

Guide to MINNESOTA STATE PARKS AND TRAILS 2011



Bear Head Lake State Park, voted America's Favorite Park in 2010



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Adventure Made Easy

Break the routine of TV, video games and being indoors and answer the call of the wild. Minnesota has one of the finest systems of state parks and trails in the country. Use this guide, jump on the website and planning a trip is easy.

What to bring

You don't have to invest in a new wardrobe before you visit a Minnesota state park or trail. Just wear sturdy shoes (not flip-flops) and dress for the weather. Don't forget your helmet if you'll be biking, make sure you have a map, and bring the following items in a pack or bag for comfort and safety:

- Raingear
- A filled water bottle
- Insect repellent
- Sunscreen
- Sunglasses
- A snack (i.e. trail mix)
- A camera, binoculars, a first-aid kit, and a GPS unit or compass may also come in handy if you have them. Be aware that cell phones often do not work in wooded areas.



Get one permit, visit 74 state parks and recreation areas

There's a state park or recreation area within 30 miles of almost every Minnesotan, and a year-round permit (\$25) provides unlimited visits to all of them for one year from the month of purchase. One-day permits are \$5 each. No vehicle permit is required at the Iron Range Off-Highway Vehicle Recreation Area or to park in the main lot at Soudan Underground Mine State Park. See page 20 for information about horse, ski and snowmobile passes required on state trails.

Leave firewood at home

When camping or picnicking at any Minnesota state park, state forest, or other state land, use only firewood purchased at the park or from a vendor approved for that specific location. Firewood restrictions prohibit bringing firewood from home (except unpainted and unstained dimensional lumber, such as 2' X 4' scraps), because it might contain insect pests such as the emerald ash borer that can destroy trees and devastate forests. For a list of approved vendors and more details, visit mndnr.gov/firewood. Keep your receipt to show proof of purchase.



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More Information

Department of Natural Resources

Online: mndnr.gov

Phone (8 a.m.-4:30 p.m. Mon.-Fri.):

1-888-MINNDNR (1-888-646-6367) Toll Free

651-296-6157 in the Twin Cities area

TTY: 1-800-657-3929 Toll Free

Camping/Lodging/Tour Reservations

Online: stayatmnparks.com

Phone (8 a.m.-8 p.m. daily, except holidays):

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

TTY: 1-866-672-8213 Toll Free

International Calls: 1-317-249-9327

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Discrimination inquiries should be sent to MNDNR, 500 Lafayette Road, St. Paul, MN 55155-4031; or the Equal Opportunity Office, Department of the Interior, Washington, DC 20240.

MORE OUTDOOR RECREATION DESTINATIONS

In addition to the Minnesota state parks and trails outlined in this guide, there's even more to explore!

Minnesota State Forests – The DNR's Division of Forestry—which fights fires, plants seedlings and manages state forests for sustainability—is celebrating its 100th anniversary in 2011. Minnesota has a total of 58 state forests, and day visits are free! State forests cover 3.9 million acres and have 3,200 miles of roads and trails for a wide range of recreational opportunities, including fishing, horseback riding, hunting, mountain biking, OHV riding, snowmobiling and wildlife viewing. No reservations are needed for camping; all campsites are available on a first-come, first-served basis (\$12/night for a standard site, \$16/night for an equestrian site).



Public Water Accesses – Looking for a spot to launch your boat for free? Choose from approximately 3,000 public water access sites statewide. Most are open 24 hours a day and available for both trailer and carry-in boats. Finding them

is easier than ever, thanks to the DNR's new water access mobile app, available for most iPhone and Android phones. Get download instructions on the public water access page at mndnr.gov.



Fishing Piers – The DNR maintains more than 340 fishing piers, platforms and shore-fishing sites throughout Minnesota where you can wet a line. These sites make fishing opportunities more accessible to children, seniors, people with

disabilities and those without a boat. Parking is generally located within 300 feet of the fishing area, and a hard-surface path from the parking area is provided.

Visit mndnr.gov or call **1-888-646-6367** to find opportunities for your favorite kind of recreation on state land.

Admission to all Minnesota state parks and recreation areas is always free on National Get Outdoors Day, the first Saturday in June.



AFTON STATE PARK

6959 Peller Ave. S., Hastings, 55033 • 651-436-5391

Highlights: Backpack camping • swimming • hiking • fishing • prairie landscape • cross-country skiing

Hike, bike and ski the park's rolling landscape by day and enjoy spectacular stargazing at night. Find a scenic swimming beach tucked into the wooded river valley. *From St. Paul, go 8 miles east on I-94, 7 miles south on Hwy. 95 (old Co. Rd. 15), then 3 miles east on Co. Rd. 20.*



BANNING STATE PARK

61101 Banning Park Rd., Sandstone, 55072 • 320-245-2668

Highlights: Kettle River • Wolf Creek Falls • hiking • historic quarry • canoeing/kayaking • cross-country skiing

Explore the Quarry Loop Trail, which winds through the quiet ruins of overgrown quarry buildings and sandstone rock formations, and don't miss beautiful Wolf Creek Falls. *From Minneapolis/St. Paul, take I-35 north to exit 195. Go east on Hwy. 23 to the park entrance.*



BEAR HEAD LAKE STATE PARK

9301 Bear Head State Park Rd., Ely, 55731 • 218-365-7229

Highlights: Camping • hiking trails • wildlife • fishing • wilderness atmosphere • 23 miles of lakeshore

Voted America's Favorite Park in 2010, this park offers excellent canoeing, fishing, and camping in a Northwoods setting similar to the nearby Boundary Waters Canoe Area Wilderness. *From Tower, go east on U.S. Hwy. 169 for 9 miles to Co. Rd. 128. Go south 7 miles to the park headquarters.*



BEAVER CREEK VALLEY STATE PARK

15954 Co. Rd. 1, Caledonia, 55921 • 507-724-2107

Highlights: Camping • hiking • spring woodland flowers • trout fishing • birdwatching • the "Big Spring"

Home to a great variety of wildflowers and birds, this bluffland park also boasts one of the best trout streams in southeastern Minnesota. *From I-90 go south on State Hwy. 76 for 24 miles, then west on Co. Rd. 1 for 4 miles to the park entrance.*



BIG BOG STATE RECREATION AREA

55716 Hwy. 72 NE, Waskish, 56685 • 218-647-8592

Highlights: Fishing • birdwatching • swimming • camping • bog boardwalk • picnicking • new visitor center

A mile-long boardwalk leads through a bog at this recreation area in northern Minnesota, which offers incredible birdwatching, with more than 300 species of birds. The sandy swimming beach on Upper Red Lake is ideal for children. *Located on Hwy. 72, just north of the town of Waskish.*



BIG STONE LAKE STATE PARK

35889 Meadowbrook State Park Rd., Ortonville, 56278 • 320-839-3663

Highlights: Lakeside campsites • birdwatching • fishing

The source of the Minnesota River, this 30-mile-long lake on the South Dakota-Minnesota border is known for great walleye fishing. *From Ortonville, go 7 miles northwest on Hwy. 7. Follow signs to park.*





BLUE MOUNDS STATE PARK

1410 161st St., Luverne, 56156 • 507-283-1307

Highlights: *Camping • rock climbing • buffalo herd • hiking • wildlife • prairie wildflowers/grasses*

Rock climbing and birdwatching are popular activities at Blue Mounds State Park, where Sioux quartzite cliffs rise high above the surrounding tall-grass prairie that is home to buffalo. *From Luverne, go north 4 miles on Hwy. 75. Turn east on Co. Rd. 20 and go 1 mile to park entrance.*



