

STATE PARK AND RECREATION AREAS

A one-day or year-round vehicle permit is required. Purchase yours online or at the park. mndnr.gov/permit

Reservations are required for camping and lodging and can be made 120 days in advance. mndnr.gov/reservations or call 866-857-2757.

Ranger station hours vary depending on location and season. Not all parks are staffed year-round. Check the website for office hours. mndnr.gov/parklist

Learn more about the outdoors by joining naturalists for guided walks, campfire talks and other free programs throughout the year. mndnr.gov/ptcalendar

State park gift cards are available for purchase online. mndnr.gov/giftcard



WILLIAM O'BRIEN STATE PARK



FORT SNELLING STATE PARK

GeoPDF MAPS

Track where you are or how far you've gone on your mobile device. Navigating the outdoors is easy with free, downloadable GeoPDF® maps that show your location as a blue dot moving in a state park, off-highway vehicle, state trail or other state recreational trail. mndnr.gov/GeoPDF

For a map of bike trails in Minnesota, visit mndot.gov/bike.



ITASCA STATE PARK



SAKATAH SINGING HILLS STATE TRAIL

STATE TRAILS

There are over 1,500 miles of state trails in Minnesota, ranging from paved, railroad-grade bike trails to natural terrain for horseback riding, and a world-class mountain biking system. Find your perfect trail with our trail start-up guide at mndnr.gov/shiftgears

Passes are required for horse riding, snowmobiling and cross-country skiing. All other state trail use is free.



GATEWAY STATE TRAIL

MAP AND VISITOR GUIDE

STATE PARKS AND TRAILS
DEPARTMENT OF NATURAL RESOURCES



WATER RECREATION

Minnesota has more than 3,000 public trailer and carry-in access sites for boaters. Amenities at each site vary. mndnr.gov/wateraccess

Water trails are great places to explore in a canoe or kayak. Find a river for your skill level. mndnr.gov/watertrails

Check real-time river gauge readings for Minnesota state water trails to avoid paddling in unsafe conditions. mndnr.gov/river_levels



WHITEWATER STATE PARK



ST. CROIX RIVER STATE WATER TRAIL

TOURS

Learn about one of the state's premier underground mines, or Minnesota's longest cave, or a prairie occupied by bison from the Minnesota Conservation Herd. mndnr.gov/tours



FORESTVILLE/MYSTERY CAVE STATE PARK



LAKE VERMILION-SOUDAN UNDERGROUND MINE STATE PARK



BLUE MOUNDS STATE PARK



HILL CITY TRAIL, HILL RIVER STATE FOREST

STATE FORESTS

Minnesota state forests offer a remote and rustic outdoor experience, including 51 campgrounds with designated campsites available on a first-come, first-served basis (fee required). mndnr.gov/stateforests

Minnesota state forests have thousands of miles of off-highway vehicle trails. mndnr.gov/OHV



ADAPTIVE EQUIPMENT

Track chairs are battery-powered, all-terrain chairs that can be used on designated trails in state parks. The chairs are available at more than 20 state parks and give those with mobility limitations a new way to explore the outdoors. They are available year-round at some parks, and seasonally at others, and there is no fee to use one. mndnr.gov/track-chairs

Additional adaptive equipment will be coming to state parks and recreation areas in 2025, including beach chairs, beach mats and specialty glasses designed to assist people with some types of red-green color blindness see a broader range of colors and shades.



NERSTRAND BIG WOODS STATE PARK

Minnesota Department of Natural Resources
888-MINNDNR (888-646-6367)
M-F 8 a.m.-6 p.m., Sat. 8 a.m.-4:30 p.m.
Email questions to: info.dnr@state.mn.us

Hay intérpretes disponibles
888-MINNDNR (888-646-6367)
Entre semana 8 a.m.-6 p.m.,
Sabados 8 a.m.-4:30 p.m.
Preguntas por email a: info.dnr@state.mn.us

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mnstateparksandtrails

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I CAN! PROGRAMS

Learn new outdoor skills or brush up on old ones at an I Can! program. Registration begins in the spring.

I Can
CAMP!

