

Hiking

Location Map Inside



SUPERIOR NATIONAL FOREST

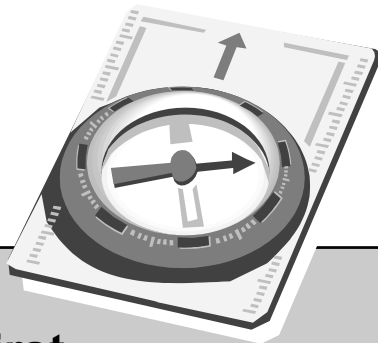
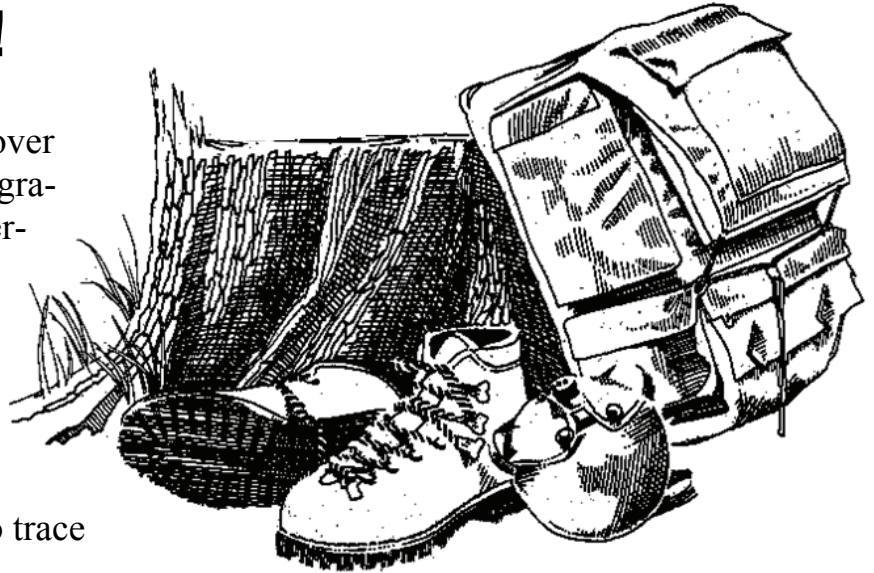
HEADQUARTERS

DULUTH, MN

The trail is calling!

The Superior National Forest offers over 400 miles of hiking trails. Trail topography varies from hilly with scenic overlooks to pungent-smelling swamps, meandering streams and sparkling lakes.

We appreciate visitors like you who respect the natural resources and beauty of the forest. Please, leave no trace of your visit. Thank you!










Think Safety First

- Tell someone where you are going.
- Wear proper boots and outerwear.
- Bring insect repellent, rain gear, map and compass. Don't rely on a GPS unit.
- Carry plenty of water and food.



















































When hiking, *Leave No Trace*

























-  Plan ahead and prepare
-  Travel and camp on durable surfaces
-  Minimize campfire impacts
-  Dispose of waste properly
-  Leave what you find
-  Respect wildlife
-  Be considerate of others

