Features
- 15 miles (24 km) of trail
- ½-mile fitness trail with 7 exercise stations
- Scenic Overlooks
- Adirondack shelter
- Fall color viewing
- 4 picnic sites
- Restrooms
- Interpretive signs

Location
From Virginia, MN take Highway 53/169 north for 4 miles. The trailhead is located at the Laurentian Divide Recreation Area on the northbound lane.

Vicinity Map
Laurentian Divide Fitness Trail, part of the Lookout Mountain Trail System.
The Laurentian Divide Recreation Area serves as the trailhead for the Lookout Mountain Trail system which includes a ½-mile fitness trail with 7 exercise stations and additional one-mile long distance loop.

This is a hiking trail and ski trail. No motorized vehicles are allowed.

The Laurentian Snowmobile Trail is located ¼ mile north of this trailhead. A parking lot is located there for snowmobilers. If that lot is full, snowmobilers are welcome to park at the Laurentian Divide but must access the snowmobile trail by driving north alongside Highway 53.