ABOUT THE PARK

George H. Crosby Manitou State Park is a unique wilderness state park. The rugged landscape and remote hike-in campsites allow backpackers to get away from the crowds and into the wilds of northern Minnesota. Trails are carved through a forest of fir, cedar, spruce and northern hardwoods that are home to moose, deer, bear and wolves. The park’s non-motorized Benson Lake offers paddlers a Boundary Waters-like environment. Anglers can cast a line for trout (brown, rainbow and brook) and splake (a hybrid of brook and lake trout). The landscape became a state park when it was donated by George H. Crosby, a mining magnate, in 1955.

TRAIL HIGHLIGHTS

Benson Lake Trail
Mostly flat • Bare dirt • Boardwalk
Take a hike around Benson Lake for great scenery along one of the easier park trails. You could also spend an afternoon fishing or launch a non-motorized boat on the lake. Relax at the picnic area afterwards.

Cascades Waterfall
Steep terrain • Bare dirt • Rock • Stairs
Experience rocky footing down the Middle Trail. You’ll be rewarded with breathtaking views of the cascades and Manitou River. Return the way you came.

Humpback Trail (Hiking Club Trail)
1.6 miles one-way
Steep terrain • Bare dirt • Rock
Hike to a wide view of the valley and then down a steep, curvy path to the Manitou River Trail. From there, you will have access to the Cascades. Return the way you came.

Misquah Trail (Overlook)
1 mile one-way
Steep terrain • Bare dirt • Rock
From the parking lot, hike the Yellow Birch Trail to the Misquah Trail. Take that north about 0.2 miles, then go east to the spur trail for a spectacular view of Lake Superior and the Sawtooth Mountains.

MORE TO EXPLORE

• Hike to overlooks on the Middle Trail or Matt Willis Trail.
• Find stunning fall colors on the Yellow Birch Trail.
• In winter, bring your snowshoes on the ungroomed Benson Lake Trail or Middle Trail.
• Winter parking is located at the registration kiosk.
• Discover the Superior Hiking Trail with access to Caribou Wayside and Caribou Falls.
• Fish for trout on the Manitou River or Benson Lake (license and stamp required).

HELP PRESERVE THE PARK

• Keep the park clean by bringing a bag to pack out your trash.
• Please respect the abundant wildlife found at the park.
• Camp only in designated sites and make sure you have a reservation.
• Campers should be prepared for backcountry camping. We recommend using a bear can or hanging food.
• Take only photos and leave only footprints.
• Following state park rules allows everyone to enjoy their experience at George H. Crosby Manitou.

LOOKING FOR MORE TO EXPLORE DURING YOUR STAY? VISIT MNDNR.GOV/CROSBYMANITOU

VISITOR TIPS

• The park landscape is rugged and hilly, plan accordingly.
• Be aware that cell phone service is spotty in the park.
• This park is not continuously staffed.
• Campsites are for campers only.
• All garbage is pack-in/pack-out. Please take your garbage home and practice “Leave No Trace.”
• In an emergency call 911, find cell phone reception in the town of Finland.

ONLY HAVE AN HOUR?

• Take a stroll around the Benson Lake Boardwalk and finish up with a picnic at the picnic area.
• It’s easy to get your canoe or kayak into non-motorized Benson Lake. Paddle for the beauty or try to catch a trout (license and stamp required).
• Enjoy the Cascades of the Manitou River after a gorgeous hike through a rugged landscape.

MORE INFORMATION

Minnesota Department of Natural Resources
Information Center
500 Lafayette Rd., St. Paul, MN 55155-4040
888-646-6367 or mndnr.gov/parks

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This information may be available in alternative format upon request.