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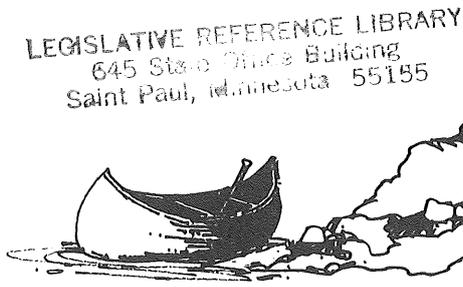
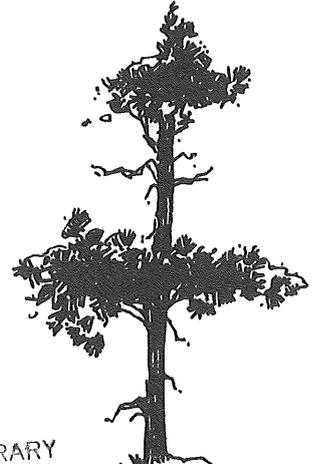
# EXPLORE

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# Minnesota

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## CANOEING, HIKING AND BACKPACKING



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### Canoeing the Sky-Blue Waters

Canoeing is a great way to explore Minnesota, the land of sky-tinted waters. This brochure describes 23 Minnesota rivers, including 19 state designated canoe rivers. It also notes canoeing opportunities in Voyageurs National Park and Superior National Forest, including the Boundary Waters Canoe Area Wilderness (BWCA). For more detailed information on the BWCA, refer to a separate brochure, "Explore Minnesota BWCA."

### Taking to the Trail

Minnesota's forests and prairies offer a range of trails for today's pathfinders, from easygoing walks to day hikes to wilderness backpacking. This guide offers a sampler of 50 great hiking trails throughout Minnesota, found in state parks, state forests, the Chippewa and Superior national forests, Voyageurs National Park and Isle Royale National Park. Exploring a new trail is a great way to know more about Minnesota.

### Exploring Minnesota's Natural Variety

Minnesota offers a great variety in canoeing and hiking opportunities because it is situated at an ecological crossroads for three regions—the western plains and prairies, the northern coniferous forest and the eastern hardwood forest.

The plains area covers the northwestern strip of Minnesota along its Red River Valley border and most of the southwestern quarter of the state. In this area are found remnants of the once-great prairie with its tall, waving grasses, as well as isolated wooded areas and tree-lined rivers.

The north central and northeastern areas of Minnesota are very wooded, with pine or pine/hardwood mixed forests, dotted

with thousands of sparkling lakes. The terrain is gently rolling, with small-scale (1000-2300 ft.) mountains in the northeast along Lake Superior. Hikers and canoeists can take easygoing outings as well as extended wilderness trips in this north woods region.

The southeastern quarter of the state was once covered by a great hardwood forest, and remnants of those woods still remain in a large state forest and several state parks. Along the Mississippi River valley is an area of rounded bluffs, valleys bordering meandering streams, and sheer limestone cliffs. The forested, rolling hills and winding creeks are inviting to both hikers and canoeists.

### Three Seasons of Canoeing, Hiking

Minnesota's changing seasons offer great canoeing and hiking from spring through fall. During the spring, wildflowers are blooming, migrating birds are returning, and the fields and woods are coming to life. During the summer, the woods are lush and green, the waters cool and inviting. Crisp, fall days bring a special show for hikers and canoeists, with maples, aspens, oaks and elm ablaze with color.

Whatever the season, check weather conditions before leaving for extended outings. Since Minnesota is 400 miles from north to south, temperatures can vary greatly on any given day across the state. The Twin Cities area is located just over 100 miles from the southern border.

By the end of April, the average high in the Minneapolis-St. Paul area is 60 degrees. In May, daily high temperatures reach the 60s and low 70s, reaching the high 70s in June. During July and August, highs average in the low 80s, and occasional 90s. By September, the temperatures begin cooling off again into the 70s, and early October has highs in the 60s.

South of the Twin Cities, the temperature averages a few degrees higher. To the north, the climate is generally several degrees cooler. Along the North Shore of Lake Superior, the climate is naturally air-cooled by the lake and is usually several degrees cooler than other parts of the state.

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# CANOEING

## Easygoing Canoeing

Those with little canoeing experience should attempt only very small (Class I) rapids (see the box explaining the rapids classification system). Many Minnesota rivers offer easygoing canoeing, with long stretches of water with no rapids and occasional Class I rapids. Such canoe rivers are available throughout the state.

In the north, the Crow Wing, upper Mississippi, Inguadona, Pine, lower Rum and St. Croix rivers all have long stretches suitable for novice paddlers under normal flow conditions. In the southeast, the Cannon, Root, Straight and Zumbro rivers all offer easygoing canoeing. The Minnesota and Des Moines rivers in the southwest are good for novices, and in the Twin Cities area, the North Fork Crow is a good choice.

Portions of these rivers flow through larger bodies of water, requiring some intermediate canoeing skills. High water conditions, especially in the spring, affect the canoeability of these rivers.

All of these rivers are good for day trips, and canoe rentals are available for several of the rivers (see listing in this brochure). There are campsites on all of these rivers but the Straight for those who are interested in overnight canoe trips.

## Intermediate-Skill Canoeing

Intermediate canoeists, generally those with some canoeing instruction and experience, are able to negotiate Class I and II rapids easily and can paddle large bodies of water. Several Minnesota rivers have stretches that offer a bit more challenge for the intermediate-skill canoeist.

Intermediate canoeists may enjoy stretches of the Big Fork, Cloquet, Kettle, Mississippi, Pine, Red Lake, Rum, St. Croix, St. Louis, Snake and Vermillion rivers. There are campsites available on all of these rivers; however, camping canoeists on the Big Fork and Cloquet rivers should have good backcountry skills. The Big Fork, Cloquet, St. Louis and Vermillion rivers are good for extended wilderness canoe trips.

## Challenging Canoeing

Expert canoeists who have had extensive experience and instruction in canoeing under a variety of conditions can negotiate difficult rapids (Class III) and large bodies of water, and know rescue and emergency procedures. Expert canoeists may be challenged by rapids on the Kettle, Little Fork, Snake and Vermillion rivers, as well as other rivers during early spring high water levels. There are campsites on all these except the Little

Fork, which offers an opportunity for extended wilderness canoe trips for those with good backcountry camping skills.

## Canoe Camping Trips

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

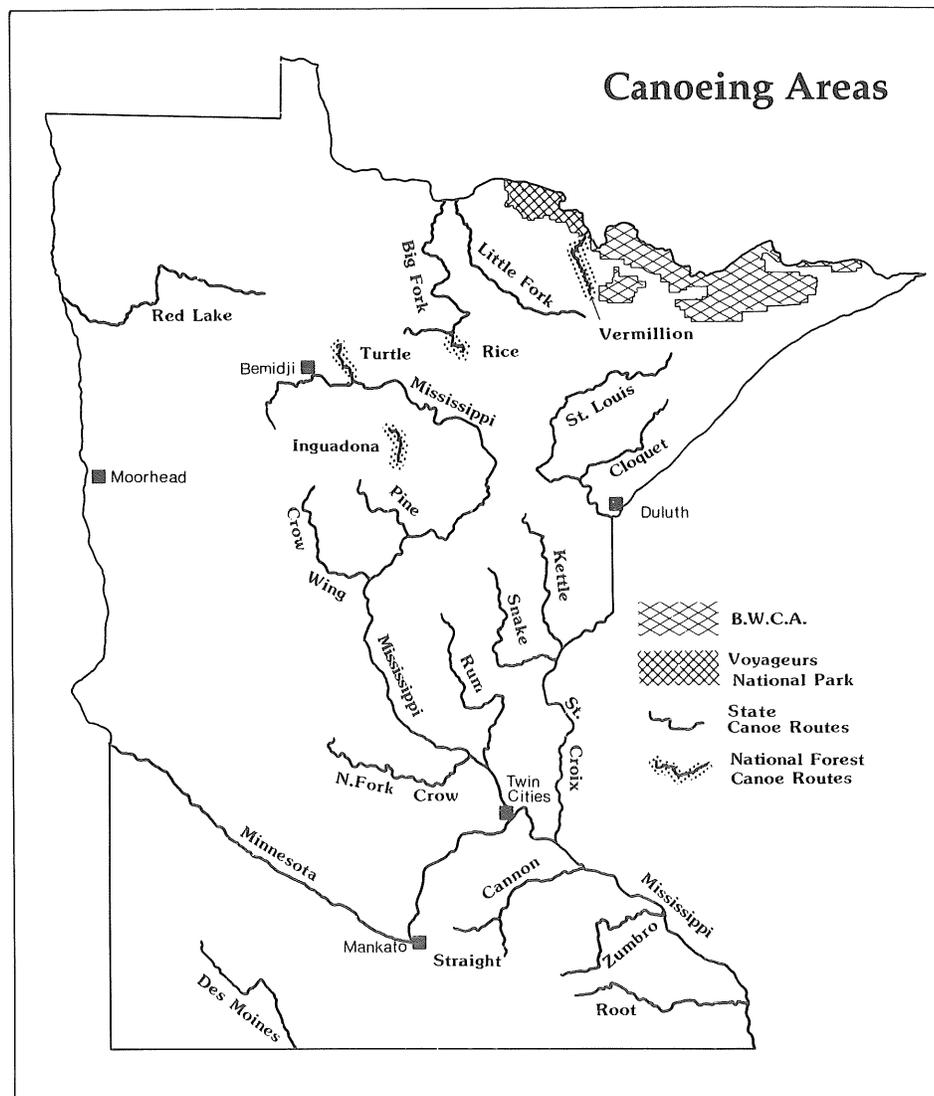
## Canoe License Requirements

All canoes used on Minnesota waters must be licensed, whether they are owned by a Minnesota resident or a

resident of another state. A Minnesota canoe license costs \$7 and is valid for three years; validation decals must be placed on the canoe. The license is available from any local motor vehicle deputy registrar (the same office that issues driver's licenses) or the Minnesota Department of Natural Resources (DNR).

