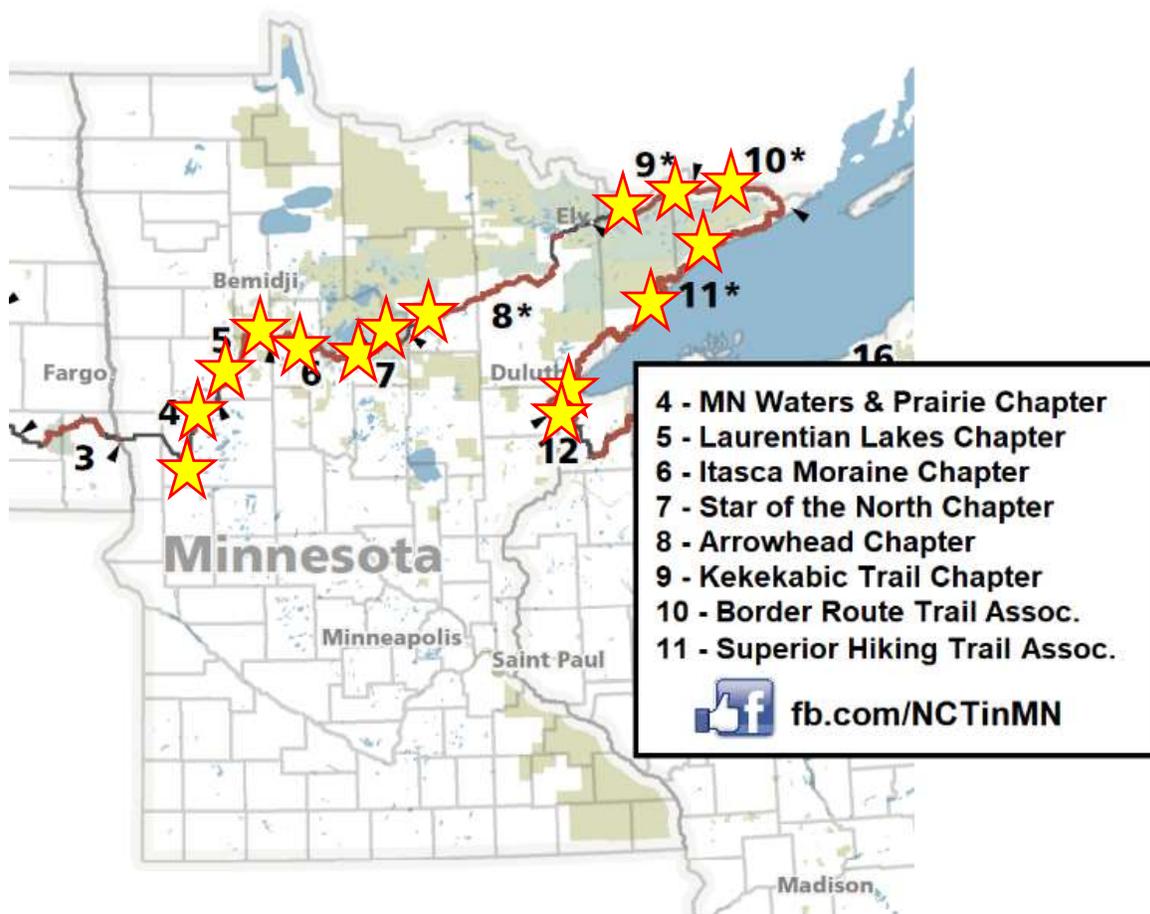


Top NCT Hikes in Minnesota

Useful resources:

- 1) NCTA's Minnesota landing page: <https://northcountrytrail.org/the-trail/minnesota/>
- 2) NCTA's free Minnesota map sets: <https://northcountrytrail.org/the-trail/trail-map-and-downloads/>. Note: these cover the NCT between ND and the Kekekabic Trail but not the Border Route Trail or Superior Hiking Trail.
- 3) NCTA Guidebooks: <https://shop.northcountrytrail.org/collections/books/products/kekekabic-trail-guide> & <https://shop.northcountrytrail.org/collections/books/products/guide-to-hiking-the-north-country-trail-in-minnesota>
- 4) Other guidebook & map sets: <https://shop.superiorhiking.org/collections/guidebooks-and-maps>
- 5) Minnesota Chapters & Affiliate partners: <https://northcountrytrail.org/contact/chapters-affiliates/>



Fergus Falls loop



Distance: roughly a 10-mile loop when adding in the NCT's Urban Connector route.

