box 110 Gunflint Trail, 218/388-2221  
 Way of the Wilderness, Box 131 Gunflint Trail, 218/388-2212  
 Wilderness Waters Outfitters, Box 1007M, 218/387-2525  
**Granite Falls** 56241 (Minnesota River)  
 Wilderness Expeditions, 738 Tenth St., 612/564-4596  
**Hinckley** 55037 (St. Croix River)  
 Voyageurs Canoe and Bike Rental, Rt. 3, 612/384-6898  
**Lanesboro** 55949 (Root River)  
 The Root River Outpost, 111 Coffee St., 507/467-2158

**Rushford** 55971 (Root River)  
 Larry's Canoe Rentals, Rt. 2, Box 193, 507/864-7720  
**Sebekka** 56477 (Crow Wing River)  
 Irv Funk Canoe Outfitters, Rt. 2, Box 51, 218/472-3272  
**Taylor's Falls** 55084 (St. Croix River)  
 Taylor's Falls Canoe Rental, 291-7980 (toll-free from Twin Cities) or 612/465-6315  
**Tofte** 55615 (BWCA)  
 Sawbill Canoe Outfitters, Box 2127, 218/387-1360  
**Warroad** 56763 (Lake of the Woods)  
 Lake of the Woods Wilderness Outfitters, Box 16, 218/386-1436 or 218/386-1606

Minnesota has millions of acres of forest and prairie waiting to be explored. Hiking and backpacking are three-season activities in Minnesota. Miles of trails are available in state parks, state forests, national forests, and other state and nationally administered areas.

Following is a description of 70 trails throughout the state. They range from easy, well maintained trails suitable for short day hikes to rugged trails winding through heavily forested areas, offering backpacking opportunities for the experienced hiker with good wilderness skills.

Trails on which backpacking (overnight camping along the trail) is an option are highlighted, with their titles printed in green. In most cases, information is provided about the availability of designated campsites, distance of sites from trailhead, and water availability. These trails are, of course, also suitable for day hikes of varying lengths.

Each trail is unique, with its own character and highlights. There are also some differences in the types of experience they offer the hiker, depending on the type of area they are located in—state park, state or national forest.

**State Parks.** Hiking trails are available in all of Minnesota's 64 state parks. The hiking opportunities of over half of these parks are described in this brochure. Several of these parks have campsites designated for backpackers. Some, like Lake Maria and Afton, offer walk-in campsites less than a mile from a parking area. Others, like Itasca and Crosby Manitou, offer more remote campsites requiring backpackers to hike several miles. Almost every state park listed in this brochure also has a drive-in campground available. State parks not only offer hiking opportunities, but many also offer swimming, fishing, and interpretive programs. Trails in state parks are well marked and well maintained. Trail maps are available at each park or from the DNR Informa-

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# Hiking and Backpacking

r. Vehicles entering must have an daily permit. For mation on state t the Department Resources (DNR) n Center, 500 d., Box 40, St. Paul, 612/296-6157.

its. Minnesota's 55 s are also adminis- e DNR. These lands ny miles of logging trails suitable for hik- ckpacking. In conte parks, state forests r no facilities and elopment. State offer an excellent y for hikers who nstructured type of perience. Back- y camp on any state not posted to pro- ase. There is no fee nd backpackers. te forest trails are n this brochure. e forests are managed roduce timber and t products, logging y be observed from trails. In fall, expect uils with hunters. vehicles are allowed ate forest trails, y are not permitted ted hiking and ski naps and more infor- state forest trails, tion areas, contact nformation Center e under state parks.

s. Several long dis- have been or are loped by the DNR. se, the Minnesota l and the North , are described in . Other state trails le for biking, skiing, ing, or horseback ore information ng distance trails, DNR Information d above under state

**National Forest**  
ppewa National eviated in this bro- NF, covers millions orth central Minne- are many trails in some with camp- ckpackers. Back-

packers may camp anywhere within the Chippewa Forest, well away from the trail and water. Many of these trails follow old logging roads; several were designed for use by hunters. Others are primitive trails through heavy forest, and vary in how well they are maintained or marked. There is no charge for hiking or backpacking. Maps and other trail information are available from the Chippewa National Forest Supervisor's Office, Cass Lake, MN 56633, 218/335-2226. There are district rangers in Walker, Deer River, Marcell, Blackduck, and Cass Lake.