Those visiting from other states with a canoe license from their own state do not need to purchase a Minnesota canoe license; their own state's canoe license is valid for 90 days in Minnesota. Those from states that do not require a canoe license are required to purchase a Minnesota license to use their canoe in Minnesota waters.

For more information on canoe licenses contact the DNR License Center, 500 Lafayette Rd., St. Paul, MN 55146, 612/296-2316 or toll-free from Minnesota 800-652-9747 (ask for the DNR License Center).



## Maps and Other Canoe Information

Maps, water level reports and other information on state designated canoe rivers (those marked with an \*) and the Vermilion River are available from the DNR Information Center. Information on the Turtle, Rice and Inguadona rivers is available from Chippewa National Forest (CNF) offices. Information on the Boundary Waters Canoe Area Wilderness and Superior National Forest canoe routes is available from Superior National Forest (SNF). The addresses and phone numbers for each of these information resources are listed on the back of this brochure.



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## NORTHERN MINNESOTA

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### Boundary Waters Canoe Area Wilderness

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

The BWCA is a federally designated wilderness area, preserved in its natural state. Most of the area is a paddle only, motor-free zone. Cans and bottles may not be brought into the area. Camping is allowed only at designated campsites; there are over 2,000 campsites in the BWCA. Permits must be obtained for visits to the BWCA between May 1 and Sept. 30. Party size is limited to 10 or fewer persons.

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

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

For more information on the BWCA Wilderness, contact the Minnesota Travel Information Center or Superior National Forest, listed on the back of this brochure.

### Superior National Forest lake canoe routes

Superior National Forest maintains several canoe routes outside of the Boundary Waters Canoe Area Wilderness that are similar in nature to the BWCA, with lakes connected by portages and served by campsites. More information on these routes is available from the Superior National Forest, listed on the back of this brochure.

### Voyageurs National Park

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

Canoeists are cautioned to plan routes close to shorelines in areas where islands give shelter from the wind, and to avoid crossing the main bodies of the large lakes—Rainy, Kabetogama, Namakan, and Sand Point. The large lakes are subject to unpredictable weather that can create dangerous waves and other threatening conditions. Canoeists should stay ashore during periods of rough water.

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

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

### Rivers

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

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

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

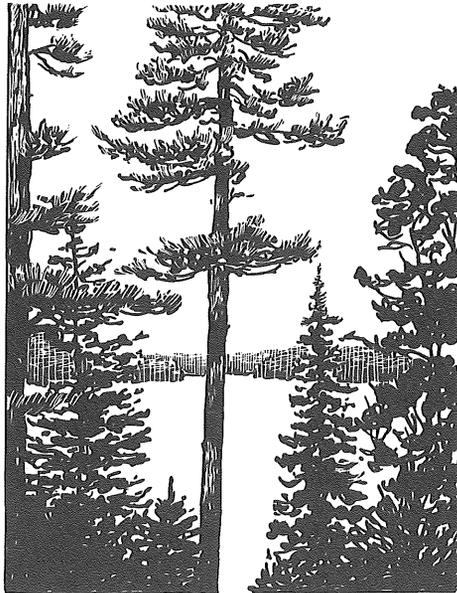
\* **Inguadona:** Lower Trelupe Lake north to Leech Lake; 23 miles. Inguadona Lake put in at beginning of route located on Co. Rd. 7; 22 miles southeast of Walker or three miles east of Longville. Easygoing river flowing through Chippewa National Forest, suitable for novice canoeists. Route includes Inguadona Lake, the Boy River, the Boy and Swift lakes. Numerous resorts along route. Wild rice beds, site of an old Ojibwe Indian village and an old logging camp. Abundant wildlife includes bald eagle, osprey, beaver and raccoon. Route follows eastern boundary of Leech Lake Indian Reservation. No portaging necessary. Four campsites. Map available from CNF.

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

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

\* **Mississippi:** From Lake Itasca to Anoka; 536 miles. Above Bemidji, the river winds through wilderness with a variety of wildlife. From Bemidji to Grand Rapids, it flows through three large lakes—Bemidji, Cass, and Winnibogish—and through marshlands that are prime waterfowl habitat. South of Grand Rapids the marshes give way to forests of pine and hardwood. Around Brainerd there are steep bluffs, forested shores and islands. Below Camp Ripley

to St. Cloud, there are increasing areas of farmland, and there are four dams that must be portaged. Below St. Cloud there are rolling, forested bluffs and dozens of islands, with excellent fishing, especially for smallmouth bass. From Itasca to Bemidji, the river is ideal for novice to intermediate canoeists; there are a few small rapids. South of Bemidji, the river is good for novice canoeing, although canoeists should be cautious on the large lakes. This part of the Mississippi is covered by seven maps available from DNR.



Doris Olson, MnDOT

### \*State Designated Canoe Routes

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

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

\* **Red Lake River:** From lower Red Lake to East Grand Forks; 195 miles. Novice canoeists could run most of the river, except for the section from St. Hillaire to south of Huot where, depending on water levels, intermediate or expert skills may be necessary. Check water levels. Open prairies in the upper reaches change to wooded banks and pastures downstream. Campsites available in major towns. Portage dams in Thief River Falls, Red Lake Falls, Crookston (2) and East Grand Forks. A permit is required to use the stretch of river within the boundaries of the Red Lake Indian Reservation. Map available from DNR.

\* **Rice:** Off Co. Rd. 45 east of Marcell, from Clubhouse Lake to village of Big Fork; 18 miles. Easygoing river flowing north through Chippewa National Forest, passing several points of interest, including Copenhagen Lake, a farm camp of the 1900s and a 1907 homestead. Suitable for novice canoeists, though canoeists should watch for down trees in water (river not regularly maintained). Check with Forest Service in Marcell for low water levels after June. No portaging necessary except some carry-overs at beaver dams. Three campsites. Map available from CNF.

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

\* **St. Croix:** From Trego, WI to William O'Brien State Park; 140 miles. Designated as a National Scenic Riverway, offers wilderness-like canoeing close to the Twin Cities area. Upper St. Croix north of Taylors Falls has clear, shallow waters swiftly flowing past heavily wooded banks; an

## Rapids Classification System

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

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

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

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

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

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

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

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

excellent canoeing area, with good chance of observing wildlife. Requires novice to intermediate skills; rapids near St. Croix State Park require intermediate skill. Also passes by St. Croix Wild River State Park. St. Croix Falls dam at Taylors Falls requires one mile portage through town and dam and rapids; Class II-IV rapids require expert whitewater skills. This two-mile section passes through high, scenic cliffs on St. Croix Dalles gorge area in Interstate State Park. Below Dalles, river widens and flows through wooded, steep-sided valley with stone bluffs. This scenic stretch is very popular, with some motorboat use. Winding side channels offer chance for quiet exploration and catfish angling. From Taylors Falls to O'Brien, novice skills required; no dams or rapids. Several campsites on banks of entire upper St. Croix. Four maps covering this stretch available from DNR. Brochure/map from Office of Tourism.

\* **St. Louis:** From Skibo Mills southeast of Hoyt Lakes to Round Lake section; nine miles. Normally calm with some fast-moving, rocky areas. Five portages. Meanders through lowland brush with some

aspen and birch. Good area for moose sightings. Six campsites. Three access points. Flows through Superior National Forest. Map available from DNR.

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

**Turtle:** From Lake Julia, 12 miles north of Bemidji from Co. Rd. 22, to Cass Lake; 16 miles. Generally slow moving river flowing through Big Rice and Kitchie lakes in the Chippewa National Forest. Small rapids require no portaging. Wild rice

beds. Wildlife includes shore birds, heron, deer, and more. Suitable for novice canoeists. Check with Forest Service in Blackduck for low water levels in summer and fall. Two campsites. Maps available from CNF.

