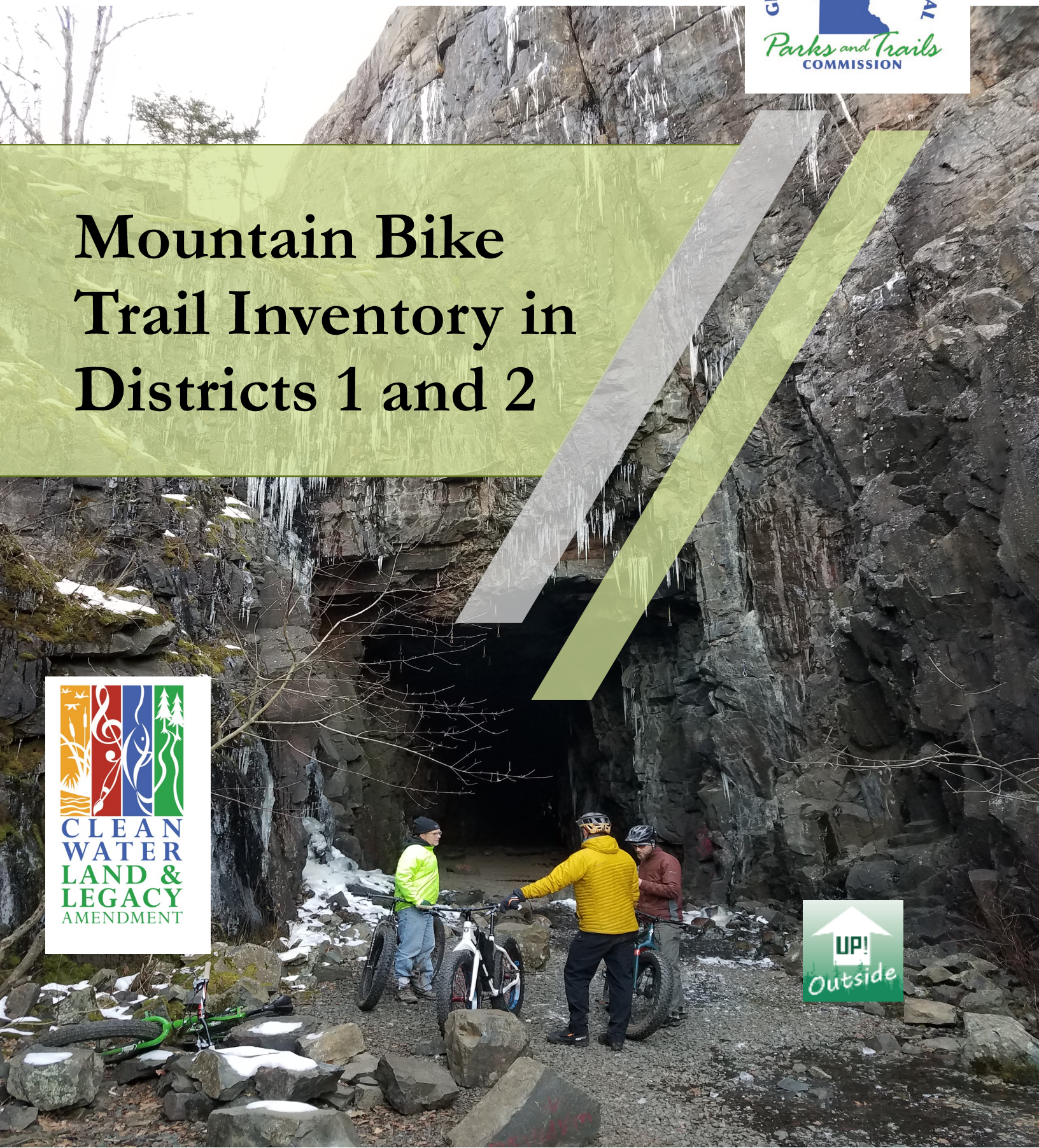
Greater Minnesota Regional Parks and Trails Commission

Mountain Bike Trail Inventory in Districts 1 and 2



CLEAN WATER LAND & LEGACY AMENDMENT

UP! Outside

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Purpose

The Greater Minnesota Regional Parks and Trails Commission (GMRPTC) is evaluating the mountain bike trail system in Northern Minnesota, specifically as it relates to trails within Districts 1 and 2. The sport continues to increase in popularity and the demand for purpose built, sustainable trails has compelled GMRPTC to complete a system inventory.

GMPRTC intends to ascertain these characteristics:

1. What trails and amenities exist and what are proposed to be built?
2. What, if any, additional trails are needed to serve the regional population as well as the influx of riders to the area.
3. What does the system, as it exists now, look like with the inclusion of not only designated trails, but local trail connections?
4. What are the total miles of trails within the districts and what are the difficulty levels?

Summary

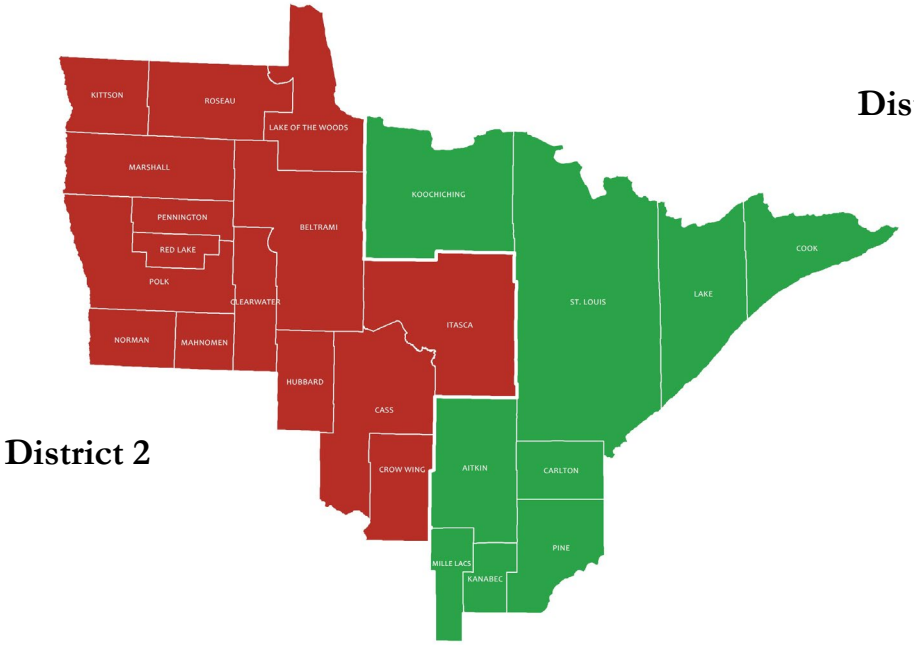
UP! Outside (UP) was selected by the Greater Minnesota Regional Parks and Trails Commission (GMRPTC) to determine what opportunities exist or have been proposed within GMRPTC Districts 1 and 2. This area consists of 24 counties and is generally the upper third of the State of Minnesota.

For this project, a mountain bike trail was defined as a natural surface trail, such as dirt,

grass, or gravel, which allowed mountain bike use. Paved and asphalt trails were not included, nor were trails which solely allowed fat-tire bikes.

To locate the trails, UP queried government agencies, counties, cities, townships, enthusiast groups, economic development, and other groups which could have information about the trails. UP found several websites that listed mountain bike trails throughout the State as well as difficulty levels and personal perspective information. The trails were imported into a series of maps. All information was reviewed for accuracy before being incorporated into the final documentation. No on-site verification was conducted for this inventory, however direct contact was made to clarify data wherever possible.

There are a total of 26 existing and proposed trail systems within GMRPTC Districts 1 and 2 when the Duluth Traverse is counted as one system. The maps and accompanying table break the Duluth Traverse into six separate units according to the trail locations. The mountain bike trail systems ranged from one trail to the 81 trails which currently make up the Duluth Traverse system.



District 1

District 2

The trails were listed according to a difficulty level of Easy, Moderate, or Difficult. This rating was consistent across all sources of information with generally just the names of the categories changing. One source listed rwo levels of 'Difficult' as Black Diamond and Double Black Diamond. These trails are all listed as 'Difficult" in this report to keep consistency between the sources. Proposed trails were rated when the information was known, but they cannot be confirmed until constructed.

The charts below show the number of trails and the number of miles of trail by difficulty level. The charts in figures 1 and 2 show there are a higher number of Moderate trails, but there are more miles of Easy trails than any other level. The higher mileage Easy trails can be attributed to Rail Trails (former railroad beds converted to trails) which allow mountain bikes.

