

ST. LOUIS RIVER STATE WATER TRAIL

MAP 3 - HIGHWAY 2 TO LAKE SUPERIOR



M MINNESOTA STATE PARKS AND TRAILS



ABOUT THE WATER TRAIL

The St. Louis River has one of the largest watersheds in Minnesota, covering 3,650 square miles. It begins in the Superior National Forest and flows southwest to Floodwood, where it then turns southeast to meet Lake Superior. Stream flow usually peaks in late April and falls throughout the summer. The river's flow is affected by the regulation of reservoirs on tributaries, particularly the Whiteface and Cloquet rivers. Parts of the river are wild, while others are dotted with farms, homes or small towns. Cloquet is the most developed area.

Between Scanlon and Thomson Reservoir, the river provides Minnesota's only whitewater rafting opportunities. Many rapids should only be attempted by highly experienced paddlers. Some sections through Jay Cooke State Park are open only to expert level, whitewater kayakers. The river is a designated National Water Trail from Fond du Lac Dam to Lake Superior. This area is considered the nation's largest freshwater estuary and offers 11 loop trails for paddlers of all skill levels and abilities (visit StLouisRiver.org for details).

Hazards include multiple dams and Class I-VI rapids. Be aware of locations and portage options. Visit mndnr.gov/watertrails for detailed information about rapids ratings.

-TRIP PLANNING AND SAFETY -

- Plan your trip with a map before you leave. Tell someone your plans, including put-in and take-out times.
- Travel with a companion or group.
- Most people paddle 2-3 river miles per hour.
- River levels can affect your speed and trip safety. Check conditions at mndnr.gov/river levels.
- Don't underestimate the power of wind and waves, especially on large lakes.
- Be cautious of obstacles in the river and avoid overhanging and dead trees.
- Bring clean drinking water and a waterproof container with a first aid kit, waterproof matches and extra clothes.
- Wear a life jacket at all times while on the water.
- Purchase a license for your non-motorized watercraft if it's more than 10 feet in length. If you're not from Minnesota, check your state's watercraft license laws.

- RECOMMENDED DAY TRIP ——

Fond du Lac Reservoir to Oldenburg Falls

• Put-in and take-out location: Fond du Lac Reservoir

River mile 22.1

• Length: 6-7 river miles round-trip

If you are looking for flat water, launch and land at the Grand Portage parking lot within Jay Cooke State Park (vehicle fee required). Enjoy a paddle on the reservoir above the Fond du Lac dam. passing the Thomson Hydro Station, to the base of Oldenburg Falls. Water flow may determine how close you can get to Oldenburg Falls. High hillsides frame this scenic area. Watch for aquatic birds and other abundant wildlife during your trip. Be sure to stay a safe distance from the dam.

- EXPLORE ON SHORE -

<u>ب</u>

Jay Cooke State Park

Rapids within the park are for expert whitewater kayakers only. Have a knowledgeable paddler guide you through the safest route. These expert-class rapids are not suitable for canoes. flat-water kavaks. rafts or inner tubes.

A take-out spot can be found to the immediate left after you pass under the Swinging Bridge. The nearby visitor center has restrooms, vending machines, exhibits and picnicking during open hours. Vault toilets are available. A vehicle fee is required for vehicles coming in for pick-up.

mndnr.gov/JayCooke



Experienced paddlers will find many whitewater opportunities.

-WATERCRAFT CAMPING —

- Camp only in designated campsites, which are often available on a first-come, first-served basis.
- Riverbed camping next to private property is not permitted.
- Stay off private property. Stop only at designated sites; much of the shoreland is private property.
- Be sanitary! Use designated toilet facilities or bury human waste away from the river.
- Follow the rules for firewood. State forests allow you to gather dead wood for a fire, but state parks do not.

- PROTECT THE RIVER-

Your experience on the river depends on a healthy environment. As you explore the beauty of this waterway, also do your best to protect it.

Protect Your Waters

Before launching...before leaving

- Drain all water away from the landing.

mndnr.gov/invasives/aquatic

Buffer Protection

The Minnesota buffer law establishes new vegetation buffers along rivers, streams and ditches to help filter out chemicals and sediment before they reach waterways. mndnr.gov/buffers



- Clean off aquatic plants and animals.
- Dispose of unwanted bait in the trash.

CONTACTS

DNR NORTHEAST REGIONAL OFFICE 1201 East Hwy. 2 Grand Rapids, MN 55744 218-328-8980

DNR INFORMATION CENTER

500 Lafayette Rd. St. Paul, MN 55155-4040 888-646-6367 info.dnr@state.mn.us

JAY COOKE STATE PARK 780 Highway 210 Carlton, MN 55718 218-673-7000

MEDICAL

COMMUNITY MEMORIAL HOSPITAL



512 Skyline Boulevard Cloquet, MN 55720 218-879-4641

ESSENTIA HOSPITAL 407 E Third St. Duluth. MN 55805 218-786-4000

ST. LUKE'S HOSPITAL 915 E First Street Duluth, MN 55805 218-249-5555

IN AN EMERGENCY CALL 911

More Information

mndnr.gov/watertrails

- River level reporting
- River conditions reporting
- Interactive water trail map
- Recommended routes
- River rapids definitions
- Virtual tours

Search for outfitters at exploreminnesota.com

This document is available in alternative formats to individuals with disabilities by contacting info.dnr@state.mn.us,

651-296-6157, or MN Relay 711.