BUFFALO RIVER STATE PARK

565 155th St. S., Glyndon, 56547 • 218-498-2124

Highlights: *Swimming beach • camping • native prairie • picnicking • fishing*

Explore one of Minnesota's largest remnant prairies on foot or skis. In addition to 250 species of wildflowers and grasses, the park has an abundance of colorful butterflies and birds. Cool off on hot days in the popular sand-bottom swimming pond. *From Moorhead, go 14 miles east on U.S. Hwy. 10. Follow signs to park.*



CAMDEN STATE PARK

1897 Camden Park Rd., Lynd, 56157 • 507-865-4530

Highlights: *Camping • fall colors • wildflowers • fishing • Dakota Overlook • native and restored prairies*

Swim, picnic, and fish surrounded by spring wildflowers or fall color. Brawner Lake has an abundance of bass and bluegill, and the Redwood River is stocked with brown trout. *Go 3 miles southwest of Lynd or 10 miles south of Marshall on Hwy. 23.*



CARLEY STATE PARK

19041 Hwy. 74, Altura, 55910 • 507-932-3007

Highlights: *Camping • spring wildflowers • white pine stands • trout fishing • hiking • bluebells in May*

Towering white pines share this bluffland landscape with oak forests and delicate wildflowers, including beautiful bluebells in May. Catch brown trout in the Whitewater River. *4 miles south of Plainview on Wabasha Co. Rd. 4.*



CASCADE RIVER STATE PARK

3481 W. Hwy. 61, Lutsen, 55612 • 218-387-3053

Highlights: *Hiking • cross-country skiing • fishing • camping • waterfalls • scenic areas along the river and Lake Superior*

Wildlife and waterfalls will thrill visitors at this scenic spot in the Sawtooth Mountains. Hike to the top of Moose Mountain (el. 1,148 ft.) and Lookout Mountain (el. 1,200 ft.). *On Hwy. 61 at milepost 101, 10 miles southwest of Grand Marais.*



CHARLES A. LINDBERGH STATE PARK

1615 Lindbergh Dr. S., Little Falls, 56345 • 320-616-2525

Highlights: *Camping • picnicking • Mississippi River • historic site • spring wildflowers*

Visit this park to hike, picnic and tour the historic home of the Lindberghs—Charles Sr., the U.S. Congressman for whom the park is named, and Charles Jr., the world-famous aviator. *1 mile southwest of Little Falls on Lindbergh Dr. S.*



CROW WING STATE PARK

3124 State Park Rd., Brainerd, 56401 • 218-825-3075

Highlights: *Camping • hiking • canoeing • fishing • historic site • wildlife*

Located at the confluence of the Crow Wing and Mississippi rivers, this park is a nature lover's delight. Hike the famous Woods Trail and check out the view from Chippewa Lookout. *9 miles south of Brainerd on U.S. Hwy. 371. Park office is one mile west of 371 on Co. Rd. 27.*



CUYUNA COUNTRY STATE RECREATION AREA

307 Third St., Ironton, 56455 • 218-546-5926

Highlights: *Croft Mine historic site • canoeing • scuba diving • fishing • biking • mountain biking*

Ride 25 miles of single-track mountain bike trails; paddle the scenic shoreline; and fish clear lakes full of trout, northern, bass, and panfish; and visit the Croft Mine. *Off Hwy. 210, north of Crosby and Ironton.*



FATHER HENNEPIN STATE PARK

41294 Father Hennepin Park Rd., Isle, 56342 • 320-676-8763

Highlights: *Camping • accessible fishing piers • sandy beach • boat access to Mille Lacs Lake*

Among the wildlife inhabiting the hardwood forest at this park are several white deer. Bike the Soo Line trail, which runs nearby, then enjoy fishing and swimming in beautiful Mille Lacs Lake. *Off State Hwy. 27, just west of Isle.*



FLANDRAU STATE PARK

1300 Summit Ave., New Ulm, 56073 • 507-233-9800

Highlights: *Camping • scenic overlooks along Big Cottonwood River • filtered sand-bottom swimming pool • hiking • cross-country skiing with rentals available*

With a beach, a play structure, volleyball, horseshoes, and a large picnic shelter, Flandrau State Park—adjacent to the city of New Ulm—has all the right stuff for family reunions and other gatherings. *From the stoplight on Broadway (aka Hwys. 15 and 68) in New Ulm, go west on S. 10th St. and left on Summit Ave. Park entrance is next to the New Ulm Country Club.*



FORESTVILLE/MYSTERY CAVE STATE PARK

21071 Co. 118, Preston, 55965 • Park: 507-352-5111 • Mystery Cave: 507-937-3251

Highlights: *Cave and Historic Forestville tours • trout fishing • horse trails • camping • spring wildflowers*

Journey underground, upstream, and back in time to fully experience everything this blufflands park has to offer. Spring-fed streams provide outstanding trout fishing. Enjoy accessible cave and living history tours for a fee. *From State Hwy. 16, go 4 miles south on Co. Hwy. 5, then 2 miles east on Fillmore Co. 118.*



Minnesota residents can now fish with a license at most lakes within Minnesota state parks. Fishing kits with poles and tackle can be checked out for free at many parks, too.

Be the first to hear about nature sightings and other parks and trails news. Follow [mnstateparks](#) on Twitter.



FORT RIDGELY STATE PARK

72158 Co. Rd. 30, Fairfax, 55332 • 507-426-7840

Highlights: *Camping • golf course • forests and prairies • historic site • horse trails • scenic rolling hills*

In addition to a historic fort, this park has a nine-hole golf course, and inner tubes can be rented for use on the winter sliding hill. A bike trail connects the park to the town of Fairfax. *Off State Hwy. 4, 6 miles south of Fairfax or 12 miles north of Sleepy Eye.*



FORT SNELLING STATE PARK

101 Snelling Lake Rd., St. Paul, 55111 • 612-725-2724

Highlights: *Swimming beach • bike trails • hiking • Dakota Memorial • cross-country skiing • interpretive exhibits*

In the heart of the Twin Cities, this park offers extensive hiking, bike, and ski trails. You also can canoe, golf, swim, and explore Pike Island, where the Mississippi and Minnesota rivers converge. *On Post Rd. off State Hwy. 5, just west of MSP International Airport.*



FRANZ JEVNE STATE PARK

Co. Rd. 85 and State Hwy. 11, Birchdale, 56629 • Managed by Zippel Bay State Park: 218-783-6252

Highlights: *Great fishing and birdwatching • scenic hiking trails • quiet and peaceful*

Scenic trails follow the shoreline of the Rainy River, a fishing haven, and loop back through the woods. Scrambling up the large rock outcrop takes you high above the river. Wildlife sightings here have included deer, bears, wolves, moose, and eagles. *From Birchdale go east on State Hwy. 11, then north on Co. Rd. 85.*



FRONTENAC STATE PARK

29223 Co. 28 Blvd., Frontenac, 55026 • 651-345-3401

Highlights: *Camping • birdwatching • winter sliding hill • fall color • wildflowers • hiking • cross-country skiing*

Perched on the Mississippi River, this park is a birdwatcher's paradise, where more than 260 species have been observed. Visitors also flock here to see wildflowers, fall color, and winter beauty. *Go 10 miles south of Red Wing or 5 miles north of Lake City on Hwy. 61, then 1 mile north on Co. Rd. 2.*



GARDEN ISLAND STATE RECREATION AREA

c/o Zippel Bay State Park, 3684 54th Ave. NW, Williams, 56686 • 218-783-6252

Highlights: *Picnicking • walleye fishing*

Accessible only by watercraft or snowmobile, this island serves as a rest stop for anyone out boating or ice-fishing. Enjoy a break completely surrounded by the vast beauty of Lake of the Woods. *19 nautical miles north of Zippel Bay State Park.*



