

# Norway Trail



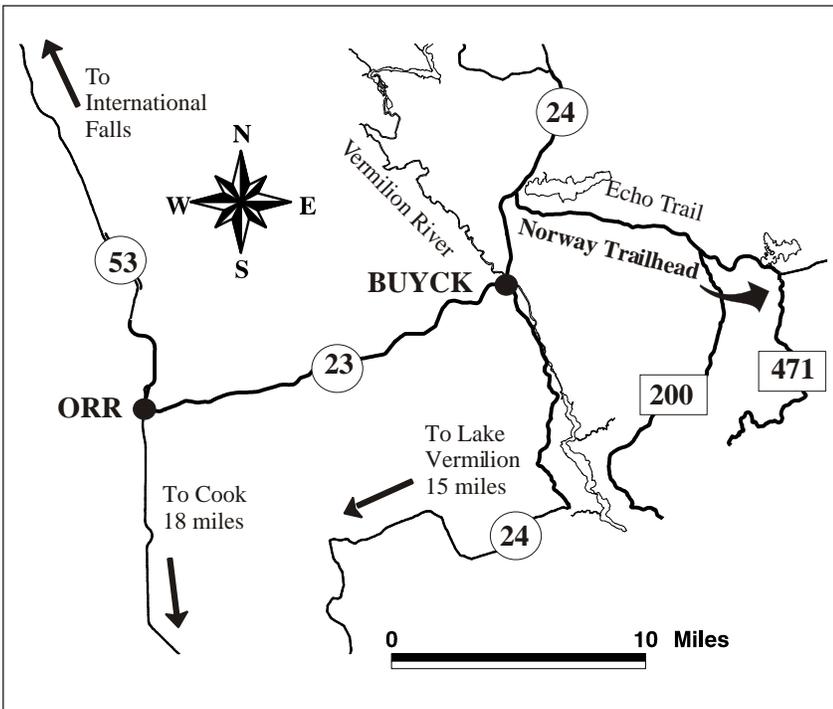
SUPERIOR NATIONAL FOREST

LACROIX RANGER DISTRICT

COOK, MINNESOTA

## FEATURES

- 8 total miles of hiking trail (one way)
- Two access points
- Route to the North Arm of Trout Lake in the Boundary Waters Canoe Area Wilderness (BWCAW)
- Challenging mountain biking loops outside the BWCAW



## LOCATION

The Norway Trail is located 34 miles northeast of Orr, MN.

- From Orr, take St. Louis County 23 east to Buyck (16 miles).
- At Buyck, County 23 turns into County 24. Continue on County 24 for 4 miles to the Echo Trail (County 116).
- Turn right on the Echo Trail for 13 miles to Forest Road 471.
- Turn right on Forest Road 471 for 0.3 mile to the north trailhead or 6 miles to the south trailhead.



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# SUPERIOR NATIONAL FOREST - NORWAY TRAIL

## DESCRIPTION

This trail passes through mature stands of red and white pine, over ledge rock and through some small wet areas.

### NORTH TRAILHEAD

Park your vehicle, and walk down the road behind the gate. The trail turns south at about 0.1 mile and traverses a cut area. You will cross Forest Road 471 H at 3 miles. Continue on the trail for 2 ¼ miles to Forest Road 471. Go left on the road for almost 1 mile to the south trailhead.

### SOUTH TRAILHEAD

There is limited parking here. From the trailhead stay on the trail south for 2 miles to the North Arm of Trout Lake in the BWCA Wilderness.

#### **Whenever you enter the BWCA Wilderness:**

- A permit is required.
- Limit of 9 people in a group.
- No cans or bottles.
- Overnight hikers must camp at a campsite (see map) or at least 150 feet from the trail or lakeshore.

