

SUGGESTED HIKES

- A

Lake Sakakawea State Park  
Distance: 1.7 mi. one-way (or 3.4 mi. loop using the Shoreline & Overlook Trails)
- B

Garrison Dam National Fish Hatchery loop (interpretive) trail  
Distance: 3 mile loop
- C

Audubon National Wildlife Refuge West  
Distance: 3.8 miles one-way
- D

Audubon National Wildlife Refuge - East  
Distance: 5 miles one-way
- E

Lonetree Wildlife Management Area - West  
Distance: 5.5 miles one-way
- F

Lonetree Wildlife Management Area - East  
Distance: 2.5 miles one-way
- G

Lake Ashtabula - Sibley to backcountry campsite  
Distance: 4.8 miles out and back
- H

Lake Ashtabula - West Ashtabula Crossing to Wesley Acres Trailhead  
Distance: 5 miles one-way
- I

Lake Ashtabula - WMA trailhead to backcountry campsite  
Distance: 3 miles out and back
- J

Valley City  
Distance: 4.5 miles one-way
- K

Ladies Line - Clausen Springs Recreation Area to Kathryn  
Distance: 4.5 miles one-way
- L

Fort Ransom State Park Loop  
Distance: 4.3 mile loop
- M

Sheyenne State Forest Waterfall  
Distance: 4.4 miles out and back
- N

The Trail Town of Lisbon and the Sheyenne River Valley  
Distance: 5 miles out and back
- O

Historic Cheyenne Village Site: Hike the NCT at the Biesterfeldt National Historic Landmark  
Distance: 0.6 miles one-way
- P

Oak Leaf Trail loop  
Distance: 4 mile loop
- Q

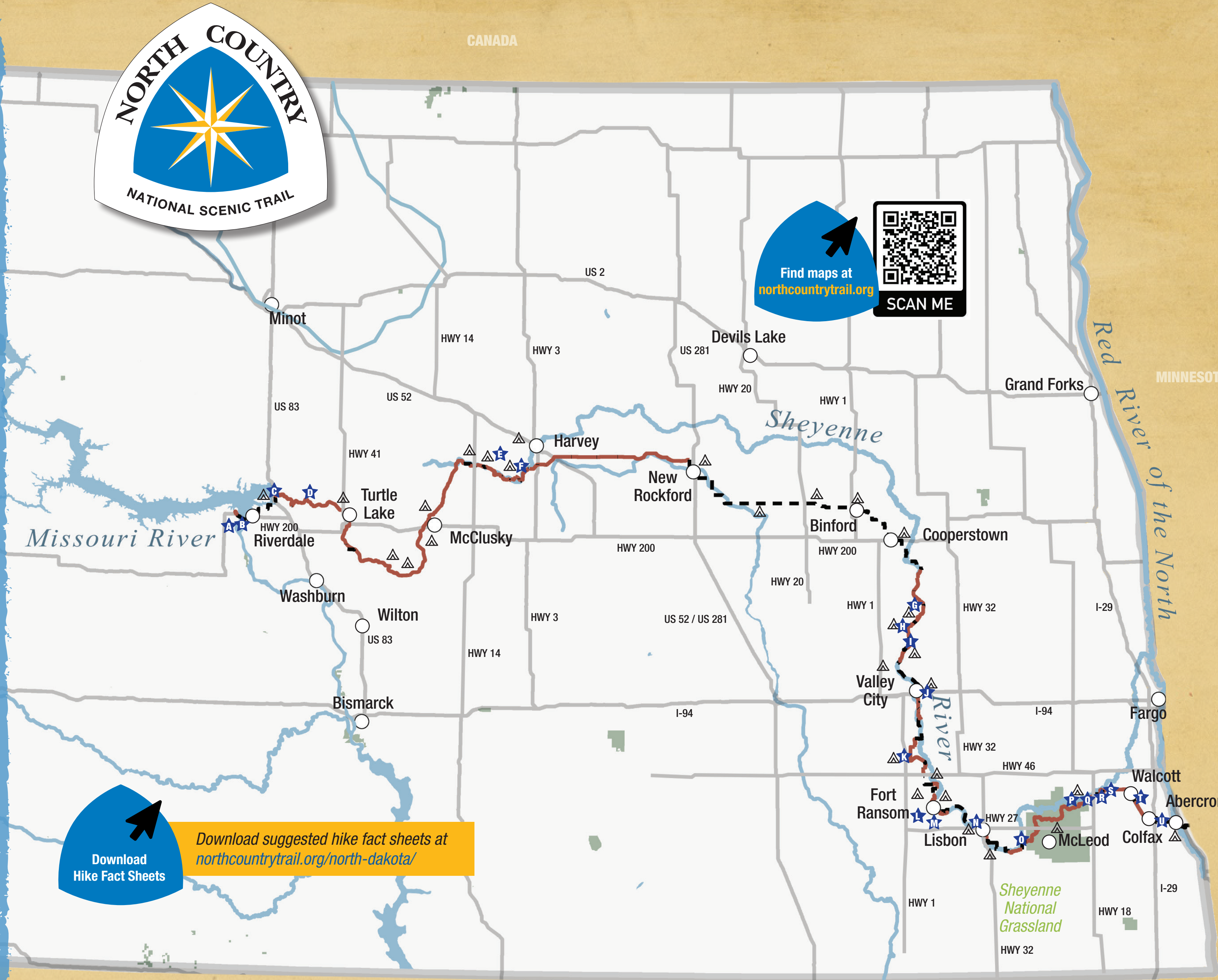
Dakota Prairie Special - Between the Sheyenne NG and Ekre  
Distance: 6.5 miles one-way
- R

