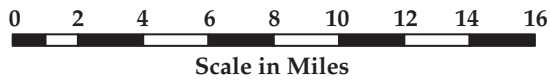


Paul Bunyan & Heartland State Trails

Beltrami, Cass, Hubbard & Crow Wing Counties

-  State Trail (paved)
-  Cuyuna Lakes State Trail (paved)
-  Other Trails
-  Parking
-  Rest Area
-  Restrooms
-  Campground
-  Shelter

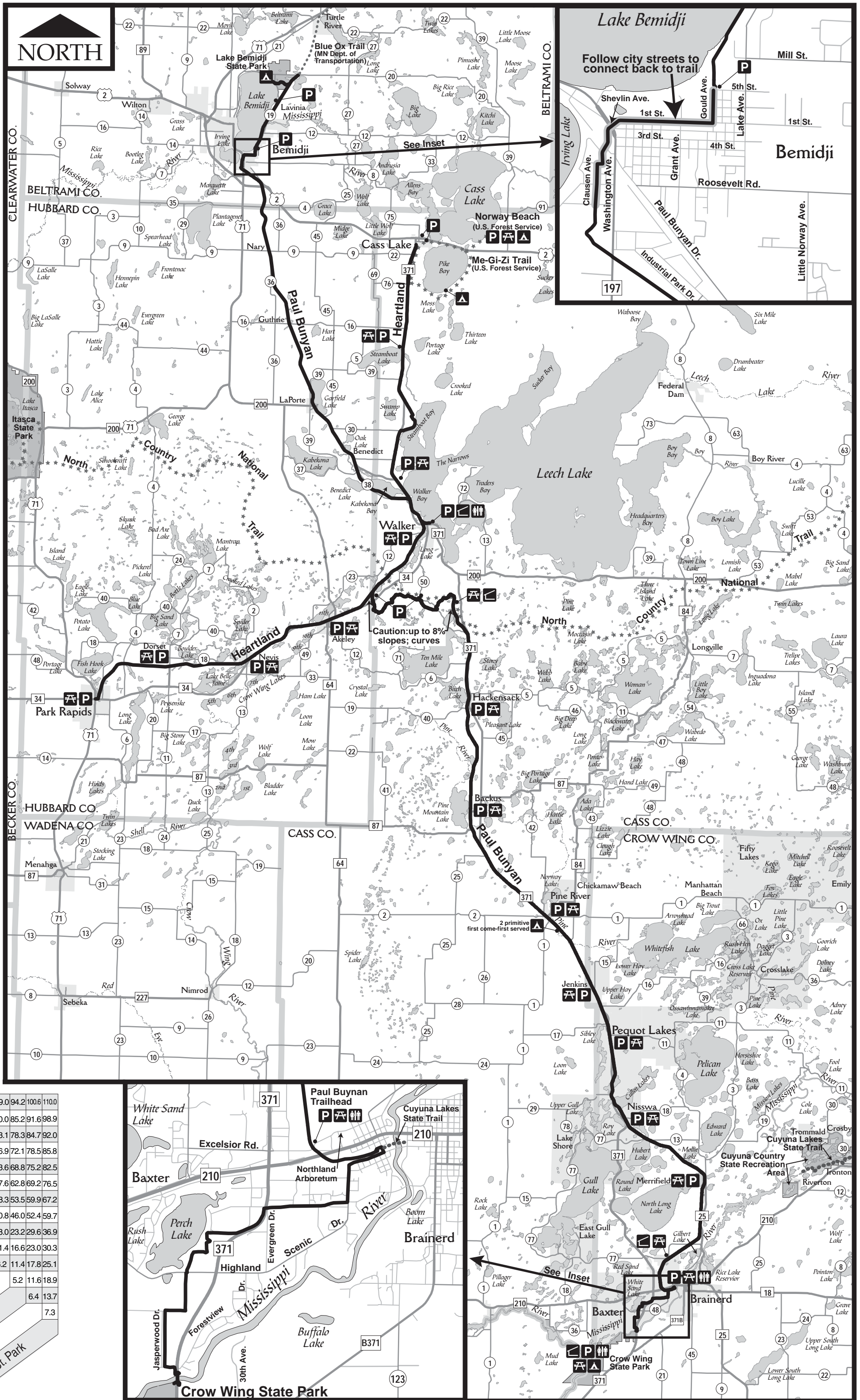


Heartland city distances in miles

	6.3	11.6	17.9	27.3	39.8	47
Park Rapids		5.3	11.6	21.0	33.5	40.7
Dorset			6.3	15.7	28.2	35.4
Nevis				9.4	21.9	29.1
Akeley					12.5	19.7
Walker						7.2
Wilkinson						
2 mi. south of Cass Lk.						