Access and Parking: Park at the City Hall Park parking lot east of S. Union Avenue on the north bank of the Otter Tail River, GPS: 46.282487, -96.077309

Trail description: Hike through Fergus Falls featuring a mix of urban, residential, native prairie public lands, and the Otter Tail River. You'll be surprised what Fergus Falls has to offer in terms of scenery and wildlife. Highlights along the route include the Prairie Wetlands Learning Center, Delagoon Park, hiking alongside the Central Lakes Trail, One Mile Prairie, hiking along the Otter Tail River, and downtown Fergus Falls on the Urban Connector route. Read more about this segment in Chapter 3 (pages 36-41) of the *Guide to Hiking the North Country Trail in Minnesota*.

Maps: The City of Fergus Falls has a map of the NCT in the City at <https://www.ci.fergus-falls.mn.us/home/showpublisheddocument/334/637405358877100000>, check out NCTA's interactive map at <https://bit.ly/3jcZ8qS>, or download the Northwestern Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Map 3 in the *Guide to Hiking the North Country Trail in Minnesota*.

Services available: Camping, restrooms, food & lodging are available within Fergus Falls, a NCTA Trail Town. Learn more at <https://visitfergusfalls.com/>.

Cautions & notes: be careful crossing Highway 210 near the Prairie Wetlands Learning Center as it is an extremely busy road – particularly with trucks off of I-94.

More information: Contact the Minnesota Waters & Prairie (MWP) Chapter at mwp@northcountrytrail.org.

Maplewood State Park



Distance: roughly a 3-mile hike between the Maplewood Church and Trail Center. It is possible to hike a loop back to your starting point using other Park trails.

Access and Parking: Park at the Maplewood Lutheran Church parking area, no services, GPS: 46.503036, -95.958230

Access and Parking: Park at the Maplewood State Park Trail Center parking area (features trail center building, picnic tables, outhouse and nearby sugar shack building; State Park entrance fees apply), GPS: 46.535865, -95.954471

Trail description: Hike through the rolling forested hills and beautiful prairie openings in the heart of this X-acre park which is known for its majestic fall colors in late September/early October. Along the way you'll pass by Cow Lake, Little Grass Lake, Bass Lake, Grass Lake, and Cataract Lake. There are remote campsites along the route as well as the Knoll Loop Campground. Read more about this segment in Chapter 4 (pages 47-50) of the *Guide to Hiking the North Country Trail in Minnesota*.

Maps: find the Maplewood State Park map at https://files.dnr.state.mn.us/maps/state_parks/spk00229_summer.pdf, download the Northwestern Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Map 5 in the *Guide to Hiking the North Country Trail in Minnesota*.

Services available: Camping, restrooms, food & lodging are available within nearby Pelican Rapids and all hiker services can be found in nearby Fergus Falls, a NCTA Trail Town. Learn more at <https://www.pelicanrapids.com/> or <https://visitfergusfalls.com/>.

Cautions & notes: be careful as horses do use many of the horseback/hiking trails in the Park. Backcountry campsites require payment and reservations.

More information: Contact the Minnesota Waters & Prairie (MWP) Chapter at mwp@northcountrytrail.org.

Tamarac National Wildlife Refuge



Distance: roughly a 4-mile hike between the Old Indian Trailhead parking area and the Blackbird Wildlife Drive parking area.