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

## SOUTHERN MINNESOTA

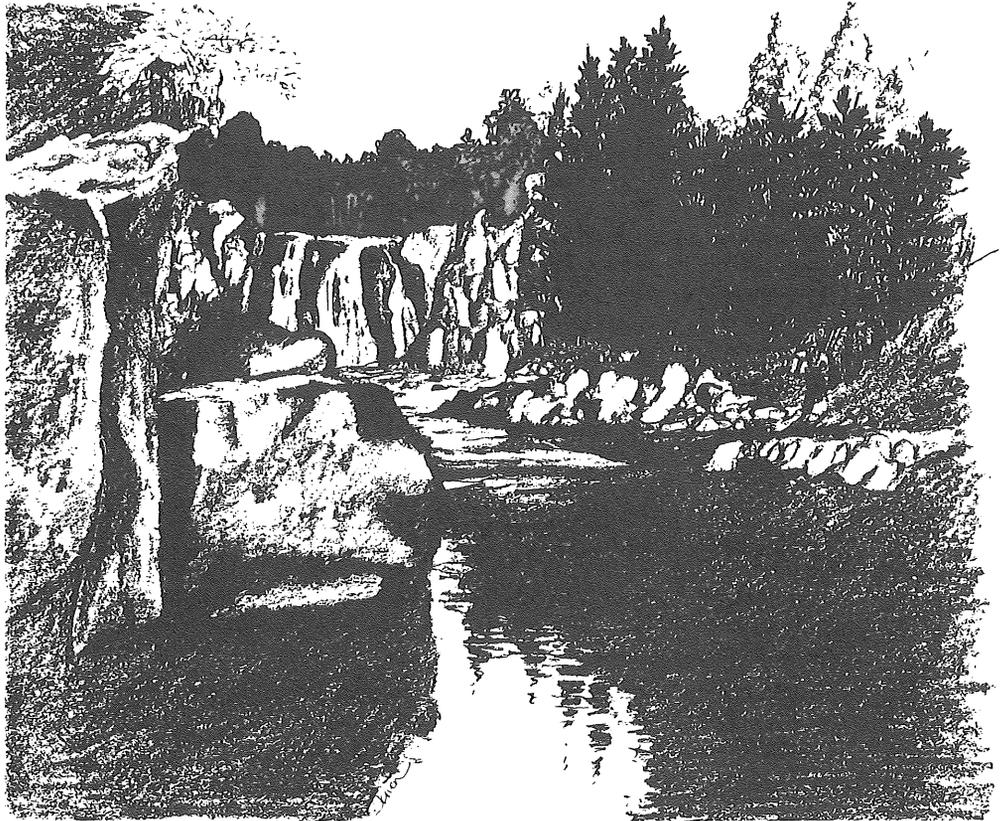
\* **Cannon:** From Hwy. 13 bridge west of Sakatah Lake near Waterville, to Mississippi River north of Red Wing; 80 miles. Three man-made lakes. Portage dams at Sakatah Lake, Morristown, Faribault (2), Northfield, Byllesby reservoir and Welch. Twists and turns through a variety of scenery from rolling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

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

\* **Minnesota:** From Lac qui Parle near Montevideo to Belle Plaine; 235 miles. Designated a state scenic and recreational river from Lac Qui Parle to Franklin. Broad channel flowing through floodplain forest and wide valley; granite boulders, outcrops and wooded bluffs interspersed with farmland. Appropriate for novice canoeists (Class I). Portage dams at Granite Falls and Montevideo. Campsites available in the many parks along river. Wildlife refuges; haven for bird life and waterfowl. Four maps covering river available from DNR.

\* **Mississippi:** From Hastings to the Iowa border; 140 miles. The river broadens south of the Twin Cities area, and flows through wooded bluffs and impressive cliffs, past several historic river towns—Red Wing, Lake City, Wabasha and Winona. At Lake City it expands into the large Lake Pepin. The main channels have heavy barge and boat traffic, but expansive backwaters are easily canoed. There is good fishing in the backwaters and before dams. Although novice skills are generally sufficient, caution should be used near barges and motorboats. Backwaters are not marked or maintained; canoeists should watch their way carefully, and should also watch for hunters during duck season in the fall. There are six locks and dams along this stretch; canoes are permitted in the locks. Five maps covering this stretch are available from DNR.

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



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

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

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## TWIN CITIES AREA

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

\* **Minnesota:** From Belle Plaine to Mississippi River; 50 miles. (For description of rest of river, see listing under Southern Minnesota.) This portion is wide and somewhat muddy, with sandy, eroded riverbanks. Passes through marshes, meadows, and bottomland forest of the Minnesota Valley National Wildlife Refuge. Best canoeing is between Belle Plaine and Carver, with campsites at Lawrence and Carver Rapids waysides.

### Water Level Reports

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

Songbird and waterfowl migratory area. Barge and motorboat traffic near Twin Cities. Novice skill level; use caution near boats and barges. Map from DNR.

\* **Mississippi:** From Anoka to Hastings; 57 miles. (For description of rest of river, see listings under Northern and Southern Minnesota.) Even though this stretch passes through the center of the Twin Cities, it offers very scenic and interesting canoeing. From Anoka to Minneapolis, countryside gives way to city. Spectacular wooded bluffs line the river downstream from downtown Minneapolis, and except for the bridges, the city does not intrude on the river. Pig's Eye Lake downstream from St. Paul is the largest rookery for black-crowned night herons in the country. Canoes can pass through the locks at St. Anthony Falls in downtown Minneapolis, at the Ford dam in Minneapolis and near Hastings. Although much of this stretch is appropriate for novice canoeists, skill and caution are needed near

barge and boat traffic and going through the locks. Large wakes created by motorboats and barges should not be taken broadside. Two maps for this stretch are available from DNR.

\* **St. Croix:** From William O'Brien State Park to Mississippi River; 40 miles. Designated as a National Scenic Riverway (see description of upper stretches under Northern Minnesota). Broad, placid river of sandy islands, quiet backwaters and wooded hillsides; many sandbars for swimming and relaxing. Many homes along shoreline. Heavy use by motorboats and sailboats on weekends. Last 25 miles river widens into Lake St. Croix. Passes by Stillwater, Afton and Afton State Park. Novice skills required, though caution should be used near motorboats. Map available from DNR. Brochure/map from Office of Tourism.

## Planning a Safe Trip

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

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

**Use a Coast Guard approved personal flotation device.** State law requires that one be accessible in the canoe for each person on board. (Wet suits and helmets are recommended for canoeists and kayakers in rough whitewater.) Bring a spare paddle.

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

**Always portage around dams.** Canoeists have drowned trying to canoe over small dams during high water. What looks like an easy whitewater drop over the dam is an extreme hazard for canoeists. These dams create a strong recirculating current that can trap even strong swimmers wearing life vests below the surface.

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

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

## Canoe Rentals and Outfitters

\*full-service outfitter

+ shuttle service

This listing includes canoe rental services and full service outfitters, businesses that provide camping gear, food and routing for overnight canoe trips. (It is not all-inclusive, but lists those who responded to an offer to be listed in the brochure for a nominal fee.) A descriptive directory of full-service canoe outfitters is available from the Minnesota Travel Information Center at the phone numbers listed on the back of this brochure.

### Minneapolis Based Rentals

Aarcee Rental  
2900 Lyndale Ave. S.  
Minneapolis, MN 55408  
612/827-5746

Midwest Mountaineering  
309 Cedar Ave. S.  
Minneapolis, MN 55454  
612/339-3433

### Cannon River

Welch Mill Canoeing  
Rt. 1, Box 153 (Co. Rd. 7)  
Welch, MN 55089  
612/388-9857, 258-4469  
(See *Root River Canoe & Outfitters under Root River.*)

### Crow Wing River

Gloege's Northern Sun Outfitting +  
Rt. 2  
Sebeka, MN 56477  
218/472-3250

Irv Funk Canoe Outfitters\* +  
Rt. 2, Box 51  
Sebeka, MN 56477  
218/472-3272

### Kettle River

Wilderness Campgrounds on Long Lake  
Willow River, MN 55795  
612/333-5747

### Lake of the Woods

Lake of the Woods Wilderness Outfitters\*  
Box 16MD  
Warroad, MN 56763  
218/386-1436, 386-1606

### Minnesota River

Gene Stukel Canoe Rentals  
738 Tenth St.  
Granite Falls, MN 56241  
612/564-4596

### Mississippi River

Ewert's Fiberglass Canoes +  
Rt. 2, Box 156 (Fifth St.)  
Bemidji, MN 56601  
218/751-3486

### Ketter Canoeing +

101-79th Ave. N.  
Brooklyn Park, MN 55444  
612/560-3840

Northern Waters Canoe Rental\* +  
3030 Islevue Rd.  
Grand Rapids, MN 55744  
218/326-6764

Papoose Bay Lodge & Outfitters\* +  
HC06, Box 397A  
Park Rapids, MN 56470  
218/732-3065

#### Root River

Larry's Canoe & Bike Rental +  
Box 193 (Hwy. 16 & 43)  
Rushford, MN 55971  
507/864-7720

Root River Canoe & Outfitters+  
210 Burr Oak St.  
Chatfield, MN 55923  
507/867-3234  
Also serves Cannon, Zumbro rivers by reservation

The Root River Outpost +  
Box 196  
Lanesboro, MN 55949  
507/467-3400

#### Rum River

Springvale Campground+  
Rt. 2, Box 335 (Co. Rd. 14)  
Stanchfield, MN 55080  
612/689-3208

#### St. Croix River

Marine Landing Boat & Canoe Service +  
Box 142  
Marine on St. Croix, MN 55047  
612/433-2864

