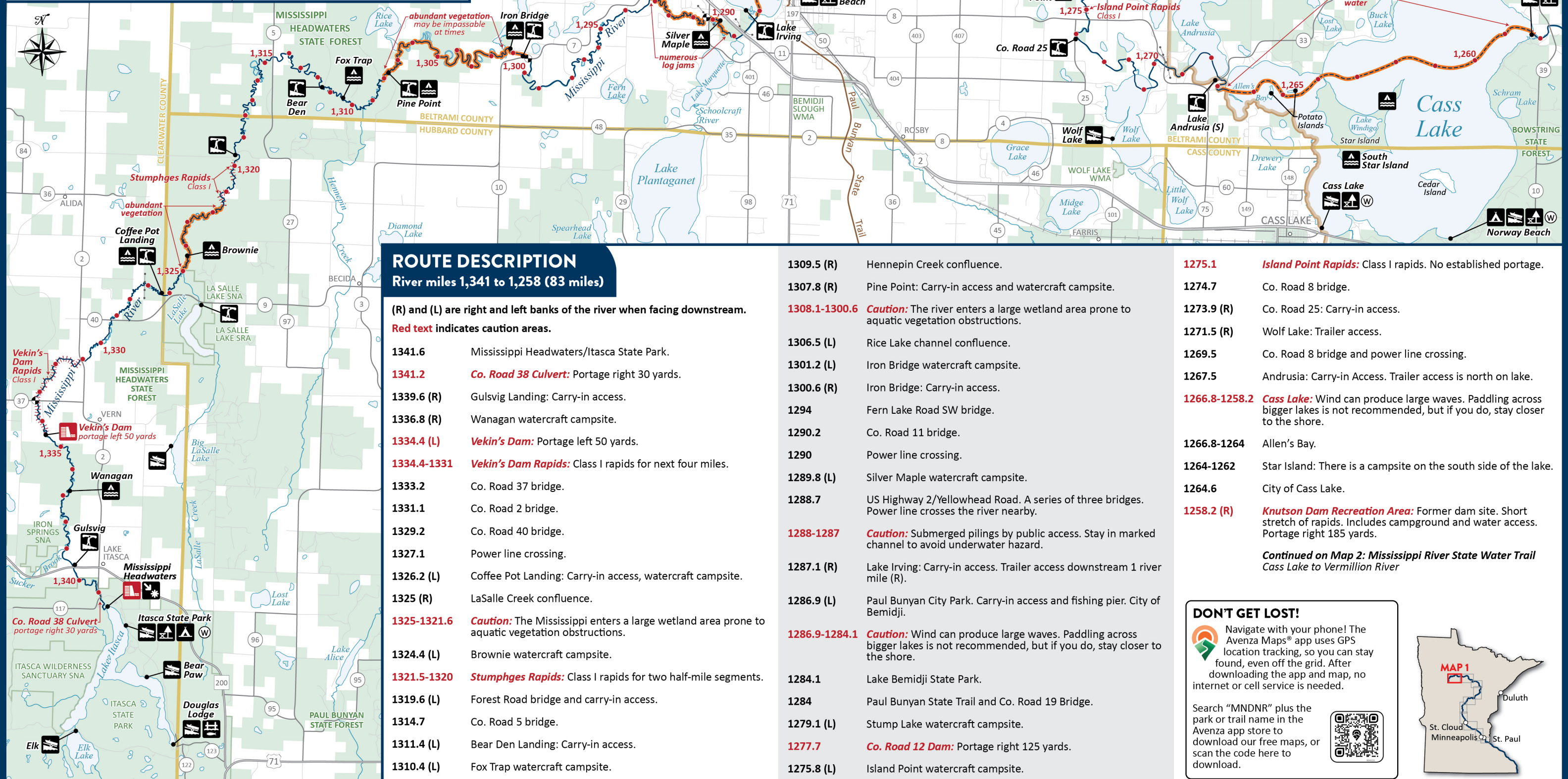


# MISSISSIPPI RIVER STATE WATER TRAIL

## MAP 1 - Lake Itasca to Cass Lake

Carry-in Access	Watercraft Campsite	Public Lands	Power Lines
Trailer Access	Point of Interest	State Unit Boundaries	Hazard Areas
Shelter	Dam	River Level Gauge	Rapids
Rest Area	Drinking Water	River Miles	
Fishing Pier	Hospital/Clinic		
Campground			