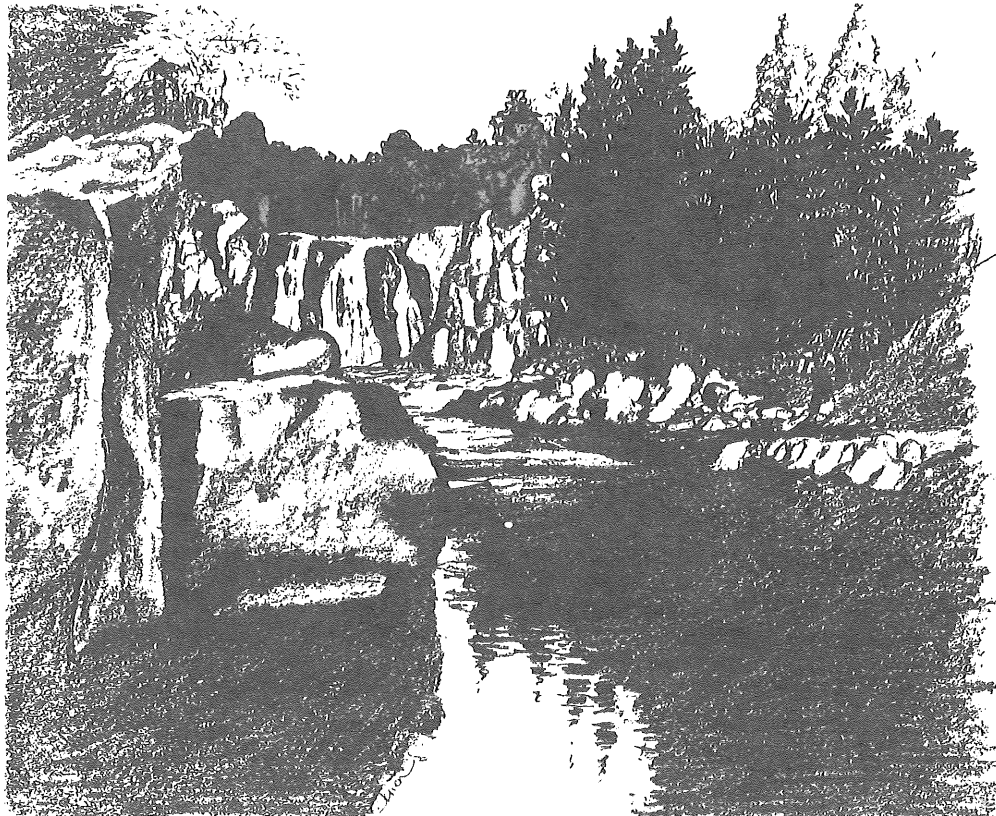
**Superior National Forest (SNF).** Superior National Forest, abbreviated in this brochure as SNF, covers an extensive area of the Arrowhead region, including the Boundary Waters Canoe Area (BWCA). There are about 30 hiking trails in the Superior National Forest, many of them within the BWCA. Over a dozen of these trails are described in this brochure. A complete listing of

Superior Forest trails is available from the U.S. Forest Service at the office listed below. Some of these trails are well maintained and marked, others are primitive and should only be used by experienced hikers with a good map and compass. Many of the trails offer scenic overviews of the lakes and hills of this region. Several trails are suitable for backpacking. Camping is permitted only at designated campsites on some trails; others allow camping anywhere more than 100 ft. from water. Trails within the BWCA require permits for both day and overnight use. Some of these have self-registration stations for day permits. Otherwise, the permits may be obtained free of charge from any Superior National Forest office or a cooperating business (resort, camp, or outfitter). The permits are required between

May 1 and Sept. 30. For maps, permits, and other trail information, contact the U.S. Forest Service at one of these offices: the LaCroix Ranger Station in Cook, the Voyageur Visitor Center in Ely, the Isabella Ranger Station, the Tofte Ranger Station, or the main office of the Superior National Forest, Box 338, Duluth, MN 55804, 218/727-6692 (ask for the Forest Service).

Each listing provides information on location, including the name of a nearby town and road the trailhead is on. A highway map should be used to determine the route to the trailhead, and local ranger stations can provide precise directions.

Happy Trails!





## ARROWHEAD

**\* Angleworm Trail Superior National Forest:** (Fourteen miles northwest of Ely on Echo Trail) 13.5-mile long trail, with final 11 miles forming loop around Angleworm Lake. Rugged trail through stands of red and white pine; high rock ridges with scenic overlooks. Camping restricted to nine designated campsites, two to seven miles from trail head. Trail is within BWCA; BWCA permits required for both day and overnight use. NW. Map available from SNF. (1)

**\* Ash River Trail Kabetogama State Forest:** (Thirty miles southeast of International Falls on Ash River Road off Hwy. 53) 12.5 miles of trail in two loops. Passes through aspen forest along ridges and Ash River; some rocky areas. Some wet spots on trail. Camping permitted; no designated campsites. Several campgrounds nearby. NW. Map available from DNR. (2)

**Banning State Park:** (Five miles north of Sandstone on State Hwy. 23) Eight miles of trail, on Kettle River, popular canoeing and kayaking river. Trails follow scenic stretch of wild and scenic rapids section of the Kettle. Trails fairly rocky and rugged. Historic sandstone quarry and townsite. Map available from DNR. (3)

**Bass Lake Trail Superior National Forest:** (Six miles north of Ely on Echo Trail) 5.6-mile trail around Bass Lake and near Dry and Low lakes. Trail crosses unique ecological area of former lake bed with rare plants. (A ridge washout in 1925 lowered Bass Lake by 55 ft. in 10 hours!) Trail also passes along ridge areas with scenic overlooks and through a red pine stand. Map available from SNF. (4)

**Bear Head Lake State Park:** (Sixteen miles east of Tower on Co. Rd. 128) 17 miles of trails in a scenic wilderness setting; with rolling forested hills. Timber wolves sometimes sighted. Map available from DNR. (5)

**\* Border Route Trail Superior National Forest:** (Thirty miles north of Grand Marais on Gunflint Trail) 40-mile trail from Loon Lake on east end to Little John Lake on west end. Trail explores area characteristic of the Boundary Waters region. Access points between ends are the road to Mayhew Lake, the South Lake Trail, and the trail from Clearwater Lake to Daniels Lake. Rugged trail for experienced hikers along Canadian border. Runs along high cliffs with outstanding scenic overlooks. Four designated campsites at Partridge,

Toper, Mucker and Rose lakes and at Stairway Portage. Camping not restricted to designated campsites. Trail is largely within BWCA; BWCA permits required. NW. Map available from SNF. (6)

**Cascade River State Park:** (Twenty-one miles northeast of Tofte on Hwy. 61) 20 miles of trails along both sides of the river gorge, down along the Lake Superior shoreline, up to Lookout Mountain and Moose Mountain. Panoramic view of Lake Superior, Sawtooth Mountains and the river gorge. Rugged, rocky terrain along the lake. Map available from DNR. (7)

Superior in the distance. Parts of some trails are steep and rocky. NW. PW at trailhead. Map available from DNR. (8)

**\* Cut Foot Sioux Trail Chippewa National Forest:** (Eighteen miles northwest of Deer River on Hwy. 46) 22-mile loop trail along Cut Foot Sioux Lake to Farley Tower, an old lookout. Passes through hardwood and pine forest in hilly area with small lakes. Crosses continental divide. Two designated campsites. NW. Map available from CNF. (9)

**\* Eagle Mountain Trail Superior National Forest:** (Eighteen miles northwest of Grand Marais at junction of Forest Rds. 153 and 158) About 10 miles

## \* Backpacking

Backpacking, overnight camping along the trail, is permitted on the trails that have titles highlighted in green. There are backpacking opportunities in state parks, state forests, and national forests, including the BWCA. Trail descriptions note whether there are designated campsites, or if camping is permitted anywhere along the trail. Also noted is the availability of a natural water source.

