

HEARTLAND AND PAUL BUNYAN

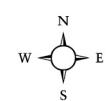
(HACKENSACK TO LAKE BEMIDJI STATE PARK)

STATE TRAILS

(INCLUDES HEARTLAND EXTENSION)

TRAILS

- State Trail (paved)
- State Trail (natural surface)
- Other Trails
- ⁵ Paul Bunyan Miles from Crow Wing State Park
- ◊⁵ Heartland Miles from Park Rapids



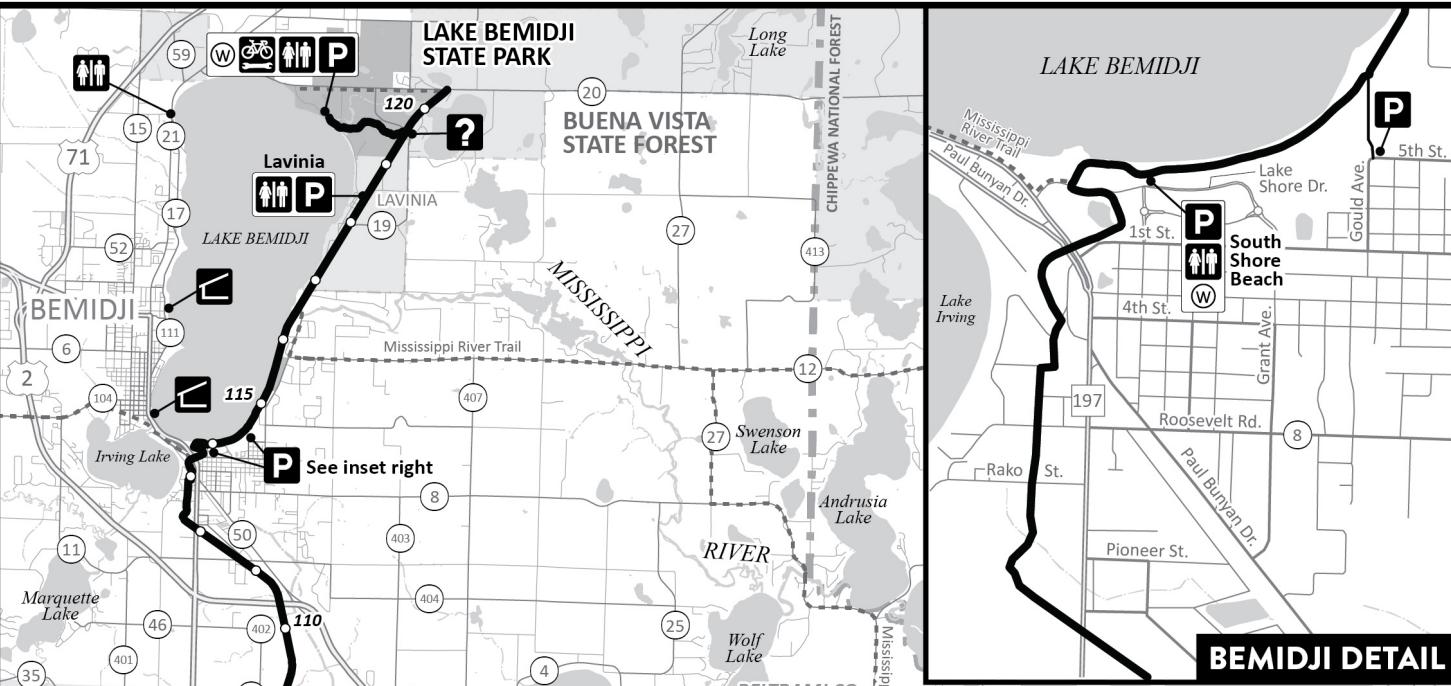
FACILITIES

- P Parking
- PA Picnic Area
- PS Picnic Shelter
- S Shelter
- CA Campground
- TO Toilet
- BR Bike Repair Station
- W Drinking Water