Scale 1:145,000



### ROUTE DESCRIPTION

River miles 1,341 to 1,258 (83 miles)

(R) and (L) are right and left banks of the river when facing downstream.  
**Red text indicates caution areas.**

- 1341.6 Mississippi Headwaters/Itasca State Park.
- 1341.2 **Co. Road 38 Culvert:** Portage right 30 yards.
- 1339.6 (R) Gulsvig Landing: Carry-in access.
- 1336.8 (R) Wanagan watercraft campsite.
- 1334.4 (L) **Vekin's Dam:** Portage left 50 yards.
- 1334.4-1331 **Vekin's Dam Rapids:** Class I rapids for next four miles.
- 1333.2 Co. Road 37 bridge.
- 1331.1 Co. Road 2 bridge.
- 1329.2 Co. Road 40 bridge.
- 1327.1 Power line crossing.
- 1326.2 (L) Coffee Pot Landing: Carry-in access, watercraft campsite.
- 1325 (R) LaSalle Creek confluence.
- 1325-1321.6 **Caution:** The Mississippi enters a large wetland area prone to aquatic vegetation obstructions.
- 1324.4 (L) Brownie watercraft campsite.
- 1321.5-1320 **Stumphges Rapids:** Class I rapids for two half-mile segments.
- 1319.6 (L) Forest Road bridge and carry-in access.
- 1314.7 Co. Road 5 bridge.
- 1311.4 (L) Bear Den Landing: Carry-in access.
- 1310.4 (L) Fox Trap watercraft campsite.

- 1309.5 (R) Hennepin Creek confluence.
- 1307.8 (R) Pine Point: Carry-in access and watercraft campsite.
- 1308.1-1300.6 **Caution:** The river enters a large wetland area prone to aquatic vegetation obstructions.
- 1306.5 (L) Rice Lake channel confluence.
- 1301.2 (L) Iron Bridge watercraft campsite.
- 1300.6 (R) Iron Bridge: Carry-in access.
- 1294 Fern Lake Road SW bridge.
- 1290.2 Co. Road 11 bridge.
- 1290 Power line crossing.
- 1289.8 (L) Silver Maple watercraft campsite.
- 1288.7 US Highway 2/Yellowhead Road. A series of three bridges. Power line crosses the river nearby.
- 1288-1287 **Caution:** Submerged pilings by public access. Stay in marked channel to avoid underwater hazard.
- 1287.1 (R) Lake Irving: Carry-in access. Trailer access downstream 1 river mile (R).
- 1286.9 (L) Paul Bunyan City Park. Carry-in access and fishing pier. City of Bemidji.
- 1286.9-1284.1 **Caution:** Wind can produce large waves. Paddling across bigger lakes is not recommended, but if you do, stay closer to the shore.
- 1284.1 Lake Bemidji State Park.
- 1284 Paul Bunyan State Trail and Co. Road 19 Bridge.
- 1279.1 (L) Stump Lake watercraft campsite.
- 1277.7 **Co. Road 12 Dam:** Portage right 125 yards.
- 1275.8 (L) Island Point watercraft campsite.

- 1275.1 **Island Point Rapids:** Class I rapids. No established portage.
  - 1274.7 Co. Road 8 bridge.
  - 1273.9 (R) Co. Road 25: Carry-in access.
  - 1271.5 (R) Wolf Lake: Trailer access.
  - 1269.5 Co. Road 8 bridge and power line crossing.
  - 1267.5 Andrusia: Carry-in Access. Trailer access is north on lake.
  - 1266.8-1258.2 **Cass Lake:** Wind can produce large waves. Paddling across bigger lakes is not recommended, but if you do, stay closer to the shore.
  - 1266.8-1264 Allen's Bay.
  - 1264-1262 Star Island: There is a campsite on the south side of the lake.
  - 1264.6 City of Cass Lake.
  - 1258.2 (R) **Knutson Dam Recreation Area:** Former dam site. Short stretch of rapids. Includes campground and water access. Portage right 185 yards.
- Continued on Map 2: Mississippi River State Water Trail Cass Lake to Vermillion River**

**DON'T GET LOST!**

Navigate with your phone! The Avenza Maps® app uses GPS location tracking, so you can stay found, even off the grid. After downloading the app and map, no internet or cell service is needed.