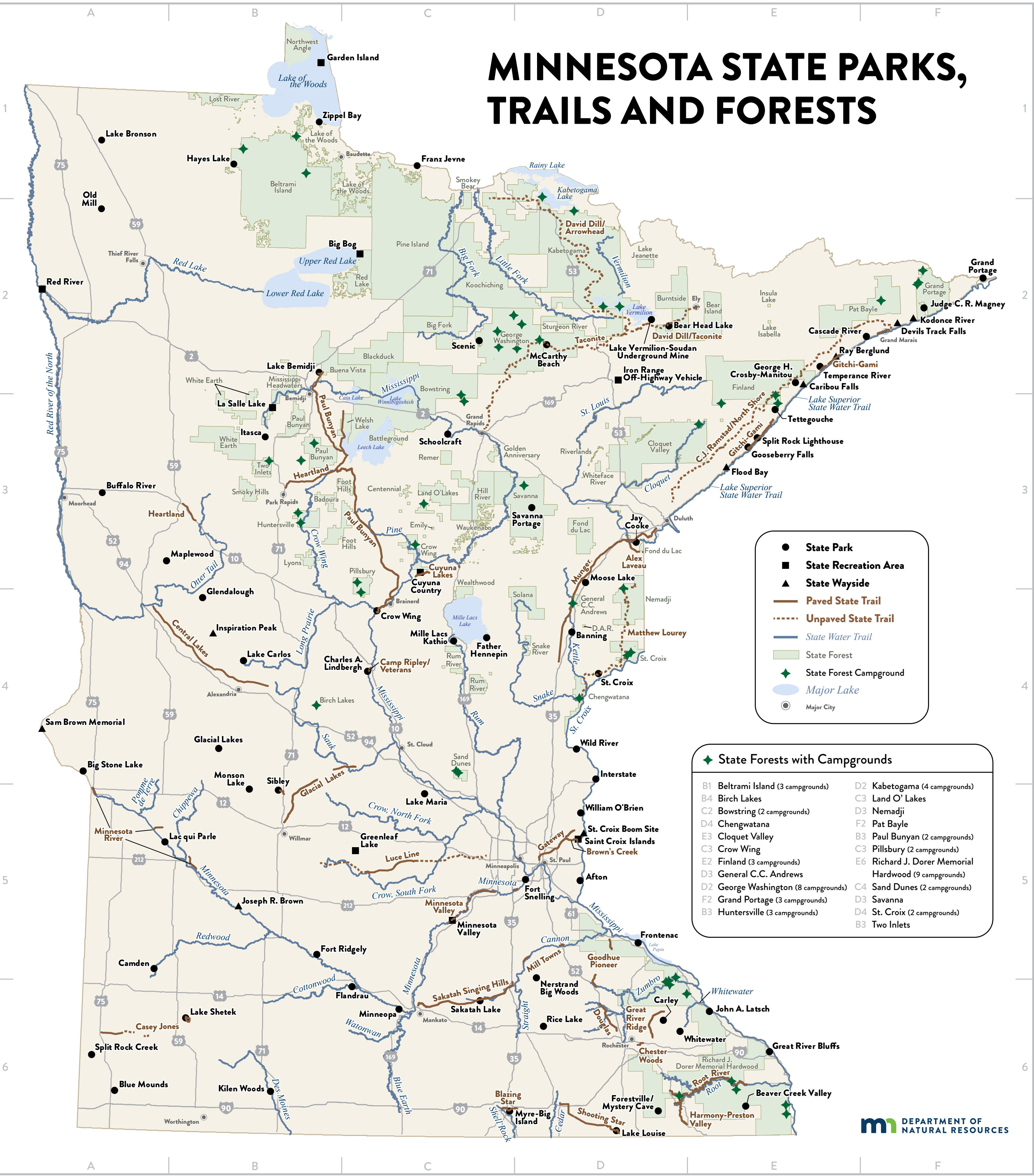
I Can
PADDLE!

I Can
MOUNTAIN
BIKE!

I Can
FISH!