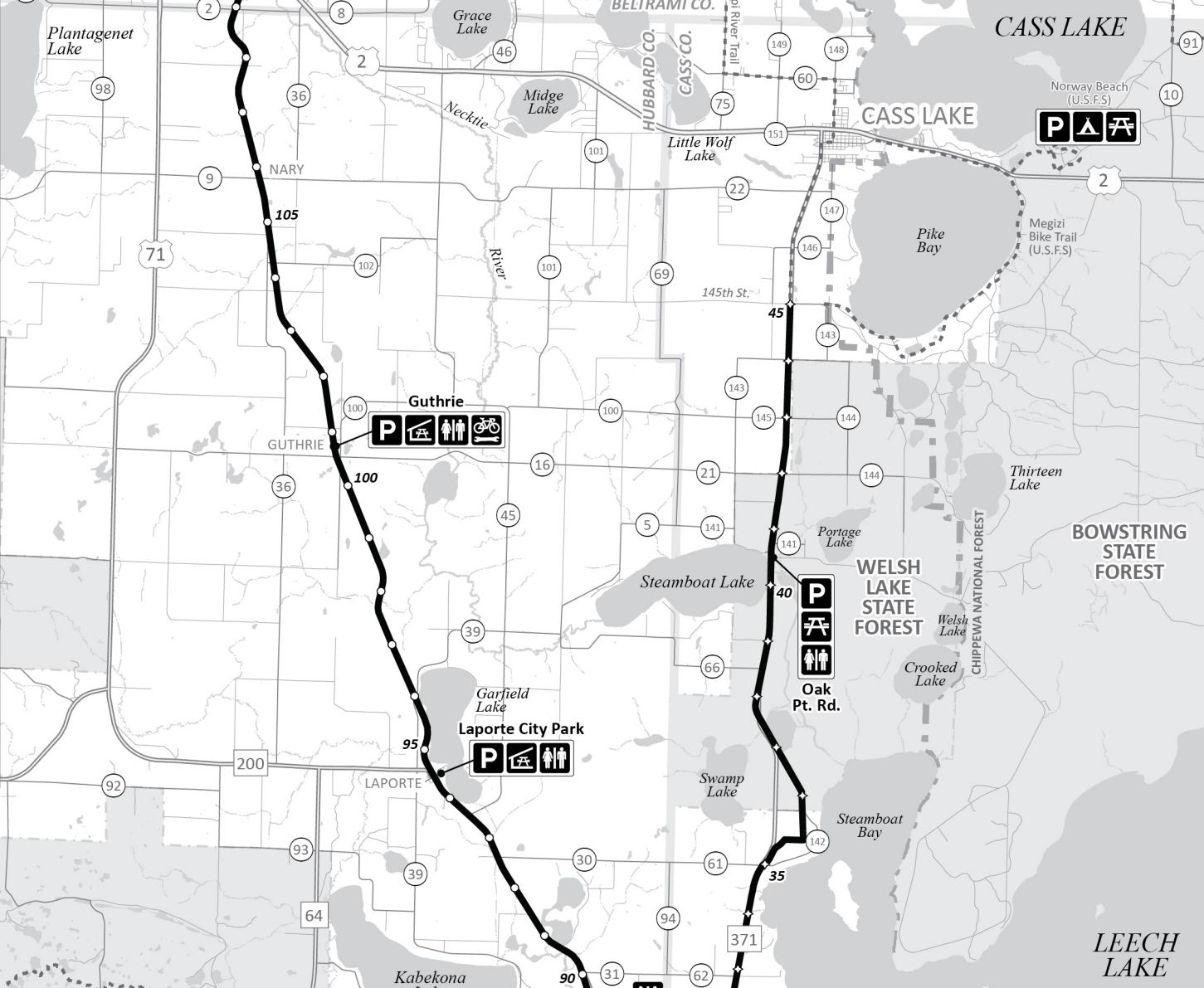
Scale 1:180,000
0 1 2 3 4 5
Scale in Miles



