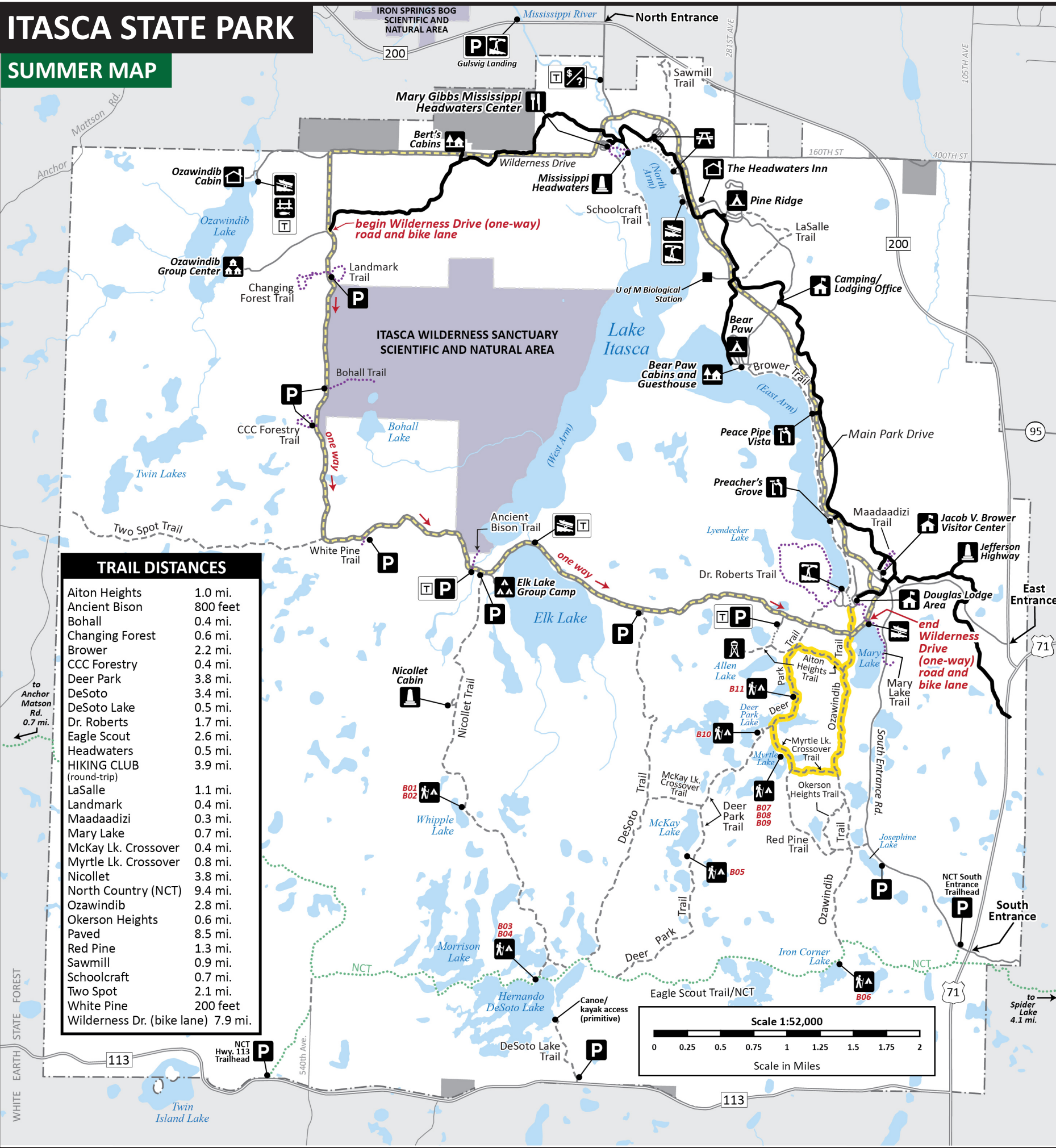
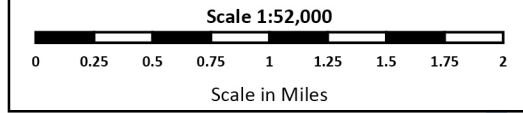