ARCHERY
in the Parks

MINNESOTA STATE PARKS, TRAILS AND FORESTS



NAME OF STATE PARK OR STATE RECREATION AREA (SRA)	GRID LOCATION	DATE OF VISIT	CAMPING				SITE TYPES					BATHROOM FACILITIES				LODGING		TRAILS		WATER RECREATION		OTHER AMENITIES															
			WINTER	SPRING	SUMMER	FALL	DRIVE-IN	ACCESSIBLE DRIVE-IN	MAX. RV LENGTH (FEET)	PULL-THROUGH	30-AMP HOOKUP	50-AMP HOOKUP	HORSE	BACKPACK	GROUP CAMP	SHOWERS	ACCESSIBLE SHOWER	FLUSH TOILETS	ACCESSIBLE FLUSH TOILET	RV DUMP STATION	CAMPER CABINS	ACCESSIBLE CAMPER CABIN	OTHER LODGING	HIKING	PAVED	GROOMED CROSS COUNTRY SKI	SWIMMING BEACH	FISHING PIER	ACCESSIBLE FISHING PIER	BOAT RENTAL	SNOWSHOE RENTAL	PICNIC SHELTER	ACCESSIBLE PICNIC SHELTER	NATURE PROGRAMS	ACCESSIBLE TRACK CHAIR		
Afton	D5		*	*	*	*						*	*	*		*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Banning	D4			*	*	*	*	*	35		*			*	*			*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Bear Head Lake	D2		*	*	*	*	*	*	65		*	*		*	*		*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Beaver Creek Valley	E6			*	*	*	*	*	57		*			*	*		*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Big Bog SRA	C2		*	*	*	*	*	*	60	*	*	*			*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Big Stone Lake	A4			*	*	*	*	*	48		*			*	*		*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Blue Mounds	A6		*	*	*	*	*	*	70		*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Buffalo River	A3			*	*	*	*	*	60		*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Camden	A5			*	*	*	*	*	70	*	*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Carley	D6				*	*	*	*	50	*				*	*		*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Cascade River	F2		*	*	*	*	*	*	40	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Charles A. Lindbergh	C4			*	*	*	*	*	40		*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Crow Wing	C4			*	*	*	*	*	45	*				*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Cuyuna Country SRA	C3		*	*	*	*	*	*	70		*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Father Hennepin	C4			*	*	*	*	*	64		*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Flandrau	C6		*	*	*	*	*	*	67	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Forestville/Mystery Cave	D6			*	*	*	*	*	70		*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Fort Ridgely	B5			*	*	*	*	*	65		*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Fort Snelling	D5				*	*	*	*						*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Franz Jevne	C1			*	*	*	*	*	30		*				*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*			
Frontenac	D5		*	*	*	*	*	*	61	*	*	*	*	*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Garden Island SRA	B1																								*												
George H. Crosby-Manitou	E2		*	*	*	*	*	*			*			*	*		*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Glacial Lakes	B4			*	*	*	*	*	45		*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Glendalough	B4		*	*	*	*	*	*			*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Gooseberry Falls	E3		*	*	*	*	*	*	45	*				*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Grand Portage	F2				*	*	*	*						*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Great River Bluffs	E6			*	*	*	*	*	60					*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Greenleaf Lake SRA	C5													*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Hayes Lake	B1			*	*	*	*	*	50		*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Interstate	D4			*	*	*	*	*	55		*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Iron Range Off-Highway Vehicle SRA	D2													*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Itasca	B3		*	*	*	*	*	*	60		*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Jay Cooke	D3		*	*	*	*	*	*	56	*	*	*	*	*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
John A. Latsch	E6													*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*		
Judge C.R. Magney	F2			*	*	*	*	*	40		*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Kilen Woods	B6			*	*	*	*	*	50	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
La Salle Lake SRA	B3			*	*	*	*	*	60		*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Lac qui Parle	A5			*	*	*	*	*	60	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Lake Bemidji	B2		*	*	*	*	*	*	70	*	*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Lake Bronson	A1		*	*	*	*	*	*	60	*	*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Lake Carlos	B4		*	*	*	*	*	*	50	*	*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Lake Louise	D6			*	*	*	*	*				*	*	*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Lake Maria	C5		*	*	*	*	*	*				*	*	*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Lake Shetek	A6		*	*	*	*	*	*	70	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Lake Vermilion-Soudan Underground Mine	D2			*	*	*	*	*	92	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
McCarthy Beach	D2			*	*	*	*	*	45	*				*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Maplewood	A3		*	*	*	*	*	*	50	*	*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Mille Lacs Kathio	C4		*	*	*	*	*	*	60	*	*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Minneopa	C6		*	*	*	*	*	*	60		*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Minnesota Valley SRA	C5			*	*	*	*	*			*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Monson Lake	B5			*	*	*	*	*	70	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Moose Lake	D3			*	*	*	*	*	60	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Myre-Big Island	C6		*	*	*	*	*	*	60		*			*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Nerstrand Big Woods	D5			*	*	*	*	*	60	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Old Mill	A2		*	*	*	*	*	*	55	*				*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Red River SRA	A2		*	*	*	*	*	*	110	*	*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Rice Lake	D6			*	*	*	*	*	55	*	*	*		*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
St. Croix Islands SRA	D5			*	*	*	*	*						*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
St. Croix	D4		*	*	*	*	*	*	55	*	*	*	*		*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
Sakatah Lake	C6			*	*	*	*	*	55	*				*	*	*	*	*	*	*	*	*	*		*	*		*	*	*	*	*	*	*	*	*	
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