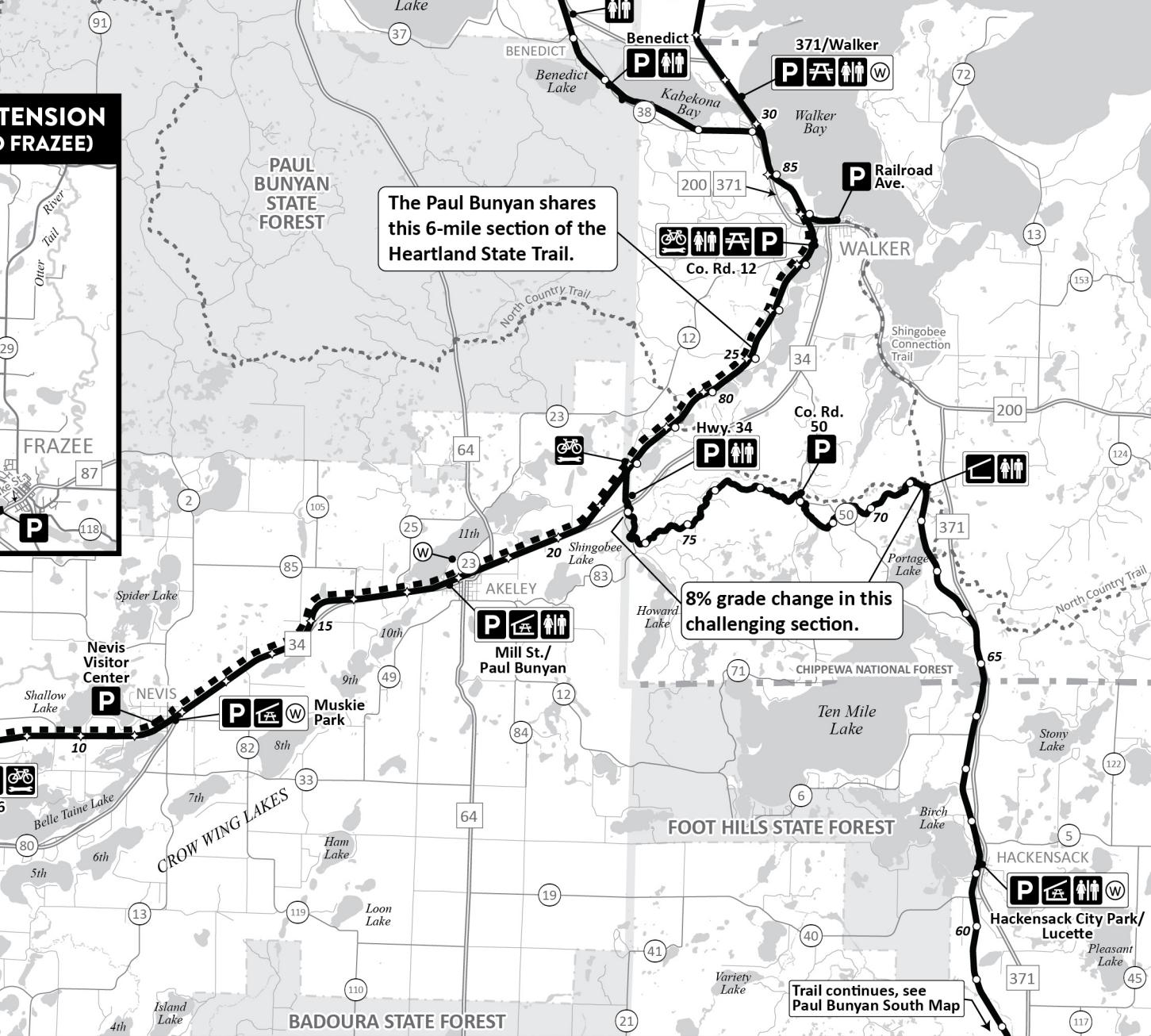
In Heartland Park



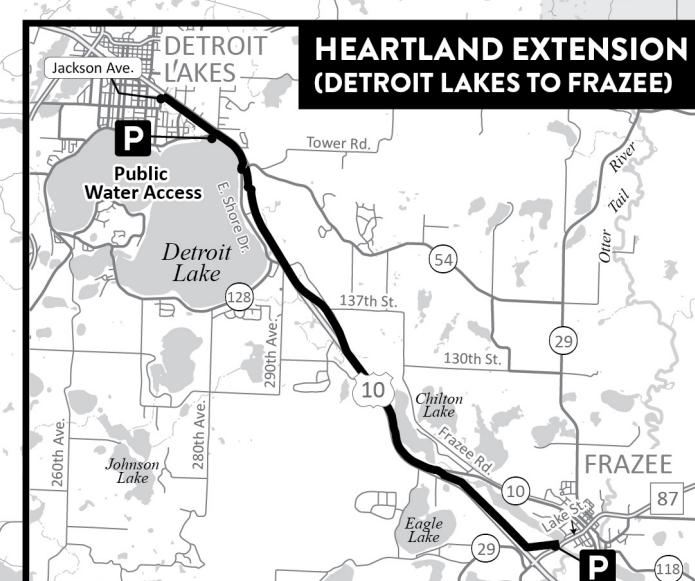
BEMIDJI DETAIL



CASS LAKE



HEARTLAND EXTENSION (DETROIT LAKES TO FRAZEE)



The Paul Bunyan shares this 6-mile section of the Heartland State Trail.

8% grade change in this challenging section.

Trail continues, see Paul Bunyan South Map

© 2025, Minnesota Department of Natural Resources

HEARTLAND AND PAUL BUNYAN (HACKENSACK TO LAKE BEMIDJI STATE PARK)

STATE TRAILS (INCLUDES HEARTLAND EXTENSION)

BELTRAMI, HUBBARD AND CASS COUNTIES



MORE INFORMATION

Minnesota Department of Natural Resources Information Center

500 Lafayette Rd.
St. Paul, MN 55155-4040
888-646-6367 | mndnr.gov/trails



SHARE THE TRAIL

- Stay on designated trail.
- Keep right so others can pass.
- Keep pets on leash and pick up waste.
- Obey traffic signs and rules.
- Pack out all garbage and litter.
- Respect adjoining landowner's rights and privacy.
- Verbally warn other trail users when passing from behind.
- Overnight camping and campfires are permitted only on designated campsites. Do not leave them unattended.
- Enjoy the beauty of wild plants and animals, but leave them undisturbed for all to enjoy.
- Trail users are legally responsible for obeying the rules and regulations provided in Minnesota Rules, 6100.3000.

ABOUT THE TRAILS

The **Paul Bunyan State Trail** is 123 miles long, not including short on-road connections through the cities of Baxter and Bemidji. Extending all the way from Crow Wing State Park to Lake Bemidji State Park, it is the longest of Minnesota's state trails and the longest continuously paved rail-trail in the country. Pass small towns, forests, lakes and streams along the trail.

Most of trail is fairly level, except for a challenging 9-mile segment through the Chippewa National Forest with many rolling hills and curves with grades reaching 8%. The Shingobee Connection paved trail is an easier route to Walker, but it includes several short, very steep hills and some paved road shoulder sections.