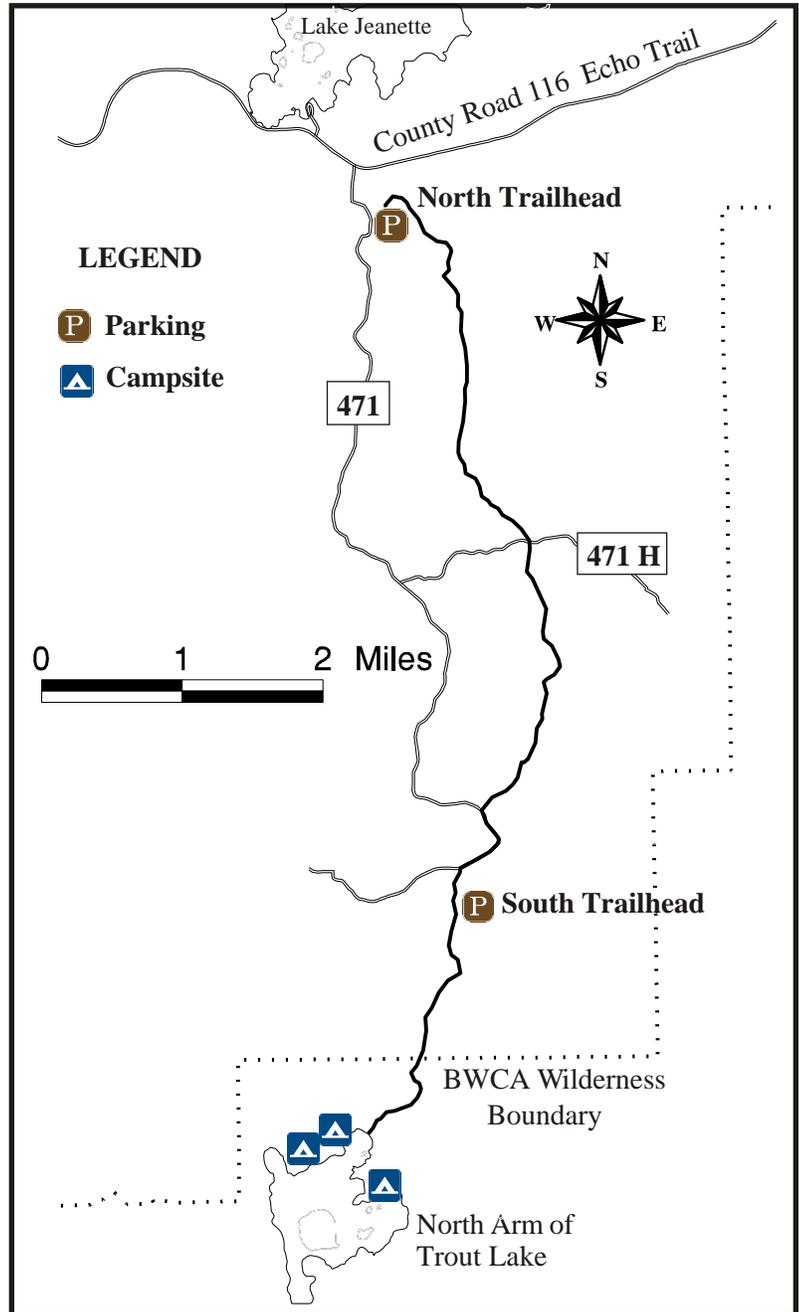
#### ***CAUTION:***

***Minimal signing on this trail. Use a topographic map and compass.***

### MOUNTAIN BIKING LOOPS

Bike the short loop from the north trailhead to Forest Road 471H and cut back west 1 mile to Forest Road 471 to return to the trailhead. Or bike a longer route from the north trailhead 6 miles to Forest Road 471 to return. These loops are rugged, with some carry-through areas, wet spots, rocks and roots. **Mountain bikes are not allowed in the BWCA Wilderness.**

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#### **For More Information Contact:**

LaCroix Ranger District  
320 North Hwy 53  
Cook, MN 55723  
218-666-0020 Voice and TTY  
**On the web at:**  
[www.fs.fed.us/r9/superior](http://www.fs.fed.us/r9/superior)

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