

AREA POLICE DEPARTMENTS:

Grand Marais: 218-387-3030
Two Harbors: 218-834-5566
Silver Bay: 218-226-4486
Duluth: 218-727-8770

DNR CONSERVATION OFFICERS:

Duluth: 218-525-2800
218-729-9675
218-525-6024
218-729-6579
218-624-5703
218-729-4994
Two Harbors: 218-834-4653
218-834-1406
218-360-1175
Tofte: 218-663-7183
Grand Marais: 218-387-9751
218-475-0121

AREA INFORMATION:

Visit Duluth
218-722-4011 or 1-800-438-5884
visitduluth.com
Two Harbors Chamber of Commerce
218-834-2600
twoharborschmber.com
Silver Bay - Beaver Bay Area Chamber
1-800-777-7384 (Two Harbors #)
Heart of the Arrowhead Association
218-353-7359
Lutsen - Tofte Tourism Association
218-663-7804 or 1-888-616-6784
61north.com
Grand Marais Visitor Center
218-387-2524 or 1-888-922-5000
grandmaraismn.com

EMERGENCY INFORMATION:
IN AN EMERGENCY, CALL 911

Cook Co. Sheriff: 218-387-3030
Lake Co. Sheriff: 218-834-8385
St. Louis Co. Sheriff: 218-726-2360
State Patrol: 218-723-4888

MEDICAL/ HOSPITALS:

DULUTH:
St. Mary's: 218-726-4000
St. Luke's: 218-726-5555
TWO HARBORS
Lake View Memorial: 218-834-7300
SILVER BAY
Bay Area Health Center: 218-226-4431
GRAND MARAIS
Cook Co. North Shore: 218-387-3040

TOURISM INFORMATION:
(Local snowmobile maps available)

Visit Duluth
21 West Superior Street
Suite 100
Duluth, MN 55802
800-4DU-LUTH
218-722-4011
visitduluth.com

Two Harbors Chamber of Commerce
RJ Houle Information Center
1330 Highway 61
Two Harbors, MN 55616
800-777-7384
218-834-6200 (visitor information)
218-834-2600 (for the chamber direct)
twoharborschamber.com

Silver Bay Chamber
Box 26
Silver Bay, MN 55614
800-777-7384 (Two Harbors)
silverbay.com

Grand Marais Chamber
PO Box 1048
Grand Marais, MN 55604
1-888-922-5000
218-387-2524
grandmarais.com

FOR MORE INFORMATION:

DNR Parks and Trails Area Office
218-834-1431 (office)
218-834-1439 (trail conditions)

Information Center
Minnesota Department of Natural Resources
Information Center Box 40
500 Lafayette Rd.
St. Paul, MN 55155
651-296-6157
1-888-MINNDNR

C. J Ramstad/North Shore State Trail
DNR Parks and Trails
1568 Highway 2
Two Harbors, MN 55616
218-834-1430
218-834-1439
updated trail condition message
during winter season
mndnr.gov/state_trails
Superior Hiking Trail Association
P.O. Box 4
731 7th Avenue
Two Harbors, MN 55616
218-834-2700
shta.org

Distance in Miles		Grand Marais	
		Lutsen	Two Harbors
Isabella	Caribou Parking	8	28
	Sawdust Parking	14	41
Ely	Schroeder	14	31
	Isabella	74	91
Tahquamenon Jct.	Ely	39	35
	Schroeder	39	52
Finland	Isabella	24	63
	Tahquamenon Jct.	11	15
Silver Bay	Finland	20	44
	Isabella	83	31
Two Harbors Plaza	Silver Bay	17	37
	Finland	61	100
Pogogyon Tr. Jct.	Two Harbors Plaza	34	37
	Finland	57	81
French Mt. Parking	Pogogyon Tr. Jct.	21	55
	Two Harbors Plaza	58	78
Duluth & Parking	French Mt. Parking	5	26
	Two Harbors Plaza	60	63
		14	19
		40	74
		77	97
		121	160
		108	112
		125	129
		153	

WARM SEASON USERS:
Since you will travel through remote, forested country side, you should take a map, a compass, extra food, clothing and water. Tell someone where you are going and when you will be back. During insect season, be prepared for usual Northwoods conditions.