You can connect with the paved Heartland State Trail

between Akeley and Walker. At the north end of Lake Bemidji State Park, snowmobilers can connect to hundreds of miles of trails.

The **Heartland State Trail** was one of the first rail-to-trail projects in the country. This multiple-use trail spans 45 miles between Park Rapids and Cass Lake. The trail is on a level, abandoned railroad grade, except for a 4-mile segment north of Walker with sharply rolling terrain for snowmobilers. Bicyclists can follow level road shoulders along Steamboat Loop NW and Cove Lane as marked.

The trail is paved on the 28-mile segment connecting Park Rapids and Walker, and the 17-mile segment connecting Walker and Cass Lake. The Park Rapids to

Walker segment also has a parallel natural surface trail for horseback riding, hiking and mountain biking.

The Heartland State Trail connects with the Paul Bunyan State Trail and other regional trails. You'll find views of numerous lakes, rivers and streams, some of which are accessible from the trail. Experience northern hardwood forests, stands of jack, red, and white pine, and a spruce-fir forest community.

The Heartland Trail Extension is a paved trail, starting in Detroit Lakes near Jackson Avenue, extending approximately 9.5 miles south to Highway 87 in the city of Frazee.

PARKING AVAILABLE

Paul Bunyan (north) Parking

Bemidji: At the corner of Fifth and Gould.
Chippewa National Forest: Off Co. Rd. 50 near the Shingobee Creek crossing.
Guthrie: At the city park.
Hackensack: At the city park.
La Porte: In the town park.
Lake Bemidji State Park: On Co. Rd. 20, 2 miles to the park entrance. Vehicle permit required.
Lavinia: Off Wild Plum Lane NE.
Nary: In town.
North Country Trail: Off Co. Rd. 50.
Walker: On Hwy 34 just south of the intersection of Paul Bunyan/Heartland Trails.