Sheyenne River Overlook Hike  
Distance: 3.4 miles one-way
- S

The Big Ditch Hike  
Distance: 1.6 miles one-way
- T

The Railroad Hike: Colfax to Walcott  
Distance: 7 miles one-way
- U

Gateway to the Dakotas: Hike the NCT around Abercrombie  
Distance: 3.2 miles out and back



Find maps at  
[northcountrytrail.org](http://northcountrytrail.org)

SCAN ME

Download  
Hike Fact Sheets

Download suggested hike fact sheets at  
[northcountrytrail.org/north-dakota/](http://northcountrytrail.org/north-dakota/)

NCT

NCT (on-road)

PUBLIC LANDS

SYMBOLS

CAMPGROUND

SUGGESTED HIKE

NORTH

SCALE

SCALE IN MILES

EXPLORE  
THE NORTH  
COUNTRY TRAIL  
IN NORTH  
DAKOTA





## ABOUT THE NORTH COUNTRY TRAIL

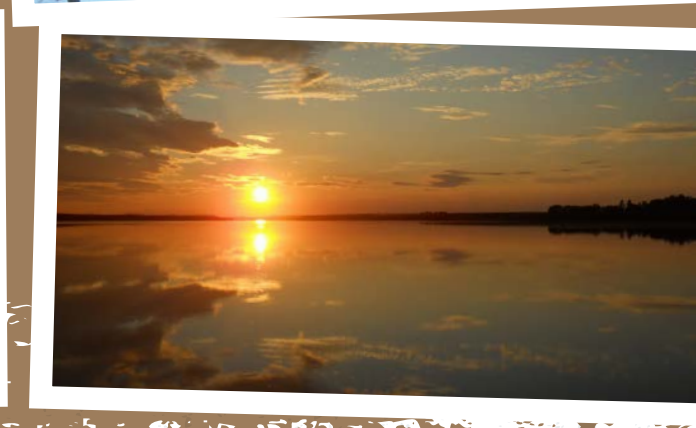
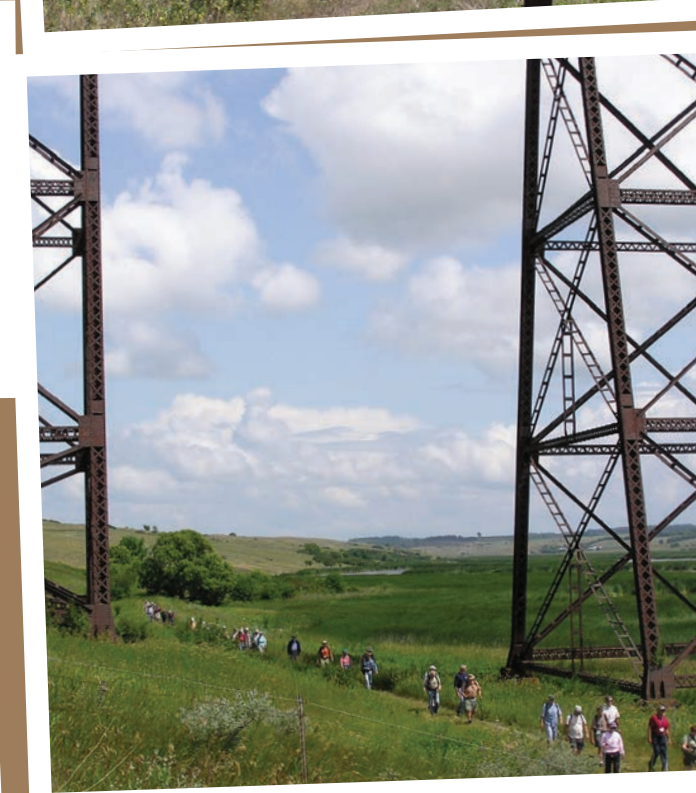
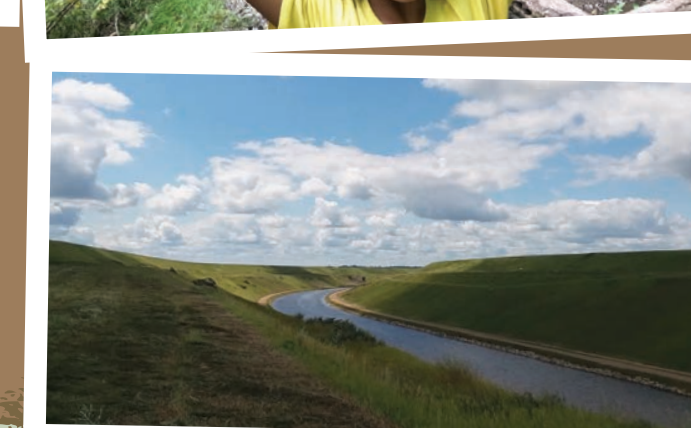
The North Country National Scenic Trail (NCT for short) is a footpath that extends 4,700-miles from the Appalachian Trail in Vermont west to Lake Sakakawea State Park in North Dakota. It is one of 11 National Scenic Trails designated by Congress and dates back to May 5, 1980. Its sister trails include the Pacific Crest, Continental Divide, Ice Age, and Appalachian Trails.

The NCT is administered by the National Park Service but is built, maintained, promoted, and protected primarily by local volunteers of the non-profit North Country Trail Association (NCTA). The NCTA is the official partner of the National Park Service in managing the NCT along with all the local partners – Federal, State, and local government agencies; other organizations; and private landowners.

The NCTA works with local Chapters who manage and maintain a segment of the Trail. Volunteers build, maintain, and promote the trail throughout eight states. In North Dakota the local chapters: Central Flyway (FLY), Sheyenne River Valley (SRV) and Dakota Prairie (DPC), organize hikes and have regular meetings. The public is welcome at all activities.

Learn more about the NCTA at [northcountrytrail.org](http://northcountrytrail.org). We invite you to join us in our effort to build this national treasure.