ITASCA STATE PARK

SUMMER MAP



TRAIL DISTANCES	
Aiton Heights	1.0 mi.
Ancient Bison	800 feet
Bohall	0.4 mi.
Changing Forest	0.6 mi.
Brower	2.2 mi.
CCC Forestry	0.4 mi.
Deer Park	3.8 mi.
DeSoto	3.4 mi.
DeSoto Lake	0.5 mi.
Dr. Roberts	1.7 mi.
Eagle Scout	2.6 mi.
Headwaters	0.5 mi.
HIKING CLUB (round-trip)	3.9 mi.
LaSalle	1.1 mi.
Landmark	0.4 mi.
Maadaadizi	0.3 mi.
Mary Lake	0.7 mi.
McKay Lk. Crossover	0.4 mi.
Myrtle Lk. Crossover	0.8 mi.
Nicollet	3.8 mi.
North Country (NCT)	9.4 mi.
Ozawindib	2.8 mi.
Okerson Heights	0.6 mi.
Paved	8.5 mi.
Red Pine	1.3 mi.
Sawmill	0.9 mi.
Schoolcraft	0.7 mi.
Two Spot	2.1 mi.
White Pine	200 feet
Wilderness Dr. (bike lane)	7.9 mi.

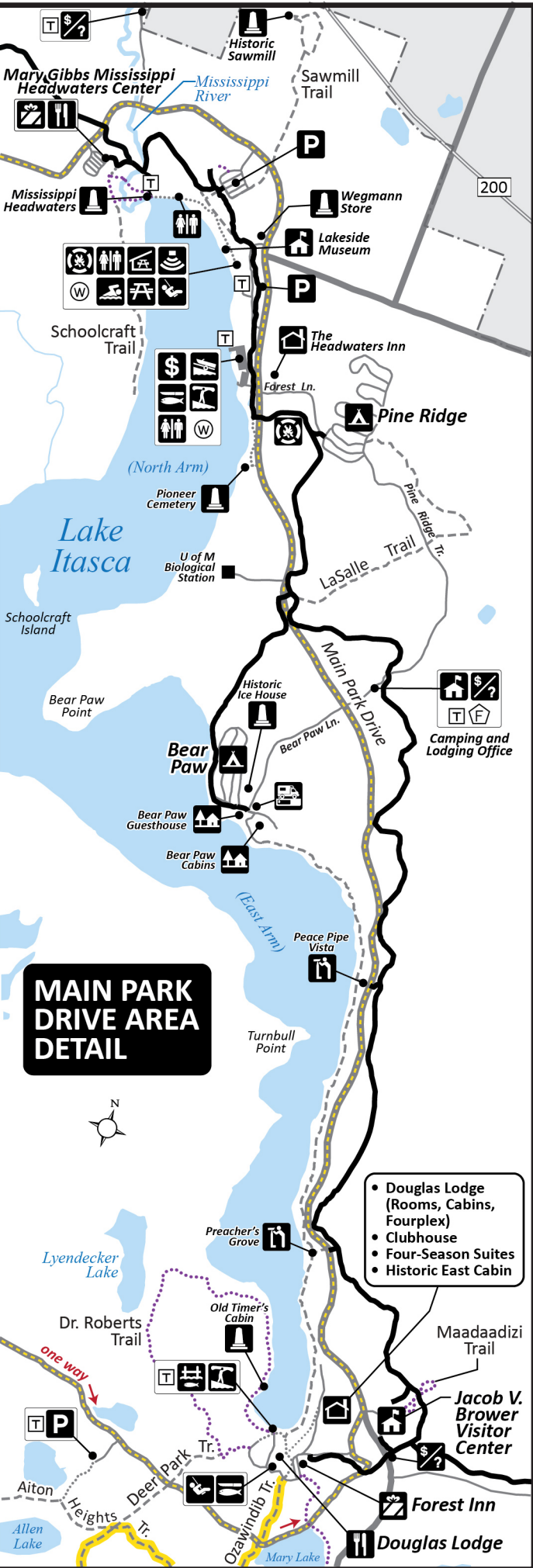


SUMMER TRAILS

- Hiking
- Paved Trail (multi-use)
- Main Park Drive/Wilderness Drive
- Interpretive Hiking
- Hiking Club
- Access Paths
- North Country National Scenic Trail (NCT)

FACILITIES

- Park Building
- Pay Station
- Picnic Area
- Picnic Shelter
- Parking
- Swimming
- Fishing Pier
- Trailer Access
- Carry-in Access
- Fish Cleaning Shelter
- Rentals (Watercraft, Bike)
- Restaurant
- Historic Site
- Overlook
- Play Area
- Lodging
- Cabins
- Group Center
- Amphitheater
- Campfire Circle
- Campground
- Group Camp
- Backpack Camping
- RV Sanitation Station
- Gift Shop
- Firewood
- Restrooms
- Toilet
- Drinking Water
- Private Property (Public Use Prohibited)



MAIN PARK DRIVE AREA DETAIL

- Douglas Lodge (Rooms, Cabins, Fourplex)
- Clubhouse
- Four-Season Suites
- Historic East Cabin

MAP AND GUIDE: ITASCA STATE PARK SUMMER

36750 MAIN PARK DR.
PARK RAPIDS, MN 56470
CLEARWATER/HUBBARD/BECKER COUNTIES
218-699-7251
ITASCA.STATEPARK@STATE.MN.US



VISITOR TIPS

- The headwaters rocks are slippery, use caution when crossing.
- Check clothing and exposed skin often for wood ticks and black-legged ticks.
- Watch for poison ivy along edges.