Figure 1: Number of Trails by Difficulty Level

Difficulty Level	Number of Trails
Easy	82
Moderate	101
Difficult	48
Unknown	12
Total	243

Figure 2: Trail Miles by Difficulty Level

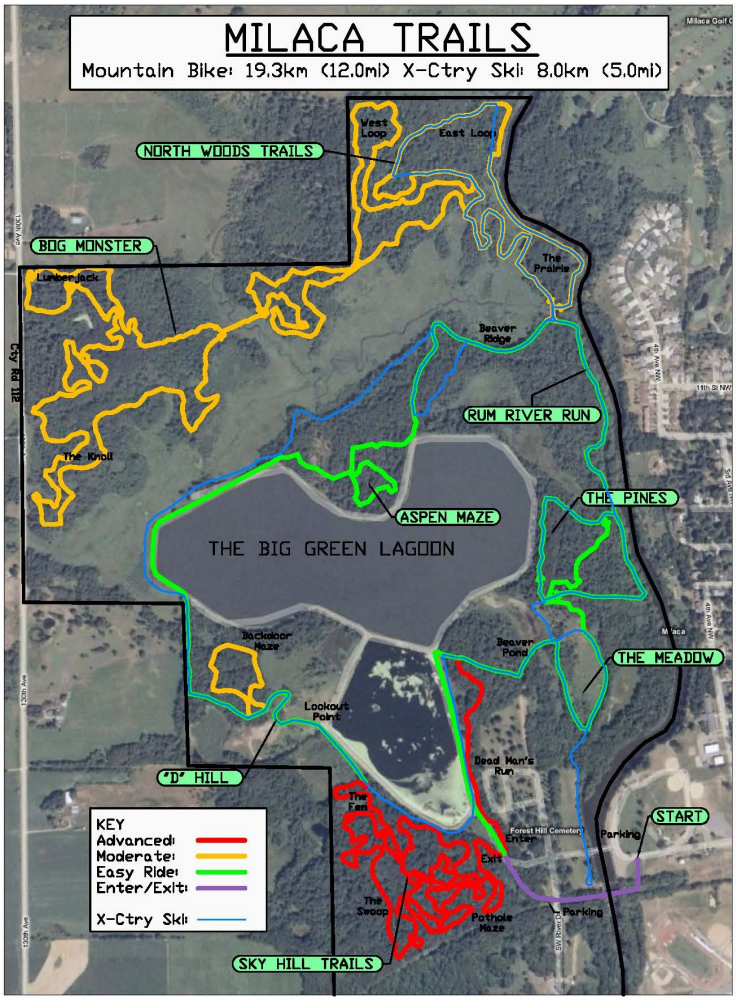
Difficulty Level	Miles of Trails
Easy	258.37
Moderate	214.86
Difficult	68.76
Unknown	151.95
Total	693.94

Gathering Data

To find the designated mountain bike trails in the State of Minnesota, UP! Outside used the following sources of information:

- Agencies
  - Minnesota Department of Natural Resources, Parks and Trails Division (MN DNR)
  - US Forest Service, both the Chippewa and Superior National Forests
  - Iron Range Resources and Rehabilitation Board (IRRRB)
  - Arrowhead Regional Development Commission
  - Northwest Regional Development Commission

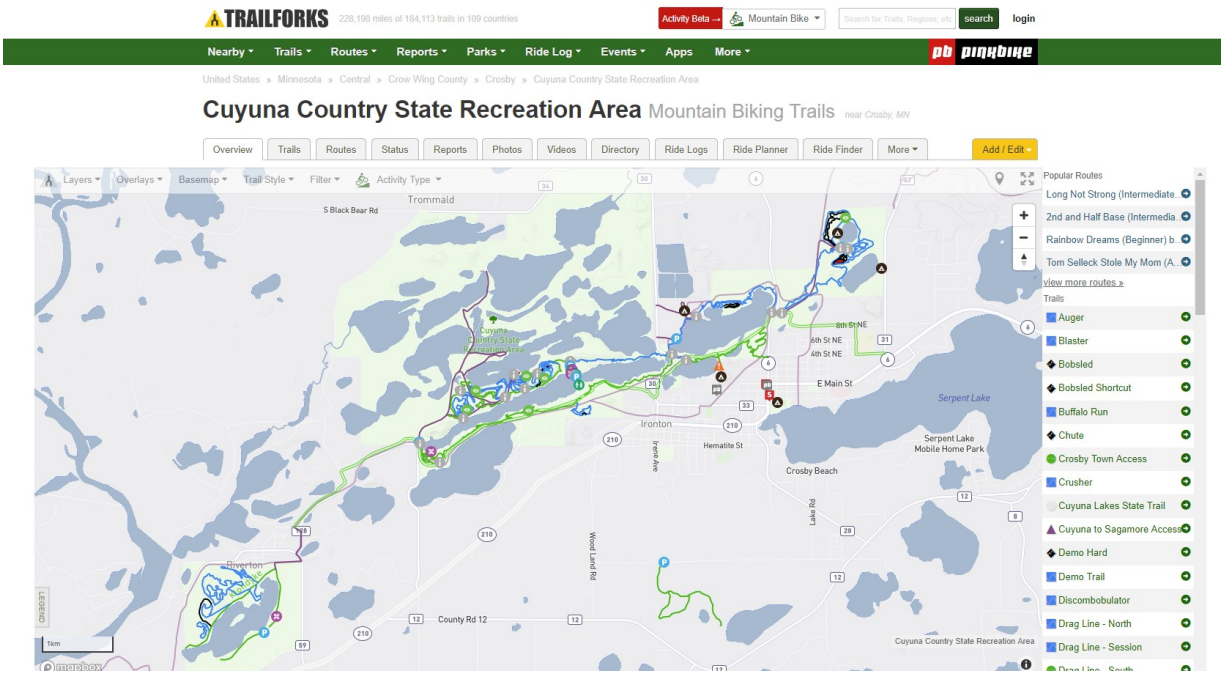
- Local Units of Government
  - Aitkin County
  - Beltrami County
  - Canosia Township
  - Carlton County
  - Cass County
  - Clearwater County
  - Crow Wing County
  - Cook County
  - Duluth, City of
  - Hubbard County
  - Itasca County
  - Kanabec County
  - Kittson County
  - Koochiching County
  - Lake County
  - Lake of the Woods County
  - Mahnomen County
  - Marshall County
  - Milaca, City of
  - Mille Lacs County
  - Moorhead, City of
  - Norman County
  - Pennington County
  - Pine County
  - Polk County
  - Red Lake County
  - Roseau, City of
  - Roseau County
  - St Louis County
  - Thief River Falls, City of



- Websites
    - The MTB Project (mtbproject.com)
    - Singletracks (singletracks.com)
    - Trailforks (trailforks.com)
    - Trail Link (traillink.com)
- Other
    - Enthusiast groups
    - Construction contractors
    - Trail designers

For this project, a mountain bike trail was defined as a natural surface trail, such as dirt, grass, or gravel, which allowed mountain bike use. Paved and asphalt trails were not included, nor were trail which solely allowed fat-tire bikes.

The primary sources of information were land managers. Generally, land managers are the MN DNR, the US Forest Service, and counties. Some of the trails are located on land owned by other entities, such as a city. No trails listed are located on private property.
All the counties were contacted to obtain mountain bike trail information. The counties often referred UP to other sources, such as cities, townships, and clubs. All leads were researched to a conclusion of receiving the trail information, the proposed trail information, or confirmation that a suggested trail did not exist or was not designated.



There are several websites which contain mountain bike trail information. TrailLink is a website which has been created by the Rails-To-Trails Conservancy, a non-profit which helps organizations convert unused railroad beds into trails. Rail Trails are wide, flat trails which can be paved or remain as natural surface.

The other websites contain trail information uploaded by the site users. This type of information gathering is called crowdsourcing. Crowdsourcing can be an excellent way of locating trails, however, it doesn't include any due diligence that the trails listed on the site are, in fact, trails designated for that purpose. Before trails identified from crowdsourcing websites were included in the final list, UP researched the trails to ensure they were designated for mountain bike use by the land manager.

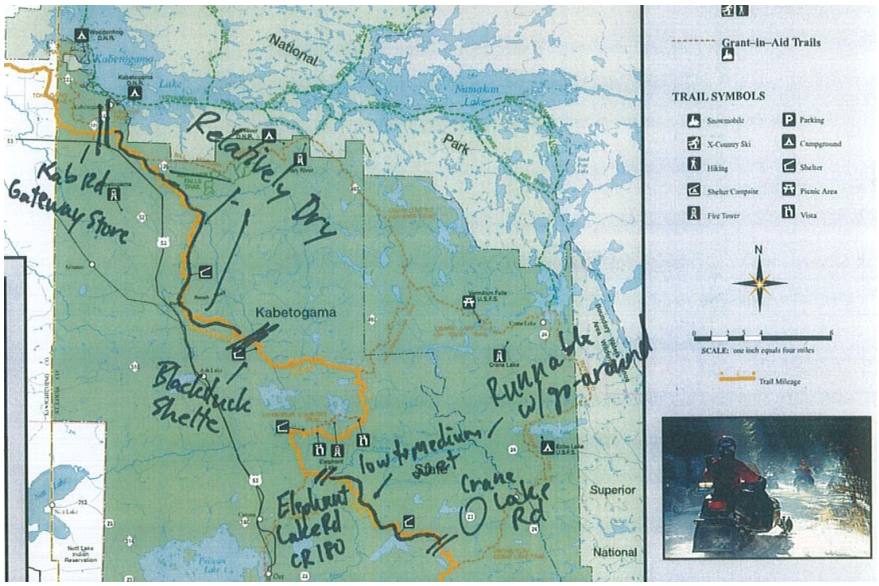
The full list of trails used for this report and located on the maps is in Appendix A: Trail Attributes Chart.