A 6.6 mile portion of the C. J Ramstad/North Shore State Trail is now open for ATV use. This portion connects with 60 miles of GIA ATV trails.

The portion suggested for summer hiking and horseback riding is from the town of Finland to Cook Co. Rd. #6, north of Grand Marais, approximately 70 miles. The trail between Finland and Duluth is hikeable but occasional wet areas may be encountered.

Camping is suggested at the trail shelters along the trail. Camping is also allowed on adjacent public land except where posted as prohibited. Respect all private property signs as well as other restriction signs that may be posted. The rest of the trail may be hiked, but the visitor should be ready to cross or avoid wet areas which make for hard travel. Topographic quadrangles can be obtained for all areas the trail traverses, although older versions may not show modern trail alignment.

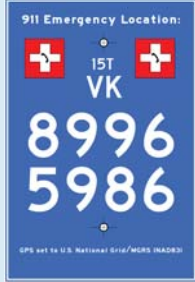
Since the trail is used for snowmobiling in winter, hikers can stay on the trail by following periodic snowmobile trail signs. These consist of chiefly State Trail and No Motorized vehicle signs, directional arrows and small diamond shaped orange blazers on trees and posts. In places the Trail follows back-country roads for distances. These too are posted with the above mentioned signs and blazers. Since the trail goes through forested areas, logging activities will periodically be taking place. Use caution when travelling these areas.

Fall colors are usually quite spectacular because the Trail follows maple covered ridges. Birch/Aspen stands are also widespread.

Fishing enthusiasts will find the Trail a good walk-in access to remote, lightly fished streams. Since 95% of the land is for public use, hunters can also pursue their sport using the trail as a walk-in access to many areas.

WINTER USERS:
The same safety and logistical suggestions apply to winter users, except that the need to protect ones self from the cold is obvious. The trail is groomed for snowmobiling in its entirety on a weekly basis. Stay on the trail or intersecting trails at all times. Use caution in the vicinity of active logging operations. Plan ahead for refueling.

Check out the DNR's website for more information regarding accessible recreational opportunities. mndnr.gov