Taylor's Falls Canoe Rental+  
Box 225 (Hwy. 8)  
Taylor's Falls, MN 55084  
612/465-6315, 462-7550 (toll free from  
Twin Cities)

#### St. Louis, Cloquet Rivers

Taylor Rental Center  
1710 London Rd.  
Duluth, MN 55812  
218/728-4217  
Also serves BWCA  
(See *Arks & Crafts Canoe Rental under  
BWCA.*)

#### Lake Winona

Lake Shore Rentals  
251 E. Third St.  
Winona, MN 55987  
507/454-2442  
Also serves Mississippi River

#### Vermilion River

Tibbetts Vermilion River Cottages  
Box 1072  
Cook, MN 55723  
218/666-2444  
(See *La Croix, Anderson outfitters under  
BWCA.*)

#### Voyageurs National Park

Sandy Point Outfitters\* +  
Lake Kabetogama (Rt. 122)  
Ray, MN 56669  
218/875-2615  
(See *Olson's, Anderson, Arks & Crafts outfit-  
ters under BWCA/Other.*)

#### Zumbro River

Dave's Canoe & Tube Rental +  
Rt. 1, Box 176  
Mazeppa, MN 55956  
507/843-4672  
(See *Root River Canoe & Outfitters under Root  
River.*)

#### BWCA Wilderness/Ely Area

Beland's Wilderness Canoe Trips\*  
Box 808  
Ely, MN 55731  
218/365-5811 (call collect)

Bill Rom's Canoe Country Outfitters\* +  
Box 30, 629 E. Sheridan St.  
Ely, MN 55731  
218/365-4046, 800-422-9653 (from MN),  
800-522-9653 Ext. 35 (out of MN)

Border Lakes Outfitters\* +  
Box 8  
Winton, MN 55796  
218/365-3783

Boundary Waters Canoe Outfitters\* +  
Box 447, 1323 E. Sheridan St.  
Ely, MN 55731  
218/365-3201

Canadian Border Outfitters\* +  
Box 117M, Moose Lake  
Ely, MN 55731  
218/365-5847

Canadian Waters\*  
111 E. Sheridan St.  
Ely, MN 55731  
218/365-3202, 800-422-9653 Ext. 29 (from MN),  
800-522-9653 Ext. 29 (out of MN)

Duane's Outfitters\*  
Hwy. 21  
Babbitt, MN 55706  
218/827-2710

Jack & Toni's Fall Lake Wilderness Canoe  
Trips\* +  
Box 780-EM87  
Ely, MN 55731  
218/365-3788

John Herrick's Moose Bay Co.\*  
Box 697  
Ely, MN 55731  
218/365-6285

Kawishiwi Lodge & Outfitters\*  
Box 480, on Lake One  
Ely, MN 55731  
218/365-5487, 800-422-9653 Ext. 28 (from MN),  
800-522-9653 Ext. 28 (out of MN)

North Country Canoe Outfitters\* +  
Star Rt. 1, Box 3000, White Iron Lake  
Ely, MN 55731  
218/365-5581, 800-422-9653 Ext. 25 (from MN),  
800-522-9653 Ext. 25 (out of MN)

Northwind Canoe Outfitters\*  
Box 690, Fernberg Rd.  
Ely, MN 55731  
218/365-5489

Tom & Woods' Moose Lake Wilderness Canoe  
Trips\*  
Box 358  
Ely, MN 55731  
218/365-5837 (call collect), 800-422-9653 Ext. 12  
(from MN), 800-522-9653 Ext. 12 (out of MN)

#### BWCA/Grand Marais Area

Bear Track Outfitting Co.\* + Box 51, Hwy. 61  
Grand Marais, MN 55604  
218/387-1162

Gunflint Northwoods Outfitters\*  
Box 100-GT, Gunflint Trail  
Grand Marais, MN 55604  
800-328-3362 (from MN), 800-328-3325 (out of  
MN)

Hungry Jack Canoe Outfitters\*  
Box HJ-18, Gunflint Trail  
Grand Marais, MN 55604  
218/388-2275, 800-622-3583 Ext. 6 (from MN),  
800-328-3325 Ext. 6 (out of MN)

Jocko's Clearwater Canoe Outfitters & Lodge\*  
C.R. 31-0 Gunflint Trail  
Grand Marais, MN 55604  
218/388-2254, 800-622-3583 Ext. 5 (from MN),  
800-328-3325 Ext. 5 (out of MN)

Rockwood Outfitters\* +  
75 Gunflint Trail  
Grand Marais, MN 55604  
218/388-2242, 800-622-3583 Ext. 12 (from MN),  
800-328-3325 Ext. 12 (out of MN)

Sawbill Canoe Outfitters\*  
Box 2127, Sawbill Trail  
Tofte, MN 55615  
218/387-1360

Superior North Canoe Outfitters\*  
Box 141-E, Gunflint Trail  
Grand Marais, MN 55604  
218/388-4416

Tuscarora Canoe Outfitters\*  
Box 110, Gunflint Trail  
Grand Marais, MN 55604  
218/388-2221

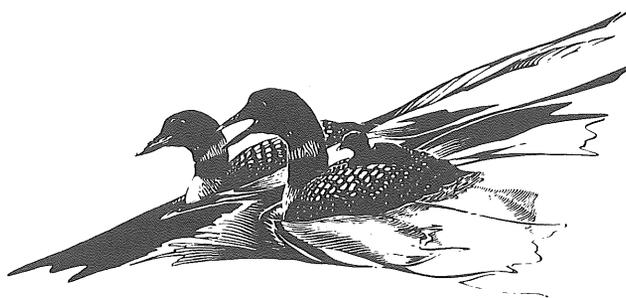
#### BWCA/Other Areas

Anderson Outfitters\* +  
Rt. 3, Box 126  
Crane Lake, MN 55725  
218/993-2287  
Also serves Vermilion River, Voyageurs Na-  
tional Park

Arks & Crafts Canoe Rental & Outfitters\* +  
816 N. 14th St.  
Virginia, MN 55792  
218/749-4526  
Also serves Voyageurs National Park, St.  
Louis River

La Croix Outfitters\* +  
Box 27 Cook, MN 55723  
218/666-5527  
Also serves Vermilion, Little Fork and Rice  
rivers

Olson's Borderland Lodge & Outfitters\*  
Box M-89  
Crane Lake, MN 55725  
218/993-2233  
Also serves Voyageurs National Park



# HIKING

## Fifty Great Trails

Minnesota has millions of acres of forest and prairie waiting to be explored. Miles of trails are waiting for you in state parks, state forests, two national forests and two national parks, and other state and nationally administered areas.

This brochure includes a sampler of 50 trails throughout the state. They range from easy, well maintained trails suitable for short day hikes to rugged trails winding through wilderness forests, offering longer treks for experienced hikers and backpackers.

## Easygoing Walks

Many Minnesota trails are great for short, easy walks. There are an abundance of paths that are fairly level, well maintained, and well marked, with a variety of plant and wildlife. For instance, many state parks have self-guided nature trails, including those at Hayes Lake, Itasca, Lake Bronson, Maplewood, Camden, Sibley, Banning, Mille Lacs, St. Croix, Wild River, William O'Brien, Whitewater and Helmer Myre state parks. For an interesting change, try a walk through a prairie at Buffalo River or Blue Mounds state parks.

Other easygoing walks are the trail to Magnetic Rock, the beach at Zippel Bay State Park, and the Kruger Trail, which is also wheelchair accessible. Trail descriptions note whether the trail is suitable for short, easy walks.

## Day Hikes

Almost any of the trails described in this brochure can be used for day hikes of a couple of hours or more. Tettegouche, Savanna Portage, Jay Cooke, Itasca, Nerstrand and Forestville state parks all have fine, scenic trails for day hiking. The Hay Creek and Kruger state forest trails are great hikes through the southeast hardwood forest; Chippewa National Forest trails such as the Shingobee show off the north woods of aspen/birch/pine to the hiker, while Superior National Forest trails such as the Herriman take hikers through the wilderness forests of the northeast.

No matter where your travels take you in the state, there are trails nearby that can be explored on day hikes of varying lengths.

## Backpacking Trails

Overnight camping is permitted along many of the trails described in this sampler for those who are interested in backpacking trips. Each trail on which backpacking is permitted is noted with a tent symbol. Refer to the box in backpacking information in this brochure for tips of interest to those planning backpacking trips.



For those interested in taking short walks to secluded campsites, some Minnesota state parks offer "walk-in" campsites, about a quarter mile from the parking area. Kilen Woods, Whitewater, Afton and Lake Maria state parks all have walk-in campsites.

Those interested in extended wilderness backpack trips should consider the 38-mile Border Route Trail in the Boundary Waters Canoe Area Wilderness, the 68-mile North Country Trail in the Chippewa National Forest, the North Shore Trail of up to 70 miles, or the trails on 45-mile long Isle Royale, a national park off the shore of Minnesota in Lake Superior.

Those interested in more moderate backpacking trips have a wide range of choices. One state park, Crosby Manitou, was designed specifically for backpackers. Several other state parks have backpacking campsites from one to more than 10 miles from the trailhead; consider backpacking in Cascade, Helmer Myre, Itasca, Jay Cooke, Maplewood, St. Croix or Scenic state parks.