Access and Parking: Park at the Old Indian Trail parking area, no services, GPS: 46.938379, -95.654028

Access and Parking: Park at the Blackbird Wildlife Drive parking area, no services (road is closed in winter), GPS: 46.948957, -95.617612

Trail description: Hike through rolling hills covered with a mixed forest and dotted with wetlands. Along the way, you'll pass by the Spur Trail to the Visitors Center (worth a side trip), skirt the edge of a scenic field studded with wetlands, and see many examples of the work of beavers. Read more about this segment in Chapter 5 (pages 66-71) of the *Guide to Hiking the North Country Trail in Minnesota*.

Maps: find the Tamarac National Wildlife Refuge map at <https://www.fws.gov/refuge/tamarac/map>, download the Northcentral Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Map 9 in the *Guide to Hiking the North Country Trail in Minnesota*.

Services available: Camping, restrooms, food & lodging are available within nearby Detroit Lakes or hikers can find limited services in Frazee, a NCTA Trail Town. Learn more at www.visitdetroitlakes.com or <https://frazeecity.com/>.

Cautions & notes: The Blackbird Wildlife Drive is closed from early winter through late spring. Pets must be leashed. No overnight use is allowed (open hours are 5am - 10pm).

More information: Contact the Laurentian Lakes (LLC) Chapter at llc@northcountrytrail.org or Tamarac National Wildlife Refuge at (218) 847-2641 or tamarac@fws.gov.

Itasca State Park's majestic pines



Distance: roughly a 7-mile out and back hike between the Hwy 113 / Gartner Farm Trailhead parking area and DeSoto Lake campsite.

Access and Parking: Park at the Hwy 113 / Gartner Farm trailhead parking area, no services (State Park admission fees apply), GPS:

Trail description: Hike through an old field planted with young pine trees, then on historic old forest roads (built by the CCC) through majestic old growth pines before passing by the shores of DeSoto Lake where two backcountry campsites are located. Read more about this segment in Chapter 5 (pages 99-101) of the *Guide to Hiking the North Country Trail in Minnesota*.

Maps: find the Itasca State Park map at https://files.dnr.state.mn.us/maps/state_parks/spk00181_summer.pdf, check out the NCTA's interactive map at <https://bit.ly/3KxdwWM>, or download the Northcentral Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Maps 16-18 in the *Guide to Hiking the North Country Trail in Minnesota*.

Services available: Camping, restrooms, food & lodging are available within the Park and in nearby Park Rapids. Learn more at https://www.dnr.state.mn.us/state_parks/virtual_tour/itasca/dialup.html or <https://parkrapids.com/>.

Cautions & notes: The backcountry campsites at Itasca require reservations and a fee is charged.

More information: Contact the Laurentian Lakes (LLC) Chapter at llc@northcountrytrail.org or Itasca State Park at 218-699-7251 or itasca.statepark@state.mn.us.

Waboose Lake loop trail



Distance: roughly a 4-mile loop hike around Waboose Lake, some of which is white-blazed side trail and some is the NCT.

Access and Parking: Park at the Waboose Lake public access parking lot, no services, GPS: 47.057980, -94.832739

Trail description: Hike around the scenic Waboose Lake while enjoying great views across the lake and admiring the large Norway and White Pine trees. There is a backcountry campsite on a scenic peninsula sticking out into the lake that is accessible via a spur from the loop trail. Read more about this segment in Chapter 5 (pages 121-123) of the *Guide to Hiking the North Country Trail in Minnesota*.

Maps: find the Paul Bunyan State Forest map at http://files.dnr.state.mn.us/maps/state_forests/sft00002.pdf, the NCTA's interactive map at <https://bit.ly/3JqH5s4>, or download the Northcentral Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Map 25 in the *Guide to Hiking the North Country Trail in Minnesota*.

Services available: Camping, restrooms, food & lodging are available within nearby Park Rapids or Walker, a NCTA Trail Town. Learn more at <https://parkrapids.com/> or <https://leech-lake.com/>.

Cautions & notes: The public access parking lot may be full of trucks and trailers on busy fishing weekends.

More information: Contact the Itasca Moraine (ITM) Chapter at itm@northcountrytrail.org.

