

Hiking

Gunflint
Tofte



SUPERIOR NATIONAL FOREST

NORTH SHORE AREA

TOFTE & GRAND MARAIS, MN



What a nice day for a hike!

Pine trees, birch forests, rugged hills, wooded bogs, and even a great lake - this area has it all for the hiker. From day hikes of an hour or less, to extended backpacking trips, come and enjoy any of the beautiful trails northeastern Minnesota has to offer. These trails include those maintained by the USDA Forest Service, National Park Service, Minnesota DNR and State Parks, and local municipalities. See the keyed map inside for approximate locations of trails, but stop at a ranger station or park headquarters for a Forest Map to find your way to the trailhead and to inquire about trail maps.

1. CARIBOU FALLS

- Moderate; 1.5 mile
 - Access: Wayside rest off Hwy. 61, 8 miles south of Schroeder
- A pleasant walk along the Caribou River leads to Caribou Falls. Continue along the Superior Hiking Trail or return to the wayside parking area.

2. SUGARLOAF INTERPRETIVE TRAIL

- Easy; 1.5 mile
 - Access: Hwy. 61, 6 miles south of Schroeder
- Trail travels through woods and along ledge rock to Sugarloaf Beach. Trail guide available at parking area.

3. CROSS RIVER TRAIL

- Moderate; 0.5 mile
 - Access: Cross River wayside rest, Highway 61
- Here's a gradual climb with great views of the river gorge. Continue up river over the snowmobile trail to explore further, or return on the hiking trail to Highway 61.

4. TEMPERANCE RIVER

- Moderate; 6 miles, various trails
 - Access: Temperance River State Park
- Trails wind along both sides of the river past eight pools and seven overlooks with sheer rocky ledges. It's easy hiking, but use caution. Maps are available at Temperance River State Park.

5. CARLTON PEAK

- Moderate; 3 miles
 - Access: Sawbill Trail (Co. Rd. 2)
- Gradual at first, then steep. This forest hike takes you to great views of Lake Superior. Steep cliffs at top; use caution with small children.

6. BRITTON PEAK

- Difficult but short; 0.3 miles
 - Access: Sawbill Trail (Co. Rd. 2)
- A short climb offers you a great view of Lake Superior. Steep cliffs at top; use caution with small children.

7. RAY BERGLUND WAYSIDE REST

- Moderate; 0.5 mile
 - Access: Wayside stop, Highway 61
- Follow the Onion River along this scenic path.

8. OBERG & LEVEAUX MOUNTAIN NATIONAL RECREATIONAL TRAILS

- Moderate; Oberg 2.2 miles, Leveaux 3.4 miles
 - Access: Forest Road 336
- Both trails begin at the same parking lot off Forest Road 336. High overlooks along Oberg give great views of Lake Superior, Oberg Lake, and Moose Mountain. Steep cliffs at top; use caution with small children. Leveaux Trail follows a ridge rising 1,000 feet above Lake Superior. Fall color is fabulous on both trails.

9. WHITE SKY ROCK

- Moderate; 1 mile
 - Access: Caribou Trail (Co. Rd. 4)
- A steep hike to the cliff tops offers a panoramic view of Caribou Lake. It's a spectacular fall color hike.

10. CASCADE RIVER HIKES

- Moderate to difficult; 18 miles, various loops
 - Access: Cascade State Park, Highway 61
- Hiking along both sides of the river gorge with views of the waterfalls. Other trails follow the rocky terrain along Lake Superior or wind through the forest to Lookout Mountain. Maps are available at Cascade State Park.

11. EAGLE MOUNTAIN TRAIL

- Moderate to difficult; 7 miles
 - Access: Forest Road 170
 - Requires self-issuing day permit or overnight camping permit for wilderness entry
- Eagle Mountain, at 2,301 feet, is the highest point in Minnesota. The trail is rocky at its beginning and climbs in the last mile for a view of the surrounding hills, lakes, and creeks. Most of the trail is in the Boundary Waters Canoe Area Wilderness. Two developed campsites are found on Whale Lake at the base of the mountain.

12. SWEETHEARTS BLUFF

- Easy to difficult; 1 mile
 - Access: Grand Marais Municipal Recreation Area
- The trail starts at the far west end of the trailer park. It's a one-mile hike with picnic shelters and beautiful views of the harbor and shoreline.

