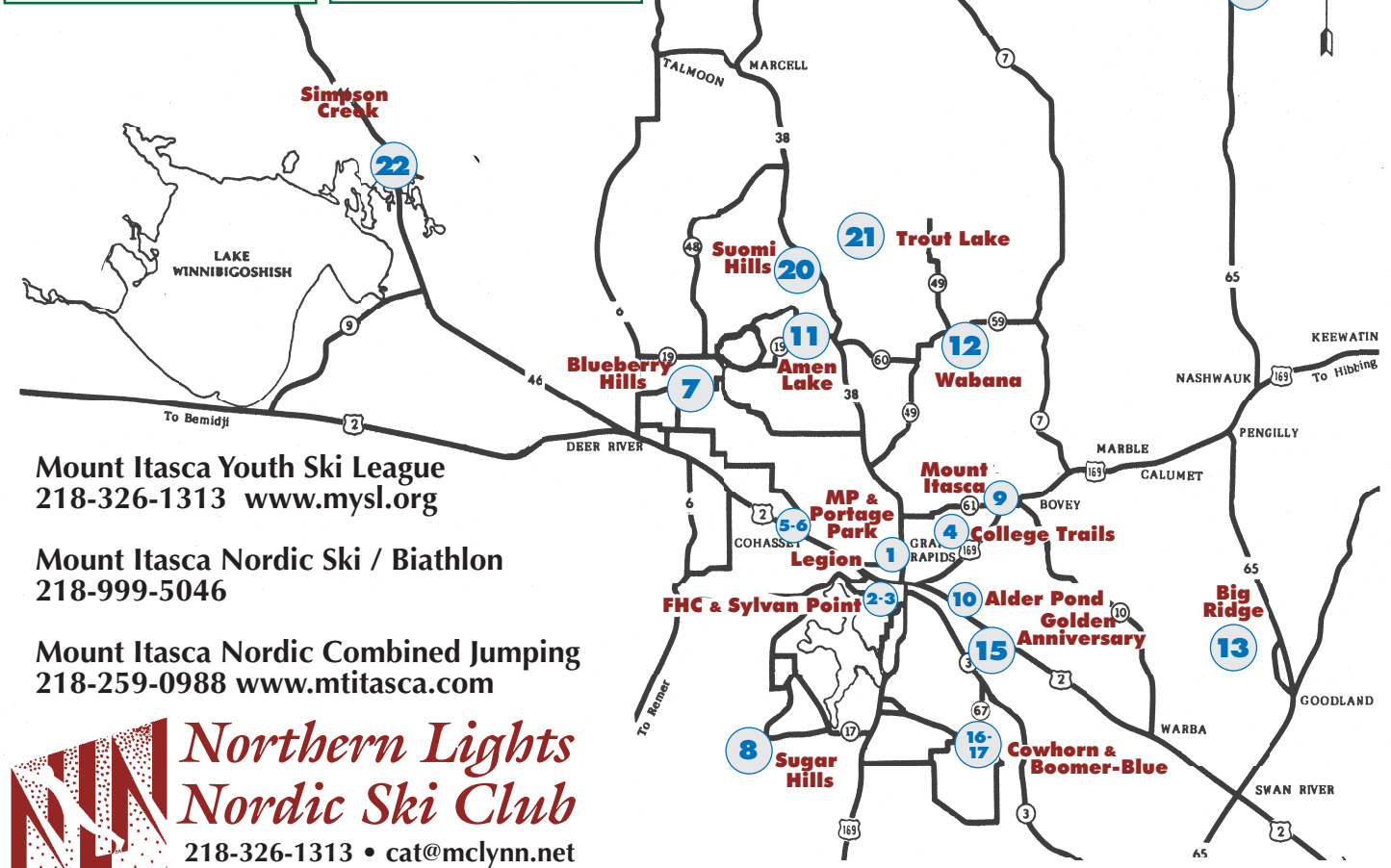




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**Northern Lights
Nordic Ski Club**
218-326-1313 • cat@mclynn.net

MEMBERSHIP FORM Sustaining - \$50 Family - \$25 Individual - \$15

Name _____
Address _____
Email _____





We promote Nordic skiing as a
healthful family activity. Club
volunteers groom eight trail systems.

Send to: 931 N. Pokegama Ave
Grand Rapids, MN 55744



Ski Trails

A MINNESOTA SKI PASS IS REQUIRED ON ALL GRANT-IN-AID TRAILS.