Undesignated Trails

There were several other types of trails and trail systems that were found in the crowdsourcing websites. This data was initially captured and added to the trail system spread sheet. While researching the trail designations and trail uses published by the land managers, non-mountain bike trails were removed from the inventory list as undesignated trails. These trails include:

- Grant-in-Aid snowmobile or off-highway vehicle trails in Lake, Carlton, and St Louis Counties
- Paved trails in St Louis, Lake, and Koochiching counties
- Unverified trails in St Louis, Lake, and Itasca
- Trails in the US National Forests of Chippewa and Superior National Forests that are not designated for mountain bike use
- Trails in Minnesota State Parks that are not designated for mountain bike use
- Cross-country ski trails

The Taconite and Arrowhead Trails are MN DNR snowmobile trails in the Grant-In-Aid system. Maps for these trails indicate mountain biking is allowed on these trails, however, there are no defined mountain bikes routes shown. UP staff contacted MN DNR Parks and Trails office which oversees these 2 trails to determine which segments of the trails are open to mountain biking. There are no officially designated portions of these trails open to mountain biking, therefore, neither the Taconite nor the Arrowhead trails were listed in the trail inventory.



Results

Trail Systems

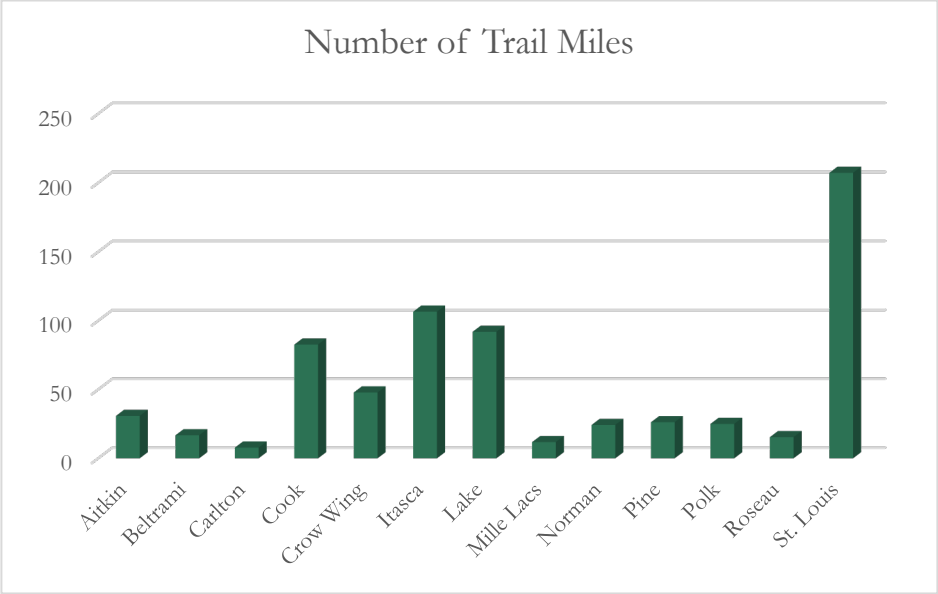
In GMRPTC Districts 1 and 2, UP located 26 trail systems. These range from the Minnesota Mosey (one trail of 1.8 miles) to the full Duluth Traverse system which currently consists of six sections, 81 trails, and 94 trail miles. There were two trails, the Agassiz and the Hidden Valley systems, which crossed county lines. All other trail systems are within a single county.

GMRPTC District 1 consists of the Counties of:

- Aitkin
- Carlton
- Cook
- Kanabec
- Koochiching
- Lake
- Mille Lacs
- Pine
- St Louis

Of these Counties, all but Kanabec and Koochiching had at least one designated mountain bike trail in the county.

Figure 3: Number of Trail Miles per County

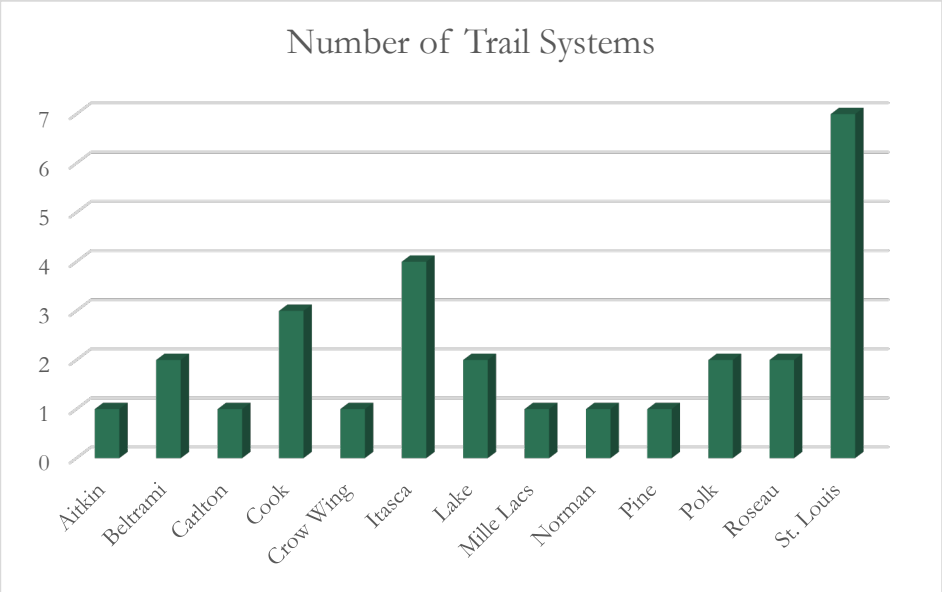


GMRPTC District 2 consists of the Counties of:

- Beltrami
- Cass
- Clearwater

- Crow Wing
- Hubbard
- Itasca
- Kittson
- Lake of the Woods
- Mahnomen
- Marshall
- Norman
- Pennington
- Polk
- Red Lake
- Roseau

Figure 4: Number of Trail Systems per County



The Counties of Cass, Clearwater, Hubbard, Kittson, Lake of the Woods, Mahnomen, Marshall, Pennington, and Red Lake do not currently have existing or proposed mountain bike trails.

There are 13 counties which currently have existing or proposed mountain bike trails.

Figure 5: Number of Trails per District

Area	Number of Trails
District 1	160
District 2	83
Total	243

Figure 6: Trail Miles per District

Area	Number of Miles
District 1	458.12
District 2	235.82
Total	693.94

St Louis County has the greatest number of trail systems, trails, and trails miles. The majority of the trails and trail mileage is due to the Duluth Traverse trail system. The county has a total of seven existing or proposed mountain bike trail systems equaling 207 miles.

Figure 7: Trail Systems Number of Trails and Trail Mileage

Area	Number of Trails	Miles of Trail
Agassiz Trail	2	47.44
Big Aspen	1	21
Britton Peak	4	6.43
Cuyuna State Recreation Area	46	47.85
Deer River	4	30.5
Duluth Traverse Chester Park	1	1.03
Duluth Traverse Hartley Park	14	8.98
Duluth Traverse Lester Park	6	12.95
Duluth Traverse Mission Creek	13	25.11
Duluth Traverse Piedmont & Brewer	28	34.75
Duluth Traverse Spirit Mountain	19	11.25
Giant's Ridge	8	40.97
Hayes Lake State Park	2	5.6
Hidden Valley Trail System	2	8.44
Jay Cooke State Park	6	7.79
Lake Bemidji State Park	5	6.5
Legion Trail	1	5.9
Lookout Mountain	12	8.41
Lutsen Mountain	4	67
Marcell	5	11.22
McCarthy Beach Trails	6	15.08
Milaca Trails	9	11.8
Minnesota Mosey	1	1.8
Movil Maze Recreation Area	12	10.25
Pincushion Mountain	7	9.24
Redhead Trail System	4	20.79
Roseau Borud	2	9.8
Savanna State Forest	10	30.85
Split Rock Wilds System	5	90
St Croix State Park	1	26.25
Tioga Trail System	3	58.96
Total	243	693.94

Trail Difficulty Levels

One goal of a State-wide system of trails is to a variety of difficulty levels. In general, the ideal system will have some Easy and Difficult trails and a higher percentage of Moderate trail difficulty. The reasoning behind the spread is that most trail enthusiasts have a moderate skill level regardless of the type of trail activity. There needs to be sufficient opportunities to learn the sport, which requires Easy trails and skills building areas. The dedicated trail enthusiasts have a higher skill level and desire more challange in the trails.

There is a wide range of difficulty levels by system within Districts 1 and 2. The majority of trails are in the Moderate difficulty level. The greatest number of miles of trails are in the Easy difficulty level.

Figure 8: Percentage of Trail Miles by Difficulty Level

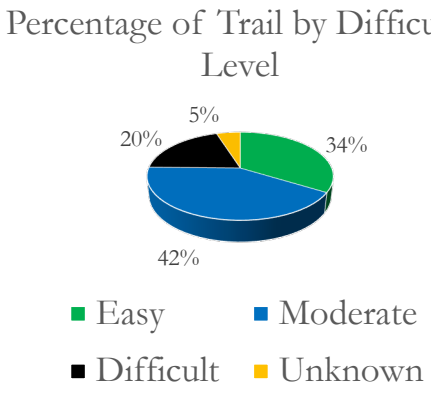
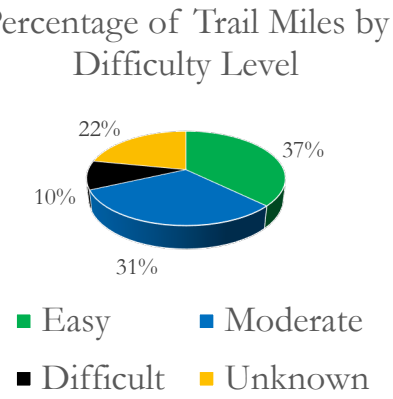


Figure 9: Percentage of Trails by Difficulty



Within the systems, is a variety of difficulty levels. Many systems offer all three difficulty. Other systems have only one or two levels. There was no system of only Difficult trails.