13. ARTISTS POINT & LIGHTHOUSE

- Easy; 0.5 mile
 - Access: U.S. Coast Guard Station, Grand Marais
- Exploring the shoreline rocks beneath the breakwater will reveal names of visitors back to 1892. Walk the trails to the east along Artist's Point and enjoy the sights and sounds of the boreal forest. Walk west along a wide cement pier to the lighthouse. Be sure to take your camera.

14. PINCUSHION MOUNTAIN TRAILS

- Easy to difficult; 15 miles, various loops
 - Access: Gunflint Trail (Co. Rd. 12), turn right on Co. Rd. 53
- Take the loop to Pincushion Mountain for a view of the Devil Track River gorge and a panorama of Lake Superior. Connections can be made here with the Superior Hiking Trail.

15. DEVIL TRACK RIVER TRAIL

- Moderate; 10 miles
 - Access: 4 miles east of Grand Marais on Hwy. 61 with a left on Lindskoog Rd (Co. Rd. 58) for one mile
- Hike 1.5 miles to the canyon, 2.5 miles to the foot bridge, or 5 miles to Pincushion Mountain.

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More Trails

16. GEORGE WASHINGTON MEMORIAL PINES

- Easy; 3 miles
- Access: Gunflint Trail (Co. Rd. 12)

The trail is an old road through a tall pine stand. It turns at Elbow Creek and follows the creek before winding back into the forest. The trail crosses a swamp; if you don't want to get your feet wet, you'll have to turn around.

17. NORTHERN LIGHT OVERLOOK TRAIL

- Difficult but short; 1 mile
- Access: Gunflint Trail (Co. Rd. 12)

Climb one-half-mile to the top of Blueberry Hill. Outstanding vistas in several directions above Northern Light Lake.

18. DANIELS LAKE TRAIL

- Easy; 1.5 mile
- Access: Trailhead at West Bearskin Lake Boat Landing or Clearwater Lake Boat Landing
- Requires self-issuing day permit for wilderness entry

Access to the Border Route Trail. Public parking is available ¼ mile from either trailhead.

19. HONEYMOON BLUFF TRAIL

- Difficult but short; 1.5 mile
- Access: Clearwater Lake Road (Co. Rd. 66), near Flour Lake Campground

Here's a short but steep walk to a beautiful overlook above Hungry Jack Lake. Try a sunset hike, and be sure to take in the colorful view in autumn.

20. CARIBOU ROCK TRAIL

- Moderate to difficult; 1.5 or 7 miles
- Access: Hungry Jack Lake Road (Co. Rd. 65)
- Requires self-issuing day permit for wilderness entry

A ¾ mile well-traveled walk takes you to a beautiful overlook of West Bearskin Lake, another 3/8 mile hike and you are at an overlook of Moss Lake. Continue walking over rugged and scenic terrain to Stairway Portage and Rose Lake.

21. SOUTH LAKE TRAIL

- Moderate; 7 miles
- Access: Gunflint Trail (Co. Rd. 12) near Poplar Lake
- Requires self-issuing day permit for wilderness entry

Entry point permit required for overnight use

Extending from Poplar to South Lake, a portion of the trail is in the Boundary Waters Canoe Area Wilderness. The trail passes over Partridge Lake with a developed overnight campsite. View tall red and white pines along the trail in the sections where it passes through the old forests.

22. TOPPER LAKE TRAILHEAD / MUCKER LAKE TRAIL

- Easy; 1.5 miles; or 6 miles to Mucker Lake
- Access: End of Forest Road 317
- Requires self-issuing day permit for wilderness entry

Topper Lake is nestled among hills. Mucker Lake Trail intersects the Border Route Trail at South Lake.

23. CRAB LAKE TRAIL

- Easy; 8 miles
- Access: Loon Lake Lodge side road (just past lodge)
- Requires self-issuing day permit for wilderness entry

Access to Border Route Trail.

24. GUNFLINT LAKE TRAILS

- Moderate to difficult; 26 miles, various loops
- Access: Loon Lake Landing or one of the resorts along Gunflint Lake.

High Cliffs Trail and South Rim Trail have spectacular views of Gunflint Lake and the Canadian shore. Get the feel of the forest as you hike through dense growth between ridges. Maps are essential. Pick one up from an area resort before starting out.

25. MAGNETIC ROCK TRAIL

- Easy; 3 miles
- Access: Gunflint Trail (Co. Rd. 12)
- Requires self-issuing day permit for wilderness entry

Hike across Larch Creek to Magnetic Rock. The trail passes through 3 major disturbances: the 1999 blowdown, 2002 prescribed burn, and 2007 Ham Lake wildfire. Look for young jack pine and fire specialist woodpeckers.