North Shore Area: Gunflint & Tofte Districts

Trail	Map Key	Trail Length (mi)	Location	Symbols
Brule Lake	F22	7	24 mi. NW of Grand Marais, CR7 to FR 158, W on FR 170, N to FR 326	 
Border Route	E22-E27	53	Runs along the Minnesota and Canadian border	  
Britton Peak	I21	0.25	2.5 miles north of Hwy 61 on CR 2	
Caribou Rock	E24	4	29 miles NW of Grand Marais on Hungry Jack Lake CR 65	 
Carlton Peak	I21	2	2.5 miles north of Hwy 61 on CR 2	
Centennial	E21	3.3	47 miles up Gunflint Tr/CR 12 from Grand Marais on left; shared trailhead with Kekekabic Trail	 
Divide Lake	I17	1	Divide Lake Campground 5 miles east of Isabella	  
Eagle Mountain	G23	2.5	17 miles NW of Grand Marais at junction of FR 170 and FR 158	  
Eighteen Lake	H17	2	Eighteen Lake boat access 4 miles NE of Isabella on FR 369	 
Flathorn Lake	H16	2	1 mile north of Hwy 1 on FR 177	 
Hogback Lake	H18	5.5*	12 miles east of Isabella on FR 172	 
Honeymoon Bluff	E24	0.5	30 miles north of Grand Marais on CR 66	 
Kekekabic	F16 E21	46	50 mi. up the Gunflint Tr/CR 12 from Grand Marais; trailhead on left.	  
LeVeaux	I21	1	2 miles north of Hwy 61 on FR 336	 
Lima Mountain	F24	1.1	FR 152 off the Gunflint Tr/CR 12, 17 miles from Grand Marais; trail maintained by and on land managed by MnDNR	
Magnetic Rock	E21	2	45 miles NW of Grand Marais on Gunflint Tr/CR 12	
Manitou Overlook	I18	1	10 miles SE of Isabella on FR 361	
McDougal Lake	H15	1	McDougal Lake Campground 10 miles west of Isabella on Hwy 1, 0.5 miles south on FR 106	
Moose Viewing	F25	0.3	24 miles up Gunflint Tr/CR 12 from Grand Marais on left	

Trail	Map Key	Trail Length (mi)	Location	Symbols
Ninemile Lake	I19	4	15 miles west of Tofte on Lake CR 7	 
Northern Light	F25	4	10 miles NE of Grand Marais off CR 12	 
Oberg Mountain	H21	1	2 miles NE of Tofte on FR 336	
Pow Wow	G17	29	17 miles north of Isabella on FR 377	 
Seagull Nature	D20	0.7	End of Gunflint Tr/CR 12, 50 miles from Grand Marais; trailhead at boat launch at campground	
South Lake	E22	4	18 miles NW of Grand Marais off CR 12	 
Superior Hiking Trail	L16-F29	95	Multiple access points every 5-10 miles north on Hwy 61	  