GEORGE H. CROSBY-MANITOU STATE PARK

7616 Lake Co. Rd. 7, Finland, 55603 • 218-226-6365

Highlights: *Backpacking • scenic views • wildlife • hiking • waterfalls*

Waterfalls cascade through a volcanic canyon at this north-country wilderness park, where rugged trails lead through old-growth forests to spectacular views and secluded campsites along the Manitou River. Watch for moose, deer, bear, and wolves. *From the village of Finland, go 7 miles north on Lake Co. Rd. 7.*



GLACIAL LAKES STATE PARK

25022 Co. Rd. 41, Starbuck, 56381 • 320-239-2860

Highlights: *Camping • fishing • hiking • prairie wildflowers*

Stand on top of the scenic glacial hills and experience the vast, open prairie that once dominated Minnesota. Summer visitors enjoy swimming and fishing in the ultra-clear waters of Mountain Lake. *From Starbuck, go 3 miles south on Hwy. 29, then 2 miles south on Co. Rd. 41.*



GLEN DALOUGH STATE PARK

24869 Whitetail Lane, Battle Lake, 56515 • 218-864-0110

Highlights: *Cart-in tent camping • wildlife • canoeing on chain of lakes • hiking • large panfish • sandy swimming beach*

This park is a premier fishing and fall color destination. Wet a line in crystal clear Annie Battle Lake, Minnesota's only "heritage fishery," where special regulations ensure that lunkers are plentiful. *From the town of Battle Lake, go 1.5 miles north on State Hwy. 78, then 1.8 miles east on Ottertail Co. Hwy. 16.*



GOOSEBERRY FALLS STATE PARK

3206 Hwy. 61, Two Harbors, 55616 • 218-834-3855

Highlights: *Waterfalls • Lake Superior shoreline • accessible trails • historic log and stone structures • Gitchi-Gami State Trail*

This park is the gateway to the North Shore, known for its spectacular waterfalls and Northwoods wildlife. Bring bikes and ride the Gitchi-Gami State Trail to Split Rock Lighthouse State Park. *13 miles northeast of Two Harbors on Hwy. 61.*



GRAND PORTAGE STATE PARK

9393 E. Hwy. 61, Grand Portage, 55605 • 218-475-2360

Highlights: *Minnesota's highest waterfall • scenic views • spring/summer wildflowers • hiking • picnicking*

This park on the Canadian border is home to Minnesota's highest waterfall and a new, fully accessible visitor center. Exhibits tell the story of the Grand Portage Band of Ojibwe. *5 miles north of Grand Portage on Hwy. 61.*



GREAT RIVER BLUFFS STATE PARK

43605 Kipp Dr., Winona, 55987 • 507-643-6849

Highlights: *Mississippi River Valley views • camping • hiking • picnicking • fall colors • rare prairie plants • birdwatching*

This park's diverse landscape—which includes scenic blufftop views of the Mississippi River Valley—is particularly beautiful in the fall. Keep your eyes on the sky; the river valley is a major flyway for waterfowl, eagles, and hawks. *From the north, take U.S. Hwy. 61 approximately 12 miles southeast of Winona to Co. Rd. 3. Go 4 miles to park entrance. From the south or west on I-90, take exit 267 and follow the signs.*



HAYES LAKE STATE PARK

48990 Co. Rd. 4, Roseau, 56751 • 218-425-7504

Highlights: *Grefthen Bay Overlook • bog boardwalk • wildlife • history trail • timberwolves • Hayes Dam*

Some days it's just you, loons, and moose while you traverse around Hayes Lake. Enjoy fishing, swimming, and canoeing in the lake. Park trails connect with Beltrami Island State Forest. *Go 15 miles south of Roseau on State Hwy. 89, then 9 miles east on Roseau Co. Rd. 4.*



New in 2011: A 25-mile single-track mountain bike trail system is now open at Cuyuna Country State Recreation Area.

Give the gift that goes all out! Purchase a Minnesota state parks gift card at parks, online at stayatmnparks.com, or by calling 1-866-85PARKS.



HILL ANNEX MINE STATE PARK

880 Gary St., Calumet, 55716 • 218-247-7215

Highlights: Mine tours • fossil hunt • Clubhouse museum • picnicking • historic site • scenic overlook

Take a bus tour of the historic iron mine or hunt for marine fossils and keep what you find. Tours are offered Wednesdays through Saturdays in the summer. Call for times and prices. *Midway between Grand Rapids and Hibbing off State Hwy. 169.*



INTERSTATE STATE PARK

307 Milltown Rd., Taylors Falls, 55084 • 651-465-5711

Highlights: St. Croix River views • camping • rock climbing • canoeing • fishing • glacial potholes

The striking rock formations at this park intrigue visitors and attract geologists from all over the world. Hike the bluffs, canoe the St. Croix river, or relax at a riverside picnic. Spring brings a great diversity of wildflowers and in fall, the forest is ablaze with bright colors. *On State Hwy. 8, 1 mile south of Taylors Falls.*



IRON-RANGE OFF-HIGHWAY VEHICLE STATE RECREATION AREA (GILBERT)

7196 Pettit Rd., Gilbert, 55741 • 218-748-2207

Highlights: Fully accessible • all OHVs allowed • no entry fee

Visit Minnesota's premier off-highway vehicle recreation area to ride 36 miles of scenic trails such as Attitude Alley, Quartz Mountain, and Jackpine Lane. No entrance fee required. Open daily May through October; weekends only with limited staffing late November to April. *From Gilbert, go east on Hwy. 135 to entrance on Enterprise Trail.*



ITASCA STATE PARK

36750 Main Park Dr., Park Rapids, 56470 • 218-699-7251

Highlights: Mississippi River headwaters • Wilderness Drive • towering pines • Douglas Lodge • camping • biking • Wi-Fi

Stand under towering pines at Preacher's Grove, explore Wilderness Drive by car or bike, and wade across the Mississippi River as it begins its 2,552-mile journey to the Gulf of Mexico here in Minnesota's oldest state park. *South entrance is 23 miles north of Park Rapids on U.S. Hwy. 71.*



JAY COOKE STATE PARK

780 Hwy. 210, Carlton, 55718 • 218-384-4610

Highlights: Camping • Swinging Bridge • Thomson Dam • hiking • Pioneer Cemetery • Oldenburg Point

Best known for its Swinging Bridge, which leads across the thundering St. Louis River, this park features outstanding trails for bikers (both mountain and tour), hikers, horseback riders, and skiers. Park trails link to the Willard Munger State Trail. *3 miles east of Carlton on State Hwy. 210.*



JOHN A. LATSCH STATE PARK

About halfway between Kellogg and Winona on Hwy. 61 • Managed by Great River Bluffs State Park: 507-643-6849

Highlights: Scenic views • picnicking

Stretch your legs and enjoy a quiet picnic at this day-use park. A half-mile hike up more than 500 steps for a panoramic view of the Mississippi River Valley is well worth the effort. *12 miles northwest of Winona on U.S. Hwy. 61.*



JUDGE C.R. MAGNEY STATE PARK

4051 E. Hwy. 61, Grand Marais, 55604 • 218-387-3039

Highlights: Waterfalls • camping • wildlife • trout fishing • Superior Hiking Trail • picnicking

Enjoy trout fishing and spectacular scenery as you hike along the Brule River to the famous Devil's Kettle waterfall, where half of the river plunges 50 feet into a pool, and the rest disappears. *14 miles northeast of Grand Marais on State Hwy. 61.*



KILEN WOODS STATE PARK

50200 860th St., Lakefield, 56150 • 507-831-2900 ext. 221

Highlights: Camping • hiking • birdwatching • spring wildflowers • peace and quiet