Wetland wonders in the Chippewa National Forest



Distance: roughly a 3.5-mile hike between CR-125 and Hwy 84 in the Chippewa National Forest.

Access and Parking: Park along the edge of CR-125 (there is no formal parking lot), no services, GPS: 47.021663 -94.250036.

Access and Parking: Park in the Hwy 84 parking lot, no services, GPS: 47.043958, -94.215186

Trail description: Hike the NCT through the scenic Chippewa National Forest. Along the way you will pass by numerous wetlands, pass along the edge of an old field growing back to trees, and hike through a Norway Pine plantation. Read more about this segment in Chapter 5 (pages 146-148) of the *Guide to Hiking the North Country Trail in Minnesota*.

Maps: find the NCTA's interactive map at <https://bit.ly/37qs6Ri>, or download the Northcentral Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Map 34 in the *Guide to Hiking the North Country Trail in Minnesota*.

Services available: Camping, restrooms, food & lodging are available within nearby Park Rapids or Walker, a NCTA Trail Town. Learn more at <https://parkrapids.com/> or <https://leech-lake.com/>.

Cautions & notes: Be sure to park off the edge of the road and watch for poison ivy.

More information: Contact the Itasca Moraine (ITM) Chapter at itm@northcountrytrail.org or the Chippewa National Forest at 218-547-1044.

The Milton Lake esker



Distance: roughly a 4-mile out and back hike from the FR2321 parking area in the Chippewa National Forest.

Access and Parking: Park at the FR2321 trailhead, no services, GPS: 47.124661 -93.909418

Trail description: Hike the NCT through the scenic Chippewa National Forest. Along the way you will pass through a young aspen forest and along the edge of a wetland (you might see herons) before reaching the Milton Lake esker. The narrow, snake-like ridge is covered by a mix of large Norway Pine, White Pine, White Spruce, Balsam Fir, and White Cedar. Read more about this segment in Chapter 5 (pages 157-159) of the *Guide to Hiking the North Country Trail in Minnesota*.

Maps: find the NCTA's interactive map at <https://bit.ly/3v28fA7>, or download the Northcentral Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Map 38 in the *Guide to Hiking the North Country Trail in Minnesota*.

Services available: Camping, restrooms, food & lodging are available within nearby Remer. Learn more at <http://www.remerchamber.com/visit-remer.html>.

Cautions & notes: The northern end features a trailhead parking lot (GPS: 47.134000 -93.934761) but the road (FR 2324 / Milton Lake Dr.) leading to it is sometimes flooded.

More information: Contact the Star of the North (STN) Chapter at stn@northcountrytrail.org or the Chippewa National Forest at 218-547-1044.

Forestry & Iron Mining on the edge of Grand Rapids



Distance: roughly a 4.5-mile hike from the Grand Rapids Sports Complex parking area to the CR-61 trailhead parking area.

Access and Parking: Park at the Sports Complex trailhead, restrooms and water to the north by the sports fields, GPS: 47.243497 -93.508847

Access and Parking: Park at the CR-61 trailhead, no services, GPS: 47.285213, -93.495965

Trail description: Hike the NCT through the Grand Rapids Sports Complex, University of Minnesota's North Central Research and Outreach Center campus, and along the Prairie River through a former iron mining landscape. Along the way, you'll pass by some historic forestry research areas, traverse an old-growth pine stand, cross some utility corridors, and then pass by iron mining tailings piles. The piles are huge as are the mine pit lakes. The NCT crosses the Prairie River on the Mesabi Trail and parallels it out to the trailhead parking area near the Prairie River Dam powerhouse. Read more about this segment in Chapter 6 (pages 168-171) of the *Guide to Hiking the North Country Trail in Minnesota*.

Maps: find the NCTA's interactive map at <https://bit.ly/38prs7a>, or download the Northeastern Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Map 41 in the *Guide to Hiking the North Country Trail in Minnesota*.

Services available: Camping, restrooms, food & lodging, and all other hiker services are available within Grand Rapids. Learn more at <https://visitgrandrapids.com/>.