Figure 10: Trail Difficulty Levels within Trail Systems

Difficulty Level	Trail Systems
Easy	6
Moderate	2
Difficult	0
Easy and Moderate	5
Moderate and Difficult	1
Easy and Difficult	1
Easy, Moderate, and Difficult	8
Unknown	3

Trail Types

Out of the 243 trails, only 68 were purpose built, designated only for mountain bikes, and are currently open for use.

These 68 trails include:

- All the trails in the Cuyuna State Recreation Area
- Some of the Milaca trails
- Both Roseau Borud Trails

Additional, purpose built mountain bike trails are being proposed or are in the construction process:

- Giant's Ridge
- Hidden Valley trails
- Lutsen Mountain
- Redhead Trails
- Split Rock Wilds
- Tioga Trails

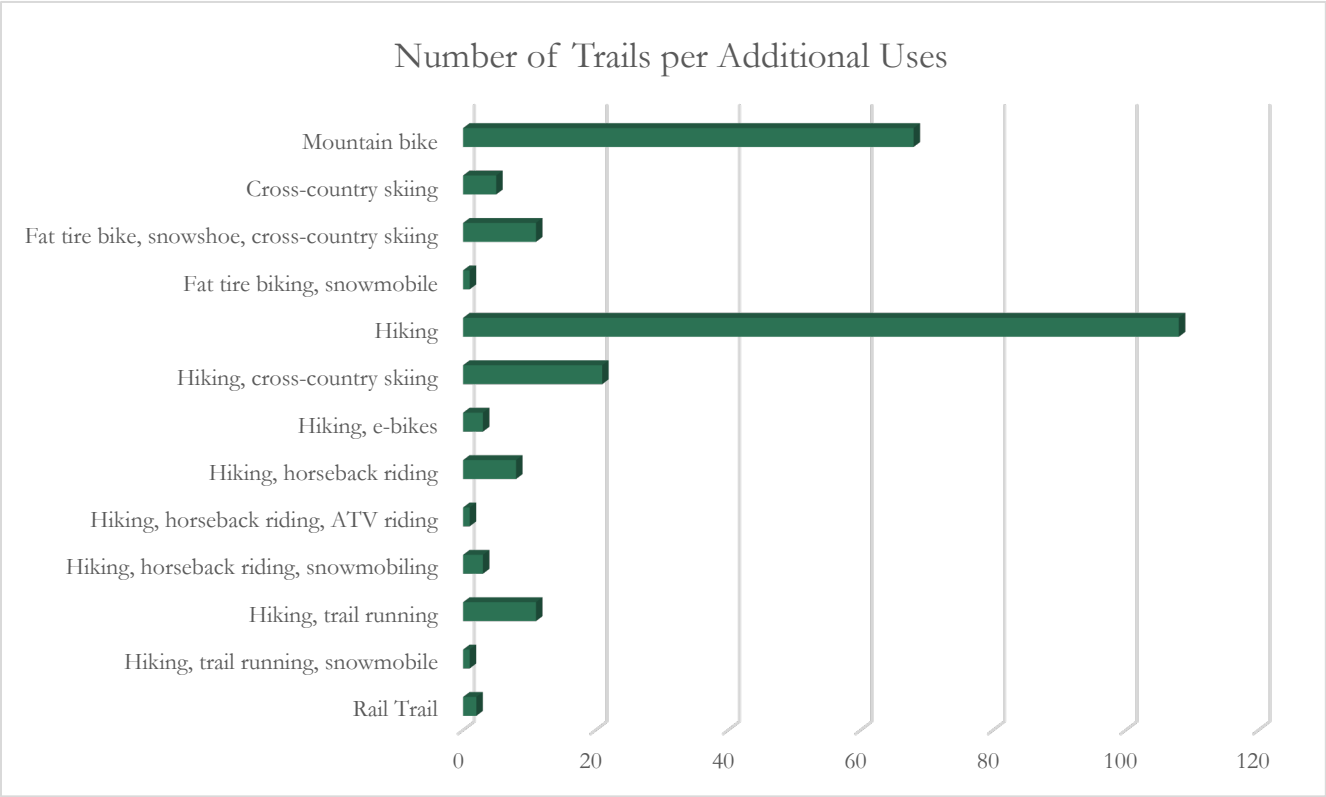
Figure 11: Trail Use Types, Mountain Biking Plus:

Additional Use, Mountain Bike Plus	Trail Miles	Number of Trails
Mountain bike only	349.21	68
Cross-country skiing	5.6	5
Fat tire bike, snowshoe, cross-country skiing	6.7	11
Fat tire biking, snowmobile	1.8	1
Hiking	127.95	108
Hiking, cross-country skiing	72.25	21
Hiking, e-bikes	2.4	3
Hiking, horseback riding	40.85	8
Hiking, horseback riding, ATV riding	21	1
Hiking, horseback riding, snowmobiling	8.49	3
Hiking, trail running	7.92	11
Hiking, trail running, snowmobile	2.33	1
Rail Trail	47.44	2
Total	693.94	243

All the other trails are multi-use trails with at least one additional use for the trail. Most trail sharing includes mountain bikes and hiking. This is in large part due to the Duluth Traverse being designated for those uses. More trails allow mountain biking, hiking, and other uses. Some trail

systems only allow mountain biking and either fat tire biking or cross-country skiing. Figure 11 and 12 indicate the trails open to additional uses.

Figure 12: Number of Trails by Additional Use Type



Most of the trails that had use in addition to mountain biking were open during the summer months only. There were a few trails that were shared by cross-country skiing only, a winter activity. Several trails had additional activities in both winter and summer, allowing the trails to remain open year-round. Figure 13 shows the season of the additional use for the multi-use trails.

Figure 13: Trails per Season of Additional Use

Season of Additional	Number of Trail
Summer Use	131
Winter Use	5
Both Summer and Winter Use	39

Trail Facilities

All the existing trail systems had either a trailhead or parking area, as part of the trail system or directly adjacent to the system. Only the Milaca Trails and the Roseau Borud trails listed parking as the only facility offered to trail users. Remaining trail systems had one or more additional attributes ranging from overlooks and shelters, to the facilities included within State Parks and National Forests. Each system has its own list of features indicated in the Trail Attributes Chart listed in Appendix A.

The surface of most of the trail systems was listed as 'natural surface'. A few trails were listed as gravel. A few were noted as grass or dirt surfaces. The list of trail surfaces is indicated in the Trail Attributes Chart listed in Appendix A.

This report was prepared by UP! Outside using Legacy Dollars.
Photos have been used with permission of the photographer

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Appendix A: Trail Attributes Chart

Trail_Name	Length	System	Difficulty	District	County	Trail Surface	Type of Use	Status
Big Aspen	21.00	Big Aspen	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking, horseback riding, ATV riding	Active
Cross Cut	1.66	Britton Peak	Moderate	1	Cook	Natural Surface	Mountain bike, hiking	Active
Flume	1.48	Britton Peak	Moderate	1	Cook	Natural Surface	Mountain bike, hiking	Active
Short Stacker	1.20	Britton Peak	Easy	1	Cook	Natural Surface	Mountain bike, hiking	Active
Skookum	2.09	Britton Peak	Difficult	1	Cook	Natural Surface	Mountain bike, hiking	Active
Chester Bowl Rim	1.03	Duluth Traverse Chester Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Blackened Blue Pots	0.48	Duluth Traverse Hartley Park	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Blue Pots	0.27	Duluth Traverse Hartley Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
DT Hartley Park Connector	0.50	Duluth Traverse Hartley Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Fairmont Connector	0.20	Duluth Traverse Hartley Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Fisherman	0.40	Duluth Traverse Hartley Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Guardrail loop	2.24	Duluth Traverse Hartley Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Hartley to Chester Connection	1.00	Duluth Traverse Hartley Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking, e-bikes	Active
Naymark	0.40	Duluth Traverse Hartley Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking, e-bikes	Active
Old Hartley Rd	1.00	Duluth Traverse Hartley Park	Easy	1	St. Louis	Gravel	Mountain bike, hiking, e-bikes	Active
Rhamnus	0.37	Duluth Traverse Hartley Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Rock Knob	0.29	Duluth Traverse Hartley Park	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Root Canal	1.16	Duluth Traverse Hartley Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
The Pines	0.33	Duluth Traverse Hartley Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Tunnel Trail	0.34	Duluth Traverse Hartley Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Amnity East	2.28	Duluth Traverse Lester Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Amnity West	1.54	Duluth Traverse Lester Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Hawk Ridge Trail	2.67	Duluth Traverse Lester Park	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Lester River Trail	3.58	Duluth Traverse Lester Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Morningside	1.02	Duluth Traverse Lester Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Snively	1.86	Duluth Traverse Lester Park	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Astonishing Bike Path	0.93	Duluth Traverse Mission Creek	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
East Porcupine Passage	1.21	Duluth Traverse Mission Creek	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Flyover Country	0.70	Duluth Traverse Mission Creek	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Indigenous Land	5.00	Duluth Traverse Mission Creek	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Indigenous Land to Chambers Connector	1.00	Duluth Traverse Mission Creek	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Loki	1.70	Duluth Traverse Mission Creek	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Lower Cathedral	0.60	Duluth Traverse Mission Creek	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Mission Creek Parkway	2.40	Duluth Traverse Mission Creek	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Ninja Beaver	1.00	Duluth Traverse Mission Creek	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
St Louis River Trail	2.00	Duluth Traverse Mission Creek	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Upper Cathedral	3.80	Duluth Traverse Mission Creek	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Valley West	3.00	Duluth Traverse Mission Creek	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
West Porcupine Passage	1.77	Duluth Traverse Mission Creek	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Admiral Rockbar	0.59	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Bones of Beast	0.19	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Deerslayer	1.09	Duluth Traverse Piedmont & Brewer	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
DM	0.20	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Dr Rockso	0.06	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Dr. Diablo	0.17	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Enger Trail	1.80	Duluth Traverse Piedmont & Brewer	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Foxx Rocks	0.92	Duluth Traverse Piedmont & Brewer	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Foxx Rocks b-line	0.01	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Home Brew	2.58	Duluth Traverse Piedmont & Brewer	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Keene	16.30	Duluth Traverse Piedmont & Brewer	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Kissing Booth	0.55	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Kissing Booth Ascent	0.65	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Lollygagger	1.56	Duluth Traverse Piedmont & Brewer	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Lower Burner of Stovetop	0.17	Duluth Traverse Piedmont & Brewer	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Lower Burner of Stovetop - 2	1.23	Duluth Traverse Piedmont & Brewer	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Medropolis	0.24	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Merritt Creek	1.02	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Miller High-Line	0.53	Duluth Traverse Piedmont & Brewer	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Miller Low-Line	0.73	Duluth Traverse Piedmont & Brewer	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Miller Middle-Line	0.23	Duluth Traverse Piedmont & Brewer	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Nimby	0.15	Duluth Traverse Piedmont & Brewer	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Observation Hill	0.51	Duluth Traverse Piedmont & Brewer	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Red Dress	0.31	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Scarface	0.69	Duluth Traverse Piedmont & Brewer	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Skyline	0.80	Duluth Traverse Piedmont & Brewer	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Stovetop Upper Burner	1.06	Duluth Traverse Piedmont & Brewer	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Valley Girls	0.41	Duluth Traverse Piedmont & Brewer	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active