Although many waters in Minnesota, particularly those in the BWCA, are considered drinkably pure, it is strongly recommended that campers purify water from lakes and streams by filtering, treating or boiling it.

Backpackers should obtain a map of their selected trail before starting out. Note where designated campsites are.

The woods of northeastern Minnesota are home to bears, as well as other wildlife. To avoid problems with bears, keep your campsite clean by burning food scraps. Wrap food in plastic and hang food packs from a rope thrown over a tree branch, suspended 8-10 feet above ground and six feet out from the trunk. Never take food in the tent and don't clean fish near your campsite.

Hikers in the limestone bluffs area of the southeast corner of the state should watch for rattlesnakes, which make their home in these rocky ledges. Stay on the trails, where snakes are easier to see, and watch where you place your feet and hands.

Follow the guidelines listed in the section called "On the Trail" to have a safe, enjoyable wilderness experience and to preserve the wilderness for the pleasure of others.

Codes: **PW** refers to the availability of pumped water at some point(s) along the trail

**NW** refers to the availability of a natural water source, either a lake or a stream, somewhere along the trail.

(NOTE: Pumped water is available in every state park but may not be adjacent to the trail.)

**\* Geo. H. Crosby Manitou State Park:** (Eight miles northeast of Finland on Co. Rd. 7) Trail network of 23 miles with 22 backpacking campsites in a park designed for backpackers and hikers. Most campsites are along scenic Manitou River, one-half to four miles from trailhead. Beautiful, hilly area through dense forest, with views of cascading river with two waterfalls, small lakes, yellow birch, and at end of trail, Lake

from this end point to Brule Lake landing on Forest Rd. 326, with turnoff to Eagle Mountain. Eagle Mountain, elevation 2301 ft., is highest point in Minnesota. The trail to Eagle Mountain is 3.5 miles long from trail head, and is well used and maintained, though extremely rocky. Spectacular views of lakes, Miskah Hills, and on a clear day, Lake Superior. Two designated campsites at Whale Lake, about three miles from

trailhead. No camping permitted on peak. Trail from Whale to Brule Lake is less well used, with several boggy areas and many fallen trees, but is easy to follow. Trail is within BWCA. Self-issue station for day use permits; overnight permits must be obtained at ranger stations. NW. Map available from SNF. (10)

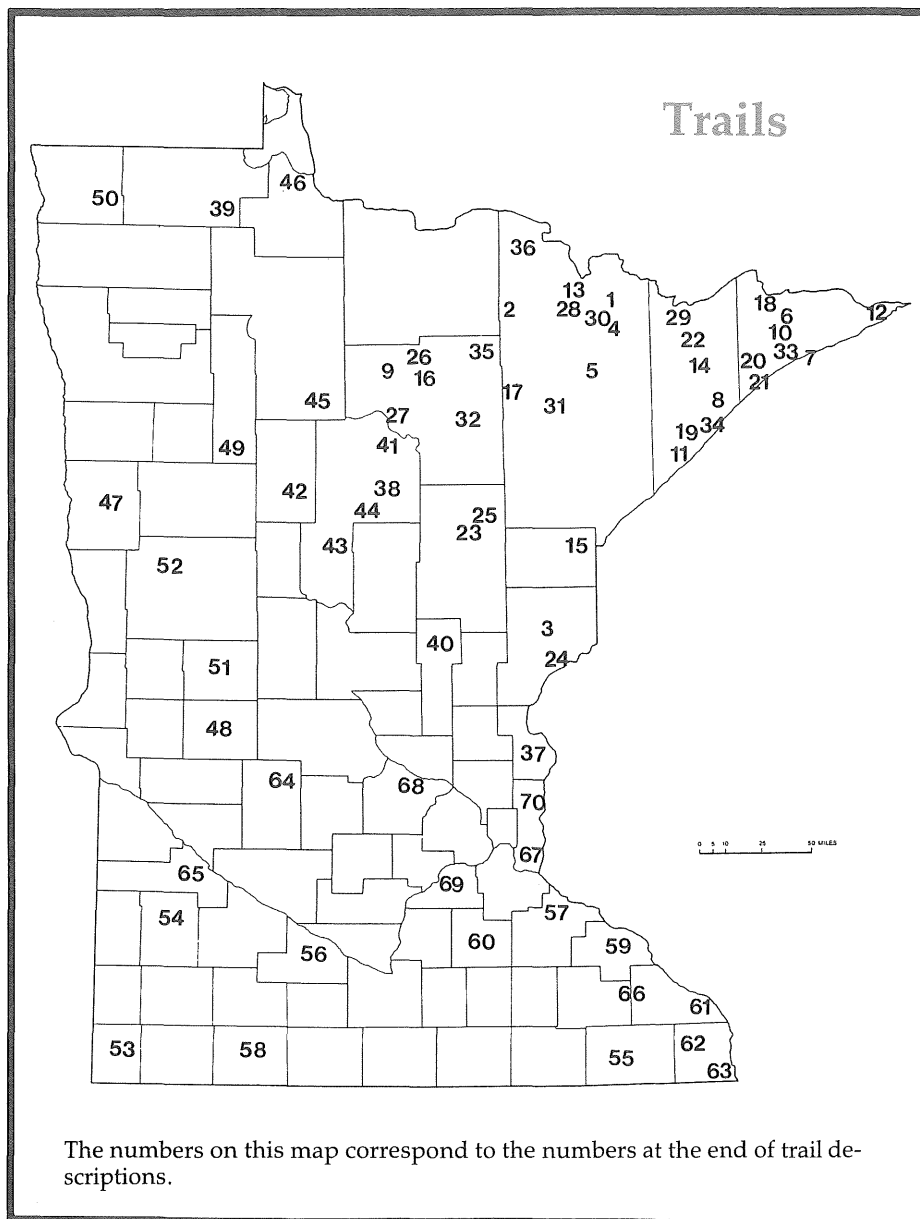
**Gooseberry Falls State Park:** (Thirteen miles northeast of Two Harbors on U.S. 61) 18 miles of trails along Gooseberry River gorge with numerous falls and rapids. Scenic vistas of waterfalls. Popular park; heavy use of some trails. Lake Superior shoreline. Interpretive center. Map available from DNR. (11)