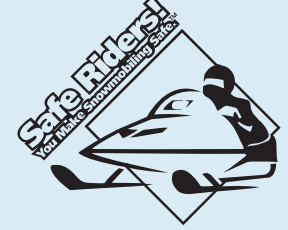


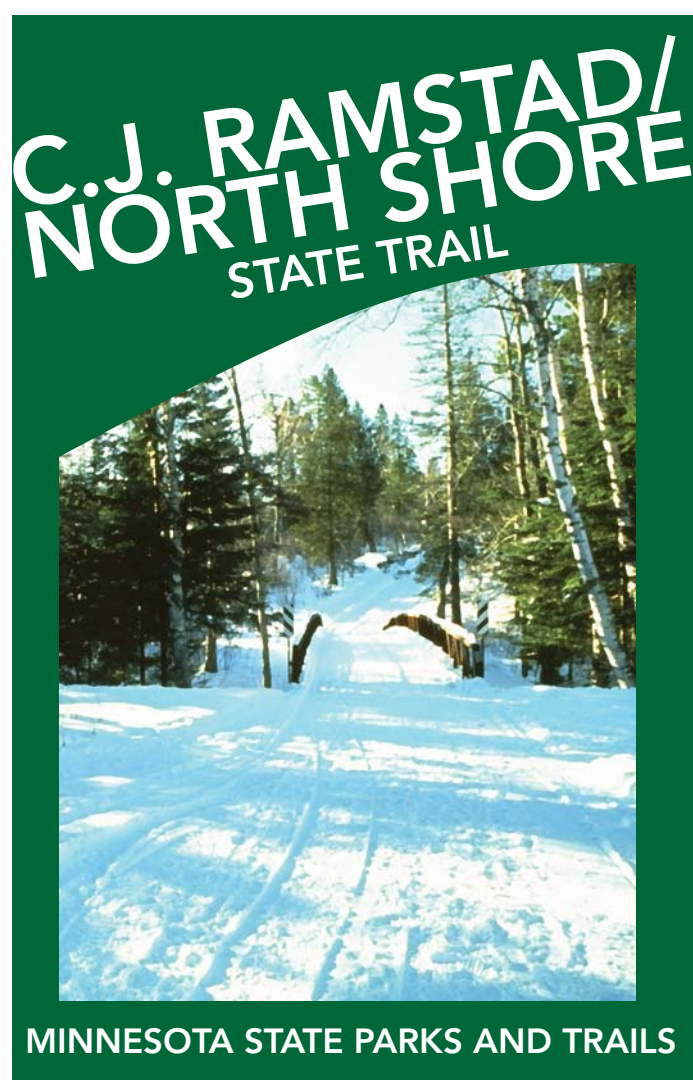
UNITED STATES
NATIONAL GRID (USNG)
EMERGENCY SIGNS

USNG emergency signs are posted along the trail, and should be used as a location reference when calling 911.



NOTE:
Some private lands exist within the shaded areas shown for state forest & state park lands.
Please be aware of your surroundings.





MAP KEY

TRAIL SYMBOLS

- Parking
- Campground
- Shelter-Campsite
- Shelter
- Walk-in Campsite
- Snowmobile
- ATV
- Hiking
- Cross Country Ski
- Horseback
- Scenic Overlook
- Distance Marker

FACILITIES

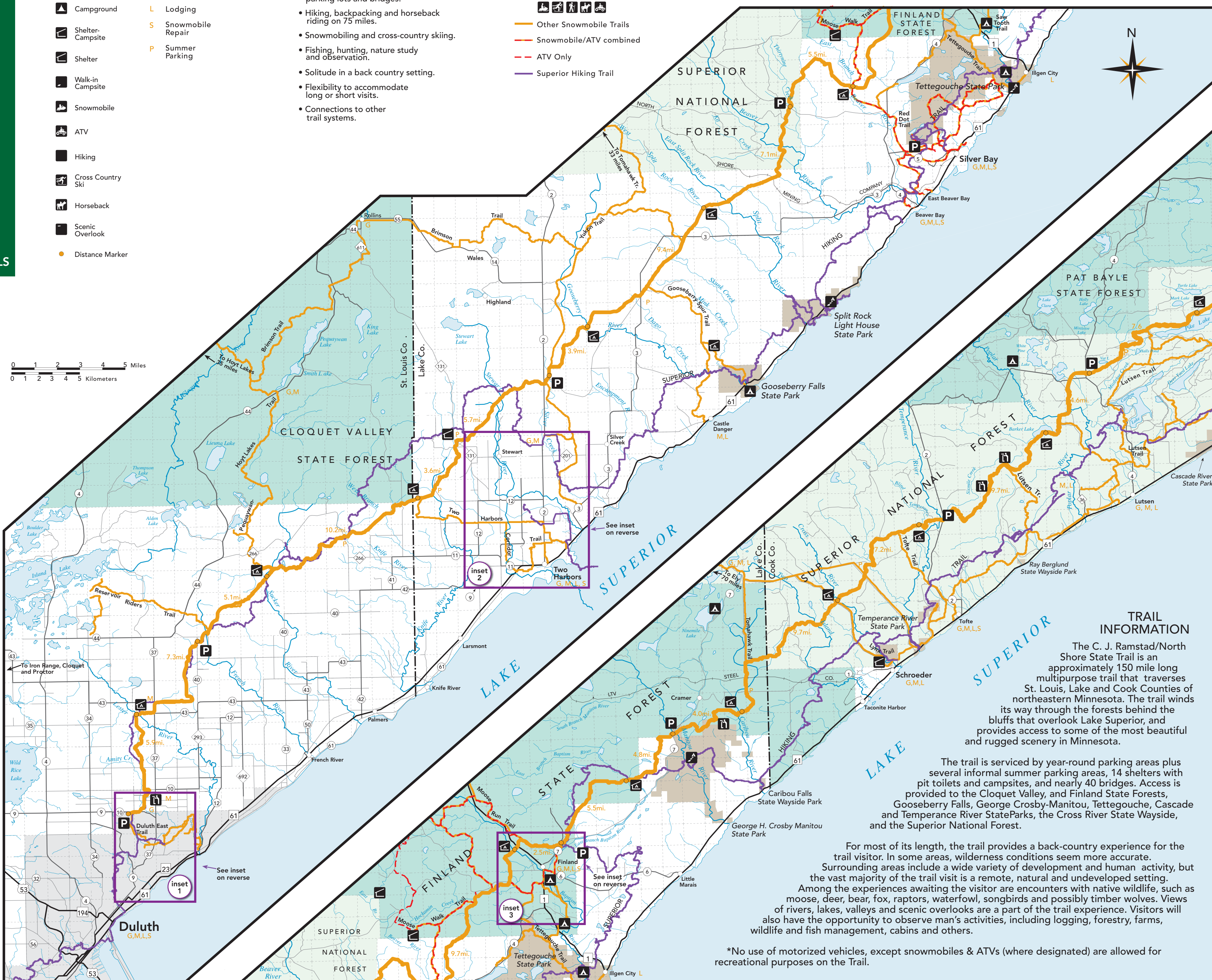
- G Gasoline
- M Meals
- L Lodging
- S Snowmobile Repair
- P Summer Parking