Trail_Name	Source	Facilities
Big Aspen	USFS	parking, overlook, vault toilet
Cross Cut	Cook County, Trailforks, USFS	Parking, overlook
Flume	Cook County, Trailforks, USFS	Parking, overlook
Short Stacker	Cook County, Trailforks, USFS	Parking, overlook
Skookum	Cook County, Trailforks, USFS	Parking, overlook
Chester Bowl Rim	City of Duluth, Trailforks, COGGS	Parking
Blackened Blue Pots	City of Duluth, Trailforks, COGGS	Parking
Blue Pots	City of Duluth, Trailforks, COGGS	Parking
DT Hartley Park Connector	City of Duluth, Trailforks, COGGS	Parking
Fairmont Connector	City of Duluth, Trailforks, COGGS	Parking
Fisherman	City of Duluth, Trailforks, COGGS	Parking
Guardrail loop	City of Duluth, Trailforks, COGGS	Parking
Hartley to Chester Connection	City of Duluth, Trailforks, COGGS	Parking
Naymark	City of Duluth, Trailforks, COGGS	Parking
Old Hartley Rd	City of Duluth, Trailforks, COGGS	Parking
Rhamnus	City of Duluth, Trailforks, COGGS	Parking
Rock Knob	City of Duluth, Trailforks, COGGS	Parking
Root Canal	City of Duluth, Trailforks, COGGS	Parking
The Pines	City of Duluth, Trailforks, COGGS	Parking
Tunnel Trail	City of Duluth, Trailforks, COGGS	Parking
Amnity East	City of Duluth, Trailforks, COGGS,MTB Project	Parking
Amnity West	City of Duluth, Trailforks, COGGS,MTB Project	Parking
Hawk Ridge Trail	City of Duluth, Trailforks, COGGS,MTB Project	Parking
Lester River Trail	City of Duluth, Trailforks, COGGS,MTB Project	Parking
Morningside	City of Duluth, Trailforks, COGGS,MTB Project	None
Snively	City of Duluth, Trailforks, COGGS,MTB Project	Parking
Astonishing Bike Path	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
East Porcupine Passage	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Flyover Country	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Indigenous Land	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Indigenous Land to Chambers Connector	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Loki	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Lower Cathedral	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Mission Creek Parkway	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Ninja Beaver	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
St Louis River Trail	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Upper Cathedral	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Valley West	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
West Porcupine Passage	MTB Project, trailforks, COGGS	Parking, picnic, restrooms, camping
Admiral Rockbar	City of Duluth, Trailforks, COGGS	Parking
Bones of Beast	City of Duluth, Trailforks, COGGS	Parking
Deerslayer	City of Duluth, Trailforks, COGGS	Parking
DM	City of Duluth, Trailforks, COGGS	Parking
Dr Rockso	City of Duluth, Trailforks, COGGS	Parking
Dr. Diablo	City of Duluth, Trailforks, COGGS	Parking
Enger Trail	City of Duluth, Trailforks, COGGS	Parking
Foxx Rocks	City of Duluth, Trailforks, COGGS	Parking
Foxx Rocks b-line	City of Duluth, Trailforks, COGGS	Parking
Home Brew	City of Duluth, Trailforks, COGGS	Parking
Keene	City of Duluth, Trailforks, COGGS	Parking
Kissing Booth	City of Duluth, Trailforks, COGGS	Parking
Kissing Booth Ascent	City of Duluth, Trailforks, COGGS	Parking
Lollygagger	City of Duluth, Trailforks, COGGS	Parking
Lower Burner of Stovetop	City of Duluth, Trailforks, COGGS	Parking
Lower Burner of Stovetop - 2	City of Duluth, Trailforks, COGGS	Parking
Medropolis	City of Duluth, Trailforks, COGGS	Parking
Merritt Creek	City of Duluth, Trailforks, COGGS	Parking
Miller High-Line	City of Duluth, Trailforks, COGGS	Parking
Miller Low-Line	City of Duluth, Trailforks, COGGS	Parking
Miller Middle-Line	City of Duluth, Trailforks, COGGS	Parking
Nimby	City of Duluth, Trailforks, COGGS	Parking
Observation Hill	City of Duluth, Trailforks, COGGS	Parking
Red Dress	City of Duluth, Trailforks, COGGS	Parking
Scarface	City of Duluth, Trailforks, COGGS	Parking
Skyline	City of Duluth, Trailforks, COGGS	Parking
Stovetop Upper Burner	City of Duluth, Trailforks, COGGS	Parking
Valley Girls	City of Duluth, Trailforks, COGGS	Parking