**\* Grand Portage Trail:** (From Grand Portage National Monument on Hwy. 61 near Canadian border) Nine-mile trail from Grand Portage on Lake Superior to site of Fort Charlotte on the Pigeon River, following route of historic portage of fur traders. Easy to follow and well maintained, but can be wet and muddy in spots. Near end of trail is cut-off to scenic Cascades area of Split Rock Canyon; camping not permitted here. Designated campground for backpackers at trail end at site of Ft. Charlotte. No camping permitted along trail. Further information from Grand Portage National Monument, Box 666, Grand Marais, MN 55604, 218/387-2788. (12)

**\* Herriman Lake Trail Superior National Forest:** (About five miles southeast of Crane Lake on Co. Rd. 424) A system of 14 miles of loop trails through BWCA wilderness. Major trails lead to Dovre Lake, Little Vermillion Lake, or south along Echo River leading to difficult climb to ridgetop overlooking Baylis Lake with scenic overview, particularly beautiful in the fall. Three designated campsites, 1.5 to three miles from trailhead. No trail signs in areas within BWCA. BWCA permit required for both day use and backpacking. NW. Map available from SNF. (13)

**\* Hogback Lake Trail Superior National Forest:** (Twelve miles east of Isabella on Co. Rd. 7 off Forest Rd. 172) five-mile network of loops in wooded area with small lakes, with Laurentian Divide winding through area. Ridge areas offer spectacular views. Seven designated trout lakes stocked with rainbow. Five designated campsites one-half to 1.5 miles from trailhead. NW. Map from SNF. (14)

**\* Jay Cooke State Park:** (Three miles east of Carlton on Hwy. 210) 50-mile network of trails with four backpacking campsites a couple of miles in from trailhead. Spectacular terrain with the St. Louis River running through a picturesque gorge. Suspended swinging bridge. Trails cross rugged terrain in beautiful hardwood and pine forest, and



The numbers on this map correspond to the numbers at the end of trail descriptions.

includes the historic St. Louis River portage. Several scenic vistas. Interpretive center. NW. Map available from DNR. (15)

**Jingo Lake Trail Chippewa National Forest:** (9 miles north of Marcell on Forest Road 2423 off of Hwy. 38) 5 miles of trail over very rolling terrain in hardwood forest. Area demonstrates extreme glacial actions on the northern Minnesota landscape. (16)

**McCarthy Beach State Park:** (Twenty miles northwest of Hibbing on Co. Rd. 5) 18 miles of trails, heavy virgin pine timber on rolling hills between two lakes. Exceptional sand beaches, wildflowers; good fishing. Map available from DNR. (17)

**Magnetic Rock Trail Superior National Forest:** (Forty-five miles northwest of Grand Marais on Gunflint Trail) Small

parking area at marked trailhead. 1.5 mile trail to Magnetic Rock, a building-sized rock with strong magnetic attraction, a relic of the Glacier Age. Bring a compass along to test magnetic attraction of the rock. Trail passes over bare rock, along a bog, and over Larch Creek. Also cuts through 1974 burn area, now a good blueberry picking area. Map available from SNF. (18)

**\* Moose Walk Trail Finland State Forest:** (1.5 miles west of Finland on Co. Rd. 701) 25 miles of trails through aspen-birch and pine forests and along bogs. Moose and bear country near Baptism River trout stream. Beautiful fall color. Trails over both high and low ground. Some wet areas and stream crossings. Two state forest campgrounds nearby. Map available from DNR. (19)

**\* North Shore State Trail:** (Seventy miles from Finland to Grand Marais)

Although this trail is over 150 miles long beginning in Duluth, the northern section is most suitable for hiking and backpacking. Developed as snowmobiling trail, with 14 ft. right of way. Trail passes through heavy forest with some scattered roads and development. Bridges over the many rivers and creeks crossed by trail. Many spectacular vistas. Although Lake Superior is not visible from the main trail, trail spurs lead down to the lake. Several Adirondack shelters with fire rings, pit toilets to be used as campsites at approximately 10-mile intervals, situated on rivers or lakes. Some logging areas along trail. Trail may be used by anglers and hunters. One of Minnesota's longest backpacking opportunities. NW. Map available from DNR. (20)

**Oberg and Leveaux Mountain National Recreation Trails** Superior National Forest: (Seven miles north of Tofte on Forest Rd. 336 off Hwy. 61) Two trails from same parking area. Oberg trail is 2.2 miles, leading to top of Oberg Mountain. Leveaux trail is 3.4 miles leading to Leveaux Mountain. Both trails are very easy and well maintained. Both mountains feature high rocky cliffs with spectacular views of Lake Superior and the Sawtooth Mountains, especially in the fall with surrounding maple covered hillsides are in full color. Oberg Trail has interpretive section that identifies many wildflowers in the area. (Access to these trails is also possible from the Superior Hiking Trail described later in this listing.) Maps available from SNF. (21)