Cautions & notes: none.

More information: Contact the Arrowhead (ARW) Chapter at arw@northcountrytrail.org.

Kekekabic Trail BWCAW samplers



Distance: roughly a 8.4-mile out and back hike from the Snowbank Lake Rd. trailhead to the BWCAW boundary and/or a 4.8-mile out and back hike from the Gunflint Trail trailhead to the BWCAW.

Access and Parking: Park at the Snowbank Lake Rd. trailhead, no services except for self-issue BWCAW permit station, GPS: 47.968089 -91.465695. This is roughly 21 miles from Ely.

Access and Parking: Park at the Gunflint Trail / CR-12 trailhead, no services except for self-issue BWCAW permit station, GPS: 48.089223 -90.823997. This is roughly 47 miles from Grand Marais.

Trail description: Hike the Kekekabic Trail / NCT through a mixed boreal forest that is recovering from major disturbances. The primitive tread features rock outcrops and goes past numerous lakes and wetlands to reach the BWCAW boundary. The west end was hit by a 2016 blowdown while the east end was part of the 1999 blowdown and subsequent wildfires. If you plan to hike past the BWCAW sign, be sure to get a self-issued permit at the trailhead. Read more about this segment in Section 1 (pages 6-8) and Section 7 (pages 28-29) of the *Kekekabic Trail Guide*.

Maps: find the NCTA's interactive map at <https://bit.ly/3E97Cco> & <https://bit.ly/3jtRCI7>, or download the Northeastern Minnesota map set (either to print out or use on your smartphone with the Avenza app) at <https://northcountrytrail.org/the-trail/trail-map-anddownloads/>. Maps 1-2 and 12 in the *Kekekabic Trail Guide*.

Services available: Camping, restrooms, food & lodging, and all other hiker services are available within Ely, along the Gunflint Trail, and in Grand Marais. Learn more at www.ely.org, www.visitcookcounty.com/community/gunflint-trail/, and www.visitcookcounty.com/community/grand-marais/.

Cautions & notes: Cell coverage is very limited in both areas and should not be relied upon.

More information: Contact the Kekekabic Trail (KEK) Chapter at kek@northcountrytrail.org or the Superior National Forest in Ely at (218) 365-7600 / SM.FS.kawishiwi@usda.gov or in Grand Marais at (218) 387-1750 / SM.FS.gunflint@usda.gov.

Border Route Trail's Magnetic Rock & Gunflint overlook hike



Photo from <https://bwcawild.com/Entry-Points/Entry-Point-81/Entry-Point-81.html>

Distance: roughly a 8.7-mile hike from the Gunflint Trail trailhead to the Loon Lake landing parking area.

Access and Parking: Park at the Gunflint Trail (CR-12) trailhead, no services, GPS: 48.091764 -90.825315

Access and Parking: Park at the Loon Lake landing parking area, no services, GPS: 48.073719 -90.738697

Trail description: Hike the Border Route Trail / NCT through a regenerating mixed forest which was impacted by the 1999 blowdown and subsequent wildfires. Along the way, you'll pass by Magnetic Rock a very interesting geologic feature - be sure to take out your compass near it. The trail also traverses the Cross River at Gunflint Lake, winds through the Gunflint Trail XC Ski Trail system, and then climbs up to the Gunflint High Cliffs (an extra 0.6 mi. round trip). Read more about this segment in pages 15-18 in *The Border Route Trail: A Trail Guide and Map*.

Maps: find the NCTA's interactive map at <https://bit.ly/3xWy8V> or purchase the Border Route Trail map set at <https://shop.northcountrytrail.org/collections/books/products/border-route-trail-map-set>. Map 1 in *The Border Route Trail: A Trail Guide and Map*.

Services available: Camping, restrooms, food & lodging, and all other hiker services are available along the Gunflint Trail and in Grand Marais. Learn more at www.visitcookcounty.com/community/gunflint-trail/ and www.visitcookcounty.com/community/grand-marais/.

