

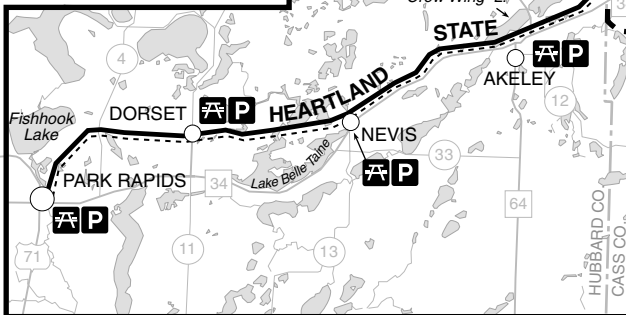
Paul Bunyan & Heartland State Trails

Beltrami, Cass, Hubbard & Crow Wing Counties

Heartland Trail Distances in Miles

Park Rapids	6	11	17	27	39	48
Dorset		5	11	21	33	42
Nevis			6	16	28	37
Akeley				10	22	31
Walker					12	21
Wilkinson						9
Cass Lake						

Cyclists can ride U. S. Highway 71 shoulder to Itasca State Park. It is approximately 20 miles from Park Rapids.



Paul Bunyan Trail Distances in Miles

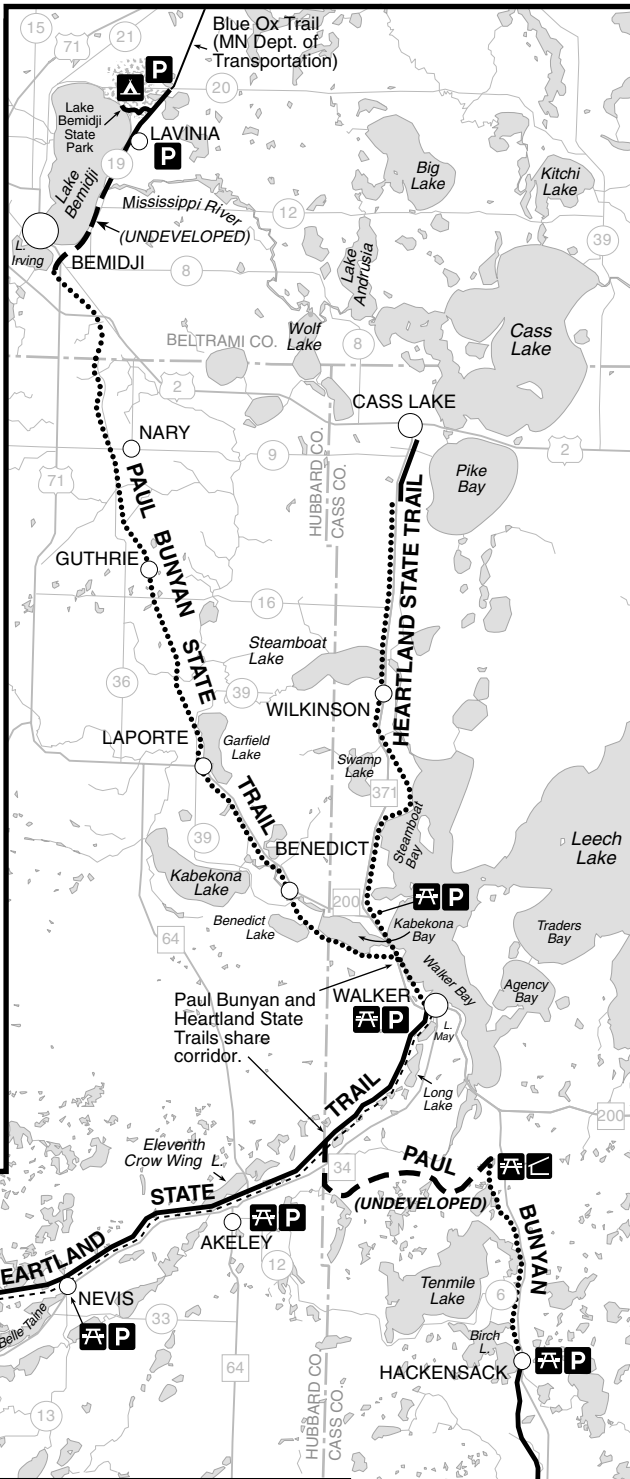
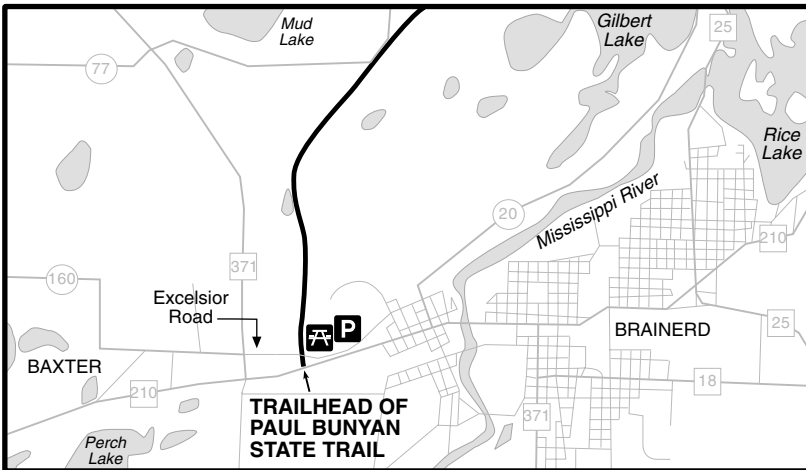
Baxter	9.0	14.8	21.0	24.0	30.0	38.8	46.4	63.2	71.0	76.2	82.4	87.6	97.2	100
Merrifield		5.8	12.0	15.0	21.0	29.8	37.4	54.2	62.0	67.2	73.4	78.6	88.2	91.0
Nisswa			6.2	9.2	15.2	24.0	31.6	48.4	56.2	61.4	67.6	72.8	82.4	85.2
Pequot Lakes				3.0	9.0	17.8	25.4	42.2	50.0	55.2	61.4	66.6	76.2	79.0
Jenkins					6.0	14.8	22.4	39.2	47.0	52.2	58.4	63.6	73.2	76.0
Pine River						8.8	16.4	33.2	41.0	46.2	52.4	57.6	67.2	70.0
Backus							7.6	24.4	32.2	37.4	43.6	48.8	58.4	61.2
Hackensack								16.8	24.6	29.8	36.0	41.2	50.8	53.6
Walker									7.8	13.0	19.2	24.4	34.0	36.8
Benedict										5.2	11.4	16.6	26.2	29.0
Laporte											6.2	11.4	21.0	23.8
Guthrie												5.2	14.8	17.6
Nary													9.6	12.4
Bemidji														6
Lake Bemidji St. Park														