Hike along the tranquil Des Moines River or enjoy the view of the river valley from Dinosaur Ridge Overlook. Other popular activities include canoeing, fishing, picnicking, and camping. *From Lakefield, go 4 miles north on Hwy. 86, then 5 miles east on Co. Rd. 24.*



LAC QUI PARLE STATE PARK

14047 20th St. NW, Watson, 56295 • 320-734-4450

Highlights: Camping • winter eagle sightings • canoeing • excellent fishing for walleye and catfish • sandy swimming

beach • cross-country skiing
Visit the "lake that speaks" in spring or fall to see and hear thousands of geese and other migratory waterfowl. While in the area, visit the 27,000-acre Lac qui Parle Wildlife Management Area. *From Watson, go north on State Hwy. 7, then west on Chippewa Co. Rd. 13.*



LAKE BEMIDJI STATE PARK

3401 State Park Rd. NE, Bemidji, 56601 • 218-308-2300

Highlights: Camping • unique ecosystem • eagle/osprey viewing • fishing • bog walk • lake recreation • Wi-Fi

Explore this park's tamarack bog in spring or summer to see some of Minnesota's carnivorous plants. Swim, fish, and boat in the summer or ski and snowshoe in the winter. Naturalist-led activities take place year-round. *10 miles north of Bemidji, off Hwy. 71 N.*



LAKE BRONSON STATE PARK

3793 230th St., Lake Bronson, 56734 • 218-754-2200

Highlights: World's largest jack pine • observation tower • camping • hiking • Wi-Fi • swimming • fishing

Expect big things when you visit this park. It has one of the largest observation towers of any Minnesota state park, the world's largest jack pine, and an extensive trail system for hiking, biking, skiing, and snowmobiling. *Go 2 miles east of the town of Lake Bronson on Co. Hwy. 28.*



Join the Hiking Club next time you're at a Minnesota state park. Get a kit (\$14.95), find the secret passwords posted on designated trails, and collect patches and other prizes.

Find guided bike rides, candlelight ski events, and other affordable family fun in the calendar at mndnr.gov/parksandtrails and in the seasonal Programs & Special Events catalogs available from Minnesota state parks and recreation areas or the DNR Information Center, 1-888-646-6367.



LAKE CARLOS STATE PARK

2601 Co. Rd. 38 NE, Carlos, 56319 • 320-852-7200

Highlights: *Camping • swimming • boating • fishing • hiking • birdwatching • horseback riding • group center*

Water recreation of all kinds makes this park a popular summer vacation destination. Clear and deep, Lake Carlos is an ideal setting for swimming, fishing, and boating fun. *Go 10 miles north of Alexandria on State Hwy. 29, then 2 miles west on Hwy. 38.*



LAKE LOUISE STATE PARK

12385 766th Ave., LeRoy, 55951 • Managed by Forestville/Mystery Cave State Park: 507-352-5111

Highlights: *Bicycling • swimming • wildflowers • canoeing*

The Little Iowa and Upper Iowa rivers converge in this park, a peaceful mix of woods and meadows with a beach and access to the 14-mile paved Shooting Star State Trail. Horse and snowmobile trails also wind through the park. *1.5 miles north of LeRoy on Co. Rd. 14.*



LAKE MARIA STATE PARK

11411 Clementa Ave. NW, Monticello, 55362 • 763-878-2325

Highlights: *Backpack campsites • hiking • spring wildflowers • fall colors • Blandings turtles • nesting osprey/eagles*

Explore one of the few remaining stands of the "Big Woods," a maple, oak, and basswood forest that once covered part of southern Minnesota. *Take I-94 to Exit 193, go south on Hwy. 25, then turn right on Chelsea Rd., left on Co. Rd. 39, and right on Clementa Ave./Co. Rd. 111.*



LAKE SHETEK STATE PARK

163 State Park Rd., Currie, 56123 • 507-763-3256

Highlights: *New campgrounds • fishing • biking • swimming • Loon Island*

The word "shetek" is Ojibwe for "pelican," a bird that visits the park during summer and fall. People visit to fish or swim in southwestern Minnesota's largest lake, hike the interpretive trail on Loon Island, and bike the scenic, six-mile Casey Jones State Trail. *North of Currie on Co. Rd. 38.*



LAKE VERMILION STATE PARK

Managed by Soudan Underground Mine State Park, 1302 McKinley Park Rd., Soudan, 55782 • 218-753-2245

Highlights: *Fishing • hiking • Lander Mattson Peak*

Minnesota's newest state park, established in 2010, preserves five miles of shoreline and public access to a 40,000-acre lake with 368 islands. Hike the 2.4-mile Alaska Shaft trail for an overview. *Just east of Soudan Underground Mine State Park, which is 2 miles east of Tower off U.S. Hwy. 169.*

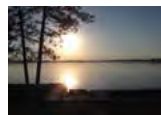


MAPLEWOOD STATE PARK

39721 Park Entrance Rd., Pelican Rapids, 56572 • 218-863-8383

Highlights: *Fall color • sandy beach • hiking • fishing • horse trails • camping*

Swim, fish, paddle, and picnic surrounded by rolling, forested hills here at Maplewood State Park, a name synonymous with stunning fall color. An extensive network of multi-purpose trails winds around eight major lakes and many ponds. *7 miles east of Pelican Rapids on State Hwy. 108.*



MCCARTHY BEACH STATE PARK

7622 McCarthy Beach Rd., Side Lake, 55781 • 218-254-7979

Highlights: *Sandy swimming beach • hiking • access to Taconite State Trail • boating • camping*

Relax at a nationally recognized beach, hike and ski scenic trails within the park, or go snowmobiling, mountain biking, and horseback riding on the Taconite State Trail. *From Hibbing, take U.S. Hwy. 169 north to Co. Rd. 5, then go 16 miles north on Co. Rd. 5.*



MILLE LACS KATHIO STATE PARK

15066 Kathio State Park Rd., Onamia, 56359 • 320-532-3523

Highlights: *Nature and history programs • swimming • playground • camping • fire tower • cross-country skiing*

Highlights of this park include year-round nature and history programs, self-guided interpretive trails and a 100-foot fire tower that you can climb for a majestic view of Mille Lacs Lake.

1 mile off U.S. Hwy. 169 on Co. Rd. 26, about 8 miles north of Onamia.



MINNEOPEA STATE PARK

54497 Gadwall Rd., Mankato, 56001 • 507-389-5464

Highlights: *Waterfall • camping • fishing • historic Seppmann Mill*

The word "minneopa" comes from the Dakota language and is interpreted to mean "water falling twice," referring to the park's two beautiful waterfalls. A short walk leads to an overlook. *5 miles west of Mankato on State Hwy. 68 and U.S. Hwy. 169.*



MINNESOTA VALLEY STATE RECREATION AREA

19825 Park Blvd., Jordan, 55352 • 952-492-6400

Highlights: *Camping • horse trails • hiking • wildlife*

Just minutes from the Twin Cities, this state recreation area provides access to miles of trails, including the multi-use Minnesota Valley State Trail that parallels the Minnesota River. *Go south on U.S. Hwy. 169 to Jordan, turn right onto Co. Rd. 9, turn left onto Township 57, and go about 4 miles.*



MONSON LAKE STATE PARK

1690 15th St. NE, Sunburg, 56289 • 320-366-3797

Highlights: *Camping • fishing*

Excellent fishing lures anglers to this park throughout the year. While waiting for a bite, watch the sky and shore for a variety of birds, including herons and white pelicans. *From Sunburg, go west on State Hwy. 9, then south on Co. Rd. 95.*



MOOSE LAKE STATE PARK

4252 Co. Rd. 137, Moose Lake, 55767 • 218-485-5420

Highlights: *Agate Center • swimming • camping • canoeing • fishing • wildflowers*

A quiet place to fish and swim, this park also has a must-see Agate and Geological Interpretive Center, open Memorial Weekend through Labor Day. The nearby Willard Munger State Trail is paved from Hinckley to Duluth. *Take I-35 to the Moose Lake exit, then go east on Co. Rd. 137.*



Discover the fun of geocaching! Use a GPS unit to find hidden treasures at Minnesota state parks when you participate in the statewide Geocaching Wildlife Safari.