Cautions & notes: Pay close attention to the signs at the XC ski trail intersections, of which there are many.

More information: Contact the Border Route Trail Association at info@borderoutetrail.org or the Superior National Forest at (218) 387-1750 / SM.FS.gunflint@usda.gov.

Border Route Trail's Rose Lake Cliffs loop (BWCAW)



Photo by Rudi Hargesheimer

Distance: roughly a 14-mile loop hike from the Caribou Rock trailhead on Hungry Jack Rd. that encompasses some of the best BWCAW scenery along the Border Route Trail.

Access and Parking: Park at the Caribou Rock trailhead, no services, GPS: 48.061556, -90.455406

Trail description: The loop includes a combination of the Caribou Rock Trail, Border Route Trail / NCT, South Lake Trail, and Moss Lake Trail. It can be hiked as an overnight hike or a long, strenuous day hike. Along the way, you'll hike the rugged Caribou Rock Trail with its many ups and downs, pass by Stairway Portage and Stairway Falls, and the Rose Lake Cliffs are nearby off the BRT. There are opportunities to overnight camp in the BWCAW but you'll need a permit and reservations from May-September. Read more about this segment in pages 24-26 in *The Border Route Trail: A Trail Guide and Map*.

Maps: find the NCTA's interactive map at <https://bit.ly/3xrWy8V>, download the BRTA's Moss Lake loop map at <https://borderroutrail.org/maps/MossLakeMap.pdf>, or purchase the Border Route Trail map set at <https://shop.northcountrytrail.org/collections/books/products/border-route-trail-map-set>. Map 3 in *The Border Route Trail: A Trail Guide and Map*.

Services available: Camping, restrooms, food & lodging, and all other hiker services are available along the Gunflint Trail and in Grand Marais. Learn more at www.visitcookcounty.com/community/gunflint-trail/ and www.visitcookcounty.com/community/grand-marais/.

Cautions & notes: This trail is very remote. Cell coverage is very limited in both areas and should not be relied upon. A permit is required to hike this section. Learn more at https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd611535.pdf.

More information: Contact the Border Route Trail Association at info@borderroutrail.org or the Superior National Forest at (218) 387-1750 / SM.FS.gunflint@usda.gov.

SHT from Lutsen to Caribou Trail



Photo from <https://northshoreexplorermn.com/white-sky-rock-lake-agnes-great-hike-in-lutsen/>

Distance: roughly a 6.4-mile hike from the Lutsen Ski Area parking area to the Caribou Trail trailhead parking area.

Access and Parking: Park at the Lutsen Ski Area trailhead; bathroom, restaurant, drinking water at the ski hill south of the trailhead area, GPS: 47.666119, -90.718999

Access and Parking: Park at the Caribou Trail (CR-4) trailhead, no services, GPS: 47.707191, -90.667369

Trail description: Hike the Superior Hiking Trail / NCT through the Superior National Forest. Along the way you hike stretches paralleling the Poplar River while enjoying the beautiful Lake Agnes area and vistas of Poplar River Valley. Take the spur trail to White Sky Rock featuring amazing views of Caribou Lake before reaching the CR-4 trailhead. Read more about this segment online at <https://superiorhiking.org/trail-section/lutsen-to-grand-marais/> or in Chapter E (pages 156-157) of the *Superior Hiking Trail Guidebook*.

Maps: find the NCTA's interactive map at <https://bit.ly/3uBSYqW> or buy Map E from the SHTA (available in paper or geoPDF to use with your smartphone with the Avenza app) at <https://shop.superiorhiking.org/collections/guidebooks-and-maps/products/sht-map-series-e-temperance-river-wayside-trailhead-to-pincushion-mou>.

Services available: Camping, restrooms, food & lodging, and all other hiker services are available within Grand Marais with more limited services available in Tofte and at Lutsen Ski Area. Learn more at www.visitcookcounty.com/community/grand-marais/ or <https://www.visitcookcounty.com/community/lutsen-tofte-schroeder/>.

