

Skiing

Cross Country



SUPERIOR NATIONAL FOREST

HEADQUARTERS

DULUTH, MINNESOTA



Winter is beautiful. The cold days and deep snows of Northern Minnesota make this area ideal for cross-country skiing.

There are many trails in the Superior National Forest designed especially for ski-touring. Some of the hiking trails and unplowed roads are also available.

In the Grip of Winter

“The heavy snows of December and January have fallen. The deer have yarded in the deep cedar-spruce bogs and the Fairbanks wolf pack moves under a frozen moon.

During a northwoods winter we feed the Chickadees and Nuthatches sunflower seeds as they fly from the balsams to perch in our hands, we split the wood for the evening fire, we come back from the frozen lake early as night swiftly approaches, we live the short days and long nights and we go cross-country skiing.” - the words of an old Minnesota trapper

Boundary Waters Canoe Area Wilderness Trails (BWCAW)

Shhhh. Listen. Sometimes the silence is so loud it can reach to your soul. Or maybe you hear the sound of the wind in the pines, ice creaking and groaning, or the birds chirping. Skiing in the BWCAW or on some of the other remote trails offers wonderful opportunities to experience the sights and sounds of nature. If you ski in the BWCAW, the Wilderness rules and regulations apply. The maximum group size is nine people. A permit is required for all overnight and day use. Permits are available at most entry point locations and at the Forest Service offices. Leave all cans and bottles at home. If you plan to winter camp, please request more information about camping and building fires. Leave only your ski tracks behind.

Trails outside the Wilderness require no BWCAW permits. A Minnesota Ski Pass is needed for everyone over the age of 16 to ski on trails that receive funding from the State of Minnesota. (See the trail list for those trails.) Ski passes are available at local businesses that sell fishing and hunting licenses. Call 1-888-665-4236 or check the Minnesota Department of Natural Resources website at www.dnr.state.mn.us to find out more. Please respect the trail and other skiers. Dogs degrade the ski tracks and endanger other skiers. Do not let them run on the ski trails. Please carry out all that you carry in.

Plan Ahead

Winter safety is a very important consideration, even on short day trips. It can mean the difference between an enjoyable or miserable experience, or even life and death.

Know the weather forecast and local conditions. Be sure to let someone know where you are going and when they should expect you to return. Dress appropriately; carry extra warm clothes that are packed to remain dry. Have plenty of food and water. Check on road conditions and parking for the trail you want to ski.

Hypothermia and Frostbite

Hypothermia is a dangerous loss of body heat, and frostbite is an exposure of flesh to the cold and wind. Both are serious situations and are caused by exposure to cold, physical exhaustion, dehydration, windy weather, and wearing wet or damp clothes. Symptoms of hypothermia are uncontrolled shivering, slurred speech, confusion, stumbling, drowsiness, and apparent exhaustion. Symptoms of frostbite include lack of feeling of affected area; skin that appears waxy and cold to the touch; and skin that is discolored, either flushed, white, yellow, or blue. Both situations are life-threatening and need prompt care. Prevention and awareness are necessary.

Frozen Lakes and Streams

Some trails cross frozen lakes and streams. Frozen lakes and streams also offer the opportunity to create your own trail. One can travel almost anywhere and experience a unique sense of freedom, whether skiing through deep snow or cruising along on the ice-encrusted snow of the late-winter season. However, ice conditions can change rapidly. Know how to read the ice and be prepared for changing conditions. Even on the coldest of days, some ice is not safe. Also, water can seep onto the ice, creating slush, and this slush can freeze to the bottoms of your skis. Carry a ski scraper. Always use caution when venturing onto the ice.