## JOIN & SUPPORT US!



## HIKES IN NORTH DAKOTA

## MAP AND HIKING GUIDE

## ABOUT THE NCT IN NORTH DAKOTA

The 475 miles of the NCT in North Dakota traverse the eastern two-thirds of the State. The Trail's route generally follows the route of the State's longest river – the Sheyenne River – from the Ekre Grassland Preserve in the east to Lonetree Wildlife Management Area in the west. The NCT is also routed along two canals and an unbuilt reservoir that are part of the Garrison Diversion Project – a federal water project designed to bring irrigation water from the Missouri River to eastern North Dakota.

Most of the NCT is located in native grasslands, in grazed pastures, or in deciduous woodlands. About 40% of the NCT temporarily follows public roads as we work with private landowners to secure access and develop new off-road segments.

## HOW TO USE THE NCT

- It is free to use the North Country Trail. The Trail is open for hiking, snowshoeing, and cross country skiing. There are also areas that allow horses and mountain bikes.
- No permits are necessary or fees required for hiking the NCT except within certain properties that charge entrance fees or collect camping fees – e.g. Lake Sakakawea State Park, Fort Ransom State Park. Observe all posted regulations on camping.
- Because the trail takes you through some private land and popular public hunting areas please exercise caution DURING HUNTING SEASON.
- Following the trail is made easier by the iconic “blue blazes” painted on trees and signposts. This blaze can be seen along the route from Vermont to North Dakota. It is a 2-inch by 6-inch mark.



- Hiking maps are available for downloading from the NCTA's website. These maps can be printed out or used on your smartphone via the AvenzaPDF app. Learn more at [northcountrytrail.org/trail/maps](http://northcountrytrail.org/trail/maps)

- The NCT is never open to motorized vehicles except where the NCT follows a public road. Follow all posted rules.
- Pets should be kept on a leash or under their owners' direct control at all times. Some sections on private land are closed to hiking with pets. Adhere to signage.

## ABOUT THE LOCAL CHAPTERS

### Central Flyway Chapter (FLY)

Based in Bismarck, Minot, and Harvey, the Central Flyway (FLY) Chapter is responsible for 135 miles of the NCT in between the western terminus at Lake Sakakawea State Park and the eastern edge of Lonetree Wildlife Management Area. Here the NCT crosses the Missouri River, traverses the fabulous Audubon National Wildlife Refuge, follows the McClusky Canal, and crosses the Lonetree WMA. Check out our Facebook group ([facebook.com/groups/1252665788399432](https://facebook.com/groups/1252665788399432)) or email us at [fly@northcountrytrail.org](mailto:fly@northcountrytrail.org). Web: [northcountrytrail.org/fly](http://northcountrytrail.org/fly)

### Sheyenne River Valley (SRV) Chapter

Based in Valley City, the Sheyenne River Valley (SRV) Chapter is responsible for 93 miles of the NCT from the north end of Lake Ashtabula east to the Sheyenne State Forest's eastern boundary. Most of the NCT traverses the Sheyenne River Valley, a deep glacial meltwater trench carved by the Sheyenne River which drained glacial Lake Souris into Lake Agassiz. Check our Meetup group or email us at [srv@northcountrytrail.org](mailto:srv@northcountrytrail.org). Web: [northcountrytrail.org/srv](http://northcountrytrail.org/srv)

### Dakota Prairie Chapter (DPC)

The Dakota Prairie Chapter segment enters ND at Fort Abercrombie 35 miles south of Fargo and crosses prairie, pastures, sand hills and the “beach ridges” of the former Lake Agassiz on its way to the Sheyenne State Forest. In addition to mixed forest with oak, aspen, and birch, there are rare and unique plant communities along their 100 mile trail. Check our Meetup group or email us at [dpc@northcountrytrail.org](mailto:dpc@northcountrytrail.org). Web: [northcountrytrail.org/dpc](http://northcountrytrail.org/dpc)

All Chapters invite you to join them for a guided hike or to get involved building and maintaining the Trail!

