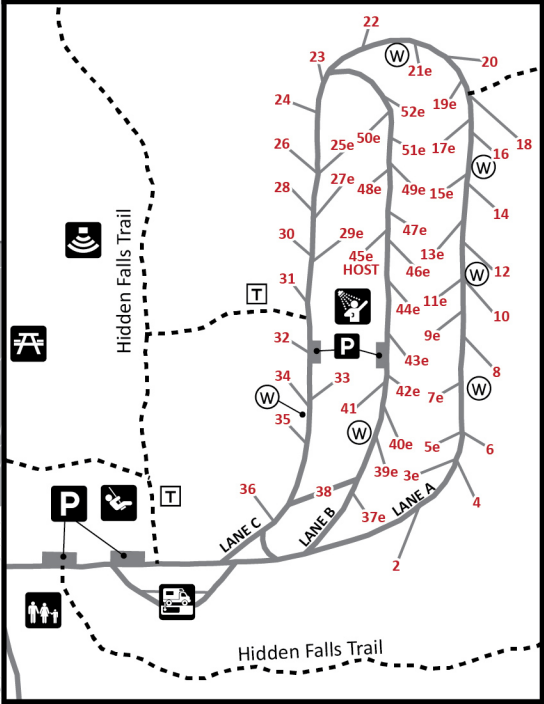


# NERSTRAND BIG WOODS STATE PARK

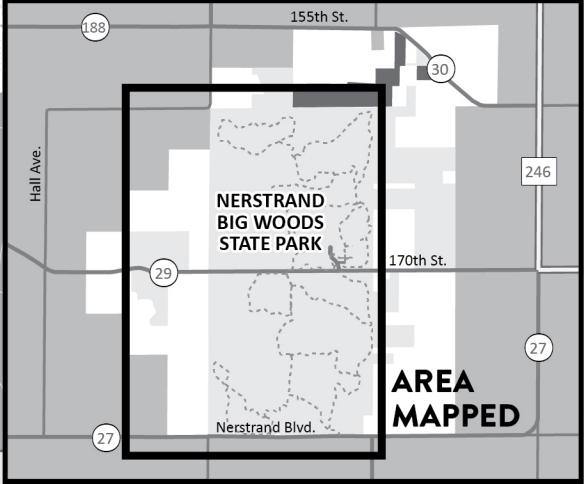
Prairie Creek Woods  
Scientific and Natural Area

160th St.

## CAMPGROUND



## PARK OVERVIEW



### TRAILS

- Hiking
- >>>>> Hiking/Snowmobiling
- ===== Hiking Club (2.5 mi. round-trip)
- +++++++ Snowmobiling
- A** Lettered Intersections

### FACILITIES

- V** Visitor Center
- P** Parking
- A** Picnic Area
- T** Amphitheater
- G** Playground



Campground



Restroom/Shower



Toilet



Waterfall



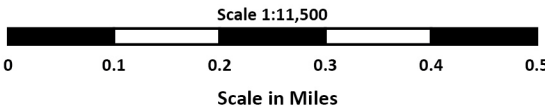
RV Sanitation  
Station



Drinking Water



Private Property



# MAP AND GUIDE: NERSTRAND BIG WOODS STATE PARK

9700 170TH STREET EAST  
NERSTRAND, MN 55053  
RICE COUNTY  
507-384-6140



## VISITOR TIPS

- Minnesota Dwarf Trout Lily protection areas are posted and designated with ropes. Protect this plant that only grows in Minnesota.
- Stop the spread of invasive plants. Stay on trails and clean your shoes.
- Care for our trees. Ropes may not be attached to trees.
- In an emergency call 911.
- Non-emergency sheriff's number: 507-334-4391.



## ONLY HAVE AN HOUR?

- Hike to the Hidden Falls Waterfall. The 1/2-mile trip (one-way) starts at the picnic area parking lot.
- Discover the forest with a hike on the Basswood Trail. Choose from loops of several lengths. Start at the picnic area parking lot.
- Find incredible spring flowers or fall colors on the Hidden Falls Trail. A boardwalk and stairs lead you through endangered Minnesota Dwarf Trout Lily colonies.



LOOKING FOR MORE TO DISCOVER?  
VISIT [MNDNR.GOV/NERSTRAND](http://MNDNR.GOV/NERSTRAND)

# ABOUT THE PARK

In 1945, the creation of this park protected one of the last remnants of Minnesota's Big Woods. A visit today reveals the ancient forests of pre-settlement Minnesota. Walk beneath sugar maple, basswood, elm, green ash and ironwood trees. Find over 50 varieties of wildflowers and many species of ferns and mushrooms along the rolling hills and glacial-cut valleys. Prairie Creek flows through the park, its picturesque Hidden Falls just waiting to be discovered. Picnic, hike, birdwatch, take photographs or camp. There is so much to see and do.



Hike to find Hidden Falls.

## TRAIL HIGHLIGHTS

### Hidden Falls Trail

1-mile loop

Steep terrain • Packed dirt • Stairs • Boardwalk  
Wildflowers line this trail each spring. Summer and fall bring ferns, horsetails and club mosses. Descend to the valley floor to find the Hidden Falls. Stop at interpretive signs and benches along the way.

### Fawn Trail

1.7-mile loop

Steep terrain • Packed dirt  
Stunning views over Prairie Creek and sweeping expanses of the Big Woods await you on this steep trail.

### Big Woods Trail

1 mile one-way

Mostly flat • Packed dirt  
Find the park's tallest and straightest Big Woods trees. Ferns cover the forest floor beneath ethereal ironwood trees. American hornbeam trees (also called blue beech) border the banks of the trail's south end.

### Prairie Trail

1.5-mile loop roundtrip

Some hills • Packed dirt • Mowed grass  
Loop through native flowers and grasses that sustain insects, birds and mammals. Summer or fall are the best times to hike this prairie habitat.

## MORE TO EXPLORE AT THE PARK

- Stay awhile at drive-in campsites or rustic walk-in and cart-in campsites.
- Rent snowshoes at the visitor center in winter.
- Enjoy year-round naturalist programs.
- Check out a free birding kit and search for numerous bird species.

# SO EVERYONE CAN ENJOY THE PARK...

A full set of STATE PARK RULES AND REGULATIONS is available at [mndnr.gov](http://mndnr.gov).



**PARK OPEN**  
8 a.m.–10 p.m. daily.



**VEHICLE PERMITS**  
Permits required; purchase at visitor center or online.



**PETS WELCOME**  
Keep on 6-foot leash; pick up after; attend at all times; not allowed in buildings.



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



**FIREWOOD**  
Must be purchased at this park or from vendors who sell wood approved for this park; no gathering firewood in the park.



CURIOUS ABOUT CAMPING?  
VISIT [MNDNR.GOV/RESERVATIONS](http://MNDNR.GOV/RESERVATIONS)  
OR CALL 866-857-2757

## ? MORE INFORMATION

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

The Minnesota Department of Natural Resources  
is an Equal Opportunity Employer.

This information may be available in alternative format upon request.