Search "MNDNR" plus the park or trail name in the Avenza app store to download our free maps, or scan the code here to download.



# MISSISSIPPI RIVER STATE WATER TRAIL



## MAP 1 - LAKE ITASCA TO CASS LAKE



**m MINNESOTA**  
STATE PARKS AND TRAILS

## ABOUT THE WATER TRAIL

The Mississippi River State Water Trail begins its 2,350-mile journey in Itasca State Park. Its first 50 miles are narrow, sometimes just five to 10 feet wide, and have few signs of development. You will pass white and red pine, oaks, maples, birch and aspen that support diverse wildlife. You may also notice the past effects of glaciers, where deposited rock and sand formed hills or melting ice flattened plains.

As you travel toward Bemidji, the river's banks become more defined, and you'll begin to notice farms and homes. Wetlands throughout this stretch have dense, maze-like vegetation, which may lead you astray or prove to be an obstacle. In most cases, follow the downstream flow to stay on the main channel.

The river falls an average of four feet per mile. You will find riffles and Class I rapids throughout this stretch. Class I rapids are usually small waves with few obstructions. Hazards include dense vegetation, log jams and large, open water, which can produce powerful waves.



The river meanders through dense wetlands.

## CONTACTS

**DNR REGION 1 HEADQUARTERS**  
2115 Birchmont Beach Rd. NE  
Bemidji, MN 56601  
218-755-3955

**DNR INFORMATION CENTER**  
500 Lafayette Rd.  
St. Paul, MN 55155-4040  
888-646-6367  
[info.dnr@state.mn.us](mailto:info.dnr@state.mn.us)

**ITASCA STATE PARK**  
Lake Itasca, MN  
218-266-2100  
[mndnr.gov/itasca](http://mndnr.gov/itasca)

**LAKE BEMIDJI STATE PARK**  
Bemidji, MN  
218-755-3843  
[mndnr.gov/lakebemidji](http://mndnr.gov/lakebemidji)

## TRIP PLANNING AND SAFETY



- Plan your trip with a map before you leave. Tell someone your plans, including put-in and take-out times.
- Travel with a companion or group.
- Most people paddle 2-3 river miles per hour.
- River levels can affect your speed and trip safety. Check conditions at [mndnr.gov/river\\_levels](http://mndnr.gov/river_levels).
- Don't underestimate the power of wind and waves, especially on large lakes.
- Be cautious of obstacles in the river and avoid overhanging and dead trees.
- Bring clean drinking water and a waterproof container with a first aid kit, waterproof matches and extra clothes.
- Wear a life jacket at all times while on the water.
- Purchase a license for your non-motorized watercraft if it's more than 10 feet in length. If you're not from Minnesota, check your state's watercraft license laws.