Studded Snowmobile Track Restrictions On Asphalt State Trails



State law restricts metal studs on asphalt trails. All other trails are open to snowmobiles with studded tracks.

On some sections of the affected State Trails, alternate routes open to all snowmobiles have been provided. They provide links with the grant-in-aid trails, and a connection to service areas. For most up-to-date information, call the DNR Information Center at 1-888-646-6367.



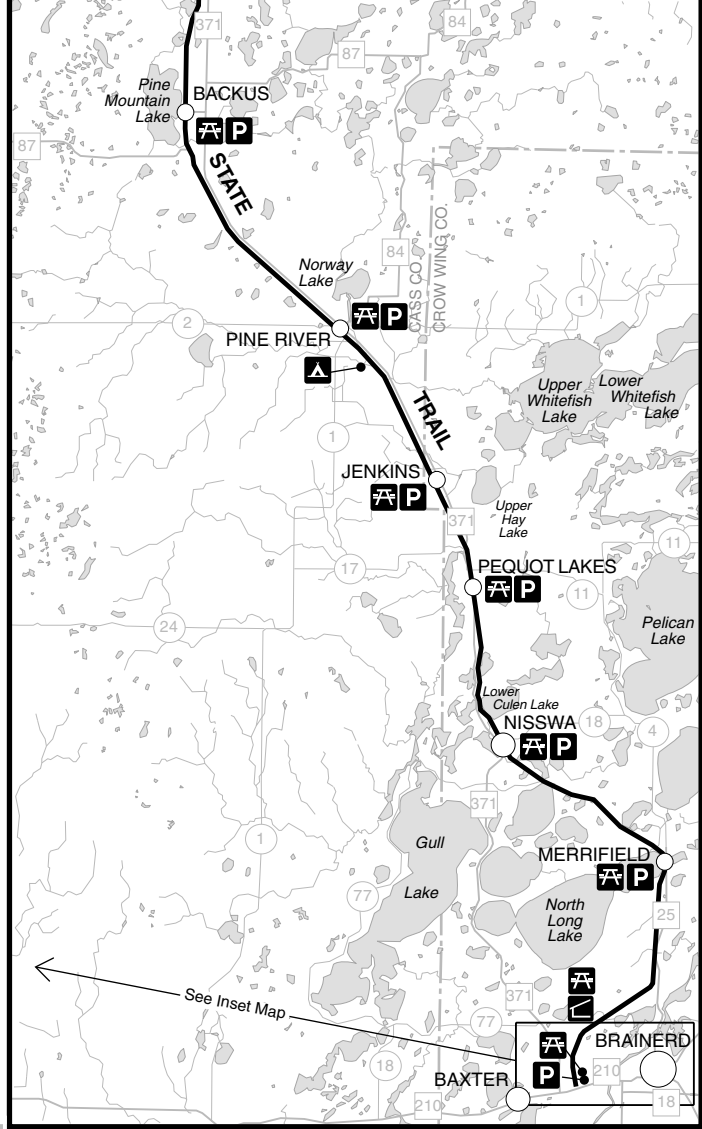
NORTH



MAP EXPLANATION

- Trails**
- Paved (Asphalt)
 - - - - - Adjacent Horse Trail
 - Unpaved
 - - - - - Future Trail (Proposed)
 - Other Trails
- Facilities**
- P** Parking
 - PA** Picnic / Rest Area
 - ▲** Campground
 - ▢** Shelter
- 0 5 10
Scale in Miles

© 6/2001, Minnesota Department of Natural Resources





Paul Bunyan & Heartland

Beltrami, Cass, Hubbard & Crow Wing Counties



Paul Bunyan State Trail

When completed, the Paul Bunyan State Trail will be a 100 mile long multiple use trail between Brainerd /Baxter and Bemidji. Primarily located on a former Burlington Northern Railroad grade, the trail is generally level and is wheelchair accessible. Currently, 53.8 miles of the trail is paved: 48.5 miles from Baxter to Hackensack, and 5.3 miles from Lake Bemidji State Park to Co. Rd. 20 and to the Mississippi River trestle. The remaining 46.2 mile section is undeveloped with variable surface material ranging from the original railroad ballast to sand.

The region is rich in history, having been inhabited for centuries before French explorers came to the area. Thirteen recorded prehistoric sites have been identified near the Paul Bunyan State Trail alone. The Ojibwe and Dakota were present in the area until explorers entered the region and the logging and railroad industries began to dominate. Most towns along the trail have a rich railroad and logging history. Today, they are popular vacation destinations and provide trail access points, rest areas and services. They also provide a major part of the regional identity and sites of historic interest.

Main summer uses of the developed portions of the Paul Bunyan State Trail include hiking, bicycling, and in-line skating. The undeveloped sections are suitable for mountain biking.

Snowmobiling is the primary winter use along both the paved and undeveloped sections of the trail, however studded tracks are prohibited on the paved surface. The trail provides

connections to many miles of groomed snowmobile trails in the county Grant-In-Aid trail system. When completed, the Paul Bunyan State Trail will also connect with the Blue Ox Trail forming one of the longest rail-to-trail conversions in North America, for a total distance of 210 miles.