\* **Powwow Lake Trail** Superior National Forest: (Seventeen miles north of Isabella on Forest Rd. 377) Two access points, one-half mile west and 1.5 miles southeast of Isabella Lake canoe access. 55 miles of trail in two major loops, within BWCA. Variety of land types: high piney ridges, wet brushy lowlands, grassy meadows, and some spots of old pine. Many small lakes connected by trail. Designated campsites on high rocky outcrops on lakes, about every three or four miles. Some boggy areas and water crossings may be encountered in spring and summer. Trail passes through part of the 1976 Rice Lake fire area. Eastern loop is gently rolling old logging roads. Western loop is newly cut, rugged, narrow and scenic. Abundant wildlife. Low use provides solitary hiking opportunity. Loops permit hikes of 6, 16, or 55 miles. Self registration box for day use. BWCA permits from ranger station required for overnight use. NW. Map available from SNF. (22)

\* **Remote Lake Solitude Area:** (Fifteen miles northeast of McGregor on Hwy. 36) 7.3 miles of loop trails through rolling forest area with some bogs along

12 trail. Adjacent to Savanna Portage State

## On the Trail

### Play it safe

For extended hikes, tell someone where you are going and when you will return.

Carry rain gear and an extra layer of clothing in case the weather changes.

Purify water from lakes and streams on the trail by filtering, treating or boiling it, or carry water in with you.

Bring along some insect repellent.

Obtain and follow a trail map.



### Be thoughtful

Hike and camp quietly to preserve the peace of the wilderness, and to increase your chances of seeing wildlife.

Respect the desire of other hikers and campers for solitude.

Respect all private property.

### Care for the land

Camp only where permitted, at least 100 ft. from all water, and well off the trail.

Leave no trace of your visit. Pack out everything you carried in, including pieces of foil left in the fire ring, twist ties, and cigarette butts.

Never wash dishes, clothes, or yourself in lakes or streams, even with "biodegradable" soap.

Use only downed, dead wood for fires. Burn no more than you need. Use existing fire rings if available. Drown fires to extinguish completely.

Use a camp stove rather than a fire for cooking meals and boiling water.

Where there is no wilderness latrine, bury human waste at least 100 ft. from the nearest water.

Leave rocks, flowers, and moss in their place. Do not dig trenches around the tent or peel bark from live trees.

Park. Solitude area: no motorized recreation allowed. Camping permitted, but no designated campsites. NW. Map available from DNR. (23)

\* **St. Croix State Park:** (Sixteen miles east of Hinckley on Hwy. 48) 127 miles of trails through aspen-birch forest, with some jack pine savanna. Gently rolling hills. Abundant wildlife. Moderate horseback use. Two designated backpacking campsites, eight and 10 miles from trailhead. Interpretive center. NW. Map available from DNR. (24)

\* **Savanna Portage State Park:** (Sixteen miles northeast of McGregor on Co. Rd. 36) 22 miles of loop and point-to-point trails with eight backpacking campsites. A mixture of rolling hardwoods set in a rolling topography, especially scenic in

fall. Extensive tamarack bogs. Abundant wildlife, including raccoons, bear, wolves and warblers. Campsites three miles in on Wolf Lake, 2.5 miles in on Remote Lake. Historic Savanna Portage Trail may be hiked; swampy in spots. (This trail served as a vital link for Voyageurs traveling between Lake Superior and the upper Mississippi River.) Another trail follows continental divide. NW. Map available from DNR. (25)

\* **Scenic State Park:** (Seven miles southeast of Bigfork on Co. Rd. 7) Seven miles of trails with six backpacking campsites about one mile from trailhead. Chase Point trail follows a glacial formed ridge (esker), one of the most prominent of such formations in the state. Virgin white and red pine stand beside unspoiled lakes. Abundant wildlife,

including deer and wolves. Fishing and canoeing on Coon Lake. Interpretive center. Map available from DNR. (26)

**\* Simpson Creek Trail Chippewa National Forest:** (Eighteen miles northwest of Deer River on Co. Rd. 33) Three main entry points with several others along Co. Rd. 33. 12.5-mile network of small loop trails with three designated campsites, the closest 1 mile to trailhead. Forest area surrounded on three sides by Big and Little Cut Foot Sioux Lake; variety of vegetation and topography. NW. Map available from CNF. (27)

**\* Sioux Hustler Trail Superior National Forest:** (Forty-five miles northwest of Ely; one signed trailhead on Echo Trail 16 miles east of Co. Rd. 24, second access point at Meander Lake picnic area off Forest Rd. 467) Rugged, primitive 27-mile trail in U shape, with seven miles between trailhead access points. Trail penetrates into remote areas of BWCA. Recommended only for experienced hikers using compass and topographic map. Several streams must be waded or crossed on beaver dams. Several BWCA canoe campsites accessible from trail at Devil's Cascade, Pageant, Rangeline, Hustler and Emerald lakes. Trail is intersected by five BWCA portages. Trail may be obscure in some areas. BWCA permit required. NW. Map available from SNF. (28)

