

Itasca State Park Visitor Guide & Map

Itasca

WELCOME to the **Headwaters of the Mississippi River** at Itasca State Park!

2007—2008

The Headwaters

& a whole lot more!



At Itasca State Park the mighty Mississippi River begins its 2,552-mile journey to the Gulf of

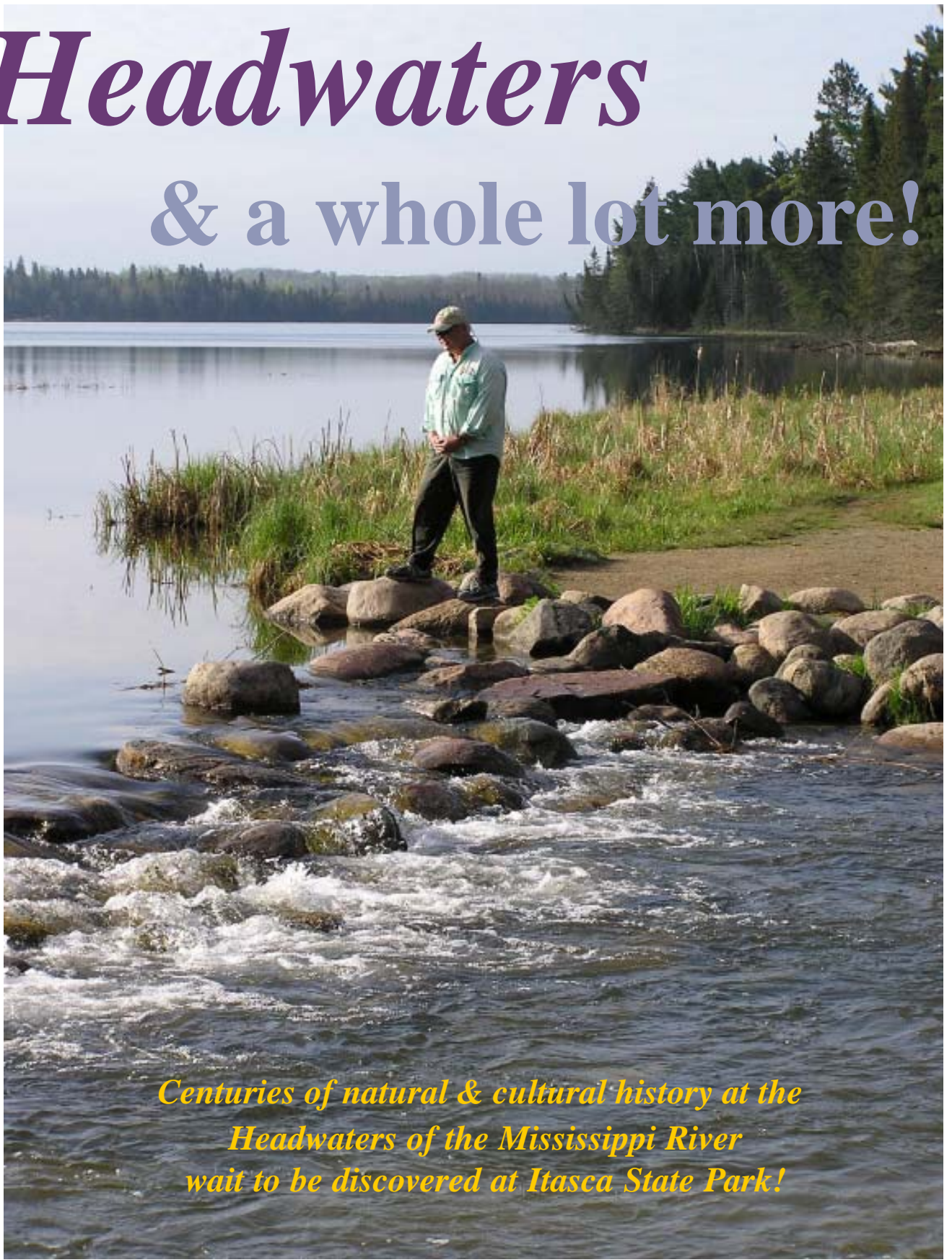
Mexico. Established in 1891 to preserve remnant stands of virgin pine and to protect the basin around the Mississippi's source, this 32,000-acre park has become a famous natural and cultural landmark in North America!

Some of the finest scenery in the area can be found at Itasca State Park drawing visitors to the park 365 days a year not only for its year-round beauty, but also for its tranquility. Here visitors can spend the day exploring the forest by foot, bike or auto. Or they may choose to explore Lake Itasca or any one of the other 100 lakes by canoe. Relaxation in the outdoors couldn't be finer. During the summer the call of the loon can be heard day and night. Winter travelers might hear the howl of a wolf while skiing under the towering pines.

Visitors are invited to discover Itasca's many claims to fame in all seasons. Enjoy the Headwaters of the Mississippi, as well as some of the largest old-growth stands of red and white pine in the state here in Minnesota's oldest state park!

In 1832 explorer Henry Rowe Schoolcraft, lead by Ozawindib, his Ojibwe guide, traveled straight to Lake Itasca, source of the Mississippi River. Debates over its true source continued until Jacob V. Brower's survey revealed that the entire Itasca basin was the ultimate source of the Mississippi River, but the waters were not united as a river until they flowed out of Lake Itasca.

Enjoy your time discovering Itasca!



Centuries of natural & cultural history at the Headwaters of the Mississippi River wait to be discovered at Itasca State Park!



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Itasca State Park
36750 Main Park Drive
Park Rapids, MN 56470

place
postage
here



Reservations *make the call*

Minnesota State Parks offer a centralized camping and lodging reservation system for campsites, cabins, Douglas Lodge rooms, the Clubhouse and Itasca Suites.

1-866-85PARKS
(1-866-857-2757)

International Calls:
1-317-249-9327
TDD: 1-866-672-8213

Check the Web address at:
www.stayatmnparks.com

Reservation operators are on duty from 8 a.m. to 8 p.m. CT, daily. Information about facility availability and reservations is available on-line 24-hours-a-day.

Reservations for campsites may be made up to 90 days in advance of arrival. Lodging reservations can be made up to one year in advance.

Scenic Drives *forests & rivers*

The Great River Road: Touted as “America’s most scenic drive,” this national scenic byway follows the course of the Mississippi River from its headwaters at Lake Itasca to its journey’s end at the Gulf of Mexico in Louisiana. For more information on the 500-mile section within Minnesota, contact: Minnesota Mississippi River Parkway Commission, phone: 763-212-8556, web: www.mnmississippiriver.com. For details on the entire 3,000 miles, contact the National Scenic Byways at: www.byways.org.

Lake Country Scenic Byway: The towns of Detroit Lakes, Park Rapids and Walker anchor this 88-mile travel route, with a spur to Itasca State Park. Meander through lake-dappled countryside, view winding rivers, forests and a patchwork of farmland. For more information, contact the community chambers or click on www.lakecountryscenicbyway.com.