Trail_Name	Length	System	Difficulty	District	County	Trail Surface	Type of Use	Status
Anvil	0.52	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Blaster	0.16	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Boss Hog	0.10	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Calculated Risk	0.60	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Candyland	0.84	Duluth Traverse Spirit Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
DWP	2.00	Duluth Traverse Spirit Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Greenman	0.43	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Happy Camper	0.90	Duluth Traverse Spirit Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Happy Camper - Thing 1 and 2	0.17	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Kingsbury	0.61	Duluth Traverse Spirit Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Knowlton Rocks	0.13	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Lower All Weather Trail	1.00	Duluth Traverse Spirit Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Moonman	0.24	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Puker	1.00	Duluth Traverse Spirit Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Smorgasbord	0.80	Duluth Traverse Spirit Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Spirit Mountain	1.00	Duluth Traverse Spirit Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Upper All Weather Trail	0.41	Duluth Traverse Spirit Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Wild Cat	0.18	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Wrecking Ball	0.16	Duluth Traverse Spirit Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Giant's Ridge System Advanced	0.65	Giant's Ridge	Difficult	1	St. Louis	Natural Surface	Mountain bike	Proposed
Giant's Ridge System Beginner	1.68	Giant's Ridge	Easy	1	St. Louis	Natural Surface	Mountain bike	Proposed
Giant's Ridge System Conceptual	27.87	Giant's Ridge	unknown	1	St. Louis	Natural Surface	Mountain bike	Proposed
Giant's Ridge System Flagged	7.34	Giant's Ridge	unknown	1	St. Louis	Natural Surface	Mountain bike	Proposed
Giant's Ridge System Intermediate	1.39	Giant's Ridge	Moderate	1	St. Louis	Natural Surface	Mountain bike	Proposed
Leapfrog	1.27	Giant's Ridge	Moderate	1	St. Louis	Natural Surface	Mountain bike	Active
Sector 12	0.65	Giant's Ridge	Difficult	1	St. Louis	Natural Surface	Mountain bike	Active
The Ridge Trail	0.12	Giant's Ridge	Easy	1	St. Louis	Natural Surface	Mountain bike	Active
HV Bike Project - Lake	1.97	Hidden Valley Trail System	unknown	1	Lake	Natural Surface	Mountain bike	Proposed
HV Bike Project -St. Louis	6.47	Hidden Valley Trail System	unknown	1	St. Louis	Natural Surface	Mountain bike	Proposed
Forbay Trail	1.78	Jay Cooke State Park	Easy	1	Carlton	Natural Surface	Mountain bike, hiking, horseback riding	Active
Greely Creek Trail	0.90	Jay Cooke State Park	Easy	1	Carlton	Natural Surface	Mountain bike, hiking	Active
Oak Trail	1.80	Jay Cooke State Park	Easy	1	Carlton	Natural Surface	Mountain bike, hiking, horseback riding	Active
Triangle - Lower	0.87	Jay Cooke State Park	Moderate	1	Carlton	Natural Surface	Mountain bike, hiking, horseback riding	Active
Triangle - Upper	1.86	Jay Cooke State Park	Easy	1	Carlton	Natural Surface	Mountain bike, hiking, horseback riding	Active
Triangle-Oak Connector	0.58	Jay Cooke State Park	Easy	1	Carlton	Natural Surface	Mountain bike, hiking	Active
Herb's Trail	0.76	Lookout Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Laurentian Divide Fitness	0.78	Lookout Mountain	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Lower Summit	0.52	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Mountain Climber	0.54	Lookout Mountain	Difficult	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
North Ski Trail	0.4	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Python	1.43	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Rock Dodger	0.79	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Run down (aka Downhill Run)	0.18	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
South Ski Trail	0.54	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Summit	0.51	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
The Maples	1.37	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
West Maples	0.59	Lookout Mountain	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking	Active
Heartbreak Hill Loop	18	Lutsen Mountain	Moderate	1	Cook	Natural Surface	Mountain bike	Proposed
Honeymoon Loop	20	Lutsen Mountain	Moderate	1	Cook	Natural Surface	Mountain bike	Proposed
Onion River Road	7	Lutsen Mountain	Easy	1	Cook	Gravel	Mountain bike	Proposed
Pike Lake Loop	22	Lutsen Mountain	Difficult	1	Cook	Gravel	Mountain bike	Proposed
Big Hole Trail	2.88	McCarthy Beach Trails	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking, horseback riding	Active
Pickerel Lake Trail		McCarthy Beach Trails	Easy	1	St. Louis	Natural Surface	Mountain Bike, hiking	Active
Red Top	3.71	McCarthy Beach Trails	Moderate	1	St. Louis	Natural Surface	Mountain bike, hiking, horseback riding	Active
Ridge Trail	2.5	McCarthy Beach Trails	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking, horseback riding, snowmobiling	Active
Taconite State Trail	2.62	McCarthy Beach Trails	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking, horseback riding, snowmobiling	Active
Tim Corey	3.37	McCarthy Beach Trails	Easy	1	St. Louis	Natural Surface	Mountain bike, hiking, horseback riding, snowmobiling	Active
Aspen Maze	1.40	Milaca Trails	Easy	1	Mille Lacs	Natural Surface	Mountain bike	Active
Backdoor Maze	0.50	Milaca Trails	Moderate	1	Mille Lacs	Natural Surface	Mountain bike	Active
Bog Monster	2.20	Milaca Trails	Moderate	1	Mille Lacs	Natural Surface	Mountain bike	Active
D' Hill	0.60	Milaca Trails	Easy	1	Mille Lacs	Natural Surface	Mountain bike, cross-country skiing	Active
Northwoods Trails	3.20	Milaca Trails	Moderate	1	Mille Lacs	Natural Surface	Mountain bike, cross-country skiing	Active
Rum River Run	0.60	Milaca Trails	Easy	1	Mille Lacs	Natural Surface	Mountain bike, cross-country skiing	Active
Sky Hill Trails	2.10	Milaca Trails	Difficult	1	Mille Lacs	Natural Surface	Mountain bike	Active
The Meadow	0.70	Milaca Trails	Easy	1	Mille Lacs	Natural Surface	Mountain bike, cross-country skiing	Active
The Pines	0.50	Milaca Trails	Easy	1	Mille Lacs	Natural Surface	Mountain bike, cross-country skiing	Active

Trail_Name	Source	Facilities
Anvil	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Blaster	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Boss Hog	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Calculated Risk	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Candyland	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
DWP	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Greenman	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Happy Camper	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Happy Camper - Thing 1 and 2	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Kingsbury	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Knowlton Rocks	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Lower All Weather Trail	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Moonman	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Puker	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Smorgasbord	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Spirit Mountain	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Upper All Weather Trail	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Wild Cat	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Wrecking Ball	City of Duluth, Trailforks, COGGS	Parking, camping, mechanical station
Giant's Ridge System Advanced	ARDC, IRRRB	Unknown
Giant's Ridge System Beginner	ARDC, IRRRB	Unknown
Giant's Ridge System Conceptual	ARDC, IRRRB	Unknown
Giant's Ridge System Flagged	ARDC, IRRRB	Unknown
Giant's Ridge System Intermediate	ARDC, IRRRB	Unknown
Leapfrog	Giant's Ridge, MTB Project	Parking, lodge
Sector 12	Giant's Ridge, MTB Project	Parking, lodge
The Ridge Trail	Giant's Ridge, MTB Project	Parking, lodge
HV Bike Project - Lake	IRRRB, City of Ely	Unknown
HV Bike Project -St. Louis	IRRRB, City of Ely	Unknown
Forbay Trail	MN DNR	State park, camping, kiosk parking
Greely Creek Trail	MN DNR	State park, camping, kiosk parking
Oak Trail	MN DNR	State park, camping, kiosk parking
Triangle - Lower	MN DNR	State park, camping, kiosk parking
Triangle - Upper	MN DNR	State park, camping, kiosk parking
Triangle-Oak Connector	MN DNR	State park, camping, kiosk parking
Herb's Trail	USFS, Trailforks	Trailhead, overlook
Laurentian Divide Fitness	USFS, Trailforks	Trailhead, overlook
Lower Summit	USFS, Trailforks	Trailhead, overlook
Mountain Climber	USFS, Trailforks	Trailhead, overlook
North Ski Trail	USFS, Trailforks	Trailhead, overlook
Python	USFS, Trailforks	Trailhead, overlook
Rock Dodger	USFS, Trailforks	Trailhead, overlook
Run down (aka Downhill Run)	USFS, Trailforks, MTB Project	Trailhead, overlook
South Ski Trail	USFS, Trailforks	Trailhead, overlook
Summit	USFS, Trailforks	Trailhead, overlook
The Maples	USFS, Trailforks	Trailhead, overlook
West Maples	USFS, Trailforks	Trailhead, overlook
Heartbreak Hill Loop	Visit Cook County	Unknown
Honeymoon Loop	Visit Cook County	Unknown
Onion River Road	Visit Cook County	Unknown
Pike Lake Loop	Visit Cook County	Unknown
Big Hole Trail	MN DNR	Parking, shelter, state park
Pickerel Lake Trail	MN DNR	Parking, shelter, state park
Red Top	MN DNR	Parking, shelter, state park
Ridge Trail	MN DNR	Parking, shelter, state park
Taconite State Trail	MN DNR	Parking, shelter, state park
Tim Corey	MN DNR	Parking, shelter, state park
Aspen Maze	City of Milaca, Singletracker	Parking
Backdoor Maze	City of Milaca, Singletracker	Parking
Bog Monster	City of Milaca, Singletracker	Parking
D' Hill	City of Milaca, Singletracker	Parking
Northwoods Trails	City of Milaca, Singletracker	Parking
Rum River Run	City of Milaca, Singletracker	Parking
Sky Hill Trails	City of Milaca, Singletracker	Parking
The Meadow	City of Milaca, Singletracker	Parking
The Pines	City of Milaca, Singletracker	Parking

Trail_Name	Length	System	Difficulty	District	County	Trail Surface	Type of Use	Status
Back Eighty	1.93	Pincushion Mountain	Difficult	1	Cook	Natural Surface	Mountain bike, hiking	Active
Canadian Shield	1.28	Pincushion Mountain	Difficult	1	Cook	Natural Surface	Mountain bike, hiking	Active
Fluvial	2.44	Pincushion Mountain	Moderate	1	Cook	Natural Surface	Mountain bike, hiking	Active
Rift	1.17	Pincushion Mountain	Moderate	1	Cook	Natural Surface	Mountain bike, hiking	Active
Rock and a Hard Place	0.77	Pincushion Mountain	Moderate	1	Cook	Natural Surface	Mountain bike, hiking	Active
Talus Trail	0.94	Pincushion Mountain	Moderate	1	Cook	Natural Surface	Mountain bike, hiking	Active
Till-Ta-Whirl	0.71	Pincushion Mountain	Moderate	1	Cook	Natural Surface	Mountain bike, hiking	Active
Chisholm-Redhead Difficult	3.25	Redhead Trail System	Difficult	1	St. Louis	Natural Surface	Mountain bike	Proposed
Chisholm-Redhead Easy	4.96	Redhead Trail System	Easy	1	St. Louis	Natural Surface	Mountain bike	Proposed
Chisholm-Redhead Moderate	6.03	Redhead Trail System	Moderate	1	St. Louis	Natural Surface	Mountain bike	Proposed
Chisholm-Redhead Unknown	6.55	Redhead Trail System	Unknown	1	St. Louis	Natural Surface	Mountain bike	Proposed
Anderson Road Trail	1.91	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Continental Divide	1.30	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Continental Divide	1.92	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Esker Trail	2.56	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Lake Shumway	1.43	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Logging Camp Trail	0.60	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Old Schoolhouse Trail	3.84	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Remote Lake	14.88	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
South Spur	1.22	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Wolf Lake Trail	1.19	Savanna State Forest	Moderate	1	Aitkin	Minimum Maintenance	Mountain bike, hiking, cross-country skiing	Active
Alger North	10.00	Split Rock Wilds System	unknown	1	Lake	Natural Surface	Mountain bike	Proposed
Alger South	10.00	Split Rock Wilds System	unknown	1	Lake	Natural Surface	Mountain bike	Proposed
Demonstration Forest	10.00	Split Rock Wilds System	unknown	1	Lake	Natural Surface	Mountain bike	Proposed
Reeves Road	10.00	Split Rock Wilds System	unknown	1	Lake	Natural Surface	Mountain bike	Proposed
Split Rock Wilds	50.00	Split Rock Wilds System	unknown	1	Lake	Natural Surface	Mountain bike	Proposed
Matthew Lourey State Trail	26.25	St Croix State Park	Easy	1	Pine	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Agassiz Recreational Trail: Norman County	24.24	Agassiz Trail	Easy	2	Norman	Dirt, grass, gravel	Rail Trail	Active
Agassiz Recreational Trail: Polk County	23.20	Agassiz Trail	Easy	2	Polk	Dirt, grass, gravel	Rail Trail	Active
Auger	0.13	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Beginner Loop	0.18	Cuyuna State Recreation Area	Easy	2	Crow Wing	Natural Surface	Mountain bike	Proposed
Blaster	0.18	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Bobsled	1.12	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Buffalo Run Trail	0.26	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Chute	0.49	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Copper Nugget Trail	0.10	Cuyuna State Recreation Area	Easy	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Crow's Nest Trail	0.08	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Crusher	0.29	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Cuyuna East	7.90	Cuyuna State Recreation Area	unknown	2	Crow Wing	Natural Surface	Mountain bike	Proposed
Cuyuna West	3.85	Cuyuna State Recreation Area	unknown	2	Crow Wing	Natural Surface	Mountain bike	Proposed
Demo Trail	0.75	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Discombobulator Trail	2.06	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Drag Line	3.98	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Dynamite Trail	0.35	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Endo Alley	0.06	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Expert Skill Loop	0.35	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Proposed
Galloping Goose	7.44	Cuyuna State Recreation Area	Easy	2	Crow Wing	Natural Surface	Mountain bike	Active
Grizzley	0.22	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Hard Time Trail	0.32	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active

