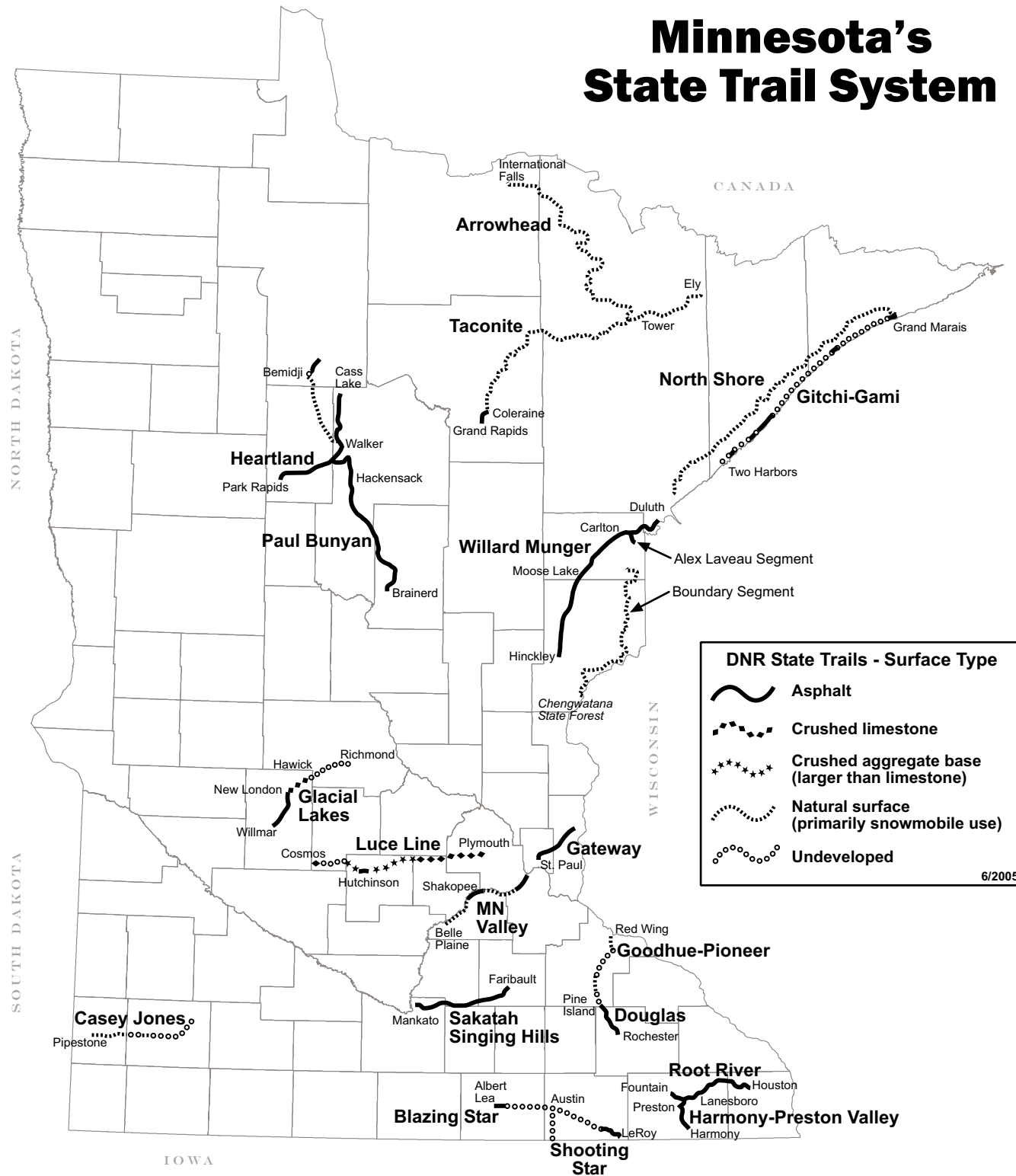


Minnesota's State Trail System



Maps for individual trails, showing greater detail, can be obtained from the DNR website or by calling the DNR Information Center.