## WATERCRAFT CAMPING



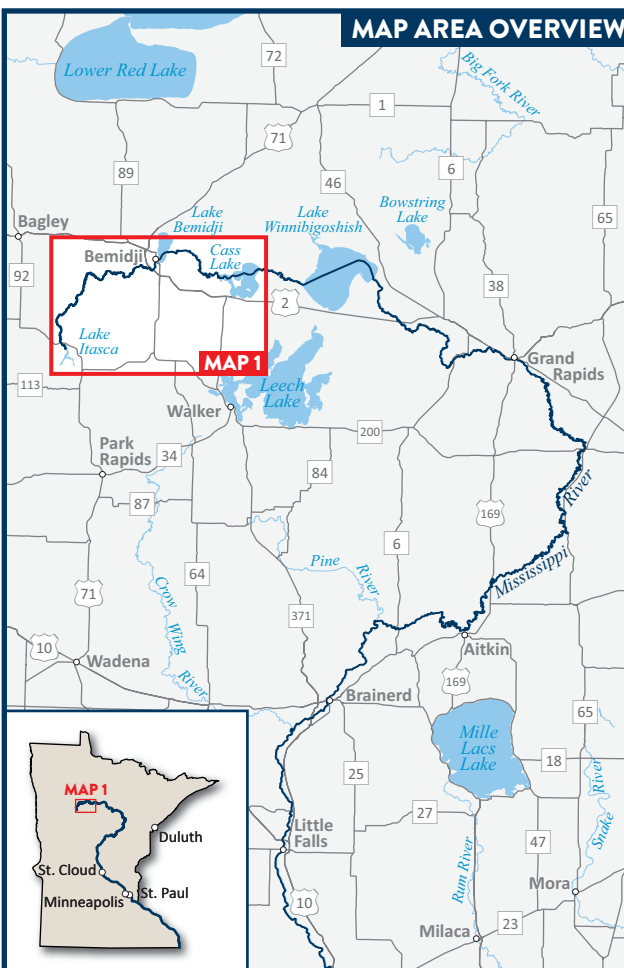
- Camp only in designated campsites, which are often available on a first-come, first-served basis. State and national forests do allow dispersed camping. Be sure to check regulations before your trip.
- Riverbed camping next to private property is not permitted.
- Stay off private property. Stop only at designated sites; much of the shoreland is private property.
- Be sanitary! Use designated toilet facilities or bury human waste away from the river.
- Follow the rules for firewood. State forests allow you to gather dead wood for a fire, but state parks do not.

## MEDICAL

**SANFORD MEDICAL CENTER**  
1300 Anne St. NW  
Bemidji, MN 56601  
218-751-5430



**IN AN EMERGENCY CALL 911**



## RECOMMENDED DAY TRIP

### Lake Itasca to Coffee Pot Landing

- Put-in location: Mississippi Headwaters River mile **1,341.6**
- Take-out location: Coffee Pot Landing River mile **1,326.2**
- Length: **15.4** river miles

This stretch starts off wooded and intimate. Expect to lift the watercraft over beaver dams during lower water levels, or around road culverts during high water levels. To take a break, pull over at Wanagan. The stretch between Vekin's Dam and Co. Road 2 has Class I rapids, which can be challenging for new paddlers. Conclude at Coffee Pot Landing.

[mndnr.gov/watertrails/recommended](http://mndnr.gov/watertrails/recommended)

## EXPLORE ON SHORE

### Itasca State Park River mile **1,341.6**

Stop at the park to experience the headwaters of the Mississippi or to rent a canoe, kayak or stand-up paddleboard.

[mndnr.gov/itasca](http://mndnr.gov/itasca)

### Paul Bunyan State Trail River mile **1,284**

Get out at Nymore Beach and hike or bike a portion of the paved trail. Check the City of Bemidji for bike rentals and create a pedal-paddle adventure.

[mndnr.gov/paulbunyan](http://mndnr.gov/paulbunyan)

## PROTECT THE RIVER

Your experience on the river depends on a healthy environment. As you explore the beauty of this waterway, also do your best to protect it.

### Protect Your Waters

Before launching...before leaving

- Clean off aquatic plants and animals.
- Drain all water away from the landing.
- Dispose of unwanted bait in the trash.

[mndnr.gov/invasives/aquatic](http://mndnr.gov/invasives/aquatic)

### Buffer Protection

The Minnesota buffer law establishes new vegetation buffers along rivers, streams and ditches to help filter out chemicals and sediment before they reach waterways.

[mndnr.gov/buffers](http://mndnr.gov/buffers)

## More Information

[mndnr.gov/watertrails](http://mndnr.gov/watertrails)

- River level reporting
- River conditions reporting
- Interactive water trail map
- Recommended routes
- River rapids definitions
- Virtual tours

Search for outfitters at [exploreminnesota.com](http://exploreminnesota.com)

This document is available in alternative formats to individuals with disabilities by contacting [info.dnr@state.mn.us](mailto:info.dnr@state.mn.us), 651-296-6157, or MN Relay 711.