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.

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.