MYRE-BIG ISLAND STATE PARK

19499 780th Ave., Albert Lea, 56007 • 507-379-3403

Highlights: Spring/fall migrations • Great Marsh • canoeing • glacial esker • hiking • camping

Birds and biking are the big attractions at this park. Albert Lea Lake and surrounding marshes draw hundreds of waterfowl during migration. The six-mile Blazing Star State Trail is paved and connects the park to Albert Lea. *Park is 3 miles southeast of Albert Lea. Follow signs from Interstates 90 and 35.*



NERSTRAND BIG WOODS STATE PARK

9700 170th St. E., Nerstrand, 55053 • 507-333-4840

Highlights: Fall color • spring wildflowers • Hidden Falls • hiking

Spring wildflowers and fall color abound at this park, where Hidden Falls, the rare dwarf trout lily, and one of the last extensive stands of maple-basswood forest can be found. *From I-35 take State Hwy. 19 east into Northfield. Go south on State Hwy. 3, east on State Hwy. 246, then turn right onto Co. Rd. 29 and follow signs.*



OLD MILL STATE PARK

33489 240th Ave. NW, Argyle, 56713 • 218-437-8174

Highlights: Camping • swimming • wildlife • historic site

The Middle River meanders through this park, where visitors can cross a swinging bridge, see a century-old grist mill, and enjoy an ever-changing parade of wildflowers along wooded trails. *From Co. Rd. 4, midway between Argyle and Newfolden, take Co. Rd. 39 north.*



RED RIVER STATE RECREATION AREA

515 2nd St. NW, East Grand Forks, 56721 • 218-773-4950

Highlights: Campsites with full hookups • swimming • paved trails • Wi-Fi

This recreation area, new in 2004, replaced property destroyed by the 1997 flood with a 1,200-acre greenway connecting several city parks. The area features a municipal pool, paved trails, river fishing, and a campground with nearby shopping and dining. Campground closed from late October to early May. *In East Grand Forks, 1 mile south of Hwy. 2.*



RICE LAKE STATE PARK

8485 Rose St., Owatonna, 55060 • 507-455-5871

Highlights: Canoeing • birdwatching • spring/fall migration • wildflowers

Long ago, American Indians harvested wild rice from this lake, which attracts many waterfowl during migrations. Visitors enjoy photographing spring wildflowers, picnicking, and birdwatching. Camping options include drive-in, walk-in, cart-in, and canoe-in sites. *From I-35, take exit 42A, then go east on Rose St.*



ST. CROIX ISLANDS STATE RECREATION AREA

c/o William O'Brien State Park: 651-433-0500

The St. Croix Islands State Recreation Area is accessible only by boat, most directly from the St. Croix Boom Site, a National Historic Landmark just north of Stillwater on Hwy. 95.

Outdoors EXTRA! a new program series, brings live animals, music, and other free entertainment to Minnesota state parks and trails throughout the summer.



ST. CROIX STATE PARK

30065 St. Croix Park Rd., Hinckley, 55037 • 320-384-6591

Highlights: Camping • trails • canoeing • fire tower • wildlife • birdwatching

There are two scenic rivers to fish and paddle here at Minnesota's largest state park, plus an extensive trail system, a swimming beach, a fire tower, and year-round naturalist programs. *From Hinckley, go 15 miles east on State Hwy. 48, then 5 miles south on Co. Rd. 22.*



SAKATAH LAKE STATE PARK

50499 Sakatah Lake State Park Rd., Waterville, 56096 • 507-362-4438

Highlights: Maple and basswood forests • paved bike trail • wildlife • hiking • camping

Sakatah Singing Hills State Trail runs through this park and stretches 39 miles from Mankato to Faribault. The paved trail takes hikers, bikers, skiers, and snowmobilers through scenic woods. Sakatah Lake, a natural widening of the Cannon River, lures canoeists and anglers. *On State Hwy. 60, 14 miles west of Faribault.*



SAVANNA PORTAGE STATE PARK

55626 Lake Place, McGregor, 55760 • 218-426-3271

Highlights: Hiking • fishing • snowmobiling • swimming beach • Continental Divide

This state park, Minnesota's third largest, has nearly 16,000 acres to explore. Swim or fish in Loon Lake, hike the Continental Divide Trail, or go mountain biking, snowmobiling, or skiing. *Take Hwy. 65 north to Aitkin Co. Rd. 14, then go 11 miles northeast to the park.*



SCENIC STATE PARK

56956 Scenic Hwy. 7, Bigfork, 56628 • 218-743-3362

Highlights: Camping • virgin pines • fishing • canoeing • hiking • peaceful setting • historic structures

A beautiful spot to camp and canoe, this park lives up to its name with sparkling lakes and giant pines. Visitors enjoy fishing, swimming, and hiking in a wilderness-like setting. The Chase Point Trail, atop a mile-long esker, is magnificent. *7 miles east of Bigfork on Co. Rd. 7.*



SCHOOLCRAFT STATE PARK

9042 Schoolcraft Lane NE, Deer River, 56636 • Managed by Scenic State Park: 218-743-3362

Highlights: Camping • canoeing • fishing • hiking • picnicking

This park is named for Henry Rowe Schoolcraft, who charted the headwaters of the Mississippi River with Anishinabe guide Ozawindib. Quiet trails lead through a virgin pine forest. *Take State Hwy. 6 to Itasca Co. Rd. 28 west (which turns into Cass Co. Rd. 65), then go north on Cass Co. Rd. 74.*



Catch the shimmering wave of autumn color as it ripples across the state. Starting in late August, fall color reports are updated by noon every Thursday at mndnr.gov.



SIBLEY STATE PARK

800 Sibley Park Rd. NE, New London, 56273 • 320-354-2055

Highlights: Interpretive programs • Mount Tom • camping • hiking • birdwatching • fishing • canoeing • cross-country skiing

From fishing to swimming to year-round interpretive programs, there's something for everyone at this popular park in west-central Minnesota. Hike up Mount Tom (el. 1,375 ft.) for a panoramic view or bike the nearby Glacial Lakes State Trail. *On U.S. Hwy. 71, 15 miles north of Willmar.*



SOUDAN UNDERGROUND MINE STATE PARK

1302 McKinley Park Rd., Soudan, 55782 • 218-753-2245

Highlights: Historic iron-ore mine • hiking trails • wildlife • guided tours • geologic formations • birdwatching

Permits are not required for vehicles parking in the main parking lot. Learn about the important contributions of mining to the history and culture of Minnesota's Iron Range on a guided tour. Look for wildlife while exploring trails here and at adjacent Lake Vermilion State Park. *2 miles east of Tower off U.S. Hwy. 169.*



SPLIT ROCK CREEK STATE PARK

336 50th Ave., Jasper, 56144 • 507-348-7908

Highlights: Camping • fishing • hiking • swimming beach • wildlife

Swim, fish, or boat the waters of Split Rock Lake, the largest body of water in the county. Stop by the Beach Side Trail Center to discover more about the area, and be sure to visit the nearby Pipestone National Monument. *7 miles southwest of Pipestone off State Hwy. 23.*