Passes may be purchased for each skier (16 years or over) at any electronic licensing station. These funds for grooming and maintenance are matched by local volunteer labor.

	1 km = 5/8 mile	KM	LEVEL	DESCRIPTION
1 Legion Park Trail 326-2500 - City of Grand Rapids		4	Intermediate	Lighted trail near Grand Rapids High School north on Hwy 38. Classic track and skate lane.
2 Sylvan Point Trail 326-2500 - City of Grand Rapids		6	Beginner	Highway 169 S, 1 mile west on Golf Course Road, north on SW 14th Ave. Connects hospital with Forest History Center.
3 Forest History Center 327-4482		4	Beginner	1 mile west on Highway 2, 1 mile SW on Co. 63, 1 mile S on Co. 76. Trails wind through 1900 logging camp and virgin timber.
4 University of MN College Trails 327-4490		8	Beginner	East Hwy 169 to first college entrance, 1/2 mile to end of road. Classic trails through pine overstory.
5 Portage Park 328-6225 - City of Cohasset		4	Beginner	West Hwy 2, SW 1 mile on Co. 63, west 1 mile on Lake Street. Trails to scenic river overlook. Dogs allowed.
6 Minnesota Power Blackwater Trails 328-5711		4	Beginner	West Hwy 2 past stoplight in Cohasset, west 1 mile on Co. 87. Lighted trails, heated chalet. Skate and classic.
7 Blueberry Hills 259-2915 - City of Deer River		12	Beginner Expert	2 miles north of Deer River on Hwy 6, 3 miles east on Co. 142 (Chase Lake Rd). Wood heat in chalet. Skate and Classic.
8 Sugar Hills 326-1313 Rajala Companies		28	Intermediate Expert	S. Hwy 169 7 miles, 4 miles west on Co. 17, 3 miles south on 449. Climb to Thunder Mountain for panoramic view. Skate and classic.
9 Mount Itasca 245-3487 www.mtitasca.com		10	Beginner Expert	E. Hwy 169 to Coleraine, west on Co. 61. Fee for Biathlon range, hilly course, snowmaking. Public trails west of chalet. Skate and classic.

Itasca County Park System 327-2855

10 Alder Pond		10	Beginner	E. Hwy 169 across Prairie River, 2 miles E on Co. 21, 1 mile south on E. Rangeline Rd, 1 mile to trailhead parking. Dogs allowed.
11 Amen Lake		7	Intermediate	Hwy 38 north 12 miles, Co. 19 west 2 miles, Co. 246 north half mile. Hilly trails connect to south Suomi trails in Chippewa National Forest.
12 Wabana		10	Intermediate	Hwy 38 north 7 miles, NE 8 miles on Co. 49 and 59. Scenic classic trail.
13 Big Ridge		10	Intermediate	Hwy 2 East to Hwy 65, north to Goodland, 4 miles to Co. 560, west half mile to parking lot.
14 Stoney Ridge		10	Intermediate	18 miles north of Nashwauk on Hwy 65. Watch for moose!

DNR State Parks and Trails 999-7923

15 Golden Anniversary		3	Intermediate	River Road (Co. 3) south 7 miles. Rolling hills and majestic pines.
16 Cowhorn		8	Intermediate	River Road (Co. 3) south 6 miles, west on Wendigo Rd 3 miles, south on Co. 427. No dogs or snowshoeing on Cowhorn Loop.
17 Boomer-Blue		7	Beginner	River Road (Co. 3) south 6 miles, west on Wendigo Rd 4 miles. Dogs allowed, double-tracked with snowshoe lane. Intersects Cowhorn Loop.
18 Scenic State Park 743-3362		16	Intermediate	7 miles SE of Bigfork on Scenic Hwy 7. Classic trails through majestic pines.
19 Thistledeew		18	Intermediate Expert	34 miles north of Nashwauk on Hwy 65, 4 miles west on Hwy 1. Not groomed regularly.

Chippewa National Forest 246-2123

20 Suomi Hills		35	Intermediate Expert	Hwy 38 north 13 miles to south access or 15 miles to north access. South trail connects to Amen Lake Trail.
21 Trout Lake		10	Intermediate	Hwy 38 N. 12 miles, east 2 miles on Co. 60, north 2 miles on Co. 335. Double-tracked classic ski 3 miles into Historic Joyce Estate and 2 miles on North Trail.
22 Simpson Creek Cutfoot Sioux Visitor Center		20	Beginner Intermediate	18 miles NW of Deer River on Hwy 46. Not groomed regularly. Skiers pack trails.