

Astrid Trail



SUPERIOR NATIONAL FOREST

LACROIX RANGER DISTRICT

COOK, MINNESOTA



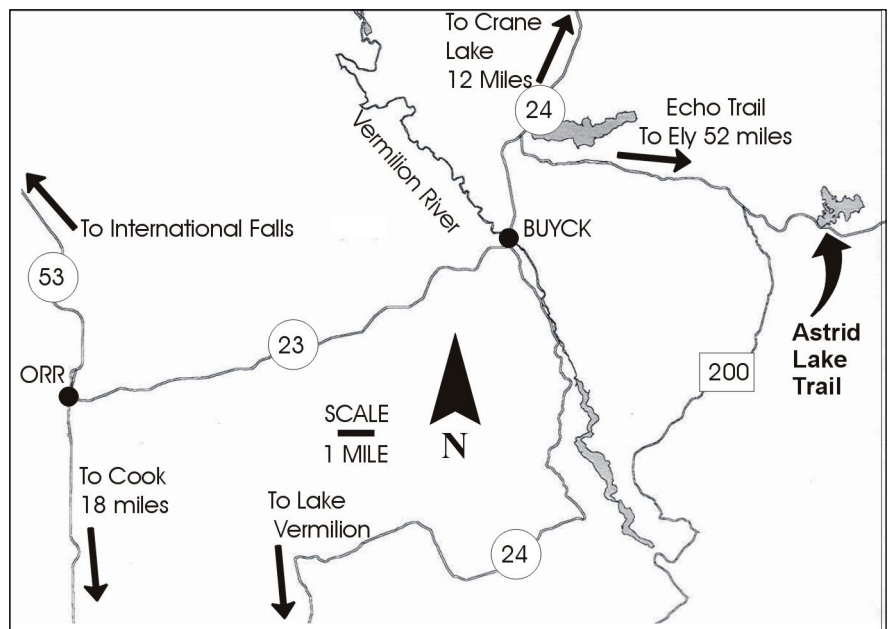
Features

- 7 miles of hiking trail connecting 4 small lakes
- Access at Lake Jeanette Campground and Forest Road 200
- Views of Astrid, Pauline and Nigh Lakes
- 6 back country campsites with fire grate, latrine and tent pads
- Wilderness-style camping without wilderness permits and regulations

Location

Astrid Lake trailhead is located at Lake Jeanette Campground on the Echo Trail, 32 miles northeast of Orr, MN.

- From Orr, take St. Louis County 23 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, 12 miles to the campground entrance road.
- Turn left onto entrance road. Trail is on the left; parking is on the right.

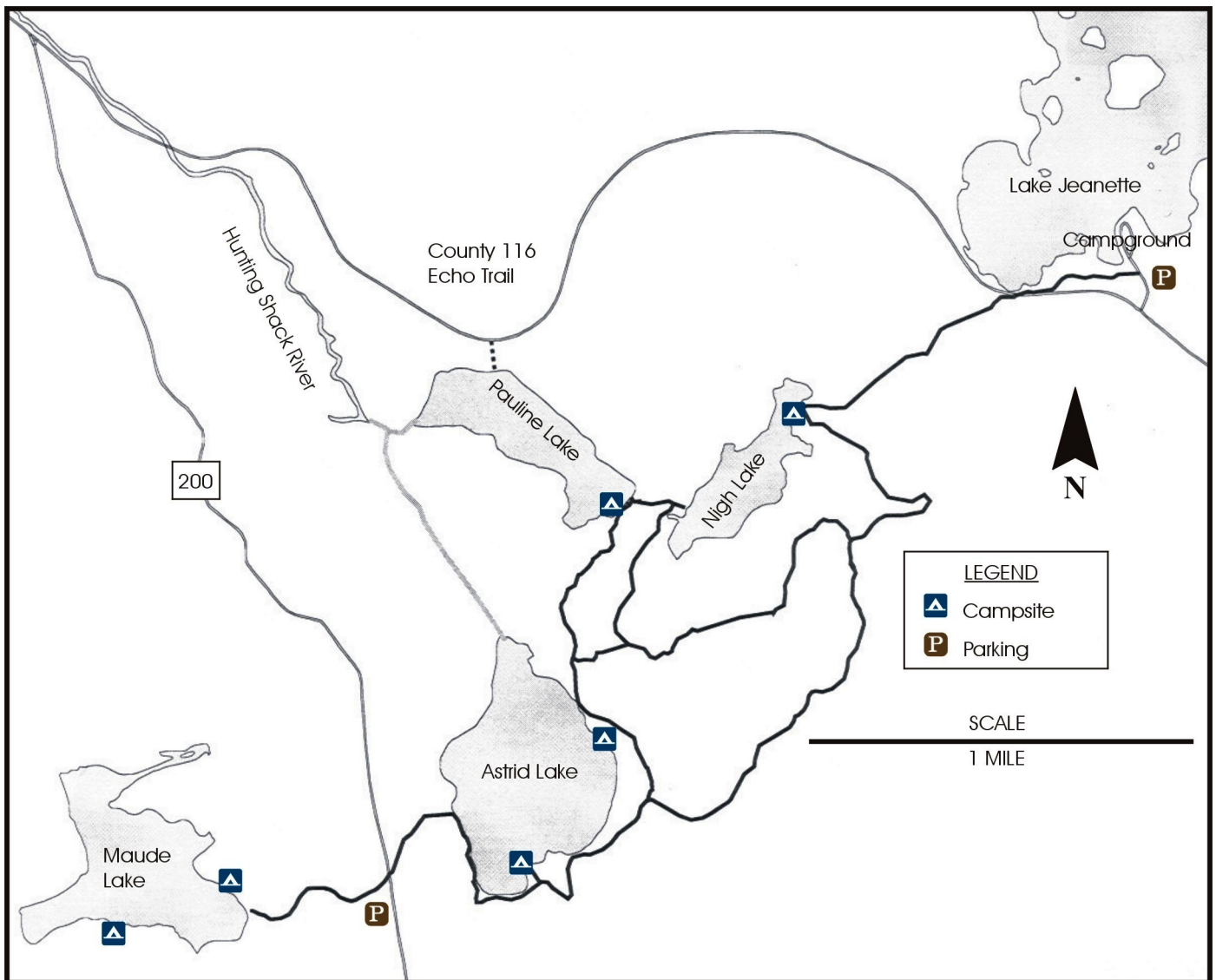


Leave No Trace
on the web at LNT.org

Superior National Forest - Astrid Trail

Description

This trail follows gentle terrain with a few steep, rocky sections and some wet areas. A short distance from the trailhead at Lake Jeanette, you will pass through a parking lot for Lake Jeanette boat landing and then cross the Echo Trail. Watch carefully for traffic before crossing. Between Lake Jeanette and Nigh Lake, the trail was raised above the sphagnum moss so you can keep your feet dry while crossing the black spruce bog. Pitcher plants abound. On the loop between Nigh and Astrid Lakes there are several areas with huge boulders that were deposited by the glaciers as they receded 10,000 years ago. These glacial erratics are scattered along with scenic vistas on this stretch of ledge rock. Watch for rock cairns marking the trail here. Back country campsites are available on the lakes (see map).



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Need more information?

on the web at:
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