SPLIT ROCK LIGHTHOUSE STATE PARK

3755 Split Rock Lighthouse Rd., Two Harbors, 55616 • 218-226-6377

Highlights: Cart-in camping • scuba diving • waterfalls •

historic lighthouse on Lake Superior

You know the lighthouse, but have you seen the waterfalls along Split Rock River, skipped stones at Pebble Beach, or hiked and skied this park's beautiful trails? Bring bikes and ride the Gitchi-Gami State Trail to Gooseberry Falls State Park. *20 miles northeast of Two Harbors on State Hwy. 61.*



TEMPERANCE RIVER STATE PARK

7620 W. Hwy. 61, Schroeder, 55613 • 218-663-7476

Highlights: Camping on the shore of Lake Superior • Carlton Peak • rock climbing • hiking • fishing

Waterfalls, deep potholes, and eye-catching geologic features are everywhere along the deep, narrow Temperance River gorge. Take the Superior Hiking Trail through the gorge to Carlton Peak (el. 1,526 ft.) or fish one of the park's designated trout streams. *1 mile north of Schroeder on State Hwy. 61.*



TETTEGOUCHE STATE PARK

5702 Hwy. 61, Silver Bay, 55614 • 218-226-6365

Highlights: Waterfalls • hiking • rock climbing • peregrine falcons • camping • cross-country skiing

A spectacular example of the North Shore's natural beauty, this park has scenic overlooks galore. Hikers and skiers can view the Sawtooth Mountains and several waterfalls along the Baptism River, including High Falls, the highest waterfall entirely inside Minnesota's border. *5 miles northeast of Silver Bay on State Hwy. 61.*

Master basic outdoor skills at one of the many I Can Camp!, I Can Fish!, I Can Paddle! and I Can Climb! Workshops offered statewide.



UPPER SIOUX AGENCY STATE PARK

5908 Hwy. 67, Granite Falls, 56241 • 320-564-4777

Highlights: Camping in tipis • horse trails • birdwatching • hiking • historic site • canoeing

Located at the confluence of the Yellow Medicine and Minnesota rivers, this park preserves the historic site of the Yellow Medicine Agency, destroyed in 1862 during the U.S.-Dakota War of 1862. Visitors can camp in tipis Memorial Weekend through mid-October. *On State Hwy. 67, 8 miles southeast of Granite Falls.*



WHITEWATER STATE PARK

19041 Hwy. 74, Altura, 55910 • 507-932-3007

Highlights: Scenic bluffland • trout fishing • interpretive programs • spring wildflowers

This park is an angler's paradise, with brown, brook, and rainbow trout swimming in the spring-fed Whitewater River and Trout Run Creek. Other attractions include the swimming beach, year-round naturalist programs, and a noticeable absence of mosquitoes. *3 miles south of Elba on State Hwy. 74.*



WILD RIVER STATE PARK

39797 Park Trail, Center City, 55012 • 651-583-2125

Highlights: Camping • cross-country skiing • Nevers Dam Overlook • canoeing • wildlife • wildflowers • interpretive

programs

This park has extensive trails for hiking, horseback riding, and skiing. Have fun camping and canoeing on the St. Croix River during warmer months. Naturalist programs are offered year-round. *From I-35, take State Hwy. 95 east to Co. Rd. 12, then go 3 miles northeast on Co. Rd. 12 to the park.*



WILLIAM O'BRIEN STATE PARK

16821 O'Brien Trail North, Marine on St. Croix, 55047 • 651-433-0500

Highlights: Camping • fishing • cross-country skiing • birdwatching • canoeing on the St. Croix River • naturalist programs

Discover a beautiful setting for canoeing, fishing, hiking, and other recreation along the banks of the St. Croix River. In winter, 12 miles of groomed trails await classic and skate skiing enthusiasts. Interpretive programs are offered year-round. *12 miles north of Stillwater on State Hwy. 95.*



ZIPPEL BAY STATE PARK

3684 54th Ave. NW, Williams, 56686 • 218-783-6252

Highlights: Camping • beach • fishing • birdwatching • boat launch with enclosed harbor

Way up north on Lake of the Woods, enjoy swimming and beachcombing along miles of white sand in the company of white pelicans, double-crested cormorants, and piping plovers. Canoe in the protected Zippel Bay or head out onto Lake of the Woods for world-class walleye fishing. In winter, ski or snowshoe through quiet jack pine and birch forests. *From Baudette, go north on Hwy. 172 for 10 miles, then west on Co. Rd. 8 for 6 miles to the park entrance.*



MINNESOTA STATE TRAILS



Minnesota was named “Best Trails State” in the country in 2010, based on the number and variety of local, regional, and state trails available for year-round recreation. The award was presented by American Trails (americantrails.org), the only national nonprofit organization working on behalf of all trail types, including bicycling, hiking, cross-country skiing, equestrian, snowmobile, off-Hwy. vehicle, and water trails.

Many of the Minnesota state trails listed here are former railroad routes, so they are generally level, traffic-free, and family-friendly. These trails link urban places to country spaces and let you explore the beauty of Minnesota’s prairies, rivers, lakes, and forests at your own pace. You’ll discover historic sites, parks, and charming small towns along the way.

Special passes are required for horseback riding (\$5 daily, \$21 annually), snowmobiling (\$16 annually), and cross-country skiing (\$6/day or \$20/season) on Minnesota state trails. These passes can be purchased anywhere hunting and fishing licenses are sold. All other trail use, including biking, is free.

Free maps—with information such as where to find rest areas, parking, and campgrounds—can be downloaded at mndnr.gov or requested from the DNR Information Center at 651-296-6157 in the Twin Cities or 1-888-646-6367 (toll free), Monday through Friday, 8 a.m.-4:30 p.m.

NOTES:

Phone numbers are for the nearest Parks and Trails area offices, typically staffed Monday-Friday, 8 a.m.-4:30 p.m.

Symbols identify permitted uses of each trail:

-  **Hiking**
-  **Horseback Riding**
Pass required
-  **Biking**
-  **Mountain Biking**
-  **In-line Skating**
-  **Snowmobiling**
Pass required; check mndnr.gov for grooming information (studded tracks prohibited on asphalt portions of state trails)
-  **Cross-Country Skiing**
Pass required; check mndnr.gov for grooming information
-  **Wheelchair Access**
(electric wheelchairs allowed)
-  **All-Terrain Vehicle**
-  **Off-Highway Motorcycle**



ARROWHEAD STATE TRAIL

Tower to International Falls • 218-999-7920

135 unpaved miles



Primarily a snowmobile route, this northern Minnesota trail is also spectacularly colorful in autumn. Relatively flat from International Falls to the Ash River, it features rolling hills and numerous lakes and streams further south.



BLAZING STAR STATE TRAIL

Albert Lea to Myre-Big Island State Park • 507-285-7176

6 paved miles



Enjoy views of rural landscapes along the trail and combine biking with birding at Myre-Big Island State Park, where you can explore diverse natural environments, including wetlands, oak savanna, woods, and prairie.



CASEY JONES STATE TRAIL

Pipestone to Murray County: 5 paved miles • 8 unpaved miles



Lake Shetek State Park to Currie: 6 paved miles



Discover the Great Plains of southwestern Minnesota, where points of interest include sites associated with Laura Ingalls Wilder in Walnut Grove, railroad artifacts in Currie and Tracy, and the Pipestone National Monument. The six-mile “Currie Loop” is scenic and family friendly.



