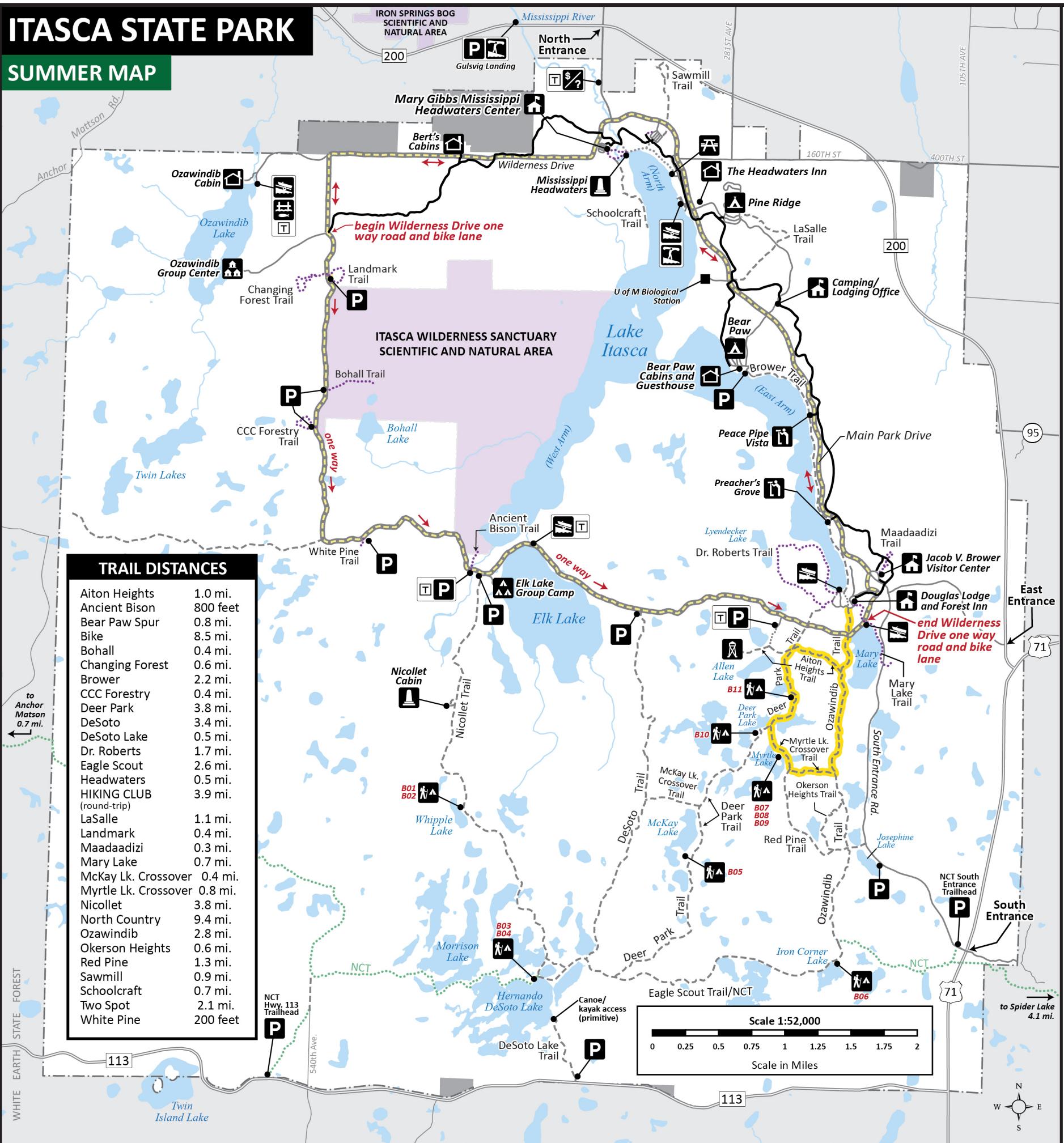


ITASCA STATE PARK

SUMMER MAP

TRAIL DISTANCES	
Aiton Heights	1.0 mi.
Ancient Bison	800 feet
Bear Paw Spur	0.8 mi.
Bike	8.5 mi.
Bohall	0.4 mi.
Changing Forest	0.6 mi.
Brower	2.2 mi.
CCC Forestry	0.4 mi.
Deer Park	3.8 mi.
DeSoto	3.4 mi.
DeSoto Lake	0.5 mi.
Dr. Roberts	1.7 mi.
Eagle Scout	2.6 mi.
Headwaters	0.5 mi.
HIKING CLUB (round-trip)	3.9 mi.
LaSalle	1.1 mi.
Landmark	0.4 mi.
Maadaadizi	0.3 mi.
Mary Lake	0.7 mi.
McKay Lk. Crossover	0.4 mi.
Myrtle Lk. Crossover	0.8 mi.
Nicollet	3.8 mi.
North Country	9.4 mi.
Ozawindib	2.8 mi.
Okerson Heights	0.6 mi.
Red Pine	1.3 mi.
Sawmill	0.9 mi.
Schoolcraft	0.7 mi.
Two Spot	2.1 mi.
White Pine	200 feet



