



On the Trail

CHIPPEWA NATIONAL FOREST | FOREST SERVICE



BIKING

Biking on the Chippewa National Forest has changed dramatically in the past decade. A limited number of bike trails were available for mountain bikes 10 years ago. Today, 41 miles of paved bike trails line the west side of the Forest and mountain bikers can travel over 43 miles of unpaved trails on the east side between Deer River and Marcell.

PAVED TRAILS:

Migizi Trail (Cass Lake): This beautiful trail is named for the bald eagle (migizi in Ojibwe). Dedicated in 2003, the Migizi Trail circles Pike Bay on a 19-mile, paved loop through the big red pines of the original Ten Section of the Chippewa National Forest. There are four access points along the trail route: forest supervisor's office in Cass Lake, Minn., across from Cass Lake Wayside Rest Area on Highway 2, Norway Beach Recreation Area off Highway 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. The Heartland Trail was one of the first rail-to-trail projects in the country.

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 and leads to Cass Lake, just south of Walker. The trail is located on a former Burlington Northern railroad grade. It is fairly level with the majority of hills and curves on the section that leaves the grade and goes through the Forest. This trail offers a good break from the straight and level, but take care on curves in this heavily wooded area.

UNPAVED TRAILS:

Simpson Creek Trail (Deer River): In 1907, Sam Simpson's logging crew built the first tote roads and trails in the Cut Foot Sioux area. Today, this system makes up the 13-mile Simpson Creek Trail. The trail offers rolling topography through pines and along glacial eskers, with overlooks of Cut Foot Sioux Lake and access to the cedar swamp. Cyclists travel on both old tote roads and dirt trail. 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 Trail has 19 miles of remote and stunning trails and is part of a semi-primitive non-motorized area. The rolling topography offers mountain bike trails 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 through the woods to the Trout Lake Estate, a national historic site featuring a 1920 lumber baron estate. The rolling trail moves bikers between narrow paths and old tote roads. Please watch for hikers. Bring your picnic basket to enjoy quiet moments along this beautiful lake. Access the 11-mile trail from the north end of Trout Lake off County 326 or from the south end near Forest Road 2065.

HIKING

There is no better way to see the Chippewa National Forest than on a trail. Hike and view spring wildflowers, bike along a tranquil wetlands, hunt grouse on a hunter-walking trail, or ski through winter woods. The Chippewa National Forest offers more than 298 miles of non-motorized trails. The table below lists recommended hiking trails on the Chippewa National Forest. These trails are for non-motorized use unless otherwise noted. All national forest lands are open to camping. A number of primitive campsites are located along the trail routes. Please pack out what you bring in and help maintain the Forest.

Trail	Miles	Location	Comments
Camp Rabideau	1	6.5 mi. south of Blackduck on Co. 39	
Carter Lake	3	2 mi. east of Tenstrike on Forest Road 2419	Hunter-walking trail, ski tour and snowmobiling
Elmwood Island	.5	7 mi. north of Alvwood in Island Lake	Boat access only
Lost 40	.5	3 mi. north of Dora Lake on Forest Road 2240	Large red and white pine
Meadow Lake	10	8 mi. south of Tenstrike on County Road 307	Hunter-walking trail, ski touring
Webster Lake	6	10 mi. south of Blackduck at Webster Lake Campground	Hunter-walking trail
Migizi	19	Trail loops around South Pike Bay and into Norway Beach Recreation Area east of Cass Lake	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	Hunter-walking trail
Norway Beach Interpretive Trail	1.5	4 miles east of Cass Lake in the Norway Beach Recreation Area	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	Hunter-walking trail
Simpson Creek	13	18 mi. NW of Deer River on State Hwy. 46	Eagle, osprey and loon viewing
Sugar Lake	2	7 mi. north of Remer on Forest Road 2112	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	Rolling hills and lakes, semiprimitive, nonmotorized
Trout Lake	5	16 mi. south of Marcell on County 335	Hiking, skiing, historic site
County Road 50	8	6 mi. south of Walker on County 50	Hunter-walking trail
Goose Lake	12	5 mi. SW of Longville on County 5	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	Great for families, viewing wildlife by lakes and wetlands
North Country	68	The trail enters the Chippewa southwest of Walker, crosses the southern portion of the forest 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	National recreation trail, rolling hills and scenic vistas



Forest Service

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