Superior National Forest offers wilderness backpacking along trails such as the Anglemorm and Snowbank-Old Pines trails, while the Chippewa National Forest offers similar backpacking experiences on the Cut Foot Sioux and Suomi Hills trails. The Grand Portage follows a historic trail along the Canadian border, while Voyageurs National Park offers a trail across a wilderness peninsula that can only be reached by boat. The Minnesota Valley Trail offers backpacking close to the Twin Cities.

## Where to Stay

You can use this brochure to select hiking trails, and then choose a place to stay near the trail, or if you have a particular area of the state in mind for a visit, select a hiking trail near your destination. Either way, you have a wide range of choices in places to stay.

The Minnesota Office of Tourism has directories of resorts, motels, hotels, and bed and breakfast and historic inns throughout the state. For those interested in camping, there is a directory of full-service private campgrounds, state forest and state park campgrounds, and listings of national forest campgrounds. In addition, dozens of brochures on individual communities and areas of the state include information on where to stay. Call or write the Minnesota Travel Information Center listed on the back of this brochure.

## More Trail Ideas

While this brochure introduces fifty great hiking trails in Minnesota, there are many more to choose from, as well. Each of Minnesota's 64 state parks has hiking trails. Superior National Forest in the northeast has about 30 hiking trails, while north central Chippewa National Forest has 25 trails. Forest service ranger district offices listed on the back of this brochure can provide information on these trails. Minnesota's 55 state forests also have many miles of logging roads and trails suitable for hiking; the DNR Information Center listed on the back of this brochure has information on these trails.

## Fees and Permits

Some trails described in this brochure are in parks requiring an entrance fee. State parks require a daily or annual permit for entrance. There is a \$2 entrance fee to Isle Royale National Park, but Voyageurs National Park has no entrance fee. There is no fee for hiking trails in state forests, Chippewa or Superior national forests. Permits are required for some Superior National Forest trails that are within the Boundary Waters Canoe Area Wilderness if hikers will be backpacking along the trail. The permits, which are required for overnight use between May 1 and Sept. 30, are available free of charge from any Superior National Forest office or a cooperating business (resort, camp or outfitter).

# NORTHERN MINNESOTA

## NORTH SHORE OF LAKE SUPERIOR

Grand Marais, Grand Portage, Silver Bay

▲ **Border Route Trail Superior National Forest:** (Western trailhead is 30 miles north of Grand Marais off Gunflint Trail at end of road to Loon Lake; eastern trailhead is at Little John Lake at the end of Arrowhead Trail about 20 miles north of Hovland.) 38-mile wilderness trail parallels canoe routes of American Indians and voyageurs, now part of the Boundary Waters Canoe Area Wilderness along the Canadian border. Runs along high cliffs with spectacular views of wilderness forests and lakes. Ancient stands of cedar and pine. Opportunities to observe moose, deer, bear, and beaver and to hear the howl of wolves and the cry of loons. Crosses several canoe portages. Rugged trail for experienced hikers. Tread and clearing kept to wilderness level; heavy brush and windfalls along trail. Hikers should use good map and compass. Designated campsites along route, although camping not restricted to campsites. Trail being developed in some areas; contact SNF on current conditions. Overnight quotas limit trail use; BWCA Wilderness permits required. NW. Map, permit available from SNF.

▲ **Cascade River State Park:** (12 miles southwest of Grand Marais on Hwy. 61.) 15 miles of trails along both sides of the river gorge, down along the Lake Superior shoreline, up to Lookout Mountain and Moose Mountain. Panoramic view of Lake Superior, Sawtooth Mountains and the river gorge. Series of loops provides both short walks and long hikes. Trails in main park area easily accessible and good for family walks. Rugged, rocky terrain in backcountry. Five backpacking campsites, closest about one mile from parking area. NW. Map available from DNR.

▲ **Eagle Mountain Trail Superior National Forest:** (17 miles northwest off Grand Marais at junction of Forest Rds. 153 and 158.) From Grand Marais, take Gunflint Trail to Co. Rd. 8 to Co. Rd. 27 to Forest Rd. 153. From Lutsen area take Caribou Trail (Co. Rd. 4) to Forest Rd. 153 (turn right). Eagle Mountain, elevation 2301 ft., is the highest point in Minnesota. Trail is 3.5 miles from trailhead to mountain. Trail is well maintained, though very rocky. First part of trail is gently rolling, with plank walks over boggy areas, through birch, spruce and fir. About three miles from trailhead is Whale Lake,

with two designated campsites. From here, trail turns sharply upward to peak. Spectacular views of lakes, forested hills, and on a clear day, Lake Superior. Follow rock pile markers to peak marked with metal plaque. (From Whale Lake, trail continues seven more miles to Brule Lake, offering an alternative to a round-trip hike. Not well used or maintained, with several boggy areas and windfalls.) Trail is within Boundary Waters Canoe Area Wilderness; overnight permit required. NW. Map, permit from SNF.

▲ **George Crosby Manitou State Park:** (Eight miles northeast of Finland on Co. Rd. 7; about 18 miles north of Silver Bay.) Trail network of 23 miles with 22 backpacking campsites in a park designed for backpackers and hikers. Most campsites are along scenic Manitou River, one-half to four miles from trailhead. Beautiful, hilly area through dense forest, with views of cascading river with two waterfalls, small lakes, yellow birch, and at end of trail, Lake Superior in the distance. Parts of some trails are steep and rocky. NW. PW at trailhead. Map available from DNR.

▲ **Grand Portage:** (From Hwy. 61 near Grand Portage.) Eight-mile trail from Grand Portage Monument area to site of



Doris Olson, MnDOT

### Codes

NW: natural water source, either a lake or stream, somewhere along the trail  
 PW: Pumped water at some point(s) along the trail  
 DNR: Department of Natural Resources  
 CNF: Chippewa National Forest  
 SNF: Superior National Forest

Fort Charlotte on Pigeon River at Canadian border. Follows route of historic portage of fur traders. Easy to follow and well maintained; can be wet and muddy in spots. First four miles rise 600 ft. from Lake Superior; fairly rugged. Last four miles are gently rolling; highest point 740 ft. above lake. Heavily wooded with pine, fir, aspen and birch. Deer, moose, bears and other wildlife. May, August and September are best months for hiking (insects can be bad in early summer). Near end of trail is a short cut-off to scenic cascades area of Split Rock Canyon; camping not permitted here. Designated campground for backpackers at trail end at Ft. Charlotte site. No camping permitted along trail. Map available from: Grand Portage National Monument, Box 666, Grand Marais, MN 55604, 218/387-2788.

▲ **Isle Royale National Park Trails:** (Three-hour boat trip on Lake Superior from Grand Portage.) 175 miles of trails on rugged, wilderness island in Lake Superior, 20 miles off Minnesota shore. Roadless 40-mile-long island of unspoiled forest with numerous inland lakes and rugged, scenic shores. Trail network allows for backpacking trips of varying lengths, with loops returning to trailhead or trails for hiking length of island. Boat pick-up and drop-off available at Washington Harbor on west end, Rock Harbor on east end, and at several other points. Dense forest of birch, aspen, maple and pine. Great views of lake from some ridgetop trails. Good opportunity for wildlife observation, with moose, wolves, red foxes, and over 190 species of birds (no deer or bear because of island location). Trails are generally easy to follow but hilly and challenging; may be wet and slippery. Designated campsites, some with shelters; backcountry camping skills. Registration permits required. Use of topographic map recommended. Shorter day hikes possible from boat docking area. For information on Isle Royale boat excursion schedules and rates, contact Minnesota Travel Information Center (see back page) or Sivertson G.P.I.R., 1332 London Rd., Duluth MN 55801 (218/728-1237). For information on hiking/backpacking contact: National Park Service, 87 N. Ripley, Houghton, MI 49931.

▲ **Magnetic Rock Trail Superior National Forest:** (45 miles northwest of Grand Marais on Gunflint Trail.) Relatively easy 1.5 mile trail to Magnetic Rock, a building-sized rock with strong magnetic attraction, a relic of the glacier age. Bring a compass along to test magnetic attraction of the rock. Trail passes over bare rock, along a bog, and over Larch Creek. Look for signs of beaver and moose. Also cuts through 1974 burn area, now a good blueberry picking area. Map available from SNF.

▲ **North Shore State Trail:** (South access point is on Co. Rd. 7 at Finland off Hwy. 1; northern trailhead is on Co. Rd. 6 northwest of Grand Marais.) 70 miles from Finland to Grand Marais; trail access and parking also on Sawbill Trail (Co. Rd. 2) and Caribou (Co. Rd. 4) trails. Although this trail is over 150 miles long beginning in Duluth, the northern section is most suitable for hiking and backpacking. Developed as a snowmobile trail, 14 ft. wide. Remote wilderness hiking experience through Finland State Forest and Superior National Forest behind the bluffs that overlook Lake Superior. Some scattered roads and development. Trail bridges cross many scenic rivers and creeks. Good access to trout streams. Many spectacular vistas. Some logging operations along trail. Especially scenic stretch between Sawbill and Caribou trails (15 miles). Eight Adirondack shelters with fire rings, pit toilets, to be used as campsites at approximately 10-mile intervals, situated on rivers or lakes. One of Minnesota's longest backpacking opportunities. NW. Map available from DNR.