Heartland Parking

Park Rapids: Heartland County Park on Mill St.
Dorset: North 1.4 miles on Hwy. 225 from Hwy 34.
Nevis: At County Rd. 18/Village Rd. off Hwy 34.
Akeley: North from Hwy. 34, travel 0.1 miles on Hillside Ave.
Walker: South on Co. Rd. 12, 0.25 miles from Hwy 371 to Lake May Dr. and Heartland Place S.
Erickson's Landing: Two miles N of Walker on Hwy 371.
Steamboat Landing: West off Hwy. 371, travel 0.3 mile on 130th St. NW.
Cass Lake: On the north side of Hwy 2, 2 miles east of Cass Lake.
Heartland Extension Parking

Detroit Lakes: at the northern public water access.
Frazee: near the junction of Highway 87 and Lake St.

DON'T GET LOST!



Navigate with your phone! The Avenza Maps® app uses GPS location tracking, so you can stay found, even off the grid. After you have downloaded the app and map, no internet or cell service is needed.

Search "MNDNR" plus the park or trail name in the Avenza app store to download our free maps, or scan the code here to download.

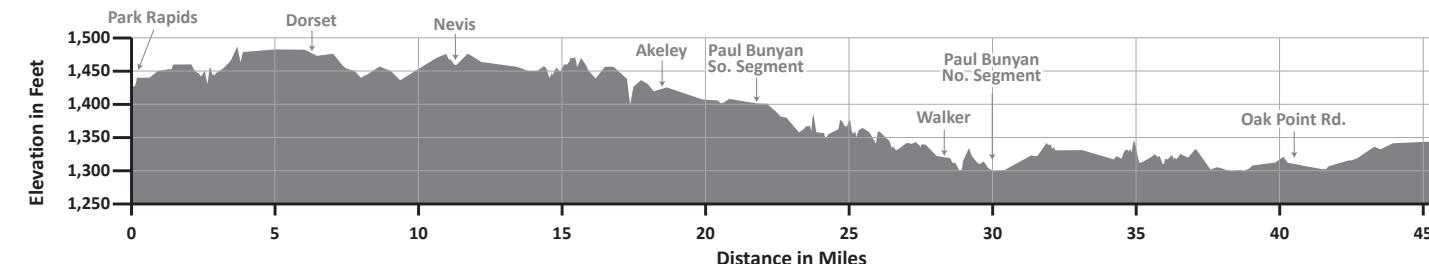


PLEASE NOTE

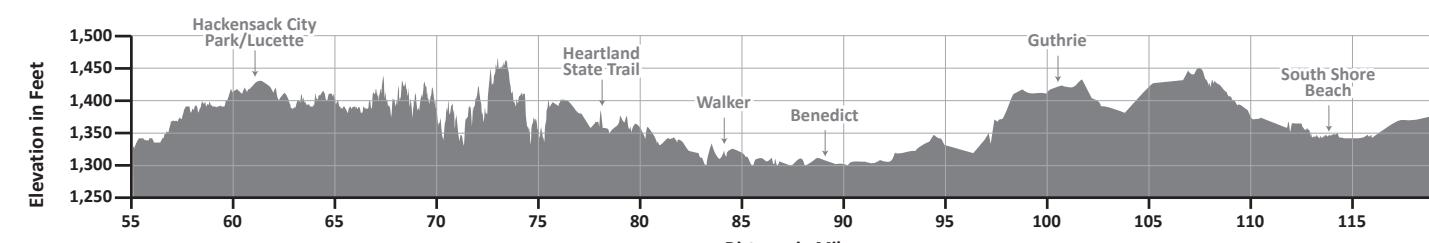
This trail requires a permit for anyone horseback riding. For more information about the Horse Pass, please call the DNR Information Center or visit mndnr.gov/trails.

Snowmobilers must be registered or have a valid state trail sticker. For more information, visit mndnr.gov/snowmobiling.

TRAIL PROFILE - HEARTLAND STATE TRAIL



TRAIL PROFILE - PAUL BUNYAN STATE TRAIL (NORTHERN SEGMENT)



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

This information may be available in alternative format upon request.