**\* Snowbank-Old Pines Hiking Trails Superior National Forest:** (Fifteen miles northeast of Ely on Fernberg Road) Snowbank Trail is about 16-mile long loop, with another two-mile walk on road back to trailhead. Passes between Parent and Disappointment lakes and around Snowbank Lake. North side of Snowbank features high rock ridges with excellent overlooks. Sixteen designated campsites available along this trail, with closest about five to six miles from trailhead. Old Pines Trail cuts off from Snowbank Trail about six miles from trailhead, and extends 11 miles in network of two loops around several small lakes. Eight designated campsites. Highlight is stand of large, virgin white pine over 300 years old. Several scenic overlooks. Although trails are blazed, hikers should carry map and compass. Abundant wildlife, including moose, bear and wolves. Trails are within BWCA; permits required for both day and overnight use. NW. Map available from SNF. (29)

**\* Stuart Lake Trail Superior National Forest:** (About 25 miles north of Ely on Echo Trail) Eight miles from trailhead to Stuart Lake, ends at BWCA campsite on shoreline. (BWCA campsite could be used by backpackers if not already in use by canoeists.) Views of Mule Lake and rapids on Stuart River. Falls on

Stuart River can be reached from short portage trail. Early part of trail follows old road through a clearcut, then enters pine and aspen forest. Once was a trail to a forest service cabin on Lac La Croix. Trail is almost entirely within BWCA; permits required for both day and overnight use. NW. Map available from SNF. (30)

**Sturgeon River Trail Superior National Forest:** (Ten miles north of Chisholm on Co. Rd. 65 off Hwy. 73) 20-mile trail network currently under development. Features high bluffs descending to river, through mature timber stands, grassy openings, young aspen stands and clearcut areas resulting from recent timber activity. From trailhead, trail winds down to river with scenic overview, views of diverse forest. Newer parts of trail system may be difficult to follow and may be wet. Check with SNF headquarters or district office for update on trail progress and map. (31)

**\* Suomi Hills Trail Chippewa National Forest:** (Two parking lot access points 15 and 20 miles north of Grand Rapids on Hwy. 38) 18 miles of trail loops through rugged, heavily timbered terrain with numerous lakes. Four designated campsites. NW. Map available from CNF. (32)

**\* Superior Hiking Trail Superior National Forest:** (Two and a half miles up Sawbill Trail from Hwy. 61) Trail begins at Britton Peak and passes through maple forest, crossing Springdale and Leveaux creeks. Trail meets up with the Leveaux and Oberg Mountain



trails (see earlier description). Trail continues to Lutsen Mountain ski area at Co. Rd. 36 for a total of nine miles. Camping is allowed but must be 100 ft. back from trail. Three designated campsites. Crosses Onion River on unique bridge hewed out from white pine. NW from creeks. Map available from SNF. (33)

**Tettegouche State Park:** (Four miles east of Silver Bay on Hwy. 61) Parking at Baptism River rest area. New park, undeveloped. Fourteen miles of trails over semi-mountainous terrain in heavily forested area with several spring-fed lakes and waterfalls. Trail along sheer cliff to Shovel Point provides dramatic views of Lake Superior. Beach and shoreline area on short path from parking area is particularly scenic. Map available from DNR. (34)

**\* Thistledew Trail George Washington State Forest:** (Twenty-eight miles west of Cook, or 19 miles east of Effie on Hwy. 1) 20 miles of loop trails over varying terrain of aspen and pine forest. Trail runs between Thistledew and Button Box state forest campgrounds. Some large Norway pine near Thistledew. Several fishing lakes. All high ground. Some logging and other forest management activities. No designated campsites but camping permitted along trail in areas not signed to prohibit camping. NW or PW at campgrounds. Map available from DNR. (35)

**\* Voyageurs National Park Trails:** (Access points from Crane Lake, Ash River Trail, Kabetogama, and Island View) 32 miles of developed and maintained hiking trails in this otherwise water-based national park. Longest is Cruiser Lake Trail from Kabetogama Lake's Lost Bay to Rainy Lake's Anderson Bay. The trail crosses Kabetogama Peninsula in a system of 19 miles of trails; it is nine miles from bay to bay. Seven lakes are found along this trail and its connecting spurs. Numerous campsites make this a good backpacking trail. Overlooks of lakes with a variety of plant and wildlife. The Black Bay Ski Trail in northwest corner of park is 11 miles and can be used for hiking, although there are some low, wet spots. Boats can be rented to get to the trailheads, or you can arrange a boat ride from one of the many private resorts. NW. Maps available from Voyageurs National Park. (36)

**\* Wild River State Park:** (Fourteen miles east of North Branch near Center City off Co. Rd. 12) 40 miles of woodland trails along wild and scenic St. Croix River. Trails shared with horseback riders. Some trail areas may be wet. Twenty designated backpacking and canoeing campsites, closest is a quarter-mile mile walk. Interpretive center. NW. Map available from DNR. (37)



## HEARTLAND

**Ben Draper Trail Land O' Lakes State Forest:** (Seven miles north of Outing off Hwy. 6) 24 miles of loop trails. Rolling wooded terrain of aspen, birch and pine with black spruce bogs; several small lakes and streams. Motorized use is not restricted. Map available from DNR. (38)

**Hayes Lake State Park:** (Twenty miles southeast of Roseau on Hwy. 89 to Co. Rd. 4) 12 miles of trails in woods on the edge of the prairie. Remote area with abundant wildlife, scenic views. Adjacent to trails in the Beltrami Island State Forest and the Red Lake Wildlife Management Area. Map available from DNR. (39)

**Mille Lacs Kathio State Park:** (Six miles northwest of Onamia on Co. Rd. 26 off Hwy. 169) 35 miles of hiking trails among hills, meadows and forests; on west side of Lake Mille Lacs. A climb to top of 100-ft. tower offers spectacular view of Mille Lacs area. Site of capital of the Dakota Nation. Inhabited for the past 4,000 years. Interpretive center. Map available from DNR. (40)