**Superior Hiking Trail/Oberg and Leveaux Mountains National Recreation Trails** Superior National Forest: (Five miles north of Tofte off Hwy. 61, two miles down on Forest Rd. 336; about 20 miles southwest of Grand Marais.) Two trails from same parking area. Oberg Trail is 2.2 miles, leading to top of Oberg Mountain. Leveaux trail is 3.4 miles leading to Leveaux Mountain. Both trails begin with moderately climbing switchbacks leading to an easy, circular loop at top of each mountain. Oberg is one of the most scenic trails in the state, rising 1,000 feet above Lake Superior; nine overlooks with expansive views of inland forest and Lake Superior. Especially beautiful in fall when maple forest is in full color, contrasting with green pines. Rock cliffs and ledges; children should be closely watched. Good 1-2 hour walk. Leveaux offers similar views, is less used. This trailhead is also along the Superior Hiking Trail; six miles from Leveaux to Britton Peak trailhead, 2.5 miles up Sawbill Trail. Maps available from SNF.

**Tettegouche State Park:** (Four miles east of Silver Bay on Hwy. 61.) 14 miles of trail loops from Lake Superior to scenic spring-fed lakes and waterfalls of the Baptism River. Trails cross semi-mountainous terrain in heavily forested area, providing scenic vistas of wilderness lakes and Lake Superior. Easy walking trail along sheer cliff to Shovel Point provides dramatic views of Lake Superior. Beach and shoreline area on short path from parking area is particularly scenic. Year-round North Shore Information Center available at park. Map available from DNR.

## ▲ Backpacking

**Trails:** Backpacking, overnight camping along the trail, is permitted on trails that are noted with a tent symbol next to their listing in this brochure. There are backpacking opportunities in state parks, national parks, and national forests.

**Campsites:** Trail descriptions note whether there are designated campsites, or if camping is permitted anywhere along the trail. Backpackers should obtain a map of their selected trail and note where designated campsites are.

**Drinking Water:** Trail descriptions note the availability of water sources with the codes **NW** or **PW**. **NW** refers to a natural water source, either a lake or stream, somewhere along the trail. **PW** refers to pumped water at some point(s) along the trail. Although some lakes in Minnesota, particularly those in the BWCA, are considered drinkably pure, it is strongly recommended that campers purify water from lakes and streams by filtering, treating or boiling it.

**Bears:** The woods of northeastern Minnesota are home to black bears and other wildlife. To avoid problems with bears, keep your campsite clean by burning food scraps, keep your tent free of food, and don't clean fish near your campsite. Furthermore, wrap your food in plastic and hang food packs from a rope thrown over a tree branch, suspended 8-10 feet above ground and six feet out from the trunk. This keeps food away from smaller forest animals, as well.

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

### IRON RANGE AREA Ely, Crane Lake

▲ **Angleworm Trail** Superior National Forest: (14 miles northwest of Ely on Echo Trail.) 14-mile-long trail, with final 11 miles forming loop around Angleworm, Home, and Whisky Jack lakes. Rugged trail through stands of red and white pine; high rock ridges with scenic overlooks. Camping restricted to nine designated campsites, two to seven miles from trail head. Trail is within Boundary Waters Canoe Area Wilderness; BWCA permits required for overnight use. NW. Map, permit available from SNF.

▲ **Bear Head Lake State Park:** (About 20 miles southwest of Ely on Co. Rd. 128 off Hwy. 1.) 17 miles of trails in scenic northwoods wilderness setting, with rolling forested hills. Series of trails with loops and cut offs circle several remote lakes. Trails are well marked, but long and hilly. Environment typical of Boundary Waters Canoe Area Wilderness. Timber wolves and bear sometimes sighted. Five backpack sites available along trail, closest is a mile from parking area. NW. Map available from DNR.

▲ **Herriman Lake Trail** Superior National Forest: (About five miles southeast of Crane Lake off Co. Rd. 424.) A system of 14 miles of loop trails; about half of trail passes through Boundary Waters Canoe Area Wilderness. Loop trails of different lengths allow for short day hikes or over-

night backpack trips. Major trails lead to Dovre Lake, Little Vermilion Lake, or south along Echo River leading to difficult climb to ridgetop overlooking Baylis Lake with scenic overview, particularly beautiful in the fall. Three designated campsites, 1.5 to three miles from trailhead. No trail signs in areas within BWCA. BWCA permit required for both day use and backpacking. NW. Map, permit available from SNF.

▲ **Snowbank-Old Pines Hiking Trails** Superior National Forest: (15 miles northeast of Ely on Fernberg Road.) Snowbank Trail is about a 16-mile long loop, with another two-mile walk on road back to trailhead. Passes between Parent and Disappointment lakes and around Snowbank Lake. North side of Snowbank features high rock ridges with excellent overlooks. Sixteen designated campsites available along this trail, with closest about five to six miles from trailhead. Old Pines Trail cuts off from Snowbank Trail about six miles from trailhead, and extends 11 miles in network of two loops around several small lakes. Eight designated campsites. Highlight is stand of large, virgin white pine over 300 years old. Several scenic overlooks. Although trails are blazed, hikers should carry map and compass. Abundant wildlife, including moose, bear and wolves. Trails are within Boundary Waters Canoe Area Wilderness; permits required for overnight use. NW. Map, permit available from SNF.

## NORTH CENTRAL

### Grand Rapids, International Falls, Leech Lake

▲ **Cut Foot Sioux Trail** Chippewa National Forest: (18 miles northwest of Deer River on Hwy. 46; 30 miles northwest of Grand Rapids.) 22-mile loop trail along Cut Foot Sioux Lake to Farley Tower, an old lookout. Self-guided tour of Turtle Mound, an archeological site located along the trail. Trail passes the Cut Foot Sioux Visitor Information Center, which has interpretive programs. Passes through hardwood and large pine forest in hilly area with small lakes. Follows continental divide. Connects with Simpson Creek Trail, a 13-mile trail system through large red pine on a peninsula on Lake Winnibigoshish. Both trails offer good eagle, osprey and loon viewing. Two designated campsites. NW. Map available from CNF.

▲ **North Country Scenic Trail** Chippewa National Forest: (End points are five miles west of Walker at west end, nine miles east of Remer at east end; numerous access points along trail.) 68-mile trail, part of National Scenic Trail that will someday run from the Appalachian Trail in New York to the Lewis and Clark Trail in North Dakota. Trail threads its way through numerous lakes and wetlands in a pine and hardwood forest. Eastern portion is relatively level; western portion is more rolling. Bald eagles, spring wildflowers can be observed; excellent fall color. Seven primitive campsites. One of Minnesota's longest backpacking opportunities. NW. Map brochure available from CNF.

▲ **Savanna Portage State Park/Remote Lake Solitude Area:** (16 miles northeast of McGregor on Co. Rd. 36; about 40 miles southeast of Grand Rapids.) 22 miles of looped trails in this varied wilderness of rolling hills, lakes and bogs. Hardwood forests give way to extensive tamarack bogs, harboring abundant wildlife. Historic Savanna Portage Trail, the voyageurs' vital link between the Mississippi River and Lake Superior, has been excavated and restored for hiking. Many artifacts on display in park office. Abundant wildlife. Good fall color. Many park trails easy and suitable for family walks. Extensive day or overnight hike to Remote Lake Solitude Area yields quiet wilderness experience. Backpack sites available at both Remote Lake and Wolf Lake; closest are 2.5 miles from trailhead. NW. Map available from DNR.

▲ **Scenic State Park:** (Seven miles southeast of Bigfork on Co. Rd. 7; about 45 miles north of Grand Rapids.) 14 miles of trails with six backpacking campsites about one mile from trailhead. Chase Point trail follows a glacially formed ridge (esker), one of the most prominent of such formations in the state. Trail system circles pristine



lakes with several loop trails. Shorter interpretive trails work well for family walks. Virgin white and red pine stand beside unspoiled lakes. Abundant wildlife, including deer and wolves. Fishing and canoeing on Coon Lake. Interpretive center. NW. Map available from DNR.

▲ **Shingobee Recreation Area Trail System** Chippewa National Forest: (Five miles south of Walker on Hwy. 34.) Six miles of loops through mixed aspen, birch and pine woods along two small lakes and Shingobee River. Rolling terrain and scenic overlook over Shingobee River valley. One segment of trail through an interesting cedar bog. May be some wet spots in summer. One campsite at overlook; group camp. Map available from CNF.

▲ **Suomi Hills Trail** Chippewa National Forest: (Two access points 15 and 21 miles north of Grand Rapids on Hwy. 38.) 18 miles of trail loops through rugged, heavily timbered terrain with numerous lakes. Hardwood forest especially beautiful during fall colors. Trail leads to Lucky Lake for trout fishing and several small bass and panfish lakes. Six designated campsites. NW. Map available from CNF.

