

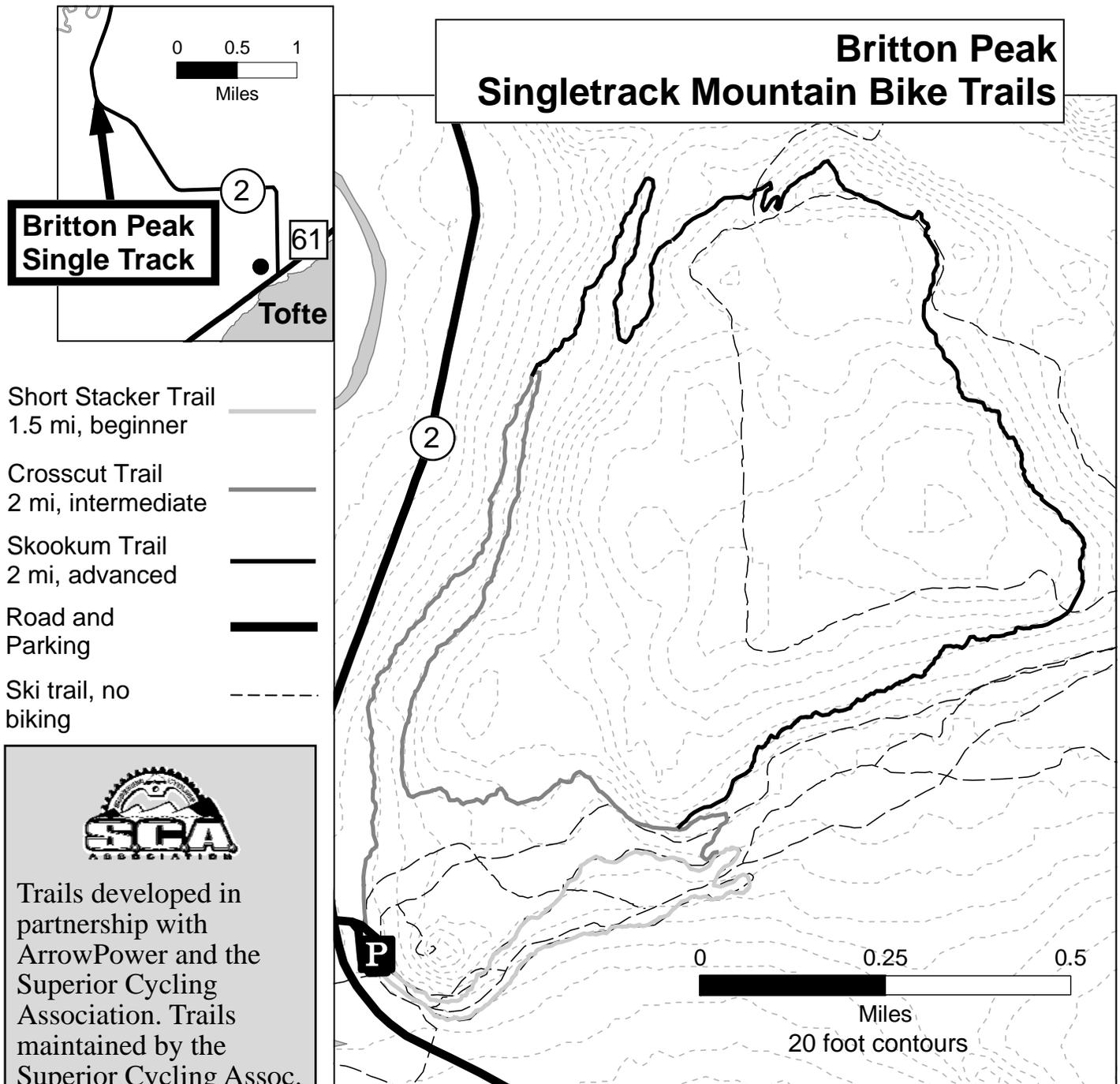
# Mountain Biking



SUPERIOR NATIONAL FOREST      NORTH SHORE AREA      TOFTE & GRAND MARAIS, MN

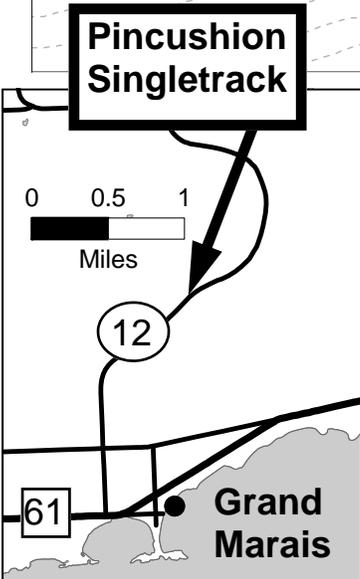
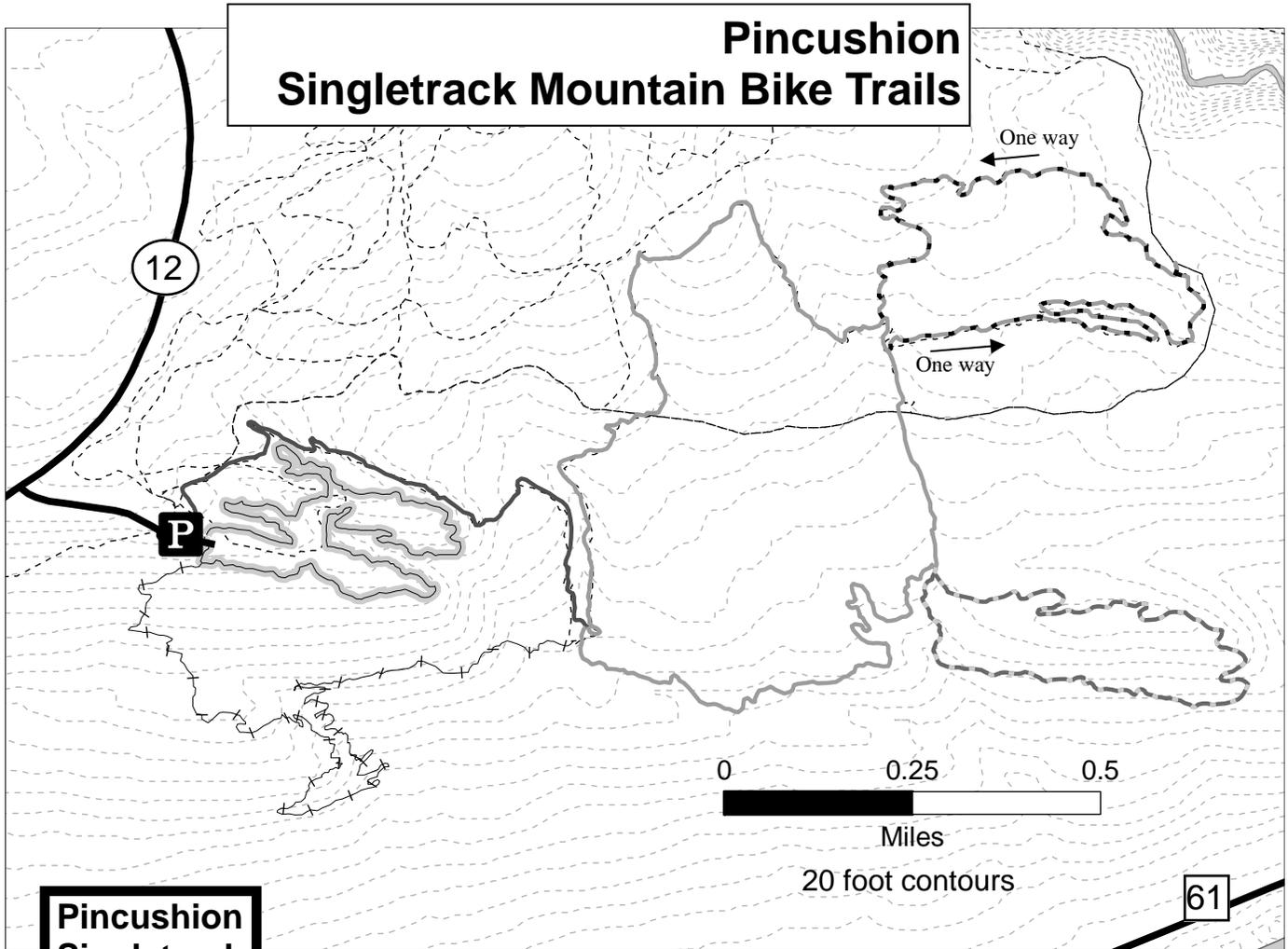
## Time to take a ride

Mountain bikes provide a great way to explore the large expanses of the Superior National Forest. You can cover a lot of ground, and yet still be close to nature. There are only a few areas specifically for mountain biking, but bicycles are welcome to use the Forest road system, provided you use common sense and obey traffic regulations.



  
Trails developed in partnership with ArrowPower and the Superior Cycling Association. Trails maintained by the Superior Cycling Assoc.

# Superior National Forest - Mountain Biking



- Rock & A Hard Place Trail  
1.75 mi, under development
- Talus Trail  
1 mi, intermediate
- Fluvial Trail  
1.25 mi, intermediate
- Canadian Shield Trail  
1.5 mi, advanced
- The Back Eighty  
2 mi, advanced
- Closed  
Under development
- Road and Parking
- Ski Trail

- Minimize erosion by not using trails when wet. This is a self-enforced rule; use good judgment.
- Single file only, stay on trail.
- Most are two way trails, beware of oncoming bikes.
- Watch for hikers on trail.

**Gunflint Ranger District**  
2020 W Hwy 61  
Grand Marais, MN 55604  
218-387-1750

## Need more information?

on the web at:  
[www.fs.usda.gov/superior](http://www.fs.usda.gov/superior)

**Tofte Ranger District**  
PO Box 2159  
Tofte, MN 55615  
218-663-8060

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