Magnetic Rock is a 60-foot rock with strong magnetic attraction. Bring your compass and test the magnetism. The trail continues to connect with the Gunflint Lake Trails. Use a trail map for hiking past Magnetic Lake.

28. KADUNCE RIVER TRAIL

- Easy; 1.5 mile
 - Access: Hwy 61 E at Kadunce Wayside, 9 miles from Grand Marais
- Easy hiking takes you through the woods and along a river gorge. Take a fishing pole – stream fishing is good. Connects to Superior Hiking Trail.

29. DEVIL'S KETTLE TRAIL

- Moderate; lots of stairways; 2.5 miles
- Access: Highway 61 at Judge C.R. Magney State Park

The trail follows the Brule River with vistas of waterfalls and rapids. The 50-foot waterfall at the Devil's Kettle mysteriously disappears into a hole in the basalt bedrock. Connects to Superior Hiking Trail.

31. THE GRAND PORTAGE

- Moderate to difficult; 16 miles
- Access: Grand Portage National Monument

This historic trail, in use for hundreds of years, was used by Native Americans, European explorers, and fur trade-era Voyageurs. It winds through heavily wooded terrain and rises 630 feet from Lake Superior to the Pigeon River. A one-way hike takes approximately five hours. Campsites at historic Fort Charlotte on the Pigeon River require a permit, obtained free from the National Park Service. A separate brochure describing the portage is available at the Great Hall inside the historic stockade area of the Grand Portage National Monument.

32. MOUNT ROSE TRAIL

- Difficult but short; 1 mile
- Access: Grand Portage National Monument, Grand Portage

A self-guiding brochure is available for the hike. Climbing 300 vertical feet along a paved pathway, you'll see many fine vistas of the bay and the historic fur trade headquarters. Wayside exhibit panels explain the history of the fur trade at Grand Portage.

33. PARTRIDGE FALLS

- Easy; 10 miles
- Access: Mineral Center Rd. (Co. Rd. 72) to Partridge Falls Rd.

A five-mile walk along the Partridge River flats brings you to a beautiful 40-foot waterfall on the Pigeon River.

34. GRAND PORTAGE STATE PARK

- Easy and handicapped accessible
- High Falls Trail – 0.5 mile; Middle Falls Trail – 3.5 miles
- Access: Grand Portage State Park

The High Falls Trail begins at the park office and goes north along the Pigeon River. A 700-foot boardwalk provides easy access on the last part of the trail. Three overlooks (one wheelchair accessible) give awesome views of the 120-foot waterfall. The Middle Falls Trail begins at the park office and is a winding scenic trail that takes visitors over ridge tops, through heavily wooded forest, and along the river bank. Visitors will appreciate the semi-mountainous terrain with its breathtaking views of the river gorge and Lake Superior.

35. MOUNT JOSEPHINE TRAIL

- Difficult; 1.5 mile
- Access: Co. Rd. 17, Grand Portage Village

After parking in the lot adjacent to Co. Rd. 17, walk one-quarter mile to the trailhead. From there, a difficult 30-minute switchback climbs 800 feet, but it's worth the effort. The top provides a glorious panorama of Lake Superior, Pigeon Point, Isle Royale, and the Susie Islands.

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More Trails

36. NINE MILE LAKE

- Moderate; 4 mile
- Access: Lake Co 7, 15 mi east of Tofte

A nice walk starting across the road from Nine Mile Lake campground. The 'loop' part of the trail may be brushy and hard to follow.

37. MANITOU OVERLOOK

- Short but steep; 1 mile
- Access: Forest Rd 361, 10 mi SE of Isabella

Short trail to nice overlook. Rough road access.

38. DIVIDE LAKE

- Moderate; 1 mile
- Access: FR 172 at Divide Lake Campground, 5 mi E of Isabella

Loop goes around Divide Lake through some marshlands. Several designated photo spots.

39. EIGHTEEN LAKE

- Easy loop around lake; 2 miles
- Access: FR 369, 4 mi NE of Isabella

Trail loops around lake starting from boat access. Some shore fishing opportunities.

40. FLATHORN LAKE

- Easy; 2 miles
- Access: FR 177 (Midiwan Lake Rd, 1 mile N of MN 1)

Nice trail from picnic area. Both big pines and some second growth.