For more information or individual maps of trails:

Superior National Forest Headquarters
8901 Grand Avenue Place
Duluth, MN 55808
218-626-4300

Gunflint Ranger District (Gun)
2020 W. Highway 61
Grand Marais, MN 55604
218-387-1750

Laurentian Ranger District (Lau)
318 Forestry Road
Aurora, MN 55705
218-229-8800

LaCroix Ranger District (Lac)
320 N. Highway 53
Cook, MN 55723
218-666-0020

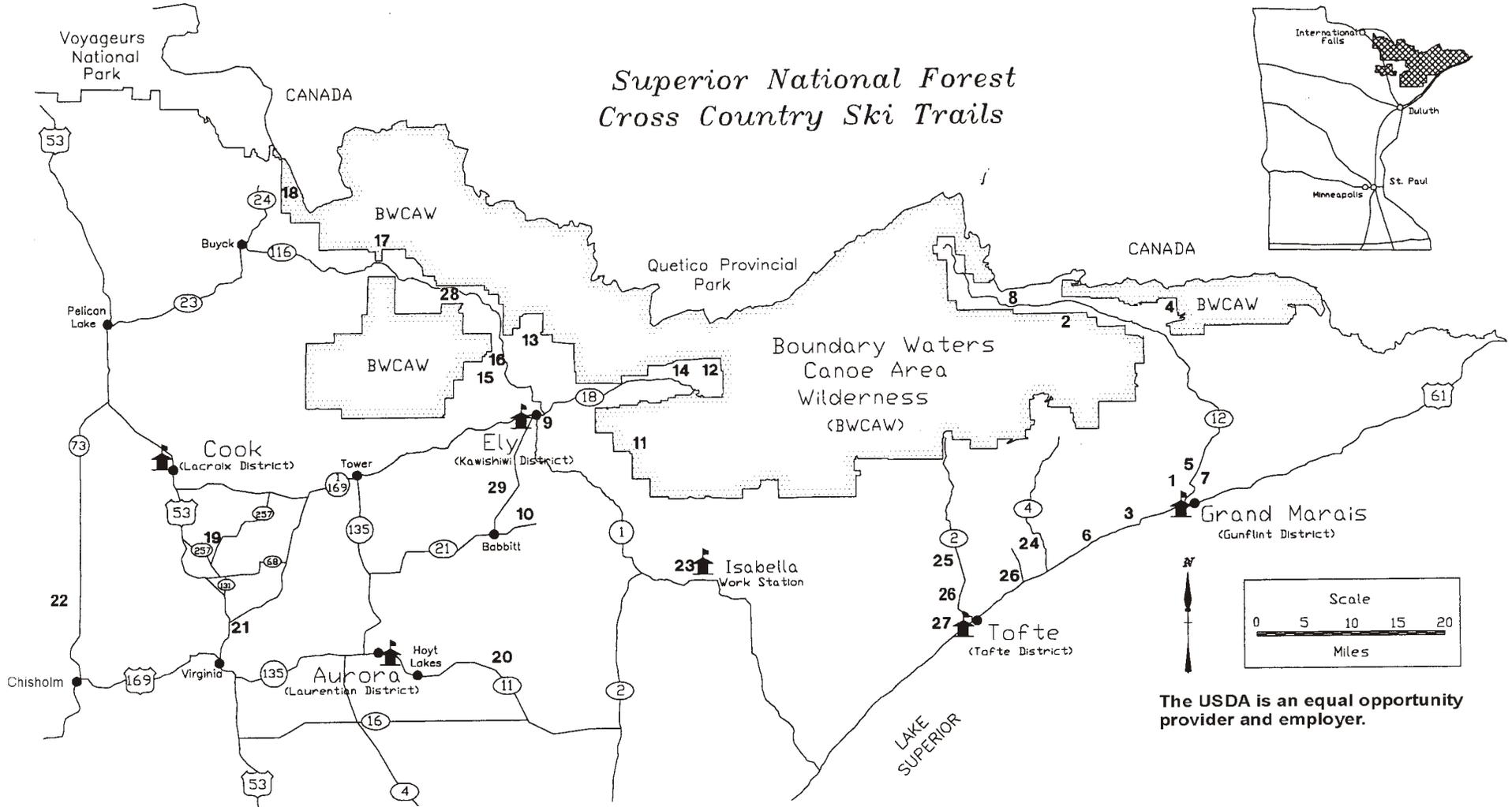
Kawishiwi Ranger District (Kaw)
1393 Highway 169
Ely, MN 55731
218-365-7600

Tofte Ranger District (Tof)
7355 W. Highway 61
Box 2159
Tofte, MN 55615
218-663-7280

On the web: www.fs.usda.gov/superior



Superior National Forest Cross Country Ski Trails



The USDA is an equal opportunity provider and employer.