Ely Area: Kawishiwi Dsistrict

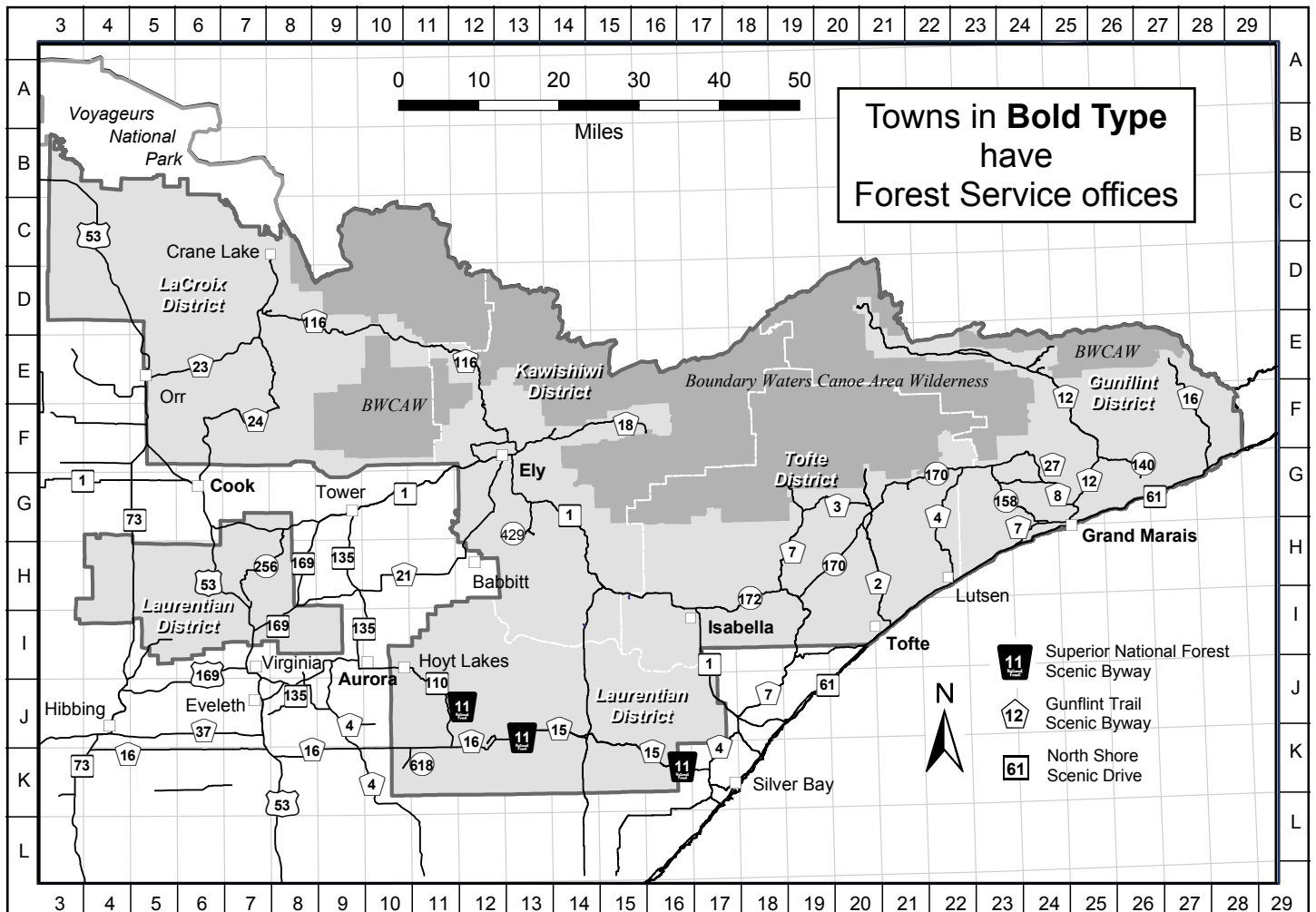
Trail	Map Key	Trail Length (mi)	Location	Symbols
Angleworm	E12	14	17 miles north of Ely on the Echo Trail/ CR 116	  
Bass Lake	F13	6*	6 miles north of Ely on the Echo Trail/CR 16	
Birch Lake Plantation	H12	3	1 miles east of Babbitt on CR 623	
Fenske Lake	F12	1	Fenske Lake Campground 11 miles north of Ely on the Echo Trail/CR 16	  
Kekekabic	F16 E21	46	22 miles east of Ely off Fernberg Trail/CR 18 on Snowbank Lake Road	  
North Arm	F12	32*	14 miles NW of Ely off Echo Trail/ CR 116 on North Arm Road/CR 644	 
North Junction	E12	7	13 miles NW of Ely, junction of Echo Trail/CR 116 and North Arm Road/ CR 644	
Secret/ Blackstone	F16	5*	20 miles east of Ely off Fernberg Trail/CR 18 on Moose Lake Road/FR 438	  
Snowbank & Old Pines	F16	41	22 miles east of Ely off Fernberg Trail/CR 18 on Snowbank Lake Road	  
S. Kawishiwi River	G14	1	South Kawishiwi River Campground 10 miles SE of Ely on Hwy 1	 