Investing in Minnesota’s Treasures

By purchasing park permits, you help fund the maintenance of Minnesota’s State Park system. Each year, with over a half million visitors at Itasca alone, buildings, walkways, trails and roads need upkeep! Purchases in the park gift shops also help pay for interpretive and resource management projects; while fees for annual permits, camping and lodging help us to keep all state parks, looking like jewels in the Minnesota State Park system.

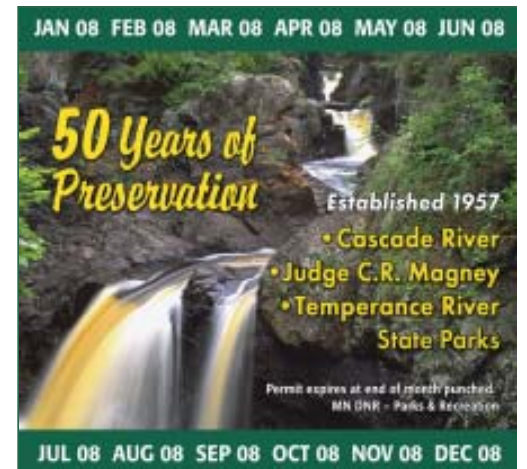
Remember:

Your annual permit entitles you to an unlimited number of visits to all Minnesota State Parks and Recreation Areas for an entire year. Look at www.mnstateparks.info for information on all our state parks.

Vehicle Permit Fees*

\$25 – Annual vehicle permit
\$18 – Second vehicle permit
\$12 – MN handicapped annual permit
\$5 – Day-use vehicle permit
\$10 – Friend Emblem <i>tax deductible</i>
\$20 – Motorcycle permit (<i>New for 2007!</i>)

*Price based on 2007 rate; price subject to change.



50 Years of Preservation *Cascade River * Judge C.R. Magney * Temperance River*

Minnesota State Parks— 2007 Annual Vehicle Permit

In 2007 Cascade River, Judge C.R. Magney and Temperance River State Parks are celebrating 50 years of serving park visitors. Thanks to Judge Clarence R. Magney and others like him, these parks are now ours to enjoy and preserve for future generations.

Thank you for your support!

traveling

All roads lead to Itasca

No matter what direction you are coming from, there is an entrance road leading into Itasca!

- from the South take Highway 71
- from the East take Highway 71/200
- from the North take Highway 200
- from the West take Highway 200

Distance to Itasca (approximate)

Bagley, MN	21 miles
Bemidji, MN	35 miles
Detroit Lakes, MN	58 miles
Duluth, MN	157 miles
Fargo, ND	108 miles
Grand Forks, ND	120 miles
Minneapolis, MN	225 miles
Park Rapids, MN	22 miles
St. Cloud, MN	142 miles
Walker, MN	35 miles

Explore the beautiful countryside in and around Itasca State Park along one of these scenic routes:

Main Park Drive/Wilderness Drive:

Within Itasca, tour along this 16-mile loop offering over two dozen vistas and historic spots. The *Wilderness Drive Auto Tour Guide* provides background information about the scenic and historic beauty of Itasca State Park. Key features: groves of towering red and white pine, scenic lakes, record red pine, a fire tower and the Headwaters of the Mississippi River.

Dining & Gifts

eat, shop & be merry



Enjoy a meal overlooking beautiful Lake Itasca when you visit Douglas Lodge.

Douglas Lodge

Breakfast, lunch and dinner are offered at the historic Douglas Lodge throughout the summer and fall seasons. The restaurant serves many wonderful entrees, several with a 'Minnesota' flavor including walleye, wild rice, or the famous blueberry pancakes.

Mary Gibbs Mississippi Headwaters Center

Take a break from your day's adventures at the restaurant located in the Mary Gibbs Mississippi Headwaters Center. Healthy sandwiches, wraps and soups highlight the menu. And don't forget an ice cream cone!

Check park brochure racks for local service guides listing restaurants outside the park.

Itasca Gift Shops *location*

Headwaters	Mary Gibbs Mississippi Headwaters Center
Forest Inn	Douglas Lodge Complex
Visitor Center	Jacob V. Brower Visitor Center

Take back a memory of your trip to Itasca and the Headwaters of the Mississippi River with items from our three gift shops. Curl up in an Itasca afghan; read life adventures of Henry Rowe Schoolcraft, the Ojibwe and other people who came to Itasca; learn more from one of the many nature books; or take home a piece of the Douglas Lodge china for your own collection.



Purchase your own piece of Douglas Lodge china at the Forest Inn Gift Shop.

hostel, bikes, tour boat, fuel & phones *services & supplies*

Mississippi Headwaters Hostel

Located in the 1922 Old Park Headquarters Building, across the road from the Itasca boat landing, this magnificent building offers overnight lodging for up to 31 guests (6 rooms with 4-6 beds each) and is privately operated by Hosteling International. Features living room with stone fireplace, fully equipped kitchen and attractively furnished common area. For more information: www.himinnesota.org or call 218-266-3415. Open year round.

Itasca Sports Rental

On the water, on the trail—meet all your outdoor recreation needs, including: rental bikes, boats, motors, and canoes. The privately operated camp store offers bait, licenses and fishing information. Open May through mid-October; located at the Itasca Boat Landing. For information: 218-266-2150 (off season, 218-657-2420) or www.itascasports.com

Coborn's Lake Itasca Tours

Naturalist narrated 2 hour cruise aboard the privately operated "Chester Charles II," a 141 passenger 3-deck boat, to the Headwaters of the Mississippi. See loons, eagles, herons and more. Board at Douglas Lodge pier. Summer and fall, you'll see it all. Public cruises and private charters. Info on bulletin boards and visitor centers, or call: 218-732-5318 or 218-732-2100 or www.cobornscruises.com

Groceries/Gas

Groceries and gas are available at businesses near the junction of Hwy. 200 and the North Park Entrance, the junction of Hwy. 71 and Hwy. 200, or in the following towns: Lake George, Bagley, Park Rapids, and Bemidji. Check park brochure racks for local service guides listing other options outside the park.

Public Telephones

Telephones are located in the park inside the Jacob V. Brower Visitor Center, or at outdoor kiosks in the following areas: Bear Paw and Pine Ridge campgrounds, Douglas Lodge, Lake Itasca Boat Landing, and by the Mary Gibbs Mississippi Headwaters Center. To get an outside line, dial 9 and then your telephone number; (calling cards are required).

Firewood/Ice/Bait

Firewood is available at the Campground Registration Station mid-May through mid-October, and at the Visitor Center during the off-peak season. Ice is available at the Campground Registration Station, Douglas Lodge, and the Itasca Sports Rental. Bait and fishing licenses are available at the Itasca Sports Rental (an Electronic Licensing System, *ELS*, site).

