



Hiking Trails

Amen Lake Trail**218-327-2850****Cty Rd 246, Deer River, MN 56636**

6.9KM trail. Located 12 miles North of Grand Rapids on Hwy 38. Turn West on Cty Rd 19 and go 2 miles. Turn right on Cty Rd 246. Trail features challenging trails through rolling hills and mixed forest. A spur trail at the far end of the loop connects to the southern portion of the Suomi Hills Recreation Area in the Chippewa National Forest. (See Appendix H for map of trail.)

Bass Lake County Parkwww.co.itasca.mn.us/Parks/parks.htm

Located off of Minnesota State Aid Hwy 1, eleven miles east of Effie or eleven miles west of Togo, Minnesota. Bass Lake Park is interlaced with many trails within its 663-acre boundary. Most trails are open to hikers, bikers, and equestrian use. A hiker only trail is located around the south half of Bass Lake, which allows for complete circle hikes of the lake.

Big Ridge Trail**218-327-2855**

6 mile trail. Beginner to advanced level trails. Located from Goodland 4 miles North on Hwy 65, then West on Cty Rd 560 for one-half mi to parking lot. Trail runs through rolling forest of hardwoods and evergreens. Expert loops include steep hills. Maps along trail. (See Appendix I for map of trail.)

Blueberry Hills Trail**218-246-8195**

12KM trail. Located from Deer River 2.25 miles North on Hwy 6. Go 2.5 miles East on Chase Lake Rd, then .5 miles Right on Chasewood Drive. Trail runs through pine and hardwood forest on shores of Chase lake, with gently rolling to steep hills. (See Appendix E for map of trail.)

Cut Foot Sioux Trail**218-246-2123****1037 Division St., Deer River, MN 56636**www.fs.fed.us/r9/forests/chippewa/recreation/hiking

18 mile loop trail along Cut Foot Sioux Lake to Farley Tower. Located 18 miles NW of Deer River on Hwy. 46 or 30 miles NW of Grand Rapids. Access trail from the Cut Foot Sioux Visitor Center or from the Hwy 46 Wayside Rest 5 miles north of the Center. Trail follows the Continental Divide and connects with Simpson Creek Trail, a 13 mile trail system through large red pines on a peninsula on Lake Winnibigoshish. Map available from Chippewa National Forest.

Legion Trail**Hwy 38 & 14th St. NW, Grand Rapids, MN**

3.5 KM trail. Located at American Legion Park near Grand Rapids High School just off of Hwy 38 N. (See Appendix D for map of trail.)

Longyear Park (by Vandyke Grade School)

Located at Cole Ave. and Gayley Ave. in Coleraine, MN. Trail loops around portion of Trout Lake.

Portage Park**218-328-6225****Lake St. & Cty Rd 63, Cohasset, MN 55721**

2 mile trail. Located West of Grand Rapids on Hwy 2. Turn Left on Cty Rd 63 and go 2 miles. Turn Right on Lake St. to sports complex. Trail users can access the Bass Brook Wildlife Area hiking trails that veer off from the paved trail.

Scenic State Park**218-743-3362****56956 Scenic Hwy 7, Bigfork, MN 56628**www.dnr.state.mn.us/state_parks/scenic/index.html

10 mile trail. Located 7 miles East of Bigfork on Cty Rd 7. Also 32 miles North of Hwy 169. Visitors can hike the Chase Point Trail for hypnotic views of Coon and Sandwick Lakes giant pines. Campsites, lodge, guest house and swimming beach are available. (See Appendix K)



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Quadna Mountain & Golf **218-697-2880** **400 Quadna Road, Hill City, MN 55748**
800-422-6649 www.quadna-resort.com/activities.html

18 mile trail. Located from Grand Rapids 12 miles south on Hwy 169. Trail runs through 1400 acres of hills, maple forest, and golf course on the shores of Hill Lake. Maps along trail.

Schoolcraft State Park **218-247-7215** **9042 Schoolcraft Lane NE Deer River, MN**
www.dnr.state.mn.us/state_parks/schoolcraft/index.html

From Grand Rapids, travel 12 miles West on Hwy 2. Turn Left on Cty Rd 11 and go 5 miles. Turn Right on Cty Rd 18 and go 3 miles. Turn Left on Cty Rd 74 and go 2 miles. A quiet and peaceful trail system leads hikers through the virgin pine forest that includes a white pine more than 300 years old.

Simpson Creek Recreation **218-246-2123** **1037 Division St., Deer River, MN 56636**
www.northwoodsmnnesota.com/hiking.htm

13 mile trail. Located from Deer River 18 miles NW on Hwy 46. Start at Cut Foot Sioux Visitor Center. Access also from Eagle Nest Resort. Trail runs through forest of old growth pines with many lakes, all in non- motorized area. Maps along trail. (See Appendix K)

Sylvan Point Trail

From Grand Rapids, take 169S to Golf Course Road. Take a Right on Golf Course Road and go 1.4 miles. Take a Right on 14th Ave. SW – road before Grand Itasca Hospital. Go about two blocks. Parking lot is on the Left hand side. Unpaved hiking trails veer off from main trail and loop back around. Main trail runs behind the hospital and onward to the Forest History Center.

Suomi Hills Ski Trail **218-832-3161** **49554 State Hwy 38, Marcell, MN 56657**
www.fs.fed.us/r9/forests/chippewa/recreation/hiking

19 mile trail. Located about 8 miles South of Marcell (or 15 miles N of Grand Rapids) off Hwy 38, along the "Edge of the Wilderness" National Scenic Byway. Trail runs through rolling hills and lakes, with maple, basswood, and aspen forest. Maps along trail. (See Appendix K)

Tioga Beach Trail **218-328-6225** **Located along Cty Rd 63 Cohasset, MN**

2 mile trail. Located along Cty Rd 63 of Cohasset. Parking is available at Tioga Beach which is located on the Tioga Beach Road off of Cty Rd 63.

Trout Lake, Joyce Estates www.fs.fed.us/r9/forests/chippewa/recreation/documents/troutlake.pdf

11 mile trail. Located 13 miles North on Hwy 38 from Grand Rapids. Turn East on Cty Rd 60 and go 1 mile. Turn North on Cty Rd 335 and go 2 miles. Nice short scenic trail leads into the woods and out onto the Trout Lake Estate, a national historic site featuring a 1920 lumber baron estate. (See Appendix K G map of trail.)

U of MN Research Center **218-327-4490** **1861 E Hwy. 169, Grand Rapids, MN 55744**

3 mile trail. Located East of Grand Rapids on Hwy 169, just north of Itasca Community College. Trail winds through old-growth red and white pines. Maps along trail. (See Appendix K)

Wabana Trail **218-327-2850**

9.7KM trail. Located 7 miles North of Grand Rapids on Hwy 38. Turn NE on Cty Rd 49 and go 8 miles. Continue East on Cty Rd 59 for .5 mi. Trail offers five loops to choose from in a mixed forest. River loop follows Wabana Creek. Clearwater Lake lies south of the trail system. (See Appendix J)