Trail # on Map	Trail Name	District	Length KM	Location	Groomed	Comments
1	Bally Creek	Gun	20.0	8 mi. NW of Grand Marais	Yes	Mainly intermediate. MN Ski Pass.
2	Banadad	Gun	30.0	32 mi. N of Grand Marais	Yes	Easy to intermediate. (BWCAW Permit) MN Ski Pass.
3	Cascade	Gun	42.0	10 mi SW of Grand Marais	Yes	All levels, mostly intermediate. MN Ski Pass
4	Central Gunflint	Gun	47.0	30 mi. N of Grand Marais	Yes	Easy, intermediate & difficult. Skating available. Fee.
5	George Washington	Gun	3.3	6 mi. N of Grand Marais	No	Easy. Good for beginners.
6	Massi	Gun	10.0	2 mi. N. of Lutsen	Yes	Easy and intermediate. MN Ski Pass.
7	Pincushion	Gun	25.0	2 mi. N of Grand Marais	Yes	Easy, intermediate & difficult. Skating available. MN Ski Pass.
8	Upper Gunflint	Gun	47.0	45 mi. N of Grand Marais	Yes	Easy, intermediate & difficult. Fee.
9	Hidden Valley	Kaw	15.0	0.5 mi. E of Ely	Yes	Easy to difficult. Classic and skating. MN Ski Pass.
10	Birch Lake Plantation	Kaw	4.0	1 mi. E of Babbitt	No	Easy to intermediate.
11	South Farm Lake	Kaw	8.0	7.5 mi. E of Ely	No	East to intermediate. (BWCAW Permit)
12	Flash Lake	Kaw	6.0	20 mi. E of Ely	No	Intermediate.
13	Hegman Lake	Kaw	4.0	15 mi. N of Ely	No	Easy to intermediate. Lake skiing to picture rocks. (BWCAW Permit)
14	Jasper Hills	Kaw	25.0	17 mi. E of Ely	No	11 km easy; 12 km intermediate; 2 km difficult. Fee.
15	North Arm	Kaw	30.0	17 mi. NW of Ely	No	Easy to difficult. (BWCAW Permit)
16	North Junction	Kaw	10.0	13 mi. N of Ely	No	Easy to intermediate.
17	Sioux-Hustler to Devil's Cascade	Lac	18.0	29 mi. NE of Orr	No	Rugged wilderness skiing, round trip. (BWCAW Permit)
18	Herriman Lake	Lac	21.0	4 mi. SE of Crane Lake	No	Intermediate to difficult, wilderness. (BWCAW Permit)
19	Big Aspen	Lau	32.0	12 mi. N of Virginia	Yes	22.4 km easy; 8 km intermediate; 1.6 km difficult.
20	Bird Lake	Lau	15.0	Hoyt Lakes to Bird Lake	No	9 km easy; 5.5 km intermediate; .5 km difficult.
21	Lookout Mountain	Lau	24.0	4 mi. N of Virginia	No	2.5 km easy; 16.5 km intermediate; 5 km difficult.
22	Sturgeon River	Lau	34.0	10 mi. N of Chisholm	Yes	27 km easy; 7 km intermediate.
23	Flathorn Gegoka	Tof	24.0	35 mi. SE of Ely	Yes	Easy, intermediate & difficult. MN Ski Pass.
24	Lutsen Trails	Tof	44.7	Just SW of Lutsen	Yes	Easy to intermediate. MN Ski Pass.
25	Moose Fence	Tof	12.0	7 mi. N of Tofte	Yes	Easy. MN Ski Pass.
26	Sugarbush	Tof	48.0	2 mi. NE of Tofte	Yes	Easy, intermediate & difficult. MN Ski Pass.
27	Temperance	Tof	12.0	Just N of Schroeder	Yes	Easy, intermediate & difficult. MN Ski Pass.
28	Stuart River/ Baldpate	Kaw	8.0	21 mi. N of Ely	No	Easy to intermediate.
29	Bear Island	Kaw	5.0	12 mi. SW of Ely	No	Easy to intermediate. Snowmobile and dogsled use also.