**\* North Country National Scenic Trail Chippewa National Forest:** (Nine miles west of Remer off Hwy. 200, or four miles northeast of Remer on Hwy. 6) 68-mile national trail segment through pine and hardwood forest. Eastern two-thirds is relatively level; western part has some hills. Intermittent views of lakes and streams. Excellent fall color. Two designated campsites. One of Minnesota's longest backpacking opportunities. NW. Map available from CNF. (41)

**Shingobee Trail Chippewa National Forest:** (Six miles southwest of Walker on Hwy. 34) Six miles of trails over rugged terrain overlooking Shingobee River and two small lakes; scenic overlooks. Loop trails. May be wet in spots during summer. Map available from CNF. (42)

**\* Spider Lake Trail Foothills State Forest:** (Ten miles west of Pine River on Co. Rd. 2) 15 miles of trail in primitive aspen-birch forest with rolling to steep terrain of glacial moraine with many small lakes and potholes. May be some wet areas along trail. No designated campsites. NW. Map available from DNR. (43)

**Washburn Lake Trail Land O' Lakes State Forest:** (Three miles northwest of Outing on Co. Rd. 48) 15 miles of trail through forest of aspen along gently rolling terrain. Some forest management

and logging along trail. Good fishing on Washburn Lake. Map available from DNR. (44)

**Webster Lake Trail Chippewa National Forest:** (Ten miles south of Blackduck on Co. Rd. 39) Six miles of trails along Webster Lake. PW at picnic area. Map available from CNF. (45)



**Zippel Bay State Park:** (Ten miles northeast of Williams on Co. Rd. 8) Six miles of trails through wooded terrain and along marshes. Sandy beach stretches for miles along the south shoreline of Lake of the Woods on the Canadian-U.S. border. Abundant wildlife. Map available from DNR. (46)



## VIKINGLAND

**Buffalo River State Park:** (Thirteen miles east of Moorhead off Hwy. 10) Ten miles of trails criss-cross one of the state's largest remnants of virgin prairie, with over 250 species of wildflowers and grasses. Listen for prairie chickens "booming" in spring. Prairie flowers bloom in summer. Forest area along Buffalo River, with swimming available. Map available from DNR. (47)

**\* Glacial Lakes State Park:** (Starbuck, Co. Rd. 41) Thirteen miles of trails with two designated backpacking campsites 1.5 miles from trailhead. High hills, a large valley, and several lakes formed by the last glacier. Vegetation ranges from virgin prairie to oak forests. Numerous species of wildflowers and grasses. Map available from DNR. (48)

**\* Itasca State Park:** (21 miles north of Park Rapids on Hwy. 71) 33-mile network of hiking trails with four designated backpacking campsites, the closest being a 10-mile hike. Headwaters of the Mississippi with 30,223 acres of lakes and virgin pine forest. Rolling ter-

rain with some steep hills. Views of lakes and bogs. Abundant bird and wildlife. Interpretive center. Map available from DNR. (49)

**Lake Bronson State Park:** (Lake Bronson, Co. Rd. 28) Fourteen miles of hiking trails through short-grass prairie under restoration and aspen forest in Red River Valley area. Man-made lake surrounded by 2,086 acres of parkland. Map available from DNR. (50)

**Lake Carlos State Park:** (Ten miles north of Alexandria on Hwy. 29) Eleven miles of trails; rolling terrain with maple-basswood, aspen-oak forest, grassy meadows, and deep, clean lake. Good fall color. Interpretive center. Map available from DNR. (51)

**\* Maplewood State Park:** (Pelican Rapids, Hwy. 108) 25 miles of trails through tree covered hills and meadows; 20 small, clear lakes; striking views of surrounding farmland. Fall color beauty in mid to late September. Three backpack campsites, closest is one mile hike. Map available from DNR. (52)



## SOUTHERN MINNESOTA

**Blue Mounds State Park:** (Four miles north of Luverne on Hwy. 75) 10 miles of trails on historic prairie hunting grounds of the Dakota Indians. Trails pass through open prairie with "big sky" and expansive vistas, following a rock escarpment. Good bird watching, buffalo herd, cacti. Interpretive center. Map available from DNR. (53)

**Camden State Park:** (Eight miles southwest of Marshall on Hwy. 23) Nine miles of trails from open prairie down through wooded valley following trout stream. Prairie and woodland plants and wildlife. Interpretive center. Map available from DNR. (54)

**Forestville State Park:** (Seven miles southeast of Wykoff on Co. Rd. 12) 15 miles of trails in the Root River Valley, through hardwood forest through ravines. Three spring-fed trout streams. Several trails shared with horseback riders. Early spring wildflowers. Abandoned townsite from the Civil War period features the Meighen Store (MN Historical Society site) with some original goods. Interpretive center. Map available from DNR. (55)

**Fort Ridgely State Park:** (Six miles south of Fairfax on Hwy. 4) Six miles of trails on the site of the 1862 Sioux Uprising. Rolling prairie and wooded ravines of Minnesota River valley. Map available from DNR. (56)

**Hay Creek Trail** Richard J. Dorer Memorial State Forest: (Five miles south of Red Wing off Hwy. 58) 17 miles of trails, with several loops and a point to point trail on an old railroad bed. Hardwood forest with some pines; very steep hills and valleys. Scenic overlooks. Hay creek trout stream. Good fall color. PW. Map available from DNR. (57)

**Kilen Woods State Park:** (Seven miles northwest of Jackson on Co. Rd. 24) Five miles of trails in a 200-acre park in the Des Moines River valley, passing through woods, savannah, and prairie amid rolling farmland. Map available from DNR. (58)

**Kruger Recreation Trail** Richard J. Dorer Memorial State Forest: (Five miles west of Wabasha on Hwy. 60) Eight miles of loop trails through steep, rugged hardwood forest with excellent views of Zumbro River valley. Also, .75-mile easy wheeling handicapped nature trail. Fishing in Zumbro River. PW. Map available from DNR. (59)

