



MAP AND GUIDE: NERSTRAND BIG WOODS STATE PARK

9700 170TH STREET EAST
NERSTRAND, MN 55053
RICE COUNTY
507-384-6140



VISITOR TIPS

- Minnesota Dwarf Trout Lily protection areas are posted and designated with ropes. Protect this plant that only grows in Minnesota.
- Stop the spread of invasive plants. Stay on trails and clean your shoes.
- Care for our trees. Ropes may not be attached to trees.
- In an emergency call 911.
- Non-emergency sheriff's number: 507-334-4391.



ONLY HAVE AN HOUR?

- Hike to the Hidden Falls Waterfall. The 1/2-mile trip (one-way) starts at the picnic area parking lot.
- Discover the forest with a hike on the Basswood Trail. Choose from loops of several lengths. Start at the picnic area parking lot.
- Find incredible spring flowers or fall colors on the Hidden Falls Trail. A boardwalk and stairs lead you through endangered Minnesota Dwarf Trout Lily colonies.



LOOKING FOR MORE TO DISCOVER?
VISIT MNDNR.GOV/NERSTRAND

ABOUT THE PARK

In 1945, the creation of this park protected one of the last remnants of Minnesota's Big Woods. A visit today reveals the ancient forests of pre-settlement Minnesota. Walk beneath sugar maple, basswood, elm, green ash and ironwood trees. Find over 50 varieties of wildflowers and many species of ferns and mushrooms along the rolling hills and glacial-cut valleys. Prairie Creek flows through the park, its picturesque Hidden Falls just waiting to be discovered. Picnic, hike, birdwatch, take photographs or camp. There is so much to see and do.



Hike to find Hidden Falls.

TRAIL HIGHLIGHTS

Hidden Falls Trail Steep terrain • Packed dirt • Stairs • Boardwalk Wildflowers line this trail each spring. Summer and fall bring ferns, horsetails and club mosses. Descend to the valley floor to find the Hidden Falls. Stop at interpretive signs and benches along the way.	1-mile loop
Fawn Trail Steep terrain • Packed dirt Stunning views over Prairie Creek and sweeping expanses of the Big Woods await you on this steep trail.	1.7-mile loop
Big Woods Trail Mostly flat • Packed dirt Find the park's tallest and straightest Big Woods trees. Ferns cover the forest floor beneath ethereal ironwood trees. American hornbeam trees (also called blue beech) border the banks of the trail's south end. Tree identification signs help you along the way. During winter this is a snowmobile only trail.	1 mile one-way
Prairie Trail Some hills • Packed dirt • Mowed grass Loop through native flowers and grasses that sustain insects, birds and mammals. Summer or fall are the best times to hike this prairie habitat. Access this 1.5-mile trail from the Big Woods Trail (4.5 miles total).	4.5-mile loop roundtrip

MORE TO EXPLORE AT THE PARK

- Check out a GPS unit from the park office and find a geocache.
- Search for numerous bird species.
- Camp at drive-in campsites, group camps or rustic walk-in campsites.
- Experience snowmobiling or snowshoeing trails.

SO EVERYONE CAN ENJOY THE PARK...

A full set of STATE PARK RULES AND REGULATIONS is available at mndnr.gov.



PARK OPEN

8 a.m.–10 p.m. daily.



VEHICLE PERMITS

Permits required; purchase at park office or entrance kiosk.



PETS WELCOME

Keep on 6-foot leash; pick up after; attend at all times; not allowed in buildings or at beaches.



CAMPGROUND QUIET HOURS

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



FIREWOOD

Must be purchased at this park or from vendors who sell wood approved for this park; no gathering firewood in the park.



CURIOUS ABOUT CAMPING?
VISIT MNDNR.GOV/RESERVATIONS
OR CALL 866-857-2757

? 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.

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STATE PARKS AND TRAILS