Trail_Name	Source	Facilities
Back Eighty	Cook County, Trailforks, USFS	Trailhead, picnic area
Canadian Shield	Cook County, Trailforks, USFS	Trailhead, picnic area
Fluvial	Cook County, Trailforks, USFS	Trailhead, picnic area
Rift	Cook County, Trailforks, USFS	Trailhead, picnic area
Rock and a Hard Place	Cook County, Trailforks, USFS	Trailhead, picnic area
Talus Trail	Cook County, Trailforks, USFS	Trailhead, picnic area
Till-Ta-Whirl	Cook County, Trailforks, USFS	Trailhead, picnic area
Chisholm-Redhead Difficult	ARDC, IRRRB	Unknown
Chisholm-Redhead Easy	ARDC, IRRRB	Unknown
Chisholm-Redhead Moderate	ARDC, IRRRB	Unknown
Chisholm-Redhead Unknown	ARDC, IRRRB	Unknown
Anderson Road Trail	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Continental Divide	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Continental Divide	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Esker Trail	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Lake Shumway	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Logging Camp Trail	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Old Schoolhouse Trail	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Remote Lake	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
South Spur	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Wolf Lake Trail	MN DNR	Trailheads, parking, shelters, overlooks, state forest, state park
Alger North	Lake County	Unknown
Alger South	Lake County	Unknown
Demonstration Forest	Lake County	Unknown
Reeves Road	Lake County	Unknown
Split Rock Wilds	Lake County	Unknown
Matthew Lourey State Trail	MN DNR	Snowmobile shelter, parking areas, watercraft campsites, information kiosk, observation tower, trailhead, camping, state park
Agassiz Recreational Trail: Norman County	Traillink (Rails to Trails)	Parking, shelter, restroom, campground
Agassiz Recreational Trail: Polk County	Traillink (Rails to Trails)	Parking, shelter, restroom, campground
Auger	MN DNR	Parking, picnic area, water access, restroom, state recreation area
Beginner Loop	https://gisdata.mn.gov/dataset/trans-state-park-trails-roads	Parking, state recreation area
Blaster	MN DNR	Parking, water access, state recreation area
Bobsled	MN DNR	Parking, overlook, carry-in water access, yurt, state recreation area
Buffalo Run Trail	MN DNR	Parking, water access, state recreation area
Chute	MN DNR	Parking, picnic area, water access, restroom, state recreation area
Copper Nugget Trail	MN DNR	Parking, water access, state recreation area
Crow's Nest Trail	MN DNR	Parking, water access, state recreation area
Crusher	MN DNR	Parking, picnic area, water access, restroom, state recreation area
Cuyuna East	MN DNR	Parking, state recreation area
Cuyuna West	MN DNR	Parking, state recreation area
Demo Trail	MN DNR	Parking, state recreation area
Discombobulator Trail	MN DNR	Parking, water access, state recreation area
Drag Line	MN DNR	Parking, overlook, picnic area, water access, restroom, beach, camping, state recreation area
Dynamite Trail	MN DNR	Parking, water access, state recreation area
Endo Alley	MN DNR	Parking, picnic area, water access, restroom, state recreation area
Expert Skill Loop	https://gisdata.mn.gov/dataset/trans-state-park-trails-roads	Parking, state recreation area
Galloping Goose	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Grizzley	MN DNR	Parking, carry-in water access, yurt, state recreation area
Hard Time Trail	MN DNR	Parking, water access, state recreation area

Trail_Name	Length	System	Difficulty	District	County	Trail Surface	Type of Use	Status
Haul Road	2.23	Cuyuna State Recreation Area	Easy	2	Crow Wing	Natural Surface	Mountain bike	Active
Hillarious Trail	0.60	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Hopper Hill	1.04	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Intermediate Jump Line	0.08	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Proposed
Intermediate Loop	0.12	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Proposed
Klondyke Trail	1.64	Cuyuna State Recreation Area	Easy	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Little Rock	0.05	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Low Grade	0.24	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Man Cage	0.98	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Manhigh Hill	0.47	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Manuel Drive	0.92	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Miner's Mountain	0.66	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Mucker Mountain	1.50	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Novice Skills Loop	0.11	Cuyuna State Recreation Area	Easy	2	Crow Wing	Natural Surface	Mountain bike	Proposed
Rocky Flats	0.09	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Roly Poly	0.94	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Sand Hog Mountain	1.49	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Savage Trail	0.64	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Screamer	0.20	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Skills Area Access Trail	0.15	Cuyuna State Recreation Area	Easy	2	Crow Wing	Natural Surface	Mountain bike	Proposed
Skip	0.34	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Switchback	1.15	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Syracuse Trail	0.47	Cuyuna State Recreation Area	Easy	2	Crow Wing	Natural Surface	Mountain bike, fat tire bike, snowshoe, cross-country skiing	Active
Timber Shaft	0.29	Cuyuna State Recreation Area	Difficult	2	Crow Wing	Natural Surface	Mountain bike	Active
Trout	0.32	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Tugger	1.02	Cuyuna State Recreation Area	Moderate	2	Crow Wing	Natural Surface	Mountain bike	Active
Cut Foot Sioux NRT	23.27	Deer River	Easy	2	Itasca	gravel, sand	Mountain bike, hiking, horseback riding	Active
Simpson Creek	4	Deer River	Easy	2	Itasca	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Simpson Creek Spur	1.6	Deer River	Easy	2	Itasca	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Simpson Creek Spur C	1.63	Deer River	Easy	2	Itasca	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Moose Ridge Trail	4.68	Hayes Lake State Park	Easy	2	Roseau	Natural Surface	Mountain bike, hiking, horseback riding	Active
Pine Ridge	0.92	Hayes Lake State Park	Easy	2	Roseau	Natural Surface	Mountain bike, hiking	Active
Balsam	0.70	Lake Bemidji State Park	Easy	2	Beltrami	Natural Surface	Mountain bike, hiking	Active
Fish Hawk	1.30	Lake Bemidji State Park	Easy	2	Beltrami	Natural Surface	Mountain bike, hiking	Active
Homestead	0.50	Lake Bemidji State Park	Easy	2	Beltrami	Natural Surface	Mountain bike, hiking	Active
Old Logging Trail	2.20	Lake Bemidji State Park	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking	Active
Pinnewood	1.80	Lake Bemidji State Park	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking	Active
Legion Trail	5.90	Legion Trail	Moderate	2	Itasca	Natural Surface	Mountain bike	Active
Suomi Hills Trail S	3.27	Marcell	Easy	2	Itasca	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Suomi Hills Trail SD	2.1	Marcell	Moderate	2	Itasca	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Suomi Hills Trail SF	0.39	Marcell	Easy	2	Itasca	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Suomi Hills Trail SG	0.46	Marcell	Easy	2	Itasca	Natural Surface	Mountain bike, hiking, cross-country skiing	Active
Trout Lake	5	Marcell	Moderate	2	Itasca	Natural Surface	Mountain bike, hiking	Active
Minnesota Mosey	1.80	Minnesota Mosey	Easy	2	Polk	Dirt, grass	Mountain bike, fat tire biking, snowmobile	Active
Acorn	0.34	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Earthworm	1.67	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Frogs	0.47	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Gully Cat	0.52	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Junco Drift	0.61	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Night Owl	1.66	Movil Maze Recreation Area	Easy	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Old Logging Trail	2.33	Movil Maze Recreation Area	Easy	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running, snowmobile	Active
Porcupine Ridge	0.42	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Ravencrow	0.65	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Scarlet Mushroom	0.40	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Sol	0.57	Movil Maze Recreation Area	Easy	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Spidermite	0.61	Movil Maze Recreation Area	Moderate	2	Beltrami	Natural Surface	Mountain bike, hiking, trail running	Active
Easy Rider	3.70	Roseau Borud	Easy	2	Roseau	Natural Surface	Mountain bike	Active
Mt Roseau	6.10	Roseau Borud	Difficult	2	Roseau	Natural Surface	Mountain bike	Active
Tioga Trail System Difficult	15	Tioga Trail System	Difficult	2	Itasca	Natural Surface	Mountain bike	Proposed
Tioga Trail System Easy	11.05	Tioga Trail System	Easy	2	Itasca	Natural Surface	Mountain bike	Proposed
Tioga Trail System Moderate	32.91	Tioga Trail System	Moderate	2	Itasca	Natural Surface	Mountain bike	Proposed

