



# ON THE TRAIL | HIKING AND BIKING

## CHIPPEWA NATIONAL FOREST | USDA FOREST SERVICE



### BIKING

→ **Electric bikes** are an increasingly popular way to enjoy the outdoors and are allowed on Chippewa National Forest roads and trails that are designated for motorized use.

#### PAVED TRAILS:

**Migizi Trail (Cass Lake):** This beautiful trail is named for the bald eagle (migizi in Ojibwe). The Trail circles Pike Bay on a 19-mile, paved loop through big red pines in the original Ten Section of the Forest. There are four access points along the route: Forest Supervisor's Office in Cass Lake, Minn., across from Cass Lake Wayside Rest Area on Highway 2, Norway Beach Recreation Area off Hwy 2, and South Pike Bay picnic area on the Pike Bay Loop Road.

**Heartland Trail (Walker):** The Heartland Trail stretches 22 miles across the Chippewa National Forest, with a total of 49-miles through northern Minnesota, linking Cass Lake, Walker, Akeley, Nevis, and Park Rapids. This scenic trail parallels Highways 371 between Cass Lake and Walker, and Highway 34 from Walker to Park Rapids, yet still has a secluded feel with little highway noise. Pines, birch, oak, maple, and aspen line the path.

**Paul Bunyan Trail (Walker):** The Paul Bunyan State Trail carries cyclists north from Brainerd to Walker on a 65-mile paved route. It connects with the Heartland Trail south of Walker and leads to Cass Lake. The trail is located on a former Burlington Northern railroad grade and offers a good break from the straight and level.

#### UNPAVED TRAILS:

**Simpson Creek Trail (Deer River):** In 1907, Sam Simpson's logging crew built the first tote roads in the Cut Foot Sioux area which now make up the 13-mile Simpson Creek Trail. The trail offers rolling topography through pines and along glacial eskers. Access the trail at the Cut Foot Sioux Visitor Center or Eagle Nest Road (Forest Road 2198).

**Cut Foot Sioux Trail (Deer River):** This extension of the Simpson Creek Trail is an 18-mile loop along old forest roads of gravel and sand. Access the trail from the Cut Foot Sioux Visitor Center or the Highway 46 wayside rest five miles north of the visitor center. Horseback riders also use this trail, so pass with caution.

**Suomi Hills Trail (Marcell):** The Suomi Hills area has 19 miles of remote trails and is part of a semi-primitive non-motorized area. The rolling topography is geared for intermediate and advanced cyclists. Access the Suomi Hills area from the Highway 38 National Scenic Byway, eight miles south of Marcell, Minn.

**Trout Lake Trail (Marcell):** This is a short, scenic trail to the Joyce Estate, a national historic site featuring a 1920 lumber baron estate. The rolling trail moves bikers between narrow paths and old tote roads, watch for hikers. Access the 11-mile trail from the north end of Trout Lake off County 326 or from the south near Forest Road 2065.

**Shingobee Hills (Walker):** Known for sledding and skiing, Shingobee also offers mountain biking adventures along six miles of moderate to difficult trails. Try your hand at winter biking and stop by the chalet on weekends. Located six miles west of Walker off Highway 34.

## HIKING

There is no better way to see the Chippewa National Forest than on a trail. The Chippewa National Forest offers **160** miles of hiking trails and **373** miles of non-motorized trails.

Trail	Miles	Location	Comments
Camp Rabideau	1	6.5 mi. south of Blackduck on Co. 39 Lat: 47.38.06 Lon: 94.32.47	
Carter Lake	3	2 mi. east of Tenstrike on Forest Road 2419 Lat: 47.38.21 Lon: 94.36.34	Hunter-walking trail, ski tour and snowmobiling
Elmwood Island	.5	7 mi. north of Alvwood in Island Lake Lat: 47.81901 Lon: -94.240971	Boat access only
Lost 40	.5	3 mi. north of Dora Lake on Forest Road 2240 Lat: 47.45.57 Lon: 94.05.20	Large red and white pine
Meadow Lake	10	8 mi. south of Tenstrike on County Road 307 Lat: 47.34.37 Lon: 94.05.20	Hunter-walking trail, ski touring
Webster Lake	6	10 mi. south of Blackduck at Webster Lake CG Lat: 47.36.11 Lon: 94.30.28	Hunter-walking trail
Migizi	19	Trail loops around South Pike Bay and into NWB Area	Paved biking and hiking
Star Island	6	2 mi. east of Cass Lake on Star Island	Boat or over-ice access only
Tower Lake	6	3 mi. east of Pennington on Forest Road 2172 Lat: 47.28.20 Lon: 94.24.56	Hunter-walking trail
Norway Beach Interpretive Trail	1.5	4 miles east of Cass Lake in the NWB Rec Area Lat: 47.22.37 Lon: 94.31.05	Interpretive Trail
Cut Foot Sioux	22	18 mi. NW of Deer River on State Hwy. 46	Follows Continental Divide
Johnson Lake	12	14 mi. SE of Deer River on State Hwy. 46 Lat: 47.25.35 Lon: 93.35.30	Hunter-walking trail
Simpson Creek	13	18 mi. NW of Deer River on State Hwy. 46 Lat: 47. 32' 09.7" Lon: -94 04' 47.2"	Eagle, osprey and loon viewing
Sugar Lake	2	7 mi. north of Remer on Forest Road 2112 Lat: 47.09.15 Lon: 93.51.18	Hunter-walking trail
Jingo Lake	5	9 mi. NW of Marcell on Forest Road 2423	Hunter-walking trail, rolling glacial topography
Miller Lake	8	13 mi. south of Marcell off State Hwy. 38	Hiking, geological site
Skeeter Lake	3	17 mi. north of Grand Rapids on County 49	Hunter-walking trail
Spur Lake	9	15 mi. SW of Bigfork on Forest Road 2402	Hunter-walking trail
Suomi Hills	21	15 mi. north of Grand Rapids on State 38 North Trail head Lat: 47.47663100, Lon:-93.64440200 South Trail head Lat: 47.42856400, Lon: -93.60310700	Rolling hills and lakes, semiprimitive, nonmotorized
Trout Lake	5	16 mi. south of Marcell on County 335 Lat: 47.432110 Lon: -93.560842	Hiking, skiing, historic site
County Road 50	8	6 mi. south of Walker on County 50 Lat: 47.01.49 Lon: 94.35.39	Hunter-walking trail
Goose Lake	12	5 mi. SW of Longville on County 5 Lat: 48.59.24 Lon: 94.19.42	Hunter-walking trail, ski touring
Heartland	50	Trailhead southwest side of Walker on County 12	State trail, paved biking, hiking, skiing, and snowmobiling
Lake Erin	1	5 mi. south of Walker on State Hwy. 371 Lat: 47.016250 Lon: -94.535579	Great for families, viewing wildlife by lakes and wetlands
North Country	68	Trail enters the Forest SW of Walker, crosses the southern portion and exits the Forest east of Remer.	National Scenic Trail from New York to North Dakota
Shingobee	6	5 mi. southwest of Walker on State Hwy 34 Lat: 47.02.12 Lon: 94.38.27	National recreation trail, rolling hills and scenic vistas. Hiking, biking, skiing