Iron Range Area: Laurentian District

Trail	Map Key	Trail Length (mi)	Location	Symbols
Big Aspen	H7	21*	11 miles north of Virginia on CR 405/FR 256/FR 257	 
Big Lake/ Stone Lake	I12	2	12 miles east of Hoyt Lakes off FH 11/CR 110 on FR 120	 
Bird Lake	J11	12*	5 miles SE of Hoyt Lakes on FH 11/CR 110	 
Camp Four Lake	H5	0.3	8 miles north of Buhl on CR 25	
Deepwater Lake	H5	2.4	9 miles north of Chisholm off Hwy 73 on F.R. 273	  
Jenkins Creek	K12	4*	13.4 miles SE of Hoyt Lakes on FH 11/CR 110	
Laurentian Divide Fitness	I7	0.5*	4 miles north of Virginia on Hwy 53	 
Lookout Mountain	I7	14*	4 miles north of Virginia on Hwy 53	 
North Dark River	H5	1.6	16 miles north of Chisholm off Hwy 73 on CR 688	  
Otto/ Harris Lake	K12	8	28 miles SE of Aurora off FH 11/CR 16 on FR 416	 
Pfeiffer Lake	H8	3*	25 miles north of Virginia off Hwy 1 on FR 256	   
South Dark River and Angler Access	H5	2.5	14 miles north of Chisholm off CR 65 on FR 271	
St. Louis River	J11	5*	5 miles SE of Hoyt Lakes off FR 130 on FR 790	
Sturgeon River	H4	23*	9-14 miles north of Chisholm off Hwy 73 on FR 279, FR 703 and CR 65 (multiple access points)	 
Whiteface Reservoir	K10	3	15 miles south of Aurora off CR 16 on CR 618	  
White Pine	J14	0.2	28 miles north of Two Harbors on Hwy 2	 

Crane Lake Area: LaCroix District

Trail	Map Key	Trail Length (mi)	Location	Symbols
Astrid Lake	E9	7*	32 miles NE of Orr at Lake Jeanette Campground and off FR 200	
Big Moose	E11	2	47 miles NE of Orr on FR 464 (Moose Loop Road)	
Echo Lake	D8	9*	22 miles NE of Orr on CR 116 Echo Trail	
Herriman Lake	D8	15*	27 miles NE of Orr off CR 424	
Norway	E9	6	31 miles NE of Orr off FR 471	
Sioux-Hustler	D10	32	29 miles NE of Orr on CR 116 Echo Trail	
Vermilion Gorge	C7	1.5	27 miles NE of Orr in Crane Lake, MN	
Vermilion Falls	C7	1	27 miles NE of Orr on FR 491	



Superior National Forest - Hiking

How far is it?

Trail length is the actual length of the pathway. If the trail is not a loop, you will have to double the length if you want the distance for a round trip hike.

If multiple loop options are available, an asterisk* will be shown by the trail miles.

For more information on individual trails, contact the local district office (see list below).

Key to Chart Symbols

-  Campground
-  Backcountry campsite
-  Scenic vista
-  BWCAW Permit required
-  Interpretive trail
-  Multiple use
-  Fishing access
-  Watchable Wildlife
-  Picnic area
-  Hunter walking trail

Map Key refers to map at end of chart & Forest Map

**Take nothing but pictures,
Leave nothing but ...**

INVASIVE SPECIES!?

Clean seeds off your boots and socks, don't transport alien plants!



If your trail enters the Boundary Waters Canoe Area Wilderness:

- A permit is required.
 - Day trips and off-season overnight: Follow directions on the self-issuing permit in the box at the trailhead. Special rules apply, so read the permit carefully.
 - Overnight during visitor season, May - September: Do not use self-issuing permit. Obtain an overnight permit from a Forest Service office or outfitter.
- 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.
- Fires, when allowed, only in the fire grates at campsites.

For more information, go to www.fs.fed.us/r9/superior on the web or contact:

Superior National Forest Headquarters

8901 Grand Avenue Place
Duluth, MN 55808
(218) 626-4300
r9_superior_NF@fs.fed.us

**Gunflint
Ranger District**
2020 W. Hwy 61
Grand Marais, MN
55604
(218) 387-1750
gunflint@fs.fed.us

**Tofte
Ranger District**
North Hwy 61
P.O. Box 2159
Tofte, MN 55615
(218) 663-8060
tofte@fs.fed.us

**Kawishiwi
Ranger District**
1393 Hwy. 169
Ely, MN 55731
(218) 365-7600
kawishiwi@fs.fed.us

**LaCroix
Ranger District**
320 Hwy 53 North
Cook, MN 55723
(218) 666-0020
lacroix@fs.fed.us

**Laurentian
Ranger District**
318 Forestry Road
Aurora, MN 55705
(218) 229-8800
laurentian@fs.fed.us

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