Trail_Name	Source	Facilities
Haul Road	MN DNR	Parking, carry-in water access, yurt, state recreation area
Hillarious Trail	MN DNR	Parking, water access, state recreation area
Hopper Hill	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Intermediate Jump Line	https://gisdata.mn.gov/dataset/trans-state-park-trails-roads	Parking, state recreation area
Intermediate Loop	https://gisdata.mn.gov/dataset/trans-state-park-trails-roads	Parking, state recreation area
Klondyke Trail	MN DNR	Parking, water access, state recreation area
Little Rock	MN DNR	Parking, carry-in water access, yurt, state recreation area
Low Grade	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Man Cage	MN DNR	Parking, carry-in water access, yurt, state recreation area
Manhigh Hill	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Manuel Drive	MN DNR	Parking, carry-in water access, yurt, state recreation area
Miner's Mountain	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Mucker Mountain	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Novice Skills Loop	https://gisdata.mn.gov/dataset/trans-state-park-trails-roads	Parking, state recreation area
Rocky Flats	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Roly Poly	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Sand Hog Mountain	MN DNR	Parking, overlook, picnic area, water access, restroom, state recreation area
Savage Trail	MN DNR	Parking, water access, state recreation area
Screamer	MN DNR	Parking, picnic area, water access, restroom, state recreation area
Skills Area Access Trail	https://gisdata.mn.gov/dataset/trans-state-park-trails-roads	Parking, state recreation area
Skip	MN DNR	Parking, carry-in water access, yurt, state recreation area
Switchback	MN DNR	Parking, picnic area, picnic shelter, water access, restroom, state recreation area
Syracuse Trail	MN DNR	Parking, water access, state recreation area
Timber Shaft	MN DNR	Parking, carry-in water access, yurt, state recreation area
Trout	MN DNR	Parking, overlook, carry-in water access, yurt, state recreation area
Tugger	MN DNR	Parking, overlook, carry-in water access, yurt, state recreation area
Cut Foot Sioux NRT	USFS	National Forest
Simpson Creek	USFS	National Forest, parking
Simpson Creek Spur	USFS	National Forest, parking
Simpson Creek Spur C	USFS	National Forest, parking
Moose Ridge Trail	MN DNR	Parking, picnic, shelter, dam, state park
Pine Ridge	MN DNR	Parking, picnic, shelter, dam, state park
Balsam	MN DNR	Trailheads, parking, shelters, overlooks, state park
Fish Hawk	MN DNR	Trailheads, parking, shelters, overlooks, state park
Homestead	MN DNR	Trailheads, parking, shelters, overlooks, state park
Old Logging Trail	MN DNR	Trailheads, parking, shelters, overlooks, state park
Pinnewood	MN DNR	Trailheads, parking, shelters, overlooks, state park
Legion Trail	Visit Grand Rapids, GRIMBA, MTB Project	Parking
Suomi Hills Trail S	USFS	National Forest
Suomi Hills Trail SD	USFS	National Forest
Suomi Hills Trail SF	USFS	National Forest
Suomi Hills Trail SG	USFS	National Forest
Trout Lake	USFS	National Forest
Minnesota Mosey	MTB Project	Parking
Acorn	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Earthworm	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Frogs	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Gully Cat	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Junco Drift	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Night Owl	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Old Logging Trail	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Porcupine Ridge	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Ravencrow	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Scarlet Mushroom	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Sol	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Spidermite	Beltrami County, Trailforks	Restrooms, parking, mountainbike challenge area
Easy Rider	City of Roseau, MTB Project	Parking
Mt Roseau	City of Roseau, MTB Project	Parking
Tioga Trail System Difficult	ARDC, IRRRB	Unknown
Tioga Trail System Easy	ARDC, IRRRB	Unknown
Tioga Trail System Moderate	ARDC, IRRRB	Unknown

Appendix B: Singletracks' Top Mountain Bike Trails in Minnesota

Singles Tracks https://www.singletracks.com/mountain-bike/best_trails.php?new_state_id=404

The trails within GMRPTC Districts 1 and 2 have information in a – c. Trails outside the districts and which are within the top 20 trails are simply listed with the City in which it is located. (Note! The list is not a static list and changes order of the trails from time to time.)

1) Cuyuna Lakes
    a. Ironton
    b. 25 miles
    c. Moderate
2) Lebanon Hills - Eagan
3) Elm Creek Park – Maple Grove
4) Brewer Park
    a. Duluth
    b. 5 miles
    c. Moderate
5) Piedmont
    a. Duluth
    b. 10 miles
    c. Difficult
6) Mission Creek
    a. Duluth
    b. 8 miles
    c. Moderate
7) Memorial Park – Red Wing
8) Detroit Mountain Recreation Area – Detroit Lakes
9) Spirit Mountain Bike Park
    a. Duluth
    b. 3 miles
    c. Moderate
10) Carver Lake Park - Woodbury
11) Maplelag Twin Lakes Trail – Calloway
12) Bertram Chain of Lakes Trail – Monticello
13) Kaplan's Wood Park – Owatonna
14) Gooseberry Mound Park - Moorhead
15) Britton Peaks Trail System
    a. Tofte
    b. 6 miles
    c. Moderate
16) West Lake Marion – Lakeville
17) Murphy Hanrehan - Savage
18) Pincushion Mountain
    a. Grand Marais
    b. 5 miles
    c. Difficult

19) Blacks Grove – Wadena
20) Divide Lake Hiking Trail (undesignated)
    a. Isabella
    b. 3 miles
    c. Difficult
21) Portsmouth Unit/Drageline/Man High Hill
    a. Ironton
    b. 5 miles
    c. Moderate
24) Bobsled
    a.Crosby-Ironton
    b. 1 miles
    c. moderate
25) Horn Park Loopoid
27) Movil Maze
    a. Bemidji
    b. 2 miles
    c. Moderate
28) Mountain View
29) Lester Park
    a. Duluth
    b. 5 miles
    c. Moderate
30) Jay Cooke State Park
    a. Carlton
    b. 19 miles
    c. Easy
32) Crusher/Miner's Mountain/Trammer/Ferrous Wheel
    a. Ironton
    b. 4 miles
    c. Moderate
36) Smorgasbord
    a. Duluth
    b. .8
    c. Undesignated
38) Enger Trail
    a. Duluth
    b. 2 miles
    c. Moderate
40) Giant's Ridge
    a. Biwabik
    b. 40 miles
    c. Moderate
41) Cross Cut
    a. Tofte
    b. 2 miles
    c. Easiest
42) Split Rock Lighthouse State Park
    a. Beaver Bay
    b. 6 miles
    c. Undesignated
43) Switchback
    a. Ironton
    b. 2 miles
    c. Undesignated
46) State Wildlife Trail
    a. Karlstad
    b. 2 miles
    c. Undesignated

47) Suomi Hills Trail
    a. Marcell
    b. 19 miles
    c. Easy
48) Gooseberry Falls State Park (undesignated
    a. Two Harbors
    b. 8 miles
    c. Undesignated
49) Simpson Creek Trails
    a. Deer River
    b. 13 miles
    c. Easiest
54) legion Trail System
    a. Grand Rapids
    b. 5 miles
    c. Moderate
57) Big Aspen Trails
    a. Britt
    b. <1 mile
    c. Moderate
64) Hidden Valley Recreation Area
    a. Ely
    b. 6 miles
    c. Easiest
65) Chengwatana State Forest
    a. Carlton
    b. 30 miles
    c. Easiest
71) Lookout Mountain
    a. Virginia
    b. 8 miles
    c. Moderate

Appendix C: TrailLinks Rail Trails in GMRPTC Districts 1 and 2

- Wapiti Trail
    - Marshall and Pennington Counties
    - 50.17 miles
    - Rail Trail
    - Thief River Falls to Grygla
- Agassiz Recreational Trail
    - Rail Trail
    - 52.3 miles
- Arrowhead State Trail
    - 135 miles
    - Includes some dirt, some asphalt

- Blue Ox/Voyageur Trail
    - 96.5 miles
- Soo Line Trail
    - Rail Trail
    - 113 miles
- Willard Munger State Trail/Alex Laveau Memorial Trail
    - 8.7 miles
- Western Waterfront Trail
    - 3.4 miles
- Mesabi Trail
    - Mostly asphalt, some gravel
    - 105.5 miles
- Circle L Trail
    - 10 miles
- Tomahawk Trail
    - 72.6 miles
- Iron Ore Trail
    - 11.6 miles
- Bear Island Lake Trail
    - 21.7 miles
- Alborn-Pengilly Trail
    - 42 miles
- Taconite State Trails
    - 165 miles
    - mostly asphalt
- CJ Ramstad/North Shore Trail
    - 146 miles
- Superior Hiking Trail
    - 310 miles

Appendix D: District Maps and Trail Cluster Maps