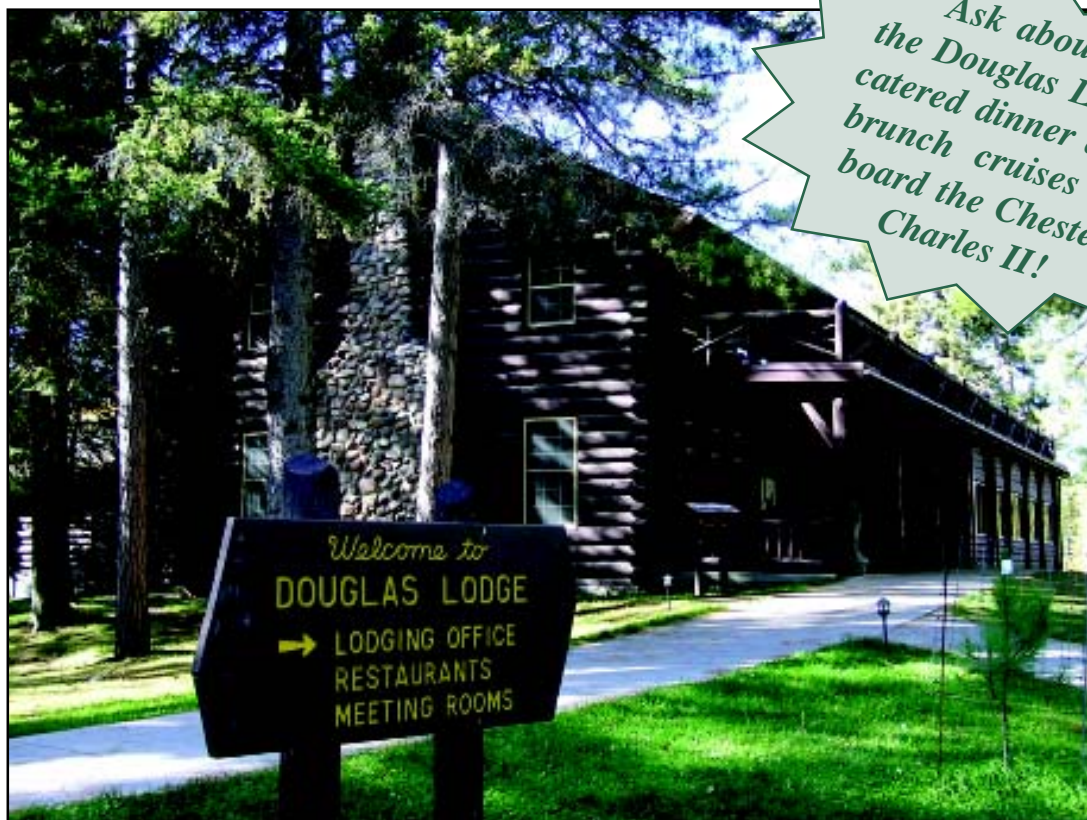
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The historic Douglas Lodge *a little r&r*

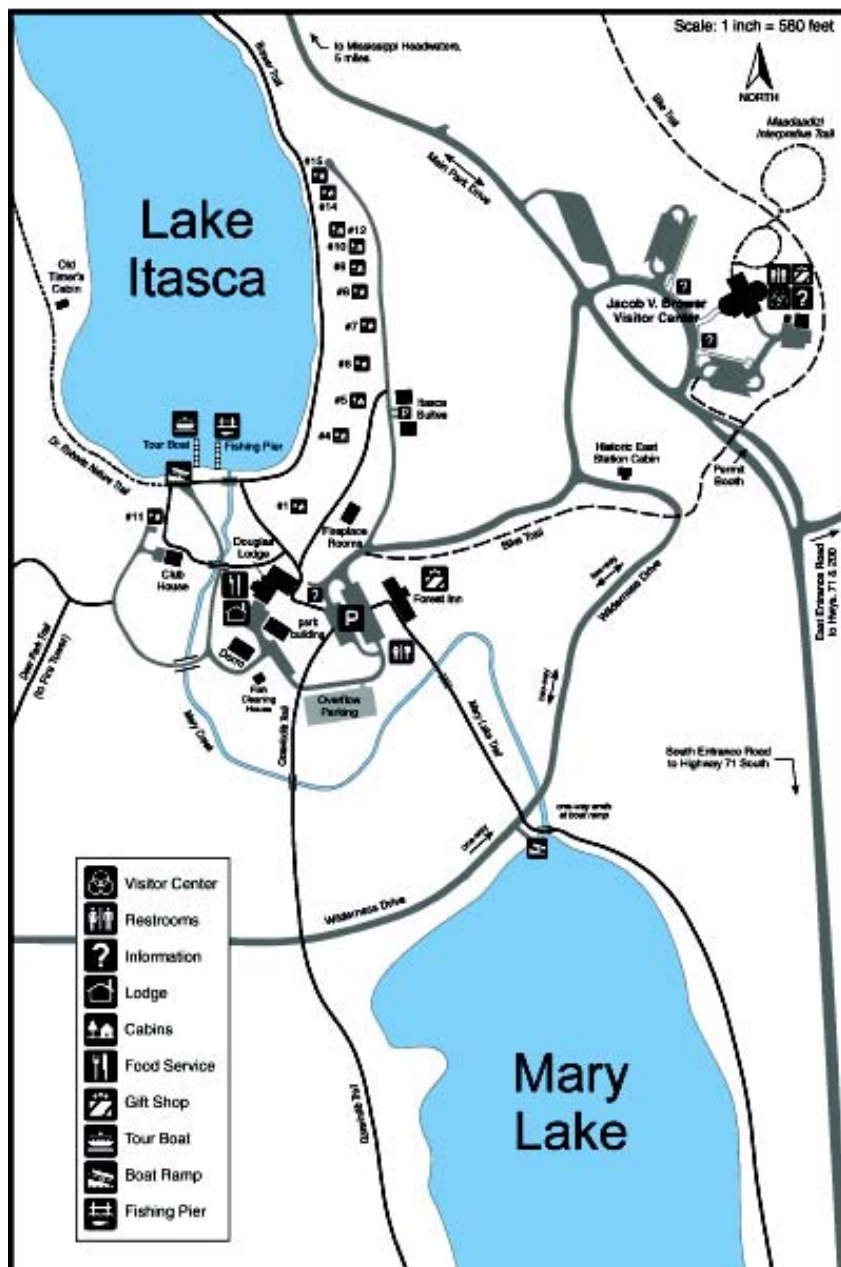
Since the opening of Douglas Lodge in 1905, Itasca State Park, with its variety of lodging facilities, has been meeting visitors' dining and accommodation needs.

Unwind from a day of adventure with a meal at Douglas Lodge. Then sit back and listen for the wail of the loon as the worries from your busy life ebb away with the setting sun.

For more information on lodging, write or call Itasca State Park at 218-266-2100. To book lodging reservations, call: 866-857-2757 or at www.stayatmnparks.com.



Ask about
the Douglas Lodge
brunch cruises on
board the Chester
Charles II!



Daily Lodging

See Douglas Lodge brochure for current rates and details.

Historic Douglas Lodge Rooms



Douglas Lodge Suites (4 persons max.)
& Guest Rooms (2 persons max.)

Cozy rooms decorated with original furnishings in a style reminiscent of the 1920s.

