**Minnesota State Parks with Mountain Bike Trails**
The following Minnesota state parks and recreation areas have at least 5 miles of mountain bike trails:

- Cuyuna Country State Recreation Area (28 miles)
- Fort Snelling State Park (10 miles)
- Glendalough State Park (5.5 miles)
- Gooseberry Falls State Park (8 miles)
- Hayes Lake State Park (5 miles)
- Jay Cooke State Park (13 miles)
- Lake Bemidji State Park (5 miles)
- Lake Bronson State Park (5 miles)
- McCarthy Beach State Park (17 miles)
- Myre-Big Island State Park (7 miles)
- Minnesota Valley State Recreation Area (35 miles)
- Moose Lake State Park (63 miles*)
- Red River State Recreation Area (7 miles)
- St. Croix State Park (6 miles)
- Split Rock Lighthouse State Park (6 miles)
- Split Rock Lighthouse State Park (6 miles)*
- Temperance River State Recreation Area (Steve's Lake State Park–67 miles)
- Temperance River State Recreation Area (Temperance River State Park–10 miles)

**Unpaved Minnesota State Trails**
The following rugged, natural-surface trails are used primarily by OHV, horse, and snowmobile riders. Limited seasonal mountain-biking opportunities are available. Advance planning is recommended. Call 1-888-MINNDNR.

1. Arrowhead State Trail (135 miles)
2. Blazing Star State Trail (6 miles)
3. Casey Jones State Trail (20.5 miles—not continuous)
4. Central Lakes State Trail (55 miles)
5. Cuyuna Lakes State Trail (6 miles)
6. Douglas State Trail (12.5 miles)
7. Gateway State Trail (18 miles)
8. Glitchi-Gami State Trail (21 miles—not continuous)
9. Glacial Lakes State Trail (22 miles)
10. Goodhue Pioneer State Trail (4 miles)
11. Great River Ridge (19 miles)
12. Harmony/Preston State Trail (18 miles)
13. Heartland State Trail (49 miles)
14. Luce Line State Trail (63 miles—some paved, mostly packed limestone)
15. Mill Towns State Trail (6 miles)
16. Minnesota Valley State Trail (6 miles)
17. Paul Bunyan State Trail (120 miles)
18. Bluff Country State Trail (42 miles)
19. Sakatah Singing Hills State Trail (39 miles)
20. Shooting Star State Trail (14 miles)
21. Willard Munger State Trail (Hinckley to Duluth–63 miles)
22. Willard Munger State Trail—Alex Laveau Segment (Carlton to Wrenshall–16 miles)
23. Arrowhead State Trail (135 miles)
24. North Shore State Trail (146 miles)
25. Taconite State Trail (165 miles)
26. Matthieu Lourey State Trail (St. Croix State Park to Nemadji State Forest–80 miles)

**Mileage total include in-park miles and connecting Minnesota state trail miles**

**Minnesota State Parks with Paved Bicycle Trails**
The following Minnesota state parks and recreation areas provide access to at least 5 miles of paved bike trails:

- Cuyuna Country State Recreation Area (5 miles)
- Fort Snelling State Park (5 miles)
- Gooseberry Falls State Park (15 miles*)
- Itasca State Park (16 miles)**
- Jay Cooke State Park (63 miles*)
- Lake Bemidji State Park (7 miles*)
- Lake Louise State Park (14 miles*)
- Lake Shetek State Park (6 miles)
- Moose Lake State Park (63 miles*)
- Myre-Big Island State Park (6 miles*)
- Red River State Recreation Area (7 miles)
- St. Croix State Park (6 miles)
- Sakatah Lake State Park (39 miles*)
- Split Rock Lighthouse State Park (15 miles*)

**AmericanTrails.org**

- Minnesota trails are the winner of “Best Trails State” by AmericanTrails.org 2011

**For More Information**
Web: mndnr.gov/biking
Phone: Twin Cities area: 651-296-6157
Toll Free: 1-888-MINNDNR (1-888-646-6367)
Toll Free TTY: 1-800-657-3929

**NATURAL COMMUNITIES**
- Prairie
- Tallgrass Aspen Parkland
- Deciduous Forest
- Coniferous Forest