▲ **Voyageurs National Park Trails:** (Access points from Crane Lake, Ash River Trail, Kabetogama, and Island View; 12 miles east of International Falls.) 32 miles of developed and maintained hiking trails in this otherwise water-based national park.

Trailheads accessible by water only. Boats can be rented to get to trailheads, or drop-off and pick-up can be arranged with park concession boats. **Cruiser Lake Trail** (Across Kabetogama Peninsula from Lost Bay on Kabetogama Lake to Anderson Bay on Rainy Lake.) 19 miles of trail; nine miles from bay to bay. Trail loops at each bay can be hiked in two or three hours. Numerous campsites also make this a good backpacking trail. Seven lakes along trail and its connecting spurs. Overlooks of lakes; variety of plant and wildlife. Cruiser Lake, midway across peninsula, is highest in park at 1246 ft. Anderson Bay, at north end of trail, embraced by high, granite outcrops. **Locator Lake Trail** (On Kabetogama Peninsula from Kabetogama Lake across from Woodenfrog Campground to Locator Lake.) Two-mile nature trail crosses a wide variety of plant and animal environments including granite ridges, damp lowlands and beaver flowages. Moderately difficult with many ups and downs. Exceptional vistas. Naturalist guided trips offered. NW. Maps available from VNP.

## NORTHWEST

### Alexandria, Bemidji, East Grand Forks, Moorhead, Lake of the Woods

**Buffalo River State Park:** (13 miles east of Moorhead off Hwy. 10.) 12 miles of trails meander along the wooded edge of the Buffalo River into the vast expanse of one of the state's largest remnant virgin prairies. Enjoy the park in the spring when prairie chickens "boom" or the late summer when prairie grasses and plants display their vibrant colors. Fairly level terrain makes walking easy for the entire family. The "Savanna Cut-Off" interpretive trail is an easy six-mile loop. Map available from DNR.

▲ **Glacial Lakes State Park:** (Five miles south of Starbuck on Hwy. 29, 25 miles south of Alexandria.) 11 miles of trails laid out in a loop system. High, open hills and glacial ridges surrounding a sparkling clear lake; panoramic views. Vegetation ranges from virgin prairie to oak forests; wildlife abounds. Short loops around prairie area, lake and campground are suitable for family outings. Two backpack campsites available, 1.5 miles from trailhead. NW. Map available from DNR.

**Hayes Lake State Park:** (20 miles southeast of Roseau on Hwy. 89 to Co. Rd. 4.) 12 miles of trails penetrate pristine northwoods pine forest in a remote lake setting. Trails loop around lake and the North Fork of the Roseau River. Wilderness area with abundant wildlife, particularly some of Minnesota's less common

birds. Generally easy hiking with scenic views. Shorter family walks of interest, particularly the half-mile self-guided "Pine Ridge Nature Trail." Adjacent to vast, sparsely populated wildlands of Beltrami Island State Forest. Map available from DNR.

▲ **Itasca State Park:** (21 miles north of Park Rapids on Hwy. 71; 35 miles south of Bemidji.) 33-mile network of hiking trails. Headwaters of the Mississippi with 30,223 acres of lakes and virgin pine forest. View from the fire tower gives an impression of the vastness of the forest. Rolling terrain with some steep hills. Views of lakes and bogs. Abundant bird and wildlife. Two easily accessible interpretive walks. Four backpacking campsites, the closest 10 miles from trailhead. Interpretive center. NW. Map available from DNR.

▲ **Lake Bronson State Park:** (One mile east of Lake Bronson on Co. Rd. 28; about 70 miles northeast of East Grand Forks.) 14 miles of trails loop through short-grass prairie, marshes and rolling hills of the Red River valley area. Park is an example of the delicate transition area between prairie and forest. Variety of wildlife from upland sandpipers to occasional sightings of moose. Easy hiking. Good family walk is the self-guided "Hi-Bank Nature Trail," approximately one mile along Lake Bronson. Map available from DNR.

▲ **Maplewood State Park:** (Seven miles east of Pelican Rapids on Hwy. 108; about 50 miles southeast of Moorhead.) 25 miles of looped trails through maple-covered hills. Striking vistas of small, clear lakes nestled in deep valleys and surrounding farmland. Outstanding fall color in mid to late September. Abundant wildlife found among the 50 ponds, marshes and lakes. Some trails steep and strenuous. Self-guided "Grass Lake Interpretive Trail" ideal for family walks; approximately one mile long. Backpack sites available; closest is one-mile hike. NW. Map available from DNR.

▲ **Zippel Bay State Park:** (10 miles north of Baudette on Co. Rd. 8.) Six miles of trails loop through wooded terrain and along marshes. Sandy beach stretches for miles along shore of ocean-like Lake of the Woods, providing some of the best beach walking in the state. Easy, family walking throughout the park. Abundant wildlife, particularly shore birds. Habitat for the endangered piping plover. Map available from DNR.

## EAST CENTRAL Duluth, Mille Lacs Lake, Upper St. Croix Valley

▲ **Banning State Park:** (Sandstone, just east of I-35 at Hwy. 23 exit; about 50 miles south of Duluth.) Nearly 15 miles of trails along Kettle River, popular canoeing and kayaking river. Trails follow scenic stretches of wild and scenic rapids sections of the Kettle, and through ruins of the historic Banning quarry. Trails vary in length with many loops and cut-offs. Most through wooded areas with numerous scenic vistas. Banning Quarry Trail is a 1.8 mile self-guided interpretive trail along abandoned quarry railroad. Guide available in park office. Most trails suitable for family walks, some rocky and rugged. Map available from DNR.



▲ **Jay Cooke State Park:** (Three miles east of Carlton on Hwy. 210; just south of Duluth.) 50-mile network of trails with four backpacking campsites a couple of miles in from trailhead. Spectacular terrain with the St. Louis River running through a picturesque gorge. Suspended swinging bridge. Trails cross rugged terrain in beautiful hardwood and pine forest, and includes the historic St. Louis River portage. Extensive trail network with long loops for experienced hikers, and short trails for family walks. Several scenic vistas. Interpretive center. NW. Map available from DNR.

▲ **Mille Lacs Kathio State Park:** (Six miles northwest of Onamia on Co. Rd. 26 off Hwy. 169; about 50 miles northeast of St. Cloud.) 35-mile network of hiking trails among hills, meadows and forests on west side of Lake Mille Lacs. Climb to top of 100-ft. tower offers spectacular view of Mille Lacs area. Site of capital of the Dakota Indian Nation. Inhabited for the past 4,000 years. Two self-guided walks near interpretive center. Excellent for family walks. Map available from DNR.

▲ **St. Croix State Park:** (16 miles east of Hinckley on Hwy. 48; about 60 miles south of Duluth.) 127 miles of trails through aspen-birch forest, with some jack pine savanna. Gently rolling hills. Abundant wildlife. Moderate horseback use. Two designated backpacking campsites, eight and 10 miles from trailhead. Trail loops follow several scenic creeks and the St. Croix River. Many trails ideal for short walks or long distance hiking. Self-guided interpretive walk, one mile in length. Interpretive center. NW. Map available from DNR.

▲ **Wild River State Park:** (14 miles east of North Branch near Center City off Co. Rd. 12; about 50 miles northeast of St. Paul.) Three miles of woodland trails follow the wild and scenic St. Croix River. Short loops as well as long distance trails unfold the beauty of this riverside park. Trails are easy for family walks. Some wet areas, and trails are shared at times with horseback riders. Especially delightful is the half-mile self-guided nature trail around Amik's Pond. Walk-in campsites; closest is a quarter mile walk. Interpretive center. NW. Maps available from DNR.

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## SOUTHERN MINNESOTA

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### SOUTHWEST Marshall, New Ulm, Willmar, Worthington

▲ **Blue Mounds State Park:** (Four miles north of Luverne on Hwy. 75; about 35 miles west of Worthington.) 10 miles of loop trails offer an opportunity to view Minnesota's prairie environment, complete with a herd of buffalo grazing in the distance. Trails pass through colorful prairie below and on top of a unique massive rock outcropping of Sioux quartzite. Trails are especially enjoyable in late August when the prairie is in its prime. Easy walking for the entire family. Interpretive center. Map available from DNR.

#### Codes

NW: natural water source, either a lake or stream, somewhere along the trail

PW: Pumped water at some point(s) along the trail

DNR: Department of Natural Resources

CNF: Chippewa National Forest

SNF: Superior National Forest



**Camden State Park:** (10 miles southwest of Marshall on Hwy. 23.) Nine miles of trail loops cross open prairie and travel down through the wooded valley of the Redwood River. The cool river valley has long been a refreshing oasis for travelers across the prairie. Several scenic vistas and historic sites highlight the trail system, along with both prairie and woodland plants and animals. Generally easy walking, with some steep areas. All good for family use, particularly the one-mile self-guided interpretive trail. Interpretive center. Map available from DNR.

**Fort Ridgely State Park:** (Six miles south of Fairfax on Hwy. 4; about 15 miles northwest of New Ulm.) 10 miles of trails at the site of the 1862 Sioux War. Historic buildings and museum (Minnesota State Historic site). Rolling prairie and wooded ravines of the Minnesota River valley. Easy walking for the entire family. Map available from DNR.