**Nerstrand Woods State Park:** (Nine miles northeast of Faribault, 16 miles southeast of Northfield, on Co. Rd. 27) 11 miles of trails through the "big woods" characteristic of central Minnesota before the settlers arrived. Gently rolling wooded hills. Good fall color. Picturesque creek with waterfall. Wildflowers. Some trails shared with horseback riders. Map available from DNR. (60)

**O.L. Kipp State Park:** (Twenty miles southeast of Winona at the junction of I-90 and Hwy. 61) 6.5 miles of loop trails on exceptionally beautiful site; Kings Bluff nature trail offers a panoramic view of the Mississippi River valley. Blufflands with limestone cliffs, ravines, wooded eastern slopes and grass covered west slopes. Several steep trails. Map available from DNR. (61)

**Oak Ridge Trails** Richard J. Dorer Memorial State Forest: (Five miles southwest of Houston on Co. Rd. 13) Nine miles of loop trails beginning on ridge top, crossing some fields, very steep in portions. Good views of Root River valley. Good mushroom hunting in spring. Recreation area is an old farm site. No water available. Map available from DNR. (62)

**\* Reno Recreation Area Trails** Richard J. Dorer Memorial State Forest: (Two miles north of Reno on unmarked township road off Hwy. 26—follow signs from Reno) 15 miles of trails, primarily point to point. Hardwood forest with some pine. Very steep bluffs along the Mississippi River, with excellent views of the river. Very rugged in places, poorly signed, rough trail. Three undeveloped campsites 1.5, 3, and 6.5 miles from parking lot. PW at trailhead. Carry in

water if backpacking. Map available from DNR. (63)

**Sibley State Park:** (Fifteen miles north of Willmar on Hwy. 71) 18 miles of trails through hardwoods covering glacial moraine hills along sandy shore of Lake Andrew; view from Mount Tom. Interpretive center. Map available from DNR. (64)

**Upper Sioux Agency State Park:** (Four miles southeast of Granite Falls on Hwy. 67) Eight miles of trails on the banks of the picturesque Yellow Medicine River, weaving through open and wooded areas. Historic site of the Yellow Medicine or Upper Sioux Agency. Interpretive center. Map available from DNR. (65)

**\* Whitewater State Park:** (Three miles south of Elba on Hwy. 74) 10 miles easy to rugged trails through ravines and over limestone cliffs with a hardwood forest. Rushing trout streams. Good fall color late September and October. Six walk-in campsites, 100-300 yards in. Interpretive center. PW. Map available from DNR. (66)

**\* Lake Maria State Park:** (Eight miles west of Monticello off Co. Rd. 39) 13 miles of widely varied hiking trails. Wooded, rolling land with deciduous tree cover that surrounds two small lakes; some marshland. Outstanding spring flowers, good birdwatching. Especially nice in spring and fall. Eleven walk-in campsites .75 mile from parking lot. A good warm-up experience for longer trips. PW. Map available from DNR. (68)

**\* Minnesota Valley State Trail:** (Chaska, Hwy. 169) 21 miles of secluded, back country hiking close to an urban area. Trails along floodplain marshes and meadows of Minnesota River valley, with wooded areas. Good wildlife observation, especially waterfowl and waterbirds. Historic route of Indians, explorers, and settlers. Prolonged flooding in the spring. Four designated backpacking sites, closest about 1.5 miles from trailhead. PW or NW. Map available from DNR. (69)



METROLAND

**William O'Brien State Park:** (Sixteen miles north of Stillwater, past Marine-on-St. Croix, on Hwy. 95) 10 miles of trails. Terrain varies from St. Croix River floodplain to high, dry rolling prairie vegetation with open areas and oak forest. Interpretive trail center. Map available from DNR. (70)

**\* Afton State Park:** (Five miles south of Afton at Co. Rds. 20 and 21) Nine miles of trails in wooded bluff area along the lower St. Croix National Scenic Riverway. Trails are through wooded ravines, along hillsides, and through some open areas and meadows. Excellent birdwatching including bluebirds. Several walk-in campsites a half-mile from parking lot. Interpretive center. PW. Map available from DNR. (67)

**Note:** There are extensive opportunities for hiking in the Minneapolis-St. Paul metropolitan area. Over 30 county, city, regional, and state parks have trails for hiking and walking. For a complete description of hiking and other recreation opportunities in metropolitan area parks, contact the Metropolitan Council, Metro Square Bldg., St. Paul, MN 55101, 612/291-6464. Ask for the regional parks brochure.

# Minnesota Travel Information Center

Copies of this brochure are available from the **Travel Information Center** operated by the Minnesota Office of Tourism. Information is also available on canoe outfitters, campgrounds, biking, skiing, snowmobiling, fishing, the Boundary Waters Canoe Area, Voyageurs National Park, state parks, driving tours, historic sites, arts and attractions, and accommodations. Call Monday-Friday 8am to 5pm.

**296-5029**

From the Twin Cities

**800-652-9747**

Toll-free within Minnesota  
Ask for the Travel Information  
Center

**800-328-1461**

Toll-free outside Minnesota

Or write: Travel Information  
Center, 240 Bremer Bldg., 419  
N. Robert St., St. Paul, MN  
55101

## Other Information Resources

Department of Natural Resources  
Information Center  
500 Lafayette Rd., Box 40, St.  
Paul, MN 55146  
612/296-6157  
800-652-9747 (toll-free within  
Minnesota; ask for the DNR In-  
formation Center)

Superior National Forest  
Box 338, Duluth, MN 55804  
218/727-6692 (ask for the Forest  
Service)

Voyageurs National Park  
Box 50, International Falls, MN  
56649  
218/283-9821

Chippewa National Forest  
Supervisor's Office, Cass Lake,  
MN 56633  
218/335-2226

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