| State Trail | Segment | Total Miles | Bike / In-line skate - asphalt | Bike - limestone | Mountain bike | Hike / Walk | Horseback | Snowmobile | Groomed Ski | Notes |
|-------------------------------|-------------------------------------|-------------|--------------------------------|------------------|---------------|-------------|-----------|------------|-------------|---|
| Arrowhead | International Falls - Tower | 135 | | | 69 | 69 | 69 | 135 | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks Many wet areas in summer |
| Blazing Star | Albert Lea - Big Island State Park | 6 | 6 | | | 6 | | | 6 | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| Casey Jones | Pipestone-Pipestone/Murray Co. Line | 12 | | | 12 | 12 | 12 | 12 | | Natural surface - limited development |
| Douglas | Rochester - Pine Island | 13 | 13 | | | 13 | 13 | 13 | 13 | Rest Area |
| Gateway | Cayuga Ave - Pine Point Park | 18 | 18 | | | 18 | 10 | | 10 | Rest Area Access to Fishing Designated Swimming |
| Gitchi-Gami | Silver Creek Cliff | 1 | 1 | | | 1 | | | | Rest Area |
| | Gooseberry Falls State Park | 1.2 | 1.2 | | | 1.2 | | | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| | Split Rock River - Beaver Bay | 8.4 | 8.4 | | | 8.4 | | | 1.5 | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| | Tofte - Onion River | 2.5 | 2.5 | | | 2.5 | | | | Rest Area Access to Fishing |
| | Grand Marais | 1 | 1 | | | 1 | | | | Connects to city trail for combined length of 2 miles |
| Glacial Lakes | Willmar - New London - Hawick | 18 | 13.75 | | | 18 | 18 | 18 | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| | Hawick - Richmond | 22 | | | | | | | 4 | (Hawick to Stearns Co. Line) - remaining trail undeveloped |
| Goodhue-Pioneer | Red Wing - Hay Creek Unit | 4 | | | | 4 | 4 | 4 | | Rest Area Access to Fishing |
| | Zumbrota - 4 miles north | 4 | | | 4 | 4 | 4 | 4 | | Rest Area |
| Harmony-Preston Valley | Root River Trail - Harmony | 18 | 18 | | | 18 | | 18 | | Rest Area Access to Fishing Dog sledding allowed on 10 miles |
| Heartland | Park Rapids - Cass Lake | 47 | 47 | | | 47 | 27 | 47 | | Rest Area Access to Camping Access to Fishing Designated Swimming |
| Luce Line | Plymouth - Stubbs Bay Rd. | 7 | | 7 | | 7 | 7 | | 7 | Rest Area Access to Fishing |
| | Stubbs Bay Rd. - Winsted | 23 | | 23 | | 23 | 23 | 23 | | Rest Area Access to Fishing |
| | Winsted - Cedar Mills | 23 | | | 23 | 23 | 23 | 23 | | Rest Area Access to Fishing Aggregate base |
| | Cedar Mills - Cosmos | 10 | | | 10 | 10 | 10 | 10 | | Rest Area Access to Fishing Natural surface, Limestone W of Cosmos |
| Minnesota Valley State | Ft. Snelling - Shakopee | 19 | 6 | | 19 | 19 | | 19 | 5 | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| Recreation Area Trail | Shakopee - Chaska | 5 | 5 | | | 5 | 5 | | 5 | Rest Area |
| | Chaska - Belle Plaine | 20 | | | 20 | 20 | 20 | 20 | | |
| North Shore | Duluth - Grand Marais | 146 | | | 75 | 75 | 75 | 146 | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| Paul Bunyan | Brainerd/Baxter - Walker | 71 | 70.5 | | | 71 | | 71 | | Rest Area Access to Fishing |
| | Walker - Lake Bemidji State Park | 37 | 10 | | 27 | 37 | | 37 | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| Root River | Fountain - Houston | 42 | 42 | | | 42 | | 42 | | Rest Area Access to Fishing |
| Sakatah Singing Hills | Mankato - Faribault | 39 | 39 | | | 39 | 39 | 39 | 6 | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| Shooting Star | LeRoy - Taopi | 8 | 8 | | | 8 | | | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| Taconite | Grand Rapids - Coleraine | 4 | 4 | | | 4 | | 4 | | Rest Area |
| | Coleraine - Ely | 159 | | | 107 | 107 | 50 | 159 | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks Many wet areas in summer |
| Willard Munger | Boundary Segment | 80 | | | 80 | 80 | 65 | 80 | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| | Hinckley - Duluth | 63 | 63 | | | 63 | | 63 | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |
| | Alex Laveau Segment | 6 | 6 | | | 6 | | 6 | | Rest Area Access to Camping Access to Fishing Designated Swimming Access to State Parks |

Information Center
Minnesota Department of Natural Resources
 500 Lafayette Road
 St. Paul, MN 55155-4040
 Hours: Monday - Friday 8:00 a.m. - 4:30 p.m.