41. MCDUGAL LAKE

- Moderate; 1 mile
- Access: From McDougal Campground off MN 1, 10 mi W of Isabella.

Hike parallels shoreline, then veers into the woods in a circle. Some swampy and brushy areas. Trail sees little use, can be hard to locate in places.

43. HOGBACK LAKE

- Moderate; 4 miles
- Access: FR 172, 12 mi E of Isabella

Trail loops around lake from boat landing. Several shore fishing spots.

44. LIMA MOUNTAIN

- Moderate; 1.1 mile
- Access: FR 152 off of the Gunflint Trail

Hike to nice view from top of Lima Mountain. Some steep areas. The trail and land is managed by the MN DNR.

45. MOOSE VIEWING

- Easy; 0.1 mile
- Access: 24 miles up the Gunflint Trail

Easy short trail to viewing platform by moose habitat. No guarantees!

46. CENTENNIAL TRAIL

- Moderate to difficult, 3.3 mile loop. Partly on Kekekabic Trail
- Access: Kekekabic trail head, 40 mi up Gunflint Tr. from Grand Marais

The Centennial Trail follows an 1890's railroad route to the ill-fated Paulsen Mine. A brochure and numbered posts will guide you. You'll see mine test pits, walk 1890's stone trestles, and see recent signs of fire and wind as you retrace this historic attempt to extract iron ore. A short spur leads to the view from the former site of a fire tower. This new trail has a rough surface and steep areas with no stairs.

47. SEAGULL NATURE TRAIL

- Moderate; 0.7 mile
- Access: Trail's End Campground at end of Gunflint Tr., 50 mi from Grand Marais.

This trail was re-established during the Ham Lake fire. It is a nice short hike that allows you to see the patchy nature of the fire and how the forest recovers.

If you're hiking into the Boundary Waters Canoe Area Wilderness...

- A permit is required for both overnight and day use.
- 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. Check for fire restrictions.
- There are no trail signs in the wilderness. Use a topographic map and compass to guide you.

Long

Distance

Trails

26. SUPERIOR HIKING TRAIL

- Moderate to difficult; 200 miles
- Access: Various locations

This long distance trail follows the Lake Superior shore from Two Harbors to the Canadian border. Spring brings a carpet of wildflowers, summer brings a harvest of berries, and fall offers a panorama of color. There are spectacular vistas of Lake Superior, memorable silhouettes of the Sawtooth Mountain Range, and breathtaking glimpses of wild rivers as they cascade over waterfalls through rocky gorges. Trailheads are located at most County Road crossings and state parks. Current maps are available at U.S. Forest Service offices, state park offices, local resorts and businesses, and from the Superior Hiking Trail Association in Two Harbors, MN.

27. KEKEKABIC TRAIL

- Moderate; 37 miles, various loops
- Access: Gunflint Trail (Co. Rd. 12) 40 miles from Grand Marais
- Requires self-issuing day permit for wilderness entry; entry point permit required for overnight use

The trail extends from the Gunflint Trail to County Road 18 near Ely. The trail passes through the 2007 Ham Lake wildfire and is a good chance to see post fire ecology. Post fire soils are fragile, please stay on the trail.

30. BORDER ROUTE TRAIL

- Moderate to difficult; 70 miles
- Access: Gunflint Trail (Co. Rd. 12)
- Requires self-issuing day permit for wilderness entry; entry point permit required for overnight use