- Bicycling on Main Park Drive is discouraged. Ride on the multi-use, paved trail.
- The Wilderness Drive one-way road is shared by vehicles and bikes. Bicyclists are encouraged to use the bike lane.
- Bicycling on hiking trails is prohibited.
- **Help keep our lakes clean. Check your watercraft for aquatic invasives before launching and before leaving.**
- In an emergency call 911.
- Non-emergency sheriff numbers:
 - Clearwater Co. 218-694-6226
 - Hubbard Co. 218-732-3331



ONLY HAVE AN HOUR?

- Visit the Mary Gibbs Mississippi Headwaters Center to see where the Mississippi River begins. Take a picture at the historic headwaters post, cross the rocks, or wade in the shallow water.
- Visit the Jacob V. Brower Visitor Center and learn about the park.
- Tour Main Park Drive. Include stops at Preacher's Grove and Peace Pipe Vista overlooks.
- Have a picnic under the pines along the shore of Lake Itasca. The picnic area also includes a playground and swimming beach.



LOOKING FOR MORE TO EXPLORE DURING YOUR STAY? VISIT: MNDNR.GOV/ITASCA

ABOUT THE PARK

At over 32,000 acres, Itasca State Park includes not only the beginning of the Mississippi River, but large tracts of Minnesota's remaining old-growth red and white pine forest. Established in 1891, Itasca is Minnesota's oldest state park and was created to protect the forests and waters surrounding the headwaters of the Mississippi River. Shaped by glaciers over 10,000 years ago, the rolling landscape conceals over 100 lakes within the pine, spruce, birch, oak and maple forests. Centuries of disputes over what lake was the true source of the great river led park founder Jacob V. Brower to settle the dispute once and for all, determining that Lake Itasca is the headwaters of the Mississippi River.



See the birthplace of the "Mighty Mississippi" River.