Paul Bunyan city distances in miles

	9.0	15.9	22.1	25.4	31.4	40.7	48.2	71.0	77.6	82.8	89.0	94.2	100.6	110.0
Brainerd / Baxter		6.9	13.1	16.4	22.4	31.7	39.2	62.0	68.6	73.8	80.0	85.2	91.6	98.9
Merrifield			6.2	9.5	15.5	24.8	32.3	55.1	61.7	66.9	73.1	78.3	84.7	92.0
Nisswa				3.3	9.3	18.6	26.1	48.9	55.5	60.7	66.9	72.1	78.5	85.8
Pequot Lakes					6.0	15.3	22.8	45.6	52.2	57.4	63.6	68.8	75.2	82.5
Jenkins						9.3	16.8	39.6	46.2	51.4	57.6	62.8	69.2	76.5
Pine River							7.5	30.3	36.9	42.1	48.3	53.5	59.9	67.2
Backus								22.8	29.4	34.6	40.8	46.0	52.4	59.7
Hackensack									6.6	11.8	18.0	23.2	29.6	36.9
Walker										5.2	11.4	16.6	23.0	30.3
Benedict											6.2	11.4	17.8	25.1
Laporte												5.2	11.6	18.9
Guthrie													6.4	13.7
Nary														7.3
Bemidji														
Lake Bemidji St. Park														





Paul Bunyan & Heartland State Trails

Beltrami, Cass, Hubbard & Crow Wing Counties



Paul Bunyan State Trail

Crow Wing State Park to Lake Bemidji State Park



When complete, the Paul Bunyan State Trail will be a 120 mile long multiple-use trail between Crow Wing State Park and Lake Bemidji State Park. Primarily located on a

former Burlington Northern Railroad grade, the trail is generally level and is wheelchair accessible with the exception of the 9 mile segment through the Chippewa National Forest. This segment may be challenging to some users as there are many rolling hills and curves

with grades reaching 8%. Currently, 112 miles of the trail are paved: 105 miles from Baxter to north of Walker, 7 miles from Lake Bemidji State Park to Co. Rd. 20 and across the Mississippi River trestle to 5th and Gould. The remaining 8 miles, 2 in Bemidji and 6 in Cw Wing State Park, will be paved in the near future.

The region is rich in history, having been inhabited for centuries before French explorers came to the area. Thirteen recorded prehistoric sites have been identified near the Paul Bunyan State Trail alone.

The Ojibwe and Dakota were present in the area until explorers entered the region and the logging and railroad industries began to dominate.

Most towns along the trail have a rich railroad and logging history. Today, they are popular vacation destinations and provide trail access points, rest areas and services. They also provide a major part of the regional identity and sites of historic interest.

Main summer uses of the developed portions of the Paul Bunyan State Trail include hiking, bicycling, and in-line skating.

Snowmobiling is the primary winter use along both the paved and undeveloped sections of the trail, however studded tracks are prohibited on the paved surface. The trail provides connections to many miles of groomed snowmobile

trails in the county Grant-in-Aid trail system.

When complete, the Paul Bunyan State Trail will also connect with the Blue Ox Trail forming one of the longest rail-to-trail conversions in North America, for a total distance of 210 miles.

Heartland State Trail

Park Rapids to Cass Lake

The Heartland State Trail was one of the first rail-to-trail projects in the country. It is a 47 mile paved multiple-use trail between Park Rapids and Cass Lake. The trail is located entirely on a level abandoned railroad grade, except for a four mile segment north of Walker which is on sharply rolling terrain for snowmobilers. Bicyclers can follow level road shoulders along Steamboat Loop NW and Cove Lane as marked.