▲ **Kilen Woods State Park:** (Nine miles east of Jackson on Co. Rd. 24; about 30 miles east of Worthington.) Five miles of unique walking trails in the Des Moines River valley. Series of trails pass through oak savanna, meadows, woods and prairie amid rolling farmland. Park features abundant wildlife and rare plants. Variety of trails for short and longer walks. Four walk-in campsites, about a quarter-mile from parking area. PW. Interpretive Center. Map available from DNR.

**Sibley State Park:** (15 miles north of Willmar on Hwy. 71.) 18 miles of trails wind through hardwoods covering rolling glacial moraine hills along sandy shore of Lake Andrew. Trail loops feature a number of scenic overlooks of surrounding forest, prairie knolls, lakes and farmland, including trail to top of Mount Tom. Variety of trail lengths including one-mile self-guided interpretive trail. Interpretive center. Map available from DNR.

**Upper Sioux Agency State Park:** (Four miles southeast of Granite Falls on Hwy. 67; about 35 miles southwest of Willmar.) 13 miles of trails weave over cool, wooded slopes, sunny meadows, open prairie knolls and along the Yellow Medicine River. Scenic view from atop, with hawks circling above. Unique is the old agency site sitting high above a bluff between two rivers, the Minnesota to the far north the Yellow Medicine to the South. Walking is enjoyable for the family. Interpretive center. Map available from DNR.

**Codes**

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 PW: Pumped water at some point(s) along the trail  
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 CNF: Chippewa National Forest  
 SNF: Superior National Forest

**SOUTHEAST**

Albert Lea, Faribault, Red Wing, Rochester, Winona

**Forestville State Park:** (12 miles southeast of Spring Valley on Co. Rd. 12; about 30 miles south of Rochester.) 16 miles of trails in the Root River Valley, through hardwood forests and steep ravines typical of southeast Minnesota. Three spring-fed trout streams wind through the area, known for its early spring birds and wildflowers. Abandoned town site from Civil War period features the Meighen Store. Several trails shared with horse riders. Good variety of trails. Interpretive center. Map available from DNR.

**Hay Creek Trails Richard J. Dorer Memorial Hardwood State Forest:** (Five miles south of Red Wing off Hwy. 58.) 17 miles of trails with several loops, the shortest about three miles. Rugged; steep hills and valleys. Dense hardwood forest and long distance views of sparsely developed valley give a feeling of remoteness. Wild turkeys can be heard gobbling on spring mornings and occasionally during summer. Trout fishing in Hay Creek. Good fall color. Picnic area. Map available from DNR.

▲ **Helmer Myre State Park:** (Four miles east of Albert Lea on Co. Rd. 38.) 16 miles of trails cross remnants of the geological history of south central Minnesota. Glacial evidence dots the park among remnants of once vast prairie pothole region. An esker, a glacially formed ridge, is one of the unusual geological features in the park. Gathering ground for thousands of white pelicans in spring and fall. Excellent variety of short and long trails. Three self-guided trails make good family walking options. Four backpack sites on Albert Lea Lake, closest three quarters of a mile from parking area. NW. Interpretive Center. Map available from DNR.

**Kruger Trail Richard J. Dorer Memorial Hardwood State Forest:** (Five miles west of Wabasha, between Winona and Red Wing, on Hwy. 60 then sharp left on Co. Rd. 81.) Also accessible from Zumbro River canoe route. Eight miles of loop trails through steep, rugged hardwood forest with excellent views of the Zumbro River valley. Also, a three-quarter mile easy wheeling handicapped nature trail. Campground and picnic area. Map available from DNR.

**Nerstrand Woods State Park:** (Nine miles northeast of Faribault; 16 miles southeast of Northfield, on Co. Rd. 27.) 14 miles of trails through outstanding remnant of the "big woods" characteristic of central Minnesota before the settlers arrived. Gently rolling wooded hills and secluded valleys. Good fall color. Picturesque creek with waterfall. Wildflowers. Some trails

shared with horseback riders. Good variety of trail lengths. Map available from DNR.

**O.L. Kipp State Park:** (20 miles southeast of Winona at the junction of I-90 and Hwy. 61.) Seven miles of loop trails on exceptionally beautiful site; King's Bluff nature trail offers a panoramic view of the Mississippi River valley. Blufflands with limestone cliffs, ravines, wooded eastern slopes and grass covered west slopes. Several steep trails, short enough to be suitable for family walks. Map available from DNR.

▲ **Whitewater State Park:** (Three miles south of Elba on Hwy. 74; about 16 miles east of Rochester.) 10 miles easy to rugged trails through ravines and over limestone cliffs within hardwood forest. (Caution should be used along steep ledges.) Rushing trout streams. Mosquito-free area. Good fall color late September and October. Two self-guided interpretive trails suitable for the whole family. Six walk-in campsites, 100-300 yards in. Interpretive center. PW. Map available from DNR.

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## TWIN CITIES AREA

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▲ **Afton State Park:** (Five miles south of Afton at Co. Rds. 20 and 21; east of St. Paul.) 18 miles of trails in wilderness environment of wooded bluffs and prairie along the lower St. Croix National Scenic Riverway. Trails are through wooded ravines, along hillsides, and through some open areas and meadows. Excellent birdwatching, including bluebirds. Wide variety of easy and challenging walking trails of varied lengths. Several walk-in campsites a half-mile from parking lot. Interpretive center. PW. Map available from DNR.

▲ **Lake Maria State Park:** (Eight miles west of Monticello off Co. Rd. 39; northwest of Minneapolis.) 13 miles of widely varied hiking trails. Wooded, rolling land with deciduous tree cover that surrounds several lakes, ponds and marshes. Area characteristic of terminal moraines left by the last glaciers. Outstanding spring flowers, good bird watching. Especially nice in spring and fall. Eleven walk-in campsites three-quarters of a mile from parking lot. A good warm-up experience for longer trips. PW. Map available from DNR.

▲ **Minnesota Valley Trail:** (Four miles northeast of Belle Plaine on Co. Rd. 57; southwest of Minneapolis.) 36 miles of secluded, backcountry hiking close to an urban area. Trail runs along floodplain marshes and meadows of Minnesota

River valley, with wooded areas. Good wildlife observation, especially waterfowl and waterbirds. Historic route of Indians, explorers, and settlers; several historic sites. Prolonged flooding in the spring. Four designated backpacking sites, closest about 1.5 miles from trailhead. PW, NW. Map available from DNR.

**William O'Brien State Park:** (16 miles north of Stillwater on Hwy. 95; northeast of St. Paul.) 10 miles wind through the bluffs and rolling terrain of the wild and scenic St. Croix River valley. Ideal for walking year-round. Terrain varies from wooded river floodplain to high, dry rolling prairie vegetation with open areas and oak forest. Excellent variety of trails

and trail lengths, close to metro area. Self-guided interpretive trail ideal for family walk. Interpretive center. Map available from DNR.

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

## On the Trail

### Play it safe

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

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

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

Bring along some insect repellent.

In the limestone bluffs area of the southeast corner of the state, watch for rattlesnakes, which make their homes in these rocky ledges.

Obtain and follow a trail map.

### Be thoughtful

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

Respect the desire of other hikers and campers for solitude.

Respect all private property.

### Care for the land

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

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

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

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

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

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

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

# For More Information on Minnesota Canoeing and Hiking:

## MINNESOTA TRAVEL INFORMATION CENTER

375 Jackson St., 250 Skyway Level  
St. Paul, MN 55101

800-328-1461

Outside Minnesota

800-652-9747

In Minnesota (Ask for Travel Information)

296-5029

Minneapolis/St. Paul

Travel planning information, including directories of campgrounds, resorts, motels, hotels, and bed and breakfast and historic inns; brochures on biking, skiing and snowmobiling; information on specific towns and regions; and information on things to see and do in Minnesota.

Operated by the Minnesota Office of Tourism. Open weekdays 8 am to 5 pm.

## Superior National Forest

PO Box 338  
Duluth, MN 55801  
218/720-5324

Information on the Boundary Waters Canoe Area Wilderness and Superior Forest canoe routes, hiking trails and campgrounds. (Information is also available at ranger station offices in Ely, Cook, Virginia, Aurora, Isabella, Tofte and Grand Marais.)

## Chippewa National Forest

Cass Lake, MN 56633  
218/335-2226

Information on Chippewa Forest canoe routes, hiking trails and campgrounds. (Information is also available at ranger district offices in Walker, Deer River, Marcell and Blackduck.)

## Voyageurs National Park

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

Information on park hiking trails, boat excursions, canoe opportunities, campgrounds and nearby lodging.



## Minnesota Department of Natural Resources Information Center

500 Lafayette Rd., Box 40  
St. Paul, MN 55155  
612/296-6157  
800-652-9747

In Minnesota (Ask for DNR)

Information on state parks, state forests, state designated canoe routes and canoe licenses. Open weekdays 8 am to 4:30 pm.

*Produced by the Minnesota Office of Tourism, with assistance from the Department of Natural Resources, the Superior National Forest, and the Chippewa National Forest. The Minnesota Office of Tourism is an equal opportunity employer.*

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