TRAIL FEATURES

- Scenic overlooks, rivers and lakes
- Over 146 mile trail corridor
- Rustic campsites, rest areas, parking lots and bridges.
- Hiking, backpacking and horseback riding on 75 miles.
- Snowmobiling and cross-country skiing.
- Fishing, hunting, nature study and observation.
- Solitude in a back country setting.
- Flexibility to accommodate long or short visits.
- Connections to other trail systems.

TRAILS AND THEIR PERMITTED USES

- C. J. Ramstad/North Shore State Trail
- C. J. Ramstad/North Shore State Trail
- Other Snowmobile Trails
- Snowmobile/ATV combined
- ATV Only
- Superior Hiking Trail



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DNR INFORMATION CENTER

The DNR Information Center is available to provide free publications of facilities and services, such as trail, park and forest maps, as well as answer questions pertaining to the DNR's recreational opportunities available in Minnesota. Information can be obtained by phone, mail or in person Monday through Friday from 7:30am to 4:30 pm.

Minnesota Department of Natural Resources
Information Center
500 Lafayette Road
St. Paul, MN 55155-4040
651-296-6157 (metro area)
1-888-646-6367 (MN toll free)
mndnr.gov

C. J. Ramstad/North Shore Trail Headquarters
1568 Hwy 2
Two Harbors, MN 55616
218-834-1430

Minnesota Department of
Natural Resources
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TRAIL INFORMATION

The C. J. Ramstad/North Shore State Trail is an approximately 150 mile long multipurpose trail that traverses St. Louis, Lake and Cook Counties of northeastern Minnesota. The trail winds its way through the forests behind the bluffs that overlook Lake Superior, and provides access to some of the most beautiful and rugged scenery in Minnesota.

The trail is serviced by year-round parking areas plus several informal summer parking areas, 14 shelters with pit toilets and campsites, and nearly 40 bridges. Access is provided to the Cloquet Valley, and Finland State Forests, Gooseberry Falls, George Crosby-Manitou, Tettegouche, Cascade and Temperance River State Parks, the Cross River State Wayside, and the Superior National Forest.

For most of its length, the trail provides a back-country experience for the trail visitor. In some areas, wilderness conditions seem more accurate. Surrounding areas include a wide variety of development and human activity, but the vast majority of the trail visit is a remote, natural and undeveloped setting. Among the experiences awaiting the visitor are encounters with native wildlife, such as moose, deer, bear, fox, raptors, waterfowl, songbirds and possibly timber wolves. Views of rivers, lakes, valleys and scenic overlooks are a part of the trail experience. Visitors will also have the opportunity to observe man's activities, including logging, forestry, farms, wildlife and fish management, cabins and others.

*No use of motorized vehicles, except snowmobiles & ATVs (where designated) are allowed for recreational purposes on the Trail.