Heartland State Trail

The Heartland State Trail was one of the first rail-to-trail projects in the country. It is a 49 mile multiple use trail between Park Rapids and Cass Lake. The trail is located entirely on a level abandoned railroad grade, except for a four mile segment north of Walker, on sharply rolling terrain. The 27 mile segment between Park Rapids and Walker has a paved surface. This segment also has a second grassy treadway for horseback riding, mountain biking, hiking and snowmobiling. The remaining 22 mile segment to Cass Lake is primarily compacted gravel and railroad ballast with occasional sandy areas and can be used for horseback riding, mountain biking, hiking and snowmobiling. The entire trail is groomed in the winter for snowmobiling, however studded tracks are prohibited on the asphalt.

The Heartland State Trail also provides connections to many miles of groomed snowmobile trails in the Hubbard county Grant-in-Aid trail system.

Views of lakes, rivers and streams are numerous, and many are accessible from the trail. The trail passes through northern hardwood forests and stands of jack, red, and white pine, as well as the spruce fir forest community. The occasional majestic white pine can be seen towering over the trail. Common mammals noticed along the trail include whitetail deer, raccoon, red fox, porcupine, beaver and muskrat. The observant trail user may spot coyote, weasel, mink, bobcat or black bear. Many varieties of birds can be seen along the trail including the bald eagle, which has a large population in the Chippewa National Forest and surrounding area.

Construction Notes (as of June 2001):

Two bridges south of Bemidji, on the Paul Bunyan State Trail, are planned for construction in 2000. A project to pave approximately 8 miles from the Mississippi River trestle south to Nary, is proposed for 2001.

In 2001, projects are proposed for the paving of the Heartland State Trail (Walker to Cass Lake) and the Paul Bunyan Trail (Walker to Beltrami-Hubbard Co. line and into Bemidji).

The Paul Bunyan Trail connection from Hackensack north and west to the Heartland State Trail is scheduled for construction during 2001-2002.

PARKING AVAILABLE:

** Do not leave valuables in your vehicle.*

The Paul Bunyan State Trail

- The southern trailhead of the Paul Bunyan State Trail is located in Baxter. From Brainerd, go west on State Highway 210 about 3/4 of a mile. Turn north (right) on State Highway 371 to the first stoplight (Excelsior Road). Turn east (right), and continue to the parking lot.

- The northern trailhead is located in Lake Bemidji State Park. From Bemidji, go north on Co. Rd. 21 about 4 miles, then east on Co. Rd. 20 2 miles to the park entrance.

- Parking for the Paul Bunyan State Trail is also available in Merrifield, Nisswa, Pequot Lakes, Jenkins, Pine River, Backus, Hackensack, Walker and Lavinia.

The Heartland State Trail

- The trailheads for the paved section of the Heartland State Trail are located in Park Rapids and Walker. Parking for the trail is available in Park Rapids at Heartland County Park, Dorset, Nevis, Akeley, Walker, and Erickson's Landing north of Walker.

DNR Information Center

500 Lafayette Road
Saint Paul, MN 55155-4040
(651) 296-6157 (metro area & outside MN)
1-888-MINNDNR (MN toll free)
(646-6367)

TDD
(651) 296-5484 (metro area)
1-800-657-3929 (MN toll free)

Minnesota Department of Tourism

100 Metro Square
121 7th Place East
Saint Paul, MN 55101-2112
(651) 296-5029 (metro area)
1-888-TOURISM (MN toll free)

Minnesota Bikeway Maps

Minnesota Department of Transportation
John Ireland Boulevard
Room B-2
Saint Paul, MN 55155
(651) 296-2216

Printed on recycled paper
with a minimum of 30%
post-consumer material.



*This information is available in alternative format upon request.
You can also check out this website at:*

"www.dnr.state.mn.us/trails_and_waterways/state_trails"

"Equal opportunity to participate in and benefit from programs of the Minnesota Department of Natural Resources is available to all individuals regardless of race, color, creed or religion, national origin, sex, marital status, status with regard to public assistance, sexual orientation, age or disability. Discrimination inquiries should be sent to the Minnesota Department of Natural Resources, 500 Lafayette Road, St. Paul, MN 55155-4031, or the Equal Opportunity Office, Department of the Interior, Washington, D.C., 20240."