The 27 mile segment between Park Rapids and Walker has a second grassy treadway for horseback riding, mountain biking, hiking and snowmobiling. Studded tracks are now permitted on the 20 miles of asphalt between Walker and County Road 76 south of Cass Lake.

The Heartland State Trail also provides connections to many miles of groomed snowmobile trails in the Hubbard County Grant-in-Aid trail system.

Views of lakes, rivers and streams are numerous and many are accessible from the trail. The trail passes through northern hardwood forests and stands of jack, red, and white pine, as well as the spruce fir forest community. The occasional majestic white pine can be seen towering over the trail.

Common mammals noticed along the trail include whitetail deer, raccoon, red fox, porcupine, beaver and muskrat. The observant trail user may spot coyote, weasel, mink, bobcat, black squirrel or black bear. Many varieties of birds can be seen along the trail including the bald eagle, which has a large population in the Chippewa National Forest and surrounding area.



Along the Heartland Trail

Construction Notes (as of August 2010)

- The south Lake Bemidji trail segment is proposed to be completed in 2011.
- The connection to Crow Wing State Park is proposed to be completed in 2012.



Parking lot on the Paul Bunyan at Highway 34 near Akeley.

PARKING AVAILABLE:

* Do not leave valuables in your vehicle.

The Paul Bunyan State Trail

• The southern trailhead of the Paul Bunyan State Trail is located on Excelsior Road in Baxter. From the intersection of State Highway 210 and the State Highway 371 bypass in Baxter, go north 1 block to Excelsior Road, then go east 3/4 mile to Conservation Drive; the parking lot is on the left.

• The northern trailhead is located in Lake Bemidji State Park. From Bemidji, go north on Co. Rd. 21 about 4 miles, then east on Co. Rd. 20 2 miles to the park entrance.

• Parking is also available on the east side of Lake Bemidji in Lavinia and at 5th and Gould in Bemidji.

• A parking area is located Southwest of Walker on State Highway 34 just south of the intersection of the Paul Bunyan and Heartland Trails, approximately 4 miles east of Akeley.

• Parking for the Paul Bunyan State Trail is also available in Merrifield, Nisswa, Pequot Lakes, Jenkins, Pine River, Backus, Hackensack and Walker, and east of Akeley.

• There is one National Forest Service parking lot located off of County Rd. 50 near the Shingobee Creek crossing. This lot is roughly at the mid-way point on the Chippewa section of trail.

The Heartland State Trail

• Parking for the trail is available in Park Rapids at Heartland County Park, Dorset, Nevis, Akeley, Walker, Erickson's Landing north of Walker, Steamboat Landing public water access/rest area and Cass Lake.

For additional copies of this map or other state trail maps, contact the DNR Information Center.

DNR Information Center
500 Lafayette Road
Saint Paul, MN 55155-4040
(651) 296-6157 (metro area)
1-888-MINNDNR [646-6367] (toll free)
TDD
(651) 296-5484 (metro area)
1-800-657-3929 (toll free)

Minnesota Department of Tourism
100 Metro Square
121 7th Place East
Saint Paul, MN 55101-2112
(651) 296-5029 (metro area)
1-888-TOURISM [868-7476] (toll free)

Minnesota Bikeway Maps
Minnesota Department of Transportation
395 John Ireland Boulevard
Room 110
Saint Paul, MN 55155
(651) 296-2216

MnDOT produces two maps (east and west MN) that grade the quality of road shoulders suitable for biking. There is a charge for these maps. Maps not available for the Metro area.

This information is available in alternative format by request

The Minnesota Department of Natural Resources is an equal opportunity employer.



Tiger muskie statue on Heartland in city of Nevis

This trail requires a permit for anyone snowmobiling or horseback riding. For more information about the Snowmobile State Trail Sticker or the Horse Pass, please call the DNR Info Center at 1-888-MINNDNR or check the website at www.mndnr.gov.

You can also check out our website at: www.mndnr.gov/state_trails

Printed on recycled paper with a minimum of 30% post-consumer waste