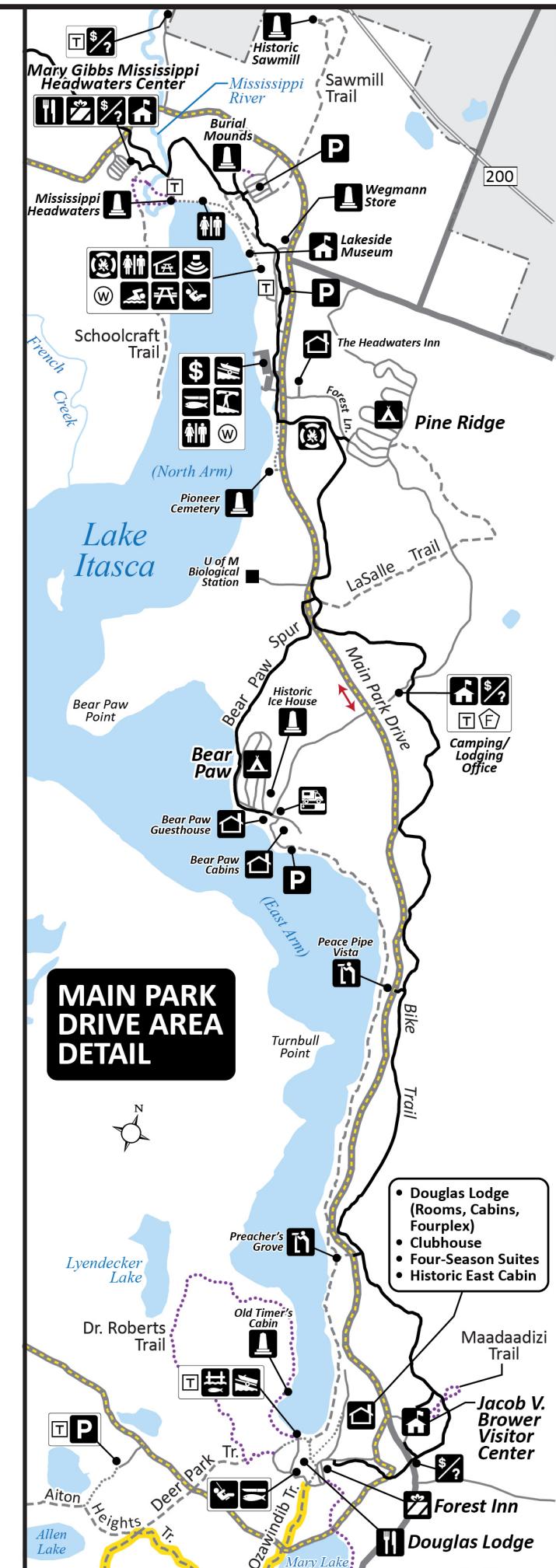
SUMMER TRAILS

- Hiking
- Paved Bike Trail
- ===== Main Park Drive/Wilderness Drive
- Interpretive Hiking
- ===== Hiking Club
- Access Paths
- North Country National Scenic Trail (NCT)

FACILITIES

-  Park Building
-  Pay Station
-  Picnic Area
-  Picnic Shelter
-  Parking
-  Swimming
-  Fishing Pier
-  Trailer Access
-  Carry-in Access
-  Fish Cleaning Shelter
-  Rentals (Boat, Canoe, Bike)
-  Restaurant
-  Historic Site
-  Overlook
-  Aiton Heights Fire Tower
-  Play Area
-  Lodging
-  Group Center
-  Amphitheater
-  Council Ring
-  Campground
-  Group Camp
-  Backpack Camping
-  RV Sanitation Station
-  Gift Shop
-  Firewood
-  Restrooms
-  Primitive Toilet
-  Drinking Water
-  Private Property (Public Use)

MAIN PARK DRIVE AREA DETAIL



MAP AND GUIDE: ITASCA STATE PARK

36750 MAIN PARK DR.
PARK RAPIDS, MN 56470
CLEARWATER/HUBBARD/BECKER COUNTIES
218-699-7251
ITASCA.STATEPARK@STATE.MN.US



VISITOR TIPS

- The headwaters rocks are slippery, use caution when crossing.
- Check clothing and exposed skin often for wood ticks and black-legged ticks.
- Watch for poison ivy along edges.
- Bicycling on Main Park Drive is discouraged. Ride on paved trail designated for bikes and pedestrians.
- The Wilderness Drive one-way road is shared by vehicles and bikes. Bicyclists are encouraged to use the bike lane.
- Bicycling on hiking trails is prohibited.
- **Help keep our lakes clean. Check your watercraft for aquatic invasives before launching and before leaving.**
- In an emergency call 911.
- Non-emergency sheriff numbers:
 - Clearwater Co. 218-694-6226
 - Hubbard Co. 218-732-3331



ONLY HAVE AN HOUR?