## USING THE NCT ON PRIVATE LAND

Many private landowners have agreed to host segments of the NCT on their land for little or no compensation. You can help us maintain positive relationships between the NCTA and these landowners by following all posted rules, including:

- Travel only by foot
- Stay on the trail and do not trespass for other reasons
- Do not hunt, fish, or trap without the landowners' permission
- Camp only in designated sites (unless you are on public land and dispersed camping is allowed)
- Build campfires only in designated campsites in a fire ring
- Do not damage vegetation or walk on crops
- Pack out all your trash and any left by others
- Leave all gates as you found them and use fence stiles
- Be cautious of and do not harass livestock
- Be respectful of the landowners' other uses for their land

## LEARN MORE ONLINE

[northcountrytrail.org/trail/north-dakota](http://northcountrytrail.org/trail/north-dakota)

(Includes section descriptions, a link to an interactive map and downloadable hiking maps, schedule of Chapter activities, etc.).

### Check out our Chapter pages

- [northcountrytrail.org/dpc](http://northcountrytrail.org/dpc)
- [northcountrytrail.org/srv](http://northcountrytrail.org/srv)
- [northcountrytrail.org/fly](http://northcountrytrail.org/fly)

[facebook.com/NCTinND](https://facebook.com/NCTinND)

Join the “Hike the NCT in ND” Meetup group to be notified of our activities [meetup.com/NCThikersinND](https://meetup.com/NCThikersinND)

## HIGHLIGHTS ALONG THE NCT IN NORTH DAKOTA INCLUDE

- Fort Abercrombie State Historic Site
- Ekre Grassland Preserve
- Sheyenne National Grassland
- Sheyenne River State Forest and ND's only waterfall
- Fort Ransom State Park
- Clausen Springs Recreation Area
- Valley City's “Bridge Tour” & Medicine Wheel Park
- Lake Ashtabula
- Minuteman Missile State Historic Site
- Lonetree Wildlife Management Area
- Chain of Lakes Recreation Area along the McClusky Canal
- Audubon National Wildlife Refuge
- Garrison Dam National Fish Hatchery
- Lake Sakakawea State Park (the NCT's western terminus)



Another positive choice you can make is to adhere to the Leave No Trace Seven Principles, which are designed to minimize your impacts to the trail, to wildlife, and to other trail users' experiences.

### The 7 Principles Are

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

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## AGENCY PARTNER CONTACTS

### North Dakota Parks & Recreation Department

- HQ: (701) 328-5357
- Lake Sakakawea State Park: (701) 487-3315
- Fort Ransom State Park: (701) 973-4331

### U.S. Army Corps of Engineers

- Lake Sakakawea/Garrison Dam (701) 654-7411
- Lake-Ashtabula/Baldhill-Dam (701) 845-2970

### North Dakota Game & Fish Department

- Lonetree office: (701) 324-2211
- HQ office: (701) 328-6300

### U.S. Fish & Wildlife Service

- Audubon National Wildlife Refuge (701) 442-5474
- Garrison Dam Hatchery: (701) 654-7451
- Valley City Hatchery: (701) 845-3464

### U.S. Bureau of Reclamation • (701) 250-4242

### Garrison Diversion Conservancy District • (701) 652-3194

### City of Valley City Parks Dept. • (701) 845-3294

### Barnes County Park District • (701) 762-4450

### U.S. Forest Service - Sheyenne National Grassland

- (701) 683-4342

### Albert Ekre Grassland Preserve – NDSU Range Science Dept.

- (701) 231-7582

### State Historical Society of North Dakota

- Fort Abercrombie: (701) 553-8513
- HQ: (701) 328-2666



STOP INVASIVE SPECIES IN YOUR TRACKS.

[PlayCleanGo.org](http://PlayCleanGo.org)