TRAIL HIGHLIGHTS

Mississippi Headwaters Area

0.5 MILE loop

Accessible • Concrete • Asphalt • Gravel • Wood boardwalk

The Mississippi River headwaters site is located 800 feet from the Mary Gibbs Mississippi Headwaters Center parking lot. Sit and listen to the flow of water over the headwaters rocks and enjoy views across Lake Itasca, then continue on the boardwalk following the river as you loop back to the parking lot. This loop can be navigated with a mobility device.

Dr. Roberts Trail

2 MILE loop

Gravel • Wood boardwalk • Grass • Hilly

Travel through a bog, marvel at the Old Timer's Cabin, and climb a ridge overlooking Lyendecker Lake. This is an excellent trail for wildflower photography and birding.

Aiton Heights Fire Tower

0.5 MILE one-way (from fire tower parking lot)

Gravel • Grass • Hilly

Climb the 100-foot tall fire tower for a panoramic view of the Lake Itasca watershed. For a shorter 0.5 mile walk to the tower, start from the parking lot located along Wilderness Drive, or make this a 3-mile loop hike starting from the Douglas Lodge parking lot (Ozawindib/Aiton Heights/Deer Park trails). Wind through maple-basswood forest, look for trumpeter swans and otters on Mary, Allen, and Kasey lakes.

Wilderness Drive

10.1 MILES one-way (from Mary Gibbs Mississippi Headwaters Center parking lot)

Asphalt • Hilly • Bike Lane (7.9 MILES)

Go for a scenic drive or bike ride through old growth red and white pine forest with numerous hiking trail options along the way. Watch for wildlife such as pileated woodpeckers, white-tailed deer, beavers, porcupines, and black bears.

MORE TO EXPLORE AT ITASCA



- Pedal 8.5 miles of paved trail starting at the Jacob V. Brower Visitor Center; continue on the Wilderness Drive one-way road another 7.9 miles to create a 16.4 mile loop.
- Explore the forest on over 45 miles of hiking trails.
- Attend a free state park naturalist program.
- Take home a souvenir from one of three gift shops.
- Appreciate the rustic design of historic buildings throughout the park.
- Rent a canoe, kayak, stand-up paddleboard, pontoon or bike from the concessionaire at the public water access at Lake Itasca.
- Go fishing on Lake Itasca, Ozawindib Lake, Elk Lake or Mary Lake.
- Start a long distance adventure! The Mississippi River State Water Trail, Great River Road and Mississippi River Trail Bikeway all begin here!

SO EVERYONE CAN ENJOY THE PARK...

A FULL SET OF STATE PARK RULES AND REGULATIONS IS AVAILABLE AT THE PARK OFFICE OR MNDNR.GOV.



PARK OPEN

8 a.m.–10 p.m. daily.



VEHICLE PERMITS

Permits required; purchase at ranger station, entrance kiosk, or online at mndnr.gov/permit.



PETS WELCOME

Keep on 6-foot leash; pick up after; attend at all times; only service animals allowed in buildings.



FIREWOOD

Purchase only from ranger station or approved vendor; no gathering firewood in the park.



CAMPGROUND QUIET HOURS

10 p.m.–8 a.m.; only registered campers may be in campground during quiet hours.

DINING & LODGING IN THE PARK



- Dine at the historic Douglas Lodge Restaurant. Open with limited hours from Memorial Day weekend through late October.
- Grab a quick bite at the Mary Gibbs Café, offering coffee, baked goods, ice cream, and sandwiches. Open daily, fishing opener weekend through early October.



- Stay the night in one of 64 lodging options, or sleep under the stars at one of 246 campsites. Check in at the Camping and Lodging office from early May through October.



CURIOUS ABOUT THE MISSISSIPPI RIVER STATE WATER TRAIL? GO TO: MNDNR.GOV/WATERTRAILS/MISSISSIPPI

? MORE INFORMATION

Minnesota Department of Natural Resources
Information Center
500 Lafayette Rd., St. Paul, MN 55155-4040
888-646-6367 or mndnr.gov/parks

The Minnesota Department of Natural Resources is an Equal Opportunity Employer.
This information may be available in alternative format upon request.