- Visit the Jacob V. Brower Visitor Center and learn about the park.
- Tour Main Park Drive. Include stops at Preacher's Grove and Peace Pipe Vista overlooks.
- Have a picnic under the pines along the shore of Lake Itasca. The picnic area also includes a playground and swimming beach.
- Visit the Mary Gibbs Mississippi Headwaters Center to see where the Mississippi River begins. Take a picture at the historic headwaters post, cross the rocks, or wade in the shallow water.



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

ABOUT THE PARK

At over 32,000 acres, Itasca State Park includes not only the beginning of the Mississippi River, but large tracts of Minnesota's remaining old-growth red and white pine forest. Established in 1891, Itasca is Minnesota's oldest state park and was created to protect the forests and waters surrounding the headwaters of the Mississippi River. Shaped by glaciers over 10,000 years ago, the rolling landscape conceals over 100 lakes within the pine, spruce, birch, oak and maple forests. Centuries of disputes over what lake was the true source of the great river led park founder Jacob V. Brower to settle the dispute once and for all, determining that Lake Itasca is the headwaters of the Mississippi River.



Wade amongst the first drops of water to flow to the Gulf of Mexico.

TRAIL HIGHLIGHTS

Mississippi Headwaters Area

Accessible • Concrete • Asphalt • Gravel • Wood boardwalk

The Mississippi River headwaters site is located 800 feet from the Mary Gibbs Mississippi Headwaters Center parking lot. Sit and listen to the flow of water over the headwaters rocks and enjoy views across Lake Itasca, then continue on the boardwalk following the river as you loop back to the parking lot. This loop can be navigated with a mobility device.

0.5 MILE loop

Dr. Roberts Trail

Gravel • Wood boardwalk • Grass • Hilly

Travel through a bog, marvel at the Old Timer's Cabin, and climb a ridge overlooking Lyndecker Lake. This is an excellent trail for wildflower photography and birding.

2 MILE loop

Aiton Heights Fire Tower

Gravel • Grass • Hilly

Climb the 100-foot tall fire tower for panoramic view of the Lake Itasca watershed. For a shorter 0.5 mile walk to the tower, start from the parking lot located along Wilderness Drive, or make this a 3-mile loop hike starting from the Douglas Lodge parking lot (Ozawindib/Aiton Heights/Deer Park trails). Wind through maple-basswood forest, look for trumpeter swans and otters on Mary, Allen, and Kasey lakes.

0.5 MILES one-way (from fire tower parking lot)

Wilderness Drive

Asphalt • Hilly

Go for a scenic drive or bike ride through an old growth red and white pine forest with numerous hiking trail options along the way. Watch for wildlife such as pileated woodpeckers, white-tailed deer, beavers, porcupines, and black bears.

10 MILES one-way (from Mary Gibbs Mississippi Headwaters Center parking lot)

MORE TO EXPLORE AT ITASCA

- Pedal 8.5 miles of paved trail; continue on the Wilderness Drive one-way road another 7 miles to create a 15.5 mile loop.
- Explore the forest on over 45 miles of hiking trails.
- Attend a free state park naturalist program.
- Take home a souvenir from one of three gift shops.
- Appreciate the rustic design of historic buildings throughout the park.
- Rent a canoe, kayak, stand-up paddleboard, pontoon or bike at the Itasca Sports rental concession.
- Go fishing on Lake Itasca, Ozawindib Lake, Elk Lake or Mary Lake.
- Travel the river route to the Gulf of Mexico: the Mississippi River State Water Trail, Great River Road and Mississippi River Trail Bikeway all begin here!

SO EVERYONE CAN ENJOY THE PARK...

A FULL SET OF STATE PARK RULES AND REGULATIONS IS AVAILABLE AT THE PARK OFFICE OR MNDNR.GOV.



PARK OPEN

8 a.m.–10 p.m. daily.



VEHICLE PERMITS

Permits required; purchase at park office, entrance kiosk, or online at mndnr.gov/permit.



PETS WELCOME

Keep on 6-foot leash; pick up after; attend at all times; only service animals allowed in buildings.



FIREWOOD

Purchase only from park office or approved vendor; no gathering firewood in the park.



CAMPGROUND QUIET HOURS

10 p.m.–8 a.m.; only registered campers may be in campground during quiet hours.

DINING & LODGING IN THE PARK

- Dine at the historic Douglas Lodge Restaurant. Open with limited hours from Memorial Day weekend through early October.
- Grab a quick bite at the Mary Gibbs Cafe, offering coffee, baked goods, ice cream, and sandwiches. Open seasonally.
- Stay the night in one of over 64 lodging options, or sleep under the stars at one of 246 campsites.



CURIOUS ABOUT THE MISSISSIPPI RIVER STATE WATER TRAIL? GO TO: MNDNR.GOV/WATERTRAILS/MISSISSIPPI

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.