The Perfect Group Rental



Clubhouse (21 persons max.)

Gather your friends in this spacious log building featuring separate rooms, central fireplace and screen porch; ideal for group gatherings.

'Suite' Rooms Under the Pines



Fireplace Rooms— All Log (2 persons max.)

Feel the 1930s 'auto touring' charm of these CCC built rooms; features a sitting area with fireplace.

Historic East Station Cabin (5 persons max.)

Nestled under the pines this CCC constructed log cabin features a living room with stone fireplace, kitchen and two bedrooms.

Itasca Suites

(4 persons max. two units are 2 persons max.)

Enjoy a family retreat in one of these new units nestled amongst the trees. Each unit has a sitting area, kitchenette, satellite television, telephone, and screen porch. Linens provided.

Cabins by the Lake



Enjoy time with your family in a homey cabin offering views of the lake below. Or spend a romantic evening in an intimate log cabin nestled along the shore of Lake Itasca.

One-Bedroom Cabins (4 persons max.)

One-Bedroom Log Cabins (4 persons max.)

Two-Bedroom Cabins (6 persons max.)

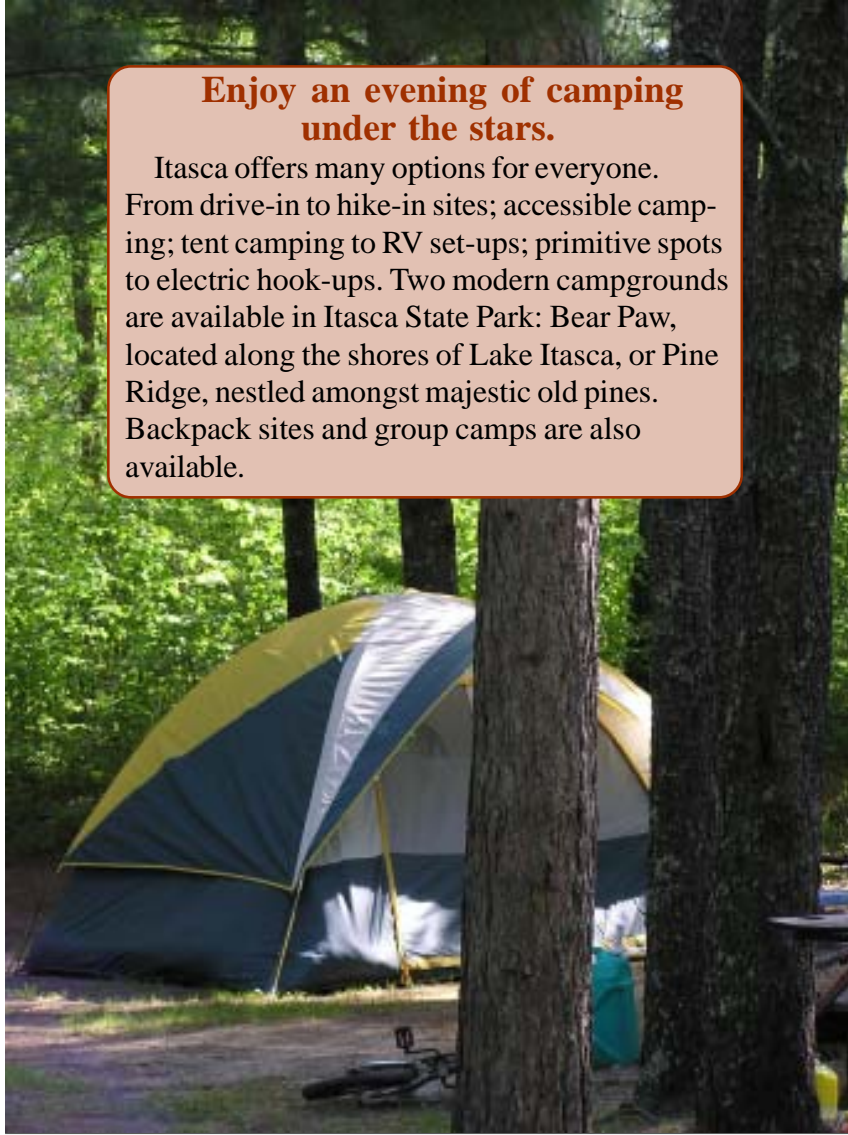
Three-Bedroom Log Cabins (8 persons max.)

Log Housekeeping Cabins (4 persons max.)

Lake Ozawindib Cabin (8 persons max.)