CENTRAL LAKES STATE TRAIL

Osakis to Fergus Falls • 218-739-7576

55 paved miles



This trail traverses many differing landscapes, from open prairie in the west to forested, rolling hills in the east, with many lakes along the way. It passes near Lake Carlos State Park in Alexandria and connects to the 58-mile Lake Wobegon Regional Trail in Osakis.



C.J. RAMSTAD/NORTH SHORE STATE TRAIL

Duluth to Grand Marais • 218-834-1430

146 unpaved miles



Primarily used by snowmobiles, this northeastern Minnesota trail winds its way through the forests behind the outer bluffs that overlook Lake Superior and provides access to some of the most rugged and beautiful scenery in Minnesota. The portion of the trail north of Finland is best suited for summer use. ATVs are allowed for six miles south of Finland.



CUYUNA LAKES STATE TRAIL

Cuyuna Country State Recreation Area • 218-546-5926

6 paved miles



Abandoned by mining companies more than 35 years ago, this recreation area contains six natural lakes, plus an additional 15 deep lakes that were former mine pits. Stop to fish, explore the Croft Mine, or ride the new 25-mile single-track mountain bike trail system.





DOUGLAS STATE TRAIL

Pine Island to Rochester • 507-285-7176
13 paved miles • 13 parallel unpaved miles



Tour some of the richest agricultural land in Minnesota along this former railroad grade in southeastern Minnesota. Two parallel treadways stretch the entire length of the trail. One is paved for bicyclists, hikers, in-line skaters and skiers; the other provides a natural surface for horseback riders and snowmobilers.



GATEWAY STATE TRAIL

St. Paul to Pine Point Regional Park • 651-259-5736
18 paved miles • 10 parallel unpaved miles



This former Soo Line Railroad Grade starts at Cayuga and L'Orient streets near downtown St. Paul, passes through woods and wetlands, and ends at Pine Point Regional Park near Stillwater. East of I-694, an unpaved treadway for horseback riding and mountain biking runs parallel to the paved trail.



GITCHI-GAMI STATE TRAIL

Gooseberry Falls State Park to Beaver Bay
25 paved miles (not continuous)



Get your heart pumping on the hills along this trail and you'll be rewarded with one scenic view of Lake Superior after another. The longest trail segment extends 15 miles northeast from Gooseberry Falls State Park, with shorter segments near Tofte, Schroeder, Grand Marais and the Silver Creek tunnel.



GLACIAL LAKES STATE TRAIL

Hawick to Willmar • 320-796-6281
22 paved miles • 22 parallel unpaved miles



Deer, birds and butterflies can be seen along this trail, which cuts through Minnesota's western tallgrass prairie and eastern deciduous forest. Located on a former Burlington Northern Railroad grade, it is generally level. It connects to Sibley State Park via three miles of paved shoulder along Co. Rd. 148.



GOODHUE PIONEER STATE TRAIL

507-285-7176
Red Wing to Hay Creek
4 paved miles • 3 parallel unpaved miles



Covered Bridge Park in Zumbrota to 180th Ave.
6 miles paved • 6 parallel unpaved miles



The northern segment of this trail goes through the Hay Creek Unit of the Richard J. Dorer Memorial Hardwood Forest, where a natural surface treadway for horses parallels the paved trail. The southern segment, in Zumbrota, will be paved by approximately July 1, 2011, and will include a narrow treadway for horses.



GREAT RIVER RIDGE STATE TRAIL

Plainview to Co. Rd. 9 near Eyota • 507-285-7176
13 paved miles • 7 parallel unpaved miles



Minnesota's newest state trail, built on a former railroad grade, travels through the beautiful southeastern Minnesota valley, near Carley State Park. A natural-surface treadway parallels the paved trail from Elgin to Co. Rd. 9.



HARMONY-PRESTON VALLEY STATE TRAIL

Harmony to Preston • 507-285-7176
18 paved miles



North of Co. Rd. 16, this trail passes through wooded areas and farmland on a former railroad grade, which is wheelchair accessible, and connects to the Root River State Trail north of Preston. South of Co. Rd. 16, there are some relatively steep hills.



HEARTLAND STATE TRAIL

Park Rapids to Cass Lake • 218-308-2372
49 paved miles • 27 parallel unpaved miles



In the heart of a popular northern Minnesota vacation area, this trail is located almost entirely on a former railroad route, so it's nice and level. Parallel paved and unpaved treadways accommodate a variety of uses, with numerous views of lakes, rivers and streams.



LUCE LINE STATE TRAIL

Plymouth to Thompson Lake • 651-772-7935
63 miles, mostly packed limestone



This trail, built on a former railroad grade, stretches across the varied landscapes of metropolitan and rural Minnesota. From Vicksburg Lane in Plymouth 30 miles west to Winsted, the surface is crushed limestone with a parallel treadway for horseback riding. Snowmobiles are allowed west of Stubb's Bay Road.



MATTHEW LOUREY STATE TRAIL

St. Croix State Park to Holyoke • 218-485-5410
80 unpaved miles



This trail is named in honor of a U.S. Army officer who lost his life in Operation Iraqi Freedom. Used primarily for snowmobiling, the trail passes through forests linking St. Croix State Park with Chengwatana, St. Croix and Nemadji state forests. Some areas may be impassable in summer. Limited segments of the trail are open to ATV and OHM use where the Lourey trail coincides with other trails designated for motorized use, including approximately 11 miles in the Nemadji and 5 miles in the St. Croix state forests (contact the DNR at 218-485-5410 for information about which segments may be used).



MINNESOTA VALLEY STATE TRAIL

Shakopee to Belle Plaine • 952-492-6400
6 paved miles • 36 unpaved miles



Not far from the Twin Cities, this state recreation area preserves a rich mosaic of plant and animal communities in the Minnesota River Valley. Watch for wildlife as you travel the multi-use trail, which is paved for six miles from Shakopee to Chaska and unpaved from Chaska to Belle Plaine.



PAUL BUNYAN STATE TRAIL

Brainerd to Bemidji • 218-308-2372
112 paved miles



Long, lovely, and generally level (except for a nine-mile segment through Chippewa National Forest), this former railroad route intersects the Heartland State Trail near Walker and will soon connect to Lake Bemidji State Park (now reachable via on-road connections through the City of Bemidji) and Crow Wing State Park.





ROOT RIVER STATE TRAIL

Fountain to Houston • 507-285-7176

42 paved miles



Discover the dramatic bluffs of southeastern Minnesota on this popular trail, which will celebrate its 25th anniversary in 2011. The trail is very accessible, except for some hills near Houston, and connects to the Harmony-Preston Valley State Trail. Cross-country skiers will find 25 miles of set track between Fountain and Preston.



SAKATAH SINGING HILLS STATE TRAIL

Faribault to Mankato • 507-359-6067

39 paved miles • 10 parallel unpaved miles



Follow a stretch of the Cannon River and pass by many lakes along this former railroad route. Treadways for horseback riding extend from Morristown to Sakatah Lake State Park and from Eagle Lake to Mankato. Fall color typically peaks along this route in late September or early October.



SHOOTING STAR STATE TRAIL

LeRoy to Adams • 507-285-7176

14 paved miles



Native wildflowers and grasses are a highlight along this former railroad route through mostly open landscapes. Picnic at any of several rest stops along the trail, including Lake Louise State Park or Shooting Star Prairie Scientific and Natural Area, where shooting stars bloom in the spring.



TACONITE STATE TRAIL

Grand Rapids to Ely • 218-999-7920

6 paved miles • 159 unpaved miles



Primarily used by snowmobiles, this Northwoods trail links three state parks, and eight trail waysides offer scenic vistas of surrounding hills, lakes, and rivers. It is paved for the first six miles north of Grand Rapids, and portions of the trail are suitable for hiking, horseback riding, and mountain biking.



