

biking



CHIPPEWA NATIONAL FOREST "CELEBRATING 100 YEARS" 1908-2008

Biking on the Chippewa National Forest has changed dramatically over the last ten years. Ten years ago, mountain bikes were the only option to travel a limited number of bike trails. Today, 41 miles of paved bike trails line the west side of the Forest and mountain bikers can travel over 43 miles of unpaved trails on the east side between Deer River and Marcell.

PAVED TRAILS:

Migizi Trail (Cass Lake)

This beautiful trail is named for the bald eagle, migizi in Ojibwe language. Dedicated in 2003, the Migizi Trail circles Pike Bay on a 19-mile paved loop through the big red pines of the original Ten Section of the Chippewa National Forest.

There are four access point along the trail route: Forest Supervisor's Office in Cass Lake, across from Cass Lake Wayside Rest on Highway 2; Norway Beach Recreation Area off Highway 2; South Pike Bay Picnic Area on the Pike Bay Loop road.

Many bikers begin their ride at the Norway Beach campgrounds in the summer. Please use caution when crossing Highway 2 out of the Norway Beach Recreation Area.

Heartland Trail: (Walker)

The Heartland Trail stretches 22 miles across the Chippewa National Forest, with a total of 49-miles through northern Minnesota, linking Cass Lake, Walker, Akeley, Nevis and Park Rapids.

This scenic trail parallels Highways 371 between Cass Lake and Walker, and Highway 34 from Walker to Park Rapids, yet still has a secluded feel with little highway noise. Pines, birch, oak maple and aspen line the path. Bikers cross old trestles that were once a part of the railroad system. The Heartland Trail was one of the first rail-to-trail projects in the country!

Paul Bunyan Trail: (Walker)

The Paul Bunyan State Trail carries cyclists north from Brainerd to Walker on a 65-mile paved route. Just south of Walker, it connects with the Heartland Trail and leads to the town of Cass Lake.

Located on a former Burlington Northern Railroad grade, the trail is fairly level, with a majority of hills and curves on the section that leaves the grade and goes through the Forest. A good break from the straight and level, but take care on curves in this heavily wooded area.

UNPAVED TRAILS:

Simpson Creek Trail: (Deer River)

In 1907, Sam Simpson's logging crew built the first tote roads and trails in the Cut Foot Sioux area. Today, this system makes up the 13-mile Simpson Creek Trail.

Enjoy rolling topography through pines and along glacial eskers, with overlooks onto Cut Foot Sioux Lake and journeys into the cedar swamp. Cyclists travel on both old tote roads and dirt trail. Access at the Cut Foot Sioux Visitor Center or Eagle Nest Road (FR2198).

Cut Foot Sioux Trail (Deer River)

An extension of the Simpson Creek Trail, this is an 18-mile loop along old Forest Roads with gravel and sand. Access from the Cut Foot Sioux Visitor Center or the Hwy 46 Wayside Rest 5 miles north of the Center. Horse back riders also utilize this trail. Say "howdy" and pass with caution.

Suomi Hills Trail (Marcell)

The remote and stunning Suomi Hills has 19 miles of hiking, biking and ski trails and is part of a semi-primitive nonmotorized area. The rolling topography offers mountain bike trails for intermediate and advanced cyclists.