sleep under stars

Camping in Itasca

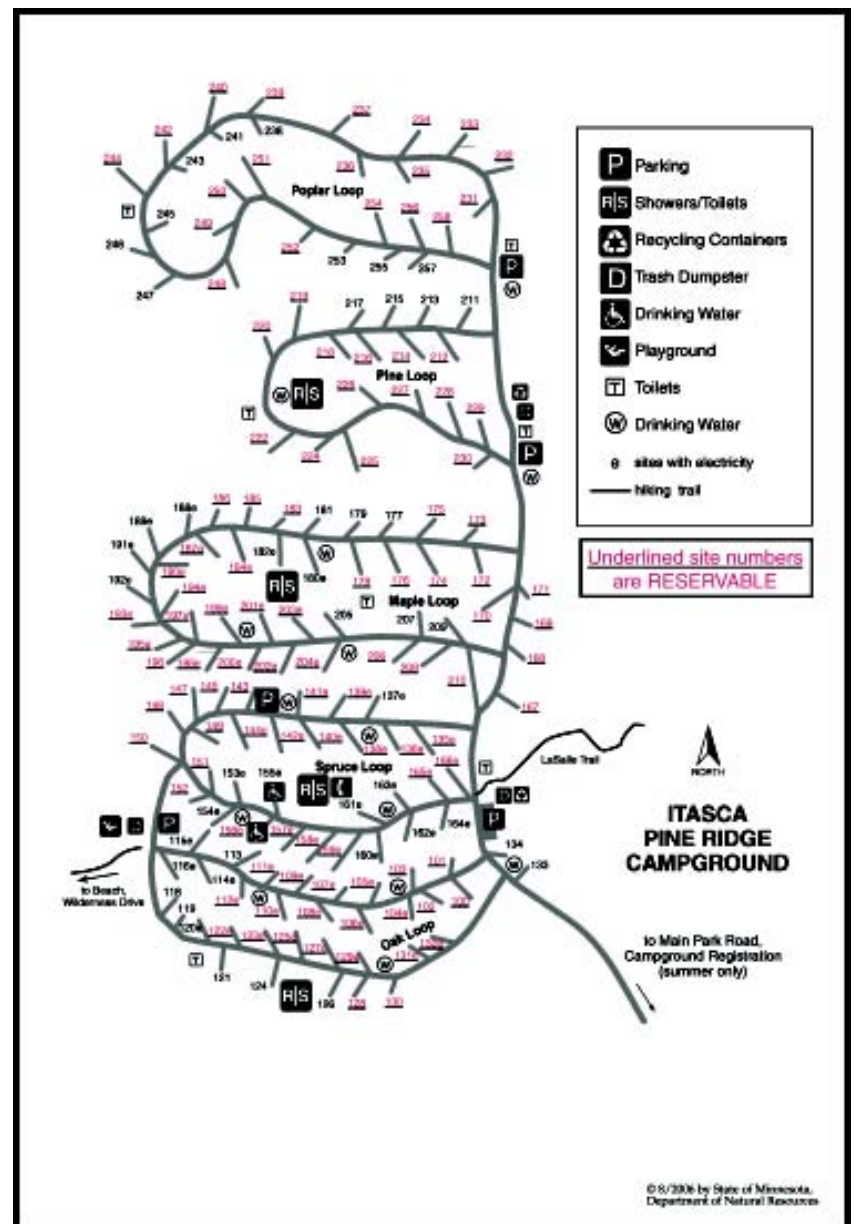
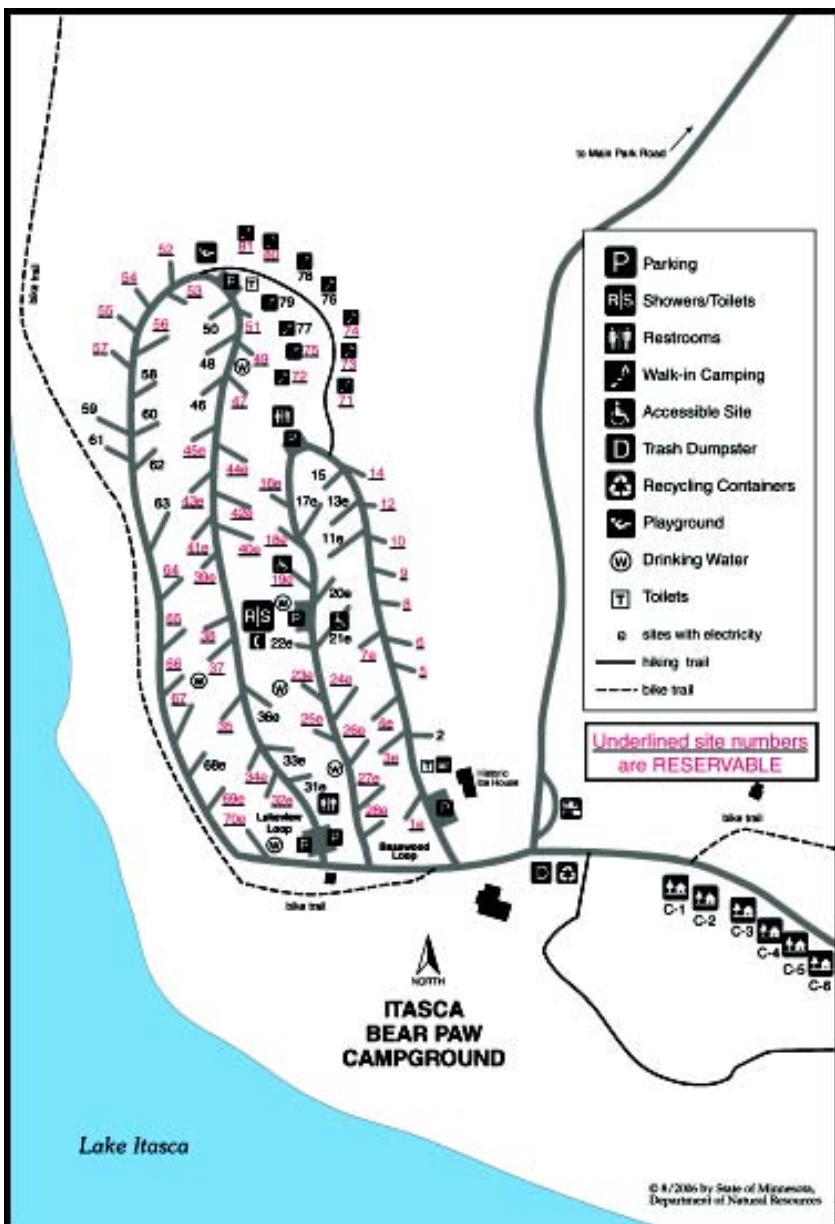


Enjoy an evening of camping under the stars.

Itasca offers many options for everyone. From drive-in to hike-in sites; accessible camping; tent camping to RV set-ups; primitive spots to electric hook-ups. Two modern campgrounds are available in Itasca State Park: Bear Paw, located along the shores of Lake Itasca, or Pine Ridge, nestled amongst majestic old pines. Backpack sites and group camps are also available.

Camping Opportunities

	CAMPSITE TOTAL	BACK-IN SITES	CART-IN SITES	ELECTRIC SITES	ACCESSIBLE SITES
Bear Paw Campground	79	68	11	35	2
<i>Adjacent to Lake Itasca; open mid-May to early October. Modern facility with toilets and showers.</i>					
Pine Ridge Campground	155	155		65	2
<i>Nestled amongst majestic pines 1/4-mile from lake; location close to beach, bike/boat rental, museum. Modern facility with toilets and showers from mid-May to early October; primitive camping with vault toilets November-April with water available at visitor center.</i>					
Backpack Campsites	11				
<i>Year-round back-country campsites with fire ring and pit toilet; no water supply; carry-in, carry-out garbage.</i>					
Ozawindib Group Camp	75-person capacity				
<i>Nestled above Lake Ozawindib; staff cabin, dining hall with kitchen, modern toilet facility, tenting area.</i>					
Elk Lake Group Camp	50-person capacity				
<i>Primitive camp overlooking Elk Lake; fire rings, small shelter with tables, tenting area and pit toilets.</i>					



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Preachers Grove:

The seeds, which produced these fire-scarred red pines, began growing after a major forest fire swept the region in 1714. The stand, named for a religious convention that once camped there, is a visitor favorite for its beauty.

towering red pine, peaceful trails, shimmering water

scenic beauty

Mississippi Headwaters:

Enjoy the beauty of Lake Itasca and the infant Mississippi River as you walk the trails around the Headwaters.

Peace Pipe Vista:

You get a wide-angle view of Lake Itasca at this overlook. It is a favorite place to watch sunsets, take pictures, and listen to evening loon calls.

Wilderness Drive:

This scenic 11 mile drive along the undeveloped west side of Lake Itasca begins at the Mississippi Headwaters. The drive is two-way to the Lake Ozawindib Group Camp Road, then becomes one way ending by Mary Lake (near the Douglas Lodge area). The roadway is narrow and curvy in places. Please drive slowly and watch for parked cars and bicyclists. There are many spectacular sights along the drive. Wilderness Drive is closed to automobiles during the winter months when portions of the road become ski and snowmobile trails.

Big White Pine:

One of Minnesota's largest white pines is at the end of this very short trail. The measurements of this giant are: circumference - 173 inches; total height - 112 feet; and crown spread - 48.75 feet.