Cautions & notes: none.

More information: Contact the SHTA at info@superiorhiking.org or 218- 834-2700.

SHT from the Britton Peak Trailhead to Temperance



Photo from <https://fromlutsenwithlove.com/2019/09/13/carlton-peak-oh-what-a-view/>

Distance: roughly a 4.8-mile hike from Britton Peak trailhead to Temperance River State Park trailhead.

Access and Parking: Park at the Britton Peak trailhead, restrooms, GPS: 47.598781, -90.862093

Access and Parking: Park at the Temperance River State Park trailhead, restrooms, GPS: 47.554943, -90.873881

Trail description: Hike the Superior Hiking Trail / NCT through scenic Superior National Forest and Temperance River State Park. Along the way you hike over Carlton Peak enjoying sweeping views out onto Lake Superior and along the gorge of the Temperance River as it carves its way down to Lake Superior. Read more about this segment online at <https://superiorhiking.org/trail-section/caribou-river-wayside-to-lutsen/> or in Section E (pages 147-149) of the *Superior Hiking Trail Guidebook*.

Maps: find the State Park map at https://files.dnr.state.mn.us/maps/state_parks/spk00268.pdf, NCTA's interactive map at <https://bit.ly/3KFCr16> or buy Map E from the SHTA (available in paper or geoPDF to use with your smartphone with the Avenza app) at <https://shop.superiorhiking.org/collections/guidebooks-and-maps/products/sht-map-series-e-temperance-river-wayside-trailhead-to-pincushion-mou.>

Services available: Limited services available in Tofte and Schroeder. Learn more at www.visitcookcounty.com/community/lutsen-tofte-schroeder/.

Cautions: none.

More information: Contact the SHTA at info@superiorhiking.org or 218- 834-2700.

SHT climbing up Trudee from Tettegouche trailhead

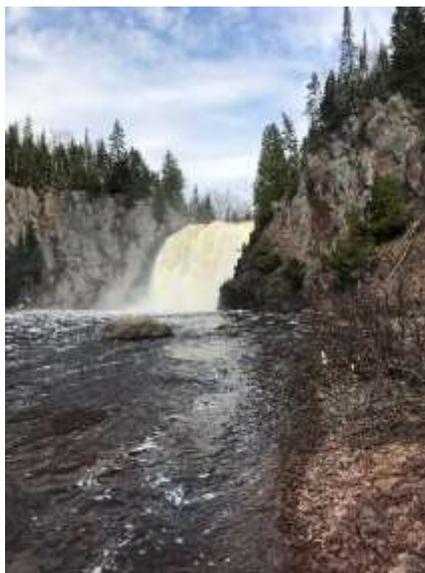


Photo from <https://wanderingpine.com/2019/05/21/hitting-the-half-way-mark-53-miles-on-the-superior-hiking-trail-tettegouche-to-two-harbors/>

Distance: roughly a 8.4-mile out and back hike from Tettegouche State Park trailhead to Mt. Trudee.

Access and Parking: Park at the Tettegouche State Park CR-1 trailhead (state park fee required), GPS: 47.354684, -91.195724

Trail description: Hike the Superior Hiking Trail / NCT through the quieter side of scenic Tettegouche State Park. Along the way you pass by High Falls (highest waterfall entirely in MN), climb up the Drainpipe, and hike over Raven Rock before reaching Mt. Trudee. Read more about this segment online at <https://superiorhiking.org/trail-section/silver-bay-to-caribou-river-wayside/> or in Section C (pages 108 - 113) of the *Superior Hiking Trail Guidebook*.

Maps: find the NCTA's interactive map at <https://bit.ly/3Ecuib>, download the State Park map at https://files.dnr.state.mn.us/maps/state_parks/spk00269.pdf, or buy Map C from the SHTA (available in paper or geoPDF to use with your smartphone with the Avenza app) at <https://shop.superiorhiking.org/collections/guidebooks-and-maps/products/map-series-c-lake-county-road-301-trailhead-to-minnesota-highway-1-trailhead>.