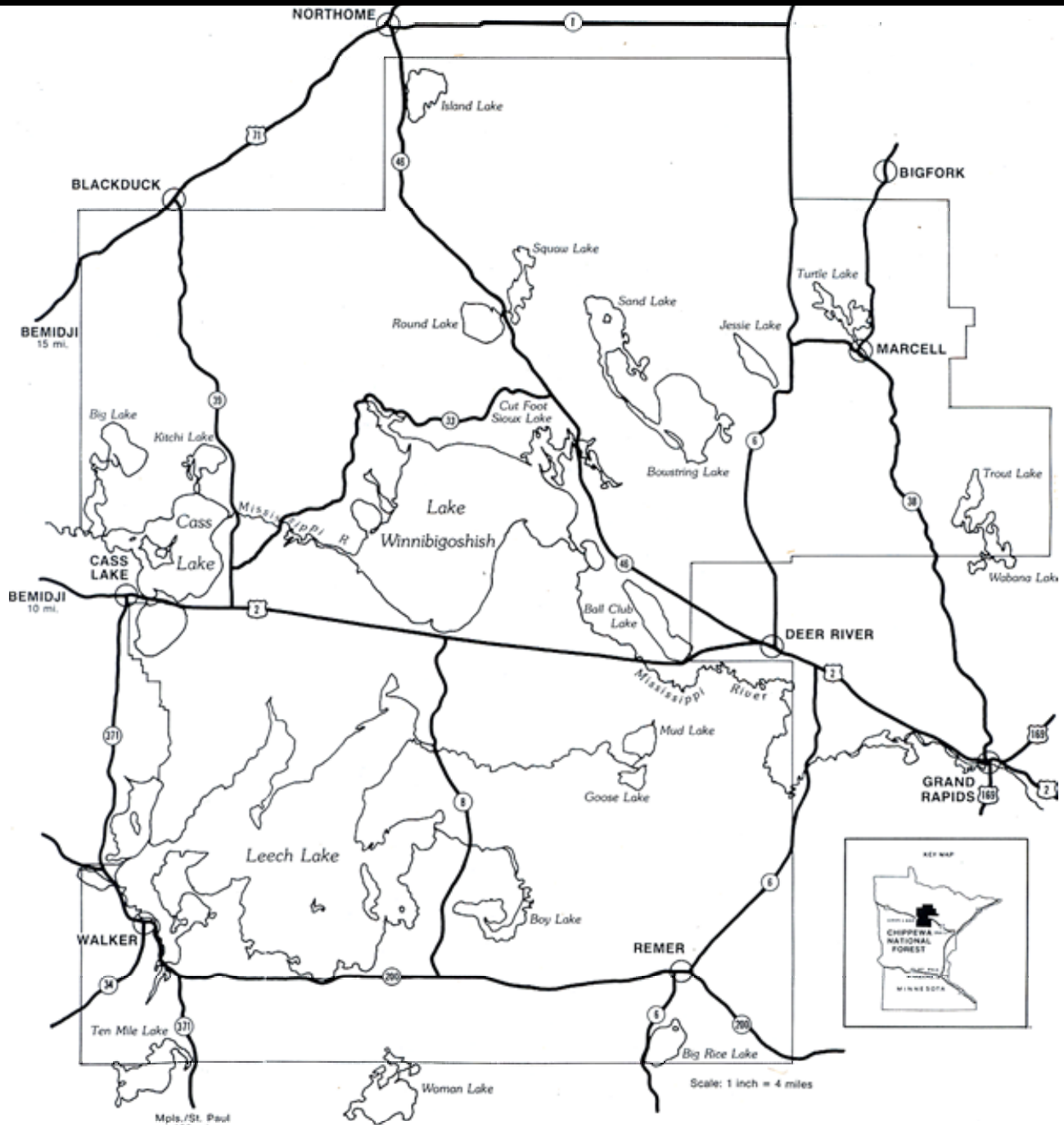
Access the Suomi Hills area from the Highway 38 National Scenic Byway, eight miles south of Marcell, Minnesota.

Trout Lake Trail (Marcell)

This is a nice short scenic trail into the woods and out onto the Trout Lake Estate, a national historic site featuring a 1920 lumber baron estate.

The rolling trail moves bikers between narrow path to old tote road—please watch for hikers. Bring your picnic basket and enjoy quiet moments along this beautiful lake. Access the 11 mile trail from the north end of Trout Lake off Co 326 or from the south end near FR 2065.

BIKING ON THE CHIPPEWA NATIONAL FOREST



FOR MORE INFORMATION CONTACT:

Blackduck Ranger District
 417 Forestry Drive, Blackduck, MN 56630
 (218) 835-4291

Walker Ranger District
 201 Minnesota Ave. East, Walker, MN 56484
 (218) 547-1044

Marcell/ Deer River Ranger District
 1037 Division Street, Box 308
 Deer River, MN 56636
 (218) 246-2123

Supervisor's Office, Chippewa National Forest
 200 Ash Avenue NW
 Cass Lake, MN 56633
 (218) 335-8600

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