Minnesota's Record Red Pine:

Minnesota's State Tree, the Red Pine (also called Norway Pine) is a species especially adapted to withstand fire. Age: 300+ years. Measurements are: circumference - 115 inches; total height - 120 feet; and crown spread - 36.4 feet.

Bohall Wilderness Trail:

This short trail takes you into the heart of the Wilderness Sanctuary National Natural Landmark. It passes through some outstanding examples of old-growth red and white pine forest communities.

Additional Trails:

Enjoy a day of hiking as you make your way across gently rolling hills, past serene lakes and through majestic pine on Itasca's many trails. Over 30 miles of hiking opportunities await you. Maps available at the visitor center.

fishing, biking, boating

outdoor fun

Fishing:

Lake Itasca offers good walleye, northern pike, bass, crappie, and bluegill fishing. Lake Ozawindib is known for its bass and panfish. Elk Lake has walleye, northern pike, and muskellunge. Mary Lake, as well as several hike-in lakes, also have fishable waters.

Boating and Canoeing:

Boat rentals for use on Itasca, Ozawindib, Elk, and Mary Lakes are available from Itasca Sports Rental. Boat accesses are located on Itasca, Ozawindib, Elk, and Mary Lakes.

Bike Trail:

This scenic 5 ½ mile paved bicycle trail along the east side of Lake Itasca connects Douglas Lodge and the Mississippi Headwaters. For the full bike tour of Itasca State Park, continue around Wilderness Drive—another 11 miles of spectacular scenery.

Swimming Beach:

Located just south of Brower Inn, the beach area offers a volleyball court, play area, and the historic Beach Changing House, a 1941 Civilian Conservation Corps log building project.

picnics, picnic shelters

picnicking

Picnic Area:

Picnic tables are located along Lake Itasca between the swimming beach and north of the Wegmann Store Site. Parking lots are located by the swimming beach and 1/3 mile north of this site.

Picnic Shelter:

Located just north of the swimming beach, this newer, 24' x 40' log picnic shelter is available for rent.

Protect Minnesota's forests
and urban trees

**DON'T MOVE
FIREWOOD!**

Pests can be in, on, or under
the bark of the wood



The emerald ash borer (EAB) is a tiny bug that is devastating forests and neighborhood trees in Canada and several of Minnesota's neighboring states. To date, EAB has killed more than 15 million ash trees. Minnesota's forests and neighborhood trees are at particular risk from EAB. Movement of firewood has been closely associated with the spread of several very damaging forest pests, including the emerald ash borer.



What can you do to help slow the spread?

When camping or picnicking at a state park, state forest campground or other DNR facility, purchase firewood from the park or a local vendor. Don't bring firewood from home. For more information, stop by the visitor center or check bulletin boards for posters.

*Emerald ash borer on penny photographed by Howard Russel,
Michigan State University, www.forestryimages.org*

Schoolcraft, CCC, ancient bison

historic features

Mississippi Headwaters:

Here, 1,475 feet above sea level, the mighty Mississippi River begins its run to the Gulf of Mexico. Facilities include the Mary Gibbs Mississippi Headwaters Center, featuring a gift shop, cafe, restrooms, and outdoor interpretive displays.

Historic Douglas Lodge:

Located at the south end of Lake Itasca, Douglas Lodge is open Memorial Day weekend through early October. Douglas Lodge has been accommodating overnight guests for over a century. It has a large, restful lobby with a stone fireplace and dining room open to the public.

Wegmann Store Site:

In the picnic area are the ruins of the original 1890s Wegmann Store and Lake Itasca Post Office. A replica of Theodore Wegmann's store was built next to the ruins as part of a crafts demonstration program.

Pioneer Cemetery:

Some of the early settlers in the Itasca area are buried here, including Theodore Wegmann and William McMullen. Park at the Itasca boat landing parking lot and walk south a short distance to see the cemetery.

Indian Cemetery:

Please respect this cemetery. Partially excavated in 1890, laws now prohibit disturbance of these old burial sites. Gathered information places this 500+ year old burial site to a time when the Woodland Period Indians lived in this area. Currently, local tribal groups offer guidance in managing this site.

Mary Gibbs Mississippi Headwaters Center:

Discover year-round outdoor exhibits focusing on the Mississippi River and Itasca's forest. A gift shop and restaurant meet spring/summer/fall visitors' needs.

Jacob V. Brower Visitor Center:

Pick up park brochures, orient yourself on the large touchable relief map, learn about the park's natural and cultural history in the exhibit hall, or purchase that handy guidebook for identifying plants and animals in the park.

The Lakeside Museum:

Constructed in 1925 to serve as a shelter for the campground and later as a beach house, this log building is located on the shore of Lake Itasca in the picnic area. It now serves as a natural and cultural history museum.

Bison Kill Site:

Scientific excavation at this site revealed that ancient bison hunters camped here about 8,000 years ago. An interpretive sign marks the site along Wilderness Drive near Nicollet Creek.

Nicollet Cabin:

Restored in 1995, Nicollet Cabin is about one mile down the Nicollet Trail from Wilderness Drive. This historic cabin, built in 1918, was used as a forestry cabin and manned during the spring and fall fire seasons.

Historic Buildings Walking Tour:

Pick up a free brochure at the Douglas Lodge or the visitor center and learn the history of several log structures in the Douglas Lodge area.

Old Timer's Cabin:

Built in 1934, this cabin was known by the Civilian Conservation Corps as the "Honey-mooners Cabin" and is located ¼ mile down the Dr. Roberts Self-guided Nature Trail, below the Douglas Lodge area. Its most memorable feature are the four huge white pine logs used to construct the side walls.



Aiton Heights Fire Tower:

Restored in 1998, this 100-foot tall fire tower, located on the Wilderness Drive, is open spring through fall so visitors can experience the Mississippi River watershed from above. Parking for the fire tower is located along Wilderness Drive. From there it is a ½ mile walk to the tower.

guided trails & exhibits

info & education

University of Minnesota Biological Station:

Since 1909, the University of Minnesota has conducted training and research programs in Itasca State Park and continues to do so today. Graduate and undergraduate level courses in botany, mammalogy, ornithology, ecology, molecular biology, neuroscience, aquatic ecology, and animal behavior are offered for academic credit from May to September. Facilities include: nine laboratory-classrooms, an assembly and dining hall, plus living quarters for students and staff. For more information: www.cbs.umn.edu/itasca/ or view the webcam at: www.cbs.umn.edu/itasca/webcam

Landmark Interpretive Trail:

Located at the Wilderness Sanctuary parking area on Wilderness Drive, this 1/3 mile self-guided trail will introduce you to the wilderness character of Itasca.

Blowdown Trail:

This self-guiding, ½ mile trail begins across the road from the Landmark Interpretive Trail along Wilderness Drive and illustrates two resource management methods used when dealing with the effects of the 1995 summer windstorm.

Civilian Conservation Corps Plantation:

Planted between 1937 and 1940 by the CCC, today visitors can follow a self-guiding trail to learn about forestry practices that were once applied for timber production.

Mary Lake Deer Enclosure:

The area of this enclosure demonstrates the effect of deer browsing in the forest. Constructed in the 1930s, this enclosure is meant to keep deer out. An interpretive sign at the site explains the history of this research project.