WILLARD MUNGER STATE TRAIL

218-485-5410

The Willard Munger State Trail includes two separate, multiple-use segments.

Hinckley to Duluth: 70 paved miles



This segment of the trail passes through northern hardwood forests and stands of pine as it proceeds north from Hinckley through the spectacular scenery of Jay Cooke State Park to Duluth.

Alex Laveau Memorial Trail – Carlton to Hwy. 23: 6 paved miles



The name of this trail, which branches off from the Hinckley-Duluth segment at Carlton, honors the memory of a county commissioner and dairy farmer who strongly supported converting abandoned railways into public trails. Paved for six miles from Carlton to Hwy. 23, the trail continues on paved Hwy. shoulders.

Accessible parks and trails

The Minnesota Department of Natural Resources is committed to increasing outdoor recreation opportunities for persons of all abilities. New facilities—including the visitor center that opened in 2010 at Grand Portage State Park and the visitor centers opening in 2011 at Big Bog State Recreation Area and Jay Cooke State Park—are designed to be accessible. Older facilities are being retrofitted to make them more accessible.



Along with the accessible facilities identified in the grid on pages 16-19 of this guide, here are some of the most accessible Minnesota state parks and trails, all of which include ADA-compliant parking and restrooms:

- **Itasca State Park** has 1.5 miles of accessible trails, including the trail that leads to the famous headwaters (accessible parking and restrooms at the Mary Gibbs Mississippi Headwaters Center).
- A flat, paved 18-mile segment of the **Root River State Trail** runs from Lanesboro to Rushford (accessible parking and restrooms at the Lanesboro Trail Center).
- **Gooseberry Falls State Park** has an accessible one-mile trail leading to the main falls area (accessible parking, restrooms, and free, loaner wheelchairs at the visitor center).
- The 12.5-mile **Douglas State Trail**, a former railroad line, is paved all the way from Pine Island to Rochester (accessible parking and restrooms at the Pine Island trailhead).
- Accessible guided tours are offered seasonally at **Forestville/Mystery Cave State Park** (accessible parking and restrooms at the Mystery Cave visitor center).



If you have specific questions or needs, please contact individual park or trail managers. Their contact information is included in this guide.



STAY OVERNIGHT

Minnesota state parks and recreation areas offer a wide selection of overnight accommodations.



Tents—You can drive right into your campsite at most of the campgrounds, unless you prefer to backpack, bike, or boat to the more remote sites at some parks. Wheeled carts are provided to transport your gear to the popular cart-in tent sites at 11 state parks. Most park offices sell firewood and ice. Campsites without electricity range from \$12 to \$20 per night. Although reservations are recommended, up to a third of the sites at each park are available on a first-come, first-served basis.



RVs—Minnesota state parks have significantly expanded the number of campsites with electricity (\$17-\$25 per night) in recent years. Full hook-ups (which include access to water, sewer, and electricity for \$22-\$30 per night) can be found at Red River State Recreation Area.

Monthly and Seasonal Camping—It is possible to enjoy extended stays at Hayes Lake, Lac qui Parle, Myre-Big Island, Old Mill, and Upper Sioux Agency state parks. Reservations are required by April 1. Prices vary; call parks for details



Camper Cabins—Now available at about a third of Minnesota's state parks, these single-room cabins sleep up to six people and can be rented for \$45 a night (\$50 with electricity). Cook your meals over the outdoor fire ring or heat them up indoors in a slow cooker. Bunk beds and mattresses are provided—just bring your own sleeping bags.

Fully Furnished Cabins—Itasca State Park offers a large selection of fully furnished one-, two-, and three-bedroom cabins.

Fully furnished cabins can also be found at Tettegouche, St. Croix, and Scenic state parks. Cost and capacity vary.

Guesthouses—Find a home away from home for family reunions and other gatherings at Bear Head Lake, St. Croix, Savanna Portage, and Wild River state parks. Guesthouses are fully furnished, open year-round, can accommodate from six to 15 people, and range in price from \$105 to \$215 per night.



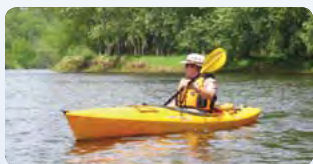
Four-season Suites at Itasca State Park—Open since 2003, the spacious Four-season Suites (\$99-\$138/night) come with two queen-size beds, kitchenettes, phones and even cable TV.

Historic Douglas Lodge at Itasca State Park—Historic Douglas Lodge, with its charming guest rooms (\$75-\$127/night) and full-service restaurant, has been welcoming tourists for more than a century.

Reservations can be made up to a year in advance.

- Online: stayatmnparks.com
- Phone: 1-866-857-2757 (TTY: 1-866-672-8213)

MINNESOTA STATE WATER TRAILS



Enjoy canoeing, kayaking, boating and camping on state water trails. Minnesota has more than 4,400 miles of mapped paddling routes on 31 rivers and the North Shore of Lake Superior.

New interactive maps are available for all of the water trails. These maps show public water accesses and campsites along each route. You can zoom, search and pan and to find and print information. The interactive maps and other trip-planning resources can be found at mndnr.gov/watertrails.¹

Free water trail maps are also available from the DNR Information Center, [651-296-6157](tel:651-296-6157) in the Twin Cities or [1-888-646-6367](tel:1-888-646-6367) (toll free), Monday through Friday, 8 a.m.-4:30 p.m.

¹Recipient of the 2009 American Trails Winning Website national award

MINNESOTA STATE PARKS AND TRAILS



MAP KEY

NATURAL COMMUNITIES

- Prairie
- Deciduous Forest
- Coniferous Forest
- Tallgrass Aspen Parkland

- State Parks/Recreation Areas
- State Waysides
- State Trails
- Paved Trails
- Unpaved Trails

PAVED STATE TRAILS

- 2 Blazing Star State Trail (6 miles)
- 3 Casey Jones State Trail (11 miles—not continuous)
- 4 Central Lakes State Trail (55 miles)
- 5 Cuyuna Lakes State Trail (6 miles)
- 6 Douglas State Trail (12.5 miles)
- 7 Gateway State Trail (18 miles)
- 8 Gitchi-Gami State Trail (25 miles—not continuous)
- 9 Glacial Lakes State Trail (22 miles)
- 10 Goodhue Pioneer State Trail (10 miles—not continuous)

- 11 Great River Ridge State Trail (13 miles)
- 12 Harmony/Preston Valley State Trail (18 miles)
- 13 Heartland State Trail (47 miles)
- 14 Luce Line State Trail (63 miles – some paved, mostly packed limestone)
- 15 Minnesota Valley State Trail (6 miles)
- 17 Paul Bunyan State Trail (112 miles)
- 18 Root River State Trail (42 miles)
- 19 Sakatah Singing Hills State Trail (39 miles)
- 20 Shooting Star State Trail (14 miles)

- 22 Willard Munger State Trail (63 miles)
- 24 Willard Munger State Trail –Alex Laveau Memorial Trail (6 miles)

UNPAVED STATE TRAILS

- 1 Arrowhead State Trail (135 miles)
- 16 C.J. Ramstad/North Shore State Trail (146 miles)
- 21 Taconite State Trail (165 miles)
- 23 Matthew Lourey State Trail (80 miles)

Shift Gears!

Escape the daily grind and discover why Minnesota was named the Best Trails State in the country by American Trails in 2010.

VOTED
**BEST
TRAILS
STATE**
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At 112 paved miles (from Brainerd to Bemidji), the Paul Bunyan State Trail is the longest continuously paved trail in the Minnesota state trail system, and one of the longest in the United States. It was inducted to the Rail-Trail Hall of Fame in February 2011.

Photo: Paul Stafford

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