651-296-6157 (Metro Area & outside MN)
 1-888-MINNDNR (MN Toll Free)
 TDD: 651-296-5484 (Metro Area)
 TDD: 1-800-657-3929 (MN Toll Free)
 Fax: 651-297-3618
www.dnr.state.mn.us

Minnesota Office of Tourism
 100 Metro Square
 121 Seventh Place East
 St. Paul, MN 55101-2112
 1-800-657-3700 (Toll Free)
 651-296-5029 (Metro Area)
www.dted.state.mn.us

Maps for individual trails, showing greater detail, can be obtained from the DNR website or by calling the DNR Information Center.

Trail users are legally responsible for obeying the rules and regulations provided in Minnesota Rules, State Recreational Trails, 6100.3000 through 6100.4300.



The Great Minnesota Ski Pass is required for all cross-country skiers who are 16 and older and skiing on public cross-country ski trails. The Ski Pass must be signed and in your possession when skiing on any public ski trail in Minnesota. For more information about the Ski Pass, please call the DNR Information Center.



Paved state trails have restricted use by snowmobiles with studs. Call the DNR Information Center for information on restrictions and alternate routes.

©MN DNR
 6/2005

Printed on recycled paper with a minimum of 30% post-consumer material and soy-based ink.



This information is available in alternative format upon request.

Equal opportunity to participate in and benefit from programs of the Minnesota Department of Natural Resources is available to all individuals regardless of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, age, sexual orientation, membership or activity in a local commission, or disability. Discrimination inquiries should be sent to MN-DNR, 500 Lafayette Road, St. Paul, MN 55155-4031; or the Equal Opportunity Office, Department of the Interior, Washington, DC 20240. This document is available in alternative formats to individuals with disabilities by calling 651-296-6157 (Metro Area) or 1-888-MINNDNR (MN Toll Free) or Telecommunication Device for the Deaf/TTY: 651-296-5484 (Metro Area) or 1-800-657-3929 (Toll Free TTY).

Try a Trail!

State trails offer something for everyone in every season of the year. These trails are perfect for a close-to-home workout in an outdoor setting, a fun day trip, or an adventurous weekend getaway exploring Minnesota's remote reaches. These trails link urban places and country spaces and let you explore all the beauty of Minnesota at your own pace. Historic sites, parks, forests, lakes and creeks, and charming small towns are waiting for you to discover them.

You can trek through Minnesota's snowy north woods on hundreds of miles of groomed snowmobile trails, or bicycle across sunlit prairies and rolling pastoral landscapes in central Minnesota. If you haven't yet enjoyed the limestone cliffs and caves, sparkling trout streams, delicate spring wildflowers, and flashy fall colors of Minnesota's southeastern blufflands, you are in for a treat!

Small towns along the trails have put out the welcome mat for visitors to their cafes, bed-and-breakfast inns, resorts, and campgrounds. Equipment rental is available in many trail towns. Special events are held on the trails year-round, such as candle-lit cross-country ski outings. Three-day bike tours for charitable causes use parts of the Willard Munger State Trail. Other trail towns sponsor marathons, bike tours and trail festivals. Check the DNR website often or call the Information Center for information on special events!

Happy Trails to You!

Minnesota



State Trails

| SHARE the TRAIL | | | |
|--|--|--|--|
| Safety is Important | Pack it Out | Animals on the Trail | Snowmobiling the Trails |
| | | | |
| <ul style="list-style-type: none"> • Stop at all stop signs; look both ways before crossing. • Wear a helmet. • Keep right except to pass. Sound off: "Passing on the left." • Don't block the trail; stop on the shoulder. • Take it easy; slow is the way to go. | <ul style="list-style-type: none"> • Pack out all garbage and litter. • Clean up after your pet. • Reduce, reuse, recycle. • Save your tax dollars; bring your trash home! Garbage cans not provided. • Keep your trail beautiful! | <ul style="list-style-type: none"> • Pets must be leashed and under control. • Properly dispose of pet waste. • Horses should remain on designated trails. • Horses startle easily; announce your approach and keep a safe distance. • Animals may frighten others; please be courteous. | <ul style="list-style-type: none"> • Don't drink and drive. • Maximum speed 50 MPH • Snowmobiles with studs not allowed on paved state trails. • The groomed surface needs to "set up." Please do not follow the grooming equipment. |