Services available: Full range of hiker services available in Silver Bay. Learn more at <https://www.visitsilverbaymn.com/>.

Cautions & notes: none.

More information: Contact the SHTA at info@superiorhiking.org or 218- 834-2700.

Canal Park to Enger Park



Photo from www.exploreminnesota.com/profile/enger-park-tower-gardens/3061

Distance: roughly a 5.3-mile out and back hike from Canal Park to the Enger Park tower.

Access and Parking: Park in Canal Park (multiple options exist) and find the SHT by the Lift Bridge

Trail description: Hike the Superior Hiking Trail / NCT from Canal Park up to Enger Park and take in the view from the Enger Tower. Along the way, you will pass by the Lift Bridge, DECC, Bayfront Park, Point of Rocks Park, Central Park, and Enger Park. Be sure to take in the fantastic gardens and views from the Tower in Enger Park. Read more about this segment online at <https://superiorhiking.org/trail-section/mnwi-border-to-duluth/> or in Section A (pages 56-57) of the *Superior Hiking Trail Guidebook*.

Maps: find the NCTA's interactive map at <https://bit.ly/3M2Nifk>, visit the City of Duluth's interactive map at <https://duluthmn.gov/parks/trails-bikeways/natural-surface-trails/>, or buy Map A from the SHTA (available in paper or geoPDF to use with your smartphone with the Avenza app) at <https://shop.superiorhiking.org/collections/guidebooks-and-maps/products/map-series-a-southern-terminus-to-martin-road-trailhead>.

Services available: Full range of hiker services available in Duluth. Learn more at <https://visitduluth.com/>.

Cautions & notes: The City of Duluth does sometimes close all their natural surface trails if conditions warrant. Find more info at <https://duluthmn.gov/parks/trails-bikeways/natural-surface-trails/>.

More information: Contact the SHTA at info@superiorhiking.org or 218- 834-2700.

Hike from Jay Cooke's Visitor Center to WI



Photo from <https://mapsus.net/US/superior-hiking-trail-southern-terminus-5090452>

Distance: roughly an 7.8-mile hike from the Jay Cooke State Park Visitors Center to the SHT's Southern Terminus and then continue on the NCT to reach CR-4.

Access and Parking: Jay Cooke State Park Visitors Center parking area; restrooms, water, gift shop, and interpretive features (state park admission fees apply), GPS: 46.654789, -92.371471

Access and Parking: park on the edge of the gated forest road off of CR-4, no services, GPS: 46.595151, -92.293346

Trail description: Hike the Superior Hiking Trail / NCT from the Jay Cooke State Park Visitors Center through the Park to reach the WI border and then continue on the SHT out to CR-4 in Minnesota. Along the way you'll pass over the historic Swinging Bridge over the St. Louis River, a bridge over the Red River, and hike through the MN-WI border portal. Read more about this segment online at <https://superiorhiking.org/trail-section/mnwi-border-to-duluth/> or in Section A (pages 32-35) of the *Superior Hiking Trail Guidebook*.

Maps: find the NCTA's interactive map at <https://bit.ly/3EdPk9D>, visit the State Park map at https://files.dnr.state.mn.us/maps/state_parks/spk00187_summer.pdf, or buy Map A from the SHTA (available in paper or geoPDF to use with your smartphone with the Avenza app) at <https://shop.superiorhiking.org/collections/guidebooks-and-maps/products/map-series-a-southern-terminus-to-martin-road-trailhead>. You can also check out the Western WI map set for the short segment within WI - https://northcountrytrail.org/maps/wi_map_series_001_014_western_wi.pdf.

Services available: Full range of hiker services available in Duluth. Learn more at <https://visitduluth.com/>.

Cautions & notes: Part of the NCT in WI temporarily follows the railroad service road - stay away from the active tracks. Don't block the gate on the forest road off of CR-4. A new NCT trailhead parking area will be constructed here in the near future.

More information: Contact the SHTA at info@superiorhiking.org or 218- 834-2700.