Dr. Roberts Self-guided Nature Trail.

Beginning near the lake below Douglas Lodge, the Dr. Roberts Nature trail is a good area to learn about Itasca's plants. Obtain guides at the gift shops or at the trail-head. A portion of the trail includes an accessible boardwalk with interpretive signs about the bog environment.

Maadaadizi Trail:

Follow this self-guided accessible trail as it winds its way through towering pine. Interpretive signs along this ½ mile trail highlight the natural history of Itasca's forests. Located at the Jacob V. Brower Visitor Center.



Top 5 tips for bicycling (safely) in Itasca State Park.

5. The rolling trails are fun and challenging.

Itasca's rolling and twisting trails are fun to go down, but can also be hazardous. Use caution and obey the speed limits. Sand can cause wipe-outs if you aren't paying attention. Remember... protect your brain from potential falls by wearing a helmet.

4. The trails are paved and not on major highways.

A 5.8 mile paved bike trail is marked for two-way bike traffic along the east side of Lake Itasca. Enjoy the views but be alert for other bikers as well. Please remain in the proper bike lane and bicycle single file to avoid collisions with oncoming bikers. For a full bicycle tour, continue along Wilderness Drive for another 10 miles of riding, but be careful... you share this portion of the ride with motorists who are enjoying the views.

3. It's a healthy way to enjoy the park.

Itasca's rolling hills can also be a physical challenge. Pace yourself on the hills, especially in hot weather or during the warmest time of the day (mid-afternoon). Remember to bring along water, there aren't any water fountains along the trail.

2. The wildlife and scenery are great!

Itasca is full of neat wildlife, wildflowers and towering trees. Help protect the resource—please use the designated bike routes. Hiking trails are off limits to bikes. Erosion, compaction and rutting by bicycles on hiking trails can damage the pristine beauty of the park.

1. It's fun to go for a bike ride in a beautiful park!

Know how your bike works... especially when using the brakes. Learn which handsets are for the front and rear brakes. Clamping on the front brakes when going downhill with great speed can result in an "end-o" (going up and over the handle bars end-over-end), the possible injuries can ruin a bike trip quickly. Also, proper seat height adjustment will help keep your legs from feeling rubbery after a ride in Itasca.

Weather Safety—Being Prepared

Itasca State Park is located in southeastern Clearwater County. Due to our rural location, we do not have an automated warning system in the event of severe weather. In the event of threatening weather, we will attempt to notify park visitors. However you must ultimately be responsible for your own safety.

Telephone Numbers

EMERGENCIES: DIAL 911

Itasca Park Rangers 1-877-760-0361

PARK NUMBERS: (218 area code)

Visitor Center 266-2100

Campground Office 266-2129

Douglas Lodge 266-2122

HOSPITALS: (218 area code)

St. Joseph's, Park Rapids 732-3311

Clearwater Co., Bagley 694-6501

North Country, Bemidji 751-5430

AMBULANCE: (218 area code)

North Ambulance, Park Rapids 732-5255

Clearwater Co., Bagley 694-6226

SHERIFF: (218 area code)

Clearwater County 694-6226

Hubbard County 732-3331

For news, information and weather announcements in the Itasca area, tune to one of the local radio stations.

Area Radio Stations

Park Rapids:

KPRM-AM 870 KDKK-FM 97.5

Bemidji:

KBUN-AM 1450 KJ-FM 104

KKBJ-AM 1360 KBHP-FM 101.1

KBJI-FM 98.3 KZY-FM 95.5

Public Radio:

KCRB-FM 88.5 KNJB-FM 91.3



A spruce tree struck by lightning during a summer storm.

Severe Weather *what to do*

Severe thunderstorm safety:

- Stay away from trees and off the lake
- Seek shelter in vehicle or park buildings

Tornado safety:

- stay out of your car, tent or R.V.
- seek shelter in concrete, block or log buildings
- stay away from doors and windows
- in the open, find a low spot or depression and lie down
- avoid trees if possible

Weather Radio Frequency:

- Tune to 162.420 or 162.475

Poison Ivy

*Leaves of 3—
let it be!*

Recognized by its three glossy to dull green leaves that are often lobed or wavy-edged, poison ivy is best seen and not touched.

Most parts of this plant contain urushiol—an oily chemical that, when in contact with skin, can cause irritation, itching and swelling.

If you come in contact with this native plant, wash your skin immediately in cool water.

Poison ivy can be found in disturbed areas like trails, parking lots and campsites.

Discover Itasca at a Nature Program

Whatever the season, join a Park Interpretive Naturalist in activities that are fun and educational for the whole family! Pick up a program schedule for complete listing of activities.

Trail Hikes/Walks—

Naturalist led walks highlight Itasca's flora and fauna, history, lakes and old-growth pine forests.

Evening Talks/Twilight Strolls—

Learn about anything from loons to lumberjacks, bats to beavers. Many programs are illustrated with slides/video and may include an evening walk.

Campfire Programs—

People of all ages can enjoy an evening of entertainment and learning as we gather around the fire with a naturalist. Discover the wonders of Itasca under the stars.

Winter Snowshoe/Skiing Activities—

Enjoy the outdoors in winter during one of these activities. Programs designed for both beginner and intermediate skill levels.

Knee-high Naturalists—

Programs in Knee-high Naturalists are designed around the toddler's/preschooler's first encounters with nature. Activities are meant to stimulate, guide and encourage young children.

Explore nature as a Junior Park Naturalist



Kids... are you looking for something fun to do? Become a Junior Park Naturalist! Explore the different plants, animals and other cool things found in the Pinelands Biome here at Itasca! Earn patches and certificates when you complete the activities in each of these booklets.

Parents... Your child can explore Minnesota's three biomes through a series of free educational activity books known as Junior Park Naturalist. These educational activities are recommended for children ages 7-13. Pick up your biome copy when you visit any state park in Minnesota.



Junior Naturalist Programs—

Children ages 6 -12 are encouraged to join in a fun learning activity focusing on the people, plants, animals and life systems of the Mississippi River and pineland forests in Itasca.

Science Roadshow—

Discover what's brewing in the field of science while enjoying a coffee break during these 20 to 30 minute sessions with professionals in the natural resource fields.

Presenters Under the Pines—

Highlight your visit with an enjoyable performance by one of our area presenters. Topics may include living history, nature topics and music. *An alternate presenter may be scheduled at the last moment, or programs may be cancelled. Check park information boards for last minute changes.

E-nature news—

Want to know what programs are offered? Sign up for our email newsletter listing nature programs and park happenings year-round!



150 Years of Statehood 1858-2008

Make plans to come out to Minnesota State Parks next year as we share the stories of Minnesota's past when we commemorate the Minnesota Statehood Sesquicentennial. It was May 11, 1858 that Minnesota became the thirty-second state of the union.

Our state parks have been important in preserving our history and Minnesota's natural landscapes, from the prairies to the northwoods. We extend this early invitation to all Minnesotans to learn and participate in our state's heritage in 2008.

