


Cross-Country Ski Trails





All trails are tracked. Groomed for skating as noted.





Short Outings

Trail	KM	Map	Skill Level	Location & Description
1. University of MN North Central Exp. Station (218) 327-4490	8		Beginner	East Hwy 169 to first college entrance road to end, park by gate. Classic trails through pine overstory.
2. Forest History Center (218) 327-4482	4.5		Beginner	South Hwy 169 to Golf Course Rd, west 2 miles, 1/2 mi. on Co Rd 76. Trails wind through 1900 Logging Camp and Virgin timber. Interpretive Center open daily. Full moon ski in January.
3. Sylvan Point Trail (218) 326-2500	6		Beginner	1 mile west on Golf Course Road, north on SW 14th Ave. to trailhead. Connects new Grand Itasca Hospital with Forest History Center
4. Legion Trails (218) 326-2500	3.5		Beginner Intermediate	Grand Rapids City Park with lighted trails located near High School just off North Hwy 38. Skate lane and classic tracks set.
5. Minnesota Power (218) 328-5711	3.4		Beginner	West Hwy 2 to Cohasset, turn left (one block after stoplight) on to Co. Rd. 87. One mile to Trailhead building and lighted trails that loop along the Mississippi River. Deer often on trail. Skate and classic.
6. Portage Park (218) 328-6225	4		Beginner	West Hwy 2, turn left on to Co. Rd. 63 for 2 miles, then right on Lake Street to sports complex and trail head in Cohasset. Level classic track.

Nearby Areas

Trail	KM	Map	Skill Level	Location & Description
7. Alder Pond (218) 327-2855	10		Beginner	E. Hwy 169 across Prairie River, 2 miles E on Co. 21, 1 mile south on E Rangeline Road, 1 mile to trailhead parking. Dogs allowed.
8. Big Ridge (218) 327-2855	10		Intermediate	From Goodland, 4 mi. N. on Hwy 65, then W. on Co. Rd. 560 for .5 mi. to parking
9. Boomer-Blue Multipurpose Trail	6.5		Beginner	River Road south 6 mi. turn right and stay on Wendigo Rd. 4 mi. Turn left into parking lot at green gate. Double tracked forest road. Allows for dogs or snowshoe travel out 2 mi. & back. Intersects Cowhorn ski trail (no pets or foot travel on Cowhorn).
10. Cowhorn Lake	7.6		Intermediate	River Rd south 6 mil., turn right on Wendigo Rd 3 mi., turn left on Co 427 to trailhead. Classic ski only. No foot travel or pets.
11. Golden Anniversary River Road	2.7		Intermediate	River Road south 7 mi. Watch for signs on the left. Hills, pines.
12. Mount Itasca (218) 245-3487	10		Intermediate Expert	East Hwy 169 to Coleraine west on Co. 61 to RR track. Hilly terrain for skate and classic. Fee for use of Biathlon range, public trails west of chalet. Snowmaking facilities, chalet.
13. Trout Lake, Joyce Estate, Doan Lake (218) 246-2123	10		Beginner Intermediate	North Hwy 38 12 mi., east on Co 60 two mi., north on Co 335 2 mi. Double tracked classic ski 3 mi. out to Historic site and return, or venture off into the Doan Lake trail that is connected.
14. Wabana Trails (218) 327-2855	9.7		Beginner Intermediate	North Hwy 38 7 miles, NE on Co 49 8 miles, continue east on Co 59 half mile. Scenic winding classic trail.

The Hills

Trail	KM	Map	Skill Level	Location & Description
15. Amen Lake (218) 327-2855	6.9		Beginner Intermediate	North Hwy 38 12 mi., west on 19, 2 mi. right on Co. 246. Hilly trails connect with Suomi Trails
16. Blueberry Hills (218) 328-5191	12		Intermediate Expert	West Hwy 2 to Deer River, north on Hwy 6 2 mi., 3 mi east on Chase Lake Rd, then right half-mile into trailhead building often heated on weekend afternoons. Skate and classic.
17. Sugar Hills	28		Intermediate Expert	South Hwy 169 7 mi., West on Co. 17 4 mi., south on Co. 449. Challenging hilly terrain through hardwood forest. Panoramic view. Skate and classic.
18. Suomi Hills (218) 246-2123	34.3		Intermediate Expert	North Hwy 38 13 mi. to south Suomi or 15 mi. to north Suomi parking. Hilly terrain winds through forest and lakes. South trail connects to Amen Lake trails.

Big Snow Areas

Trail	KM	Skill Level	Location & Description
19. Simpson Creek (218) 246-2123	20	Beginner Intermediate	From Deer River, 18 mi. NW on Hwy. 46 to Cutfoot Sioux Visitor Center at Junct. of Hwy 46
20. Scenic State Park (218) 743-3362	16.1	Intermediate	From Big Fork, 7 mi., SE on Co. Rd. 7 or from Grand Rapids Hwy 169 E 10 miles, 40 miles northwest on Co Rd 7.
21. Thistledew (218) 999-7923	16	Beginner Intermediate	34 mi. N. of Nashwauk on Hwy. 65, then 4 mi. W. on Hwy. 1 to parking at Carpenter Town Hall.