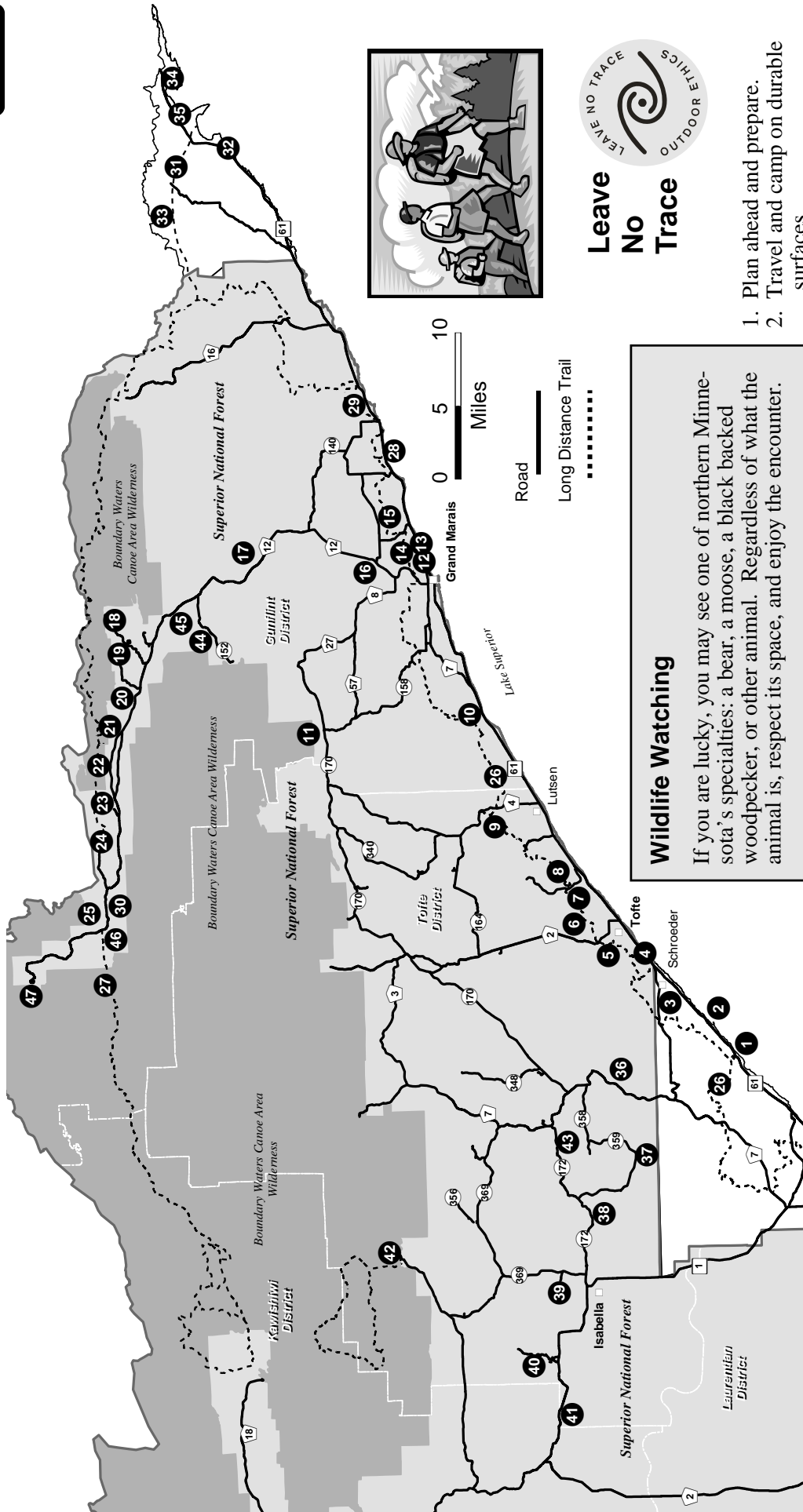
The trail extends from a trailhead on the Gunflint Trail to the Pigeon River below South Fowl Lake. Most of the trail passes through the BWCW (requires overnight permits for camping). It's moderately rugged terrain, with many rock ledges and spectacular views. The trail passes through the 2007 Ham Lake wildfire and is a good chance to see post fire ecology. Post fire soils are fragile, please stay on the trail. Windfalls are to be expected, and it may be difficult to follow the trail. Campsites can be found along lakeshores. For current trail conditions and maps, contact the U.S. Forest Service in Grand Marais.

42. POWWOW TRAIL

- Half easy on old roadbed, N & NW portions difficult; 29 miles
- Access: FR 377, 17 mi N of Isabella
- Requires self-issuing day permit for wilderness entry; entry point permit required for overnight use

This loop leaves from the Isabella Lake parking area and passes through both forest and bogs. Be prepared for bugs and wet conditions. Trail may be brushed over in sections, bring a good map, compass, and GPS if available.

Superior National Forest: Hiking Gunflint & Tofte



Leave No Trace

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Minimize use and impact of fires.
5. Respect wildlife.
6. Leave what you find.
7. Be considerate of other visitors.

Wildlife Watching

If you are lucky, you may see one of northern Minnesota's specialties: a bear, a moose, a black backed woodpecker, or other animal. Regardless of what the animal is, respect its space, and enjoy the encounter.

Gunflint Ranger District
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Grand Marais, MN 55604
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Need more information?

on the web at:
www.fs.usda.gov/superior

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