Keep updated as events, programs, and commemorations develop at the following websites:

150 Years of Statehood: www.mn150years.org
Minnesota DNR: www.dnr.state.mn.us

tour Minnesota's treasures

State Park Clubs



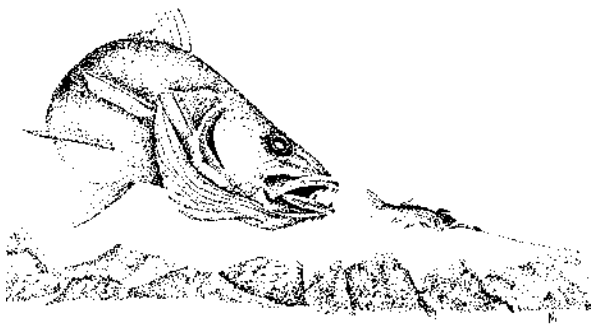
Make your touring of Itasca, and other Minnesota State Parks, more enjoyable when you purchase your club kit. Keep a record of your journey to Minnesota State Parks with the Passport Club Kit. Enjoy recreational hiking while discovering the special beauty of Minnesota's parks when you purchase the Hiking Club Kit. Both offer collector patches as you work towards the goal of visiting all Minnesota State Parks.



New: Special Fishing Regulations in Park

Itasca has had a good fishery, and we want to keep it that way – and improve upon what we have! After a two-year public review process, new regulations have been approved and went into effect in April 2007. These new regulations are:

Special Regulations —Itasca Park Lakes		
Lake	Species	
Itasca	Sunfish	Possession limit 10
	Crappie	Possession limit 5
Elk	Northern Pike	40" min. size, 1 over 40"
Ozawindib	LM Bass	12-20" protected slot, 1 over 20"
	Crappie	10" minimum size
Mary	Sunfish	Possession limit 5
	LM Bass	Catch & release
	Crappie	Possession limit 5



Native Landscaping Project at Headwaters Center

The plants at the Mary Gibbs Headwaters Center are part of a native planting project that will restore the area after the recent construction of the center. These natives are slow growers and are taking their time to become established. Please be patient with us as we pull the weeds and nurture the native plants. In a few years, we will see the flowers of the surrounding undisturbed woodland growing in abundance. So, for now, take a peek at the infant flowers and grasses, and have patience with us. Some of the native plantings include:

- ◆ red baneberry
- ◆ wood anemone
- ◆ hepatica
- ◆ wild sarsaparilla
- ◆ jack-in-the-pulpit
- ◆ blue-bead lily
- ◆ bunchberry
- ◆ bedstraw species
- ◆ blazing star
- ◆ twin-flower
- ◆ trillium
- ◆ Juneberry
- ◆ dogwoods
- ◆ pin and choke cherry
- ◆ snowberry
- ◆ roses

“Goats at Work!”

This summer begins Year 2 of a three-year experiment with goats in helping to reduce and remove exotic plants. Goats are being placed in solar charged, electric mesh enclosures near the north entrance to eat our more problematic exotics—spotted knapweed, tansy, and thistle. Goats aren't a quick fix, nor are they for everywhere, but they are doing a good job munching through our exotics problems. For further information, ask at the Contact Station or contact the Resource Management staff.



Let Me Grow

Help save a flower, tree (& maybe an animal, too!)

•Flowers & trees provide animals homes and food, make seeds (new plants), and some plants in state parks are rare or endangered.



All flowers are protected in Minnesota State Parks. Do not pick or collect—it's the law.

If you have questions, please ask to speak with park enforcement or a naturalist. There's a \$120 fine for breaking the law concerning plants in Minnesota State Parks.



All dogs must be on a leash (no longer than 6 feet) and be attended to at all times in Minnesota State Parks. It's the law. There's a \$90 fine for breaking the law concerning pets in Minnesota State Parks.

Leash & Pick Up

For your dog's safety.

Did you know:

- **Dog droppings**— (also known as scat, poop, dung) must be picked up.
- **Dogs aren't allowed in buildings**— except for seeing-eye (service) dogs.
- **Cats**—The same rules apply for cats and other pets.

Top 5 reasons to keep your dog on a leash.

5. **Porcupines:** They live in the park and north woods.
4. **Skunks:** We won't discuss the smelly alternatives.
3. **Wild Animals:** Wild animals (such as rodents, deer, and even black bears) use valuable energy trying to avoid dogs are near or that may chase them. The added stress of being chased can affect their survival, even if they escape unharmed. In addition, your pet could be hit by a car during the chase or the trip home.
2. **Wolves:** Your dog might come into contact with wolves and be killed.
1. **Park Visitors:** Many park visitors, especially families with small children, are nervous when a loose dog is near.



Discover Itasca's Other Seasons

There are plenty of things to do during the spring, fall and winter seasons at Itasca!

Autumn Opportunities:

- Autumn leaf & wildlife viewing
- photographic opportunities
- hiking, biking & canoeing
- crisp nights for a campfire

Winter Opportunities:

- 20 miles of groomed classical & skate ski trails
- extensive network of snowmobile trails
- ice fishing for perch, walleye, northern pike, bluegills and crappies
- snowshoeing
- winter camp in Pine Ridge Campground

Spring Opportunities:

- spring ephemeral wildflowers
- migrating birds

Snowshoing & Skiing
 Snowshoes available for rent at Itasca—full-day, half-day and group rates.
 For updated winter ski trail grooming reports, go to the Winter Trails Report at:
www.mnstateparks.info

Itasca Suites— Year-round Rentals in Itasca

Why not plan a special get-away this spring, fall or winter!

**Ten suites, daily rate based on 1-4 person occupancy. Two beds.
 Two suites, ADA, daily rate based on 1-2 person occupancy. One bed.

The suites have all the comforts you will need. Two queen beds in the bedroom and a small futon in the living/dining/kitchen area provide relief after a long day of exploring the park. The small kitchen has a refrigerator, two burner stove, microwave, sink, dishwasher, dishes and utensils. Telephone (calling card required) and TV keep you connected to the outside world. Bathrooms have showers.



Itasca State Park Visitor Guide

The Minnesota Department of Natural Resources, Division of Parks and Recreation, Interpretive Services publishes Itasca State Park Visitor Guide annually. Your comments are invited.

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 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 publication can be made available in an enlarged format upon request.

100M 5/2007

Help: With recent database upgrades, some records and change requests may have been lost. If you have a name or address change or would like to be dropped from or added to the Itasca mailing list, please mail, call us or send an e-mail note with your name and address or change request. Information can be sent to: Itasca Visitor Center, 36750 Main Park Drive, Park Rapids, MN 56470; (218)266-2100, or itasca.park@dnr.state.mn.us

Key Sites to See in Itasca State Park

A listing of things to see and do for planning your visit in Itasca is located on pages 6 and 7 of this publication.

For a map designed to scale, a beautiful, full-color topographic map is available for purchase from the gift shops within Itasca State Park.

big pines, blue lakes, the headwaters

