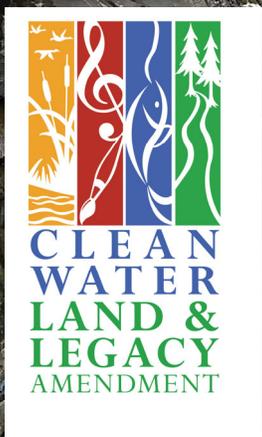


Greater Minnesota Regional Parks and Trails Commission



Mountain Bike Trail Inventory in Districts 1 and 2

December 4, 2019



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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.

GMRPTC 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?

The information is a snapshot in time. There are several trails which are actively being constructed and mountain bike opportunities are being added to existing trails. The information has been gathered to assist land managers, trail developers, and the Commission understand the size and scope of the current mountain bike trail system in the northern portion of Minnesota. This information may be updated, or other district mountain bike trail information may be inventoried as future projects. The information is not designed to be used as navigation for trail enthusiasts.

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 is defined as a natural surface trail, such as dirt, grass, or gravel, which allowed mountain bike use. Paved and asphalt trails are not included, nor are trails which solely allowed fat-tire bikes. A trail is defined as a route with a specific starting and end

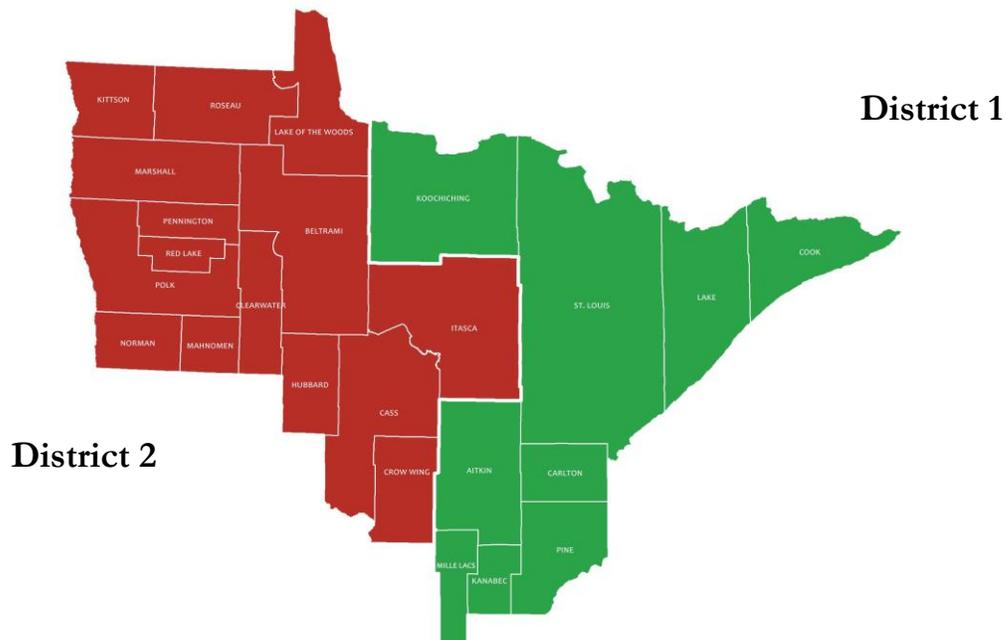
location with a unique name. There are no mileage minimum or maximums for a route to be considered a trail. A trail system is defined as a single or group of trails in a specific area. The groupings are determined by the land managers or trail coordinators. The Duluth Traverse trail system is a two-tiered system with six sets of subgroupings within the full Duluth Traverse system. Land managers are government agency personnel who have management of public land and recreational opportunities included in their job duties. A purpose-built trail is a trail designed primarily for mountain bike use. Some purpose-built trails have brought in experts or accessed the expertise of local mountain bike riders. A purpose-built trail may or may not allow other uses. A trail which was created for another use, then converted to mountain bike use is not considered purpose built.

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.



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 two 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 | 14 |
| Total | 245 |

Figure 2: Trail Miles by Difficulty Level

| Difficulty Level | Miles of Trails |
|------------------|-----------------|
| Easy | 258.37 |
| Moderate | 214.86 |
| Difficult | 68.76 |
| Unknown | 168.95 |
| Total | 710.94 |

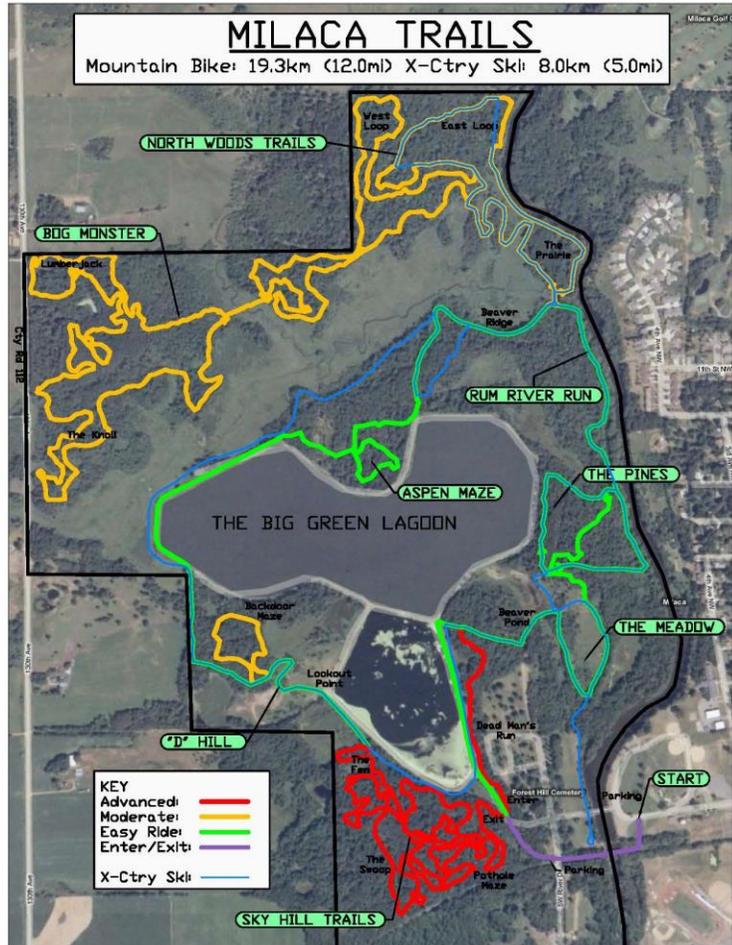
Gathering Data

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

A trail is defined as a route with a specific starting and end location with a unique name.

- Duluth, City of
- Hubbard County
- Itasca County
- Kanabec County
- Kittson County
- Koochiching County
- Lake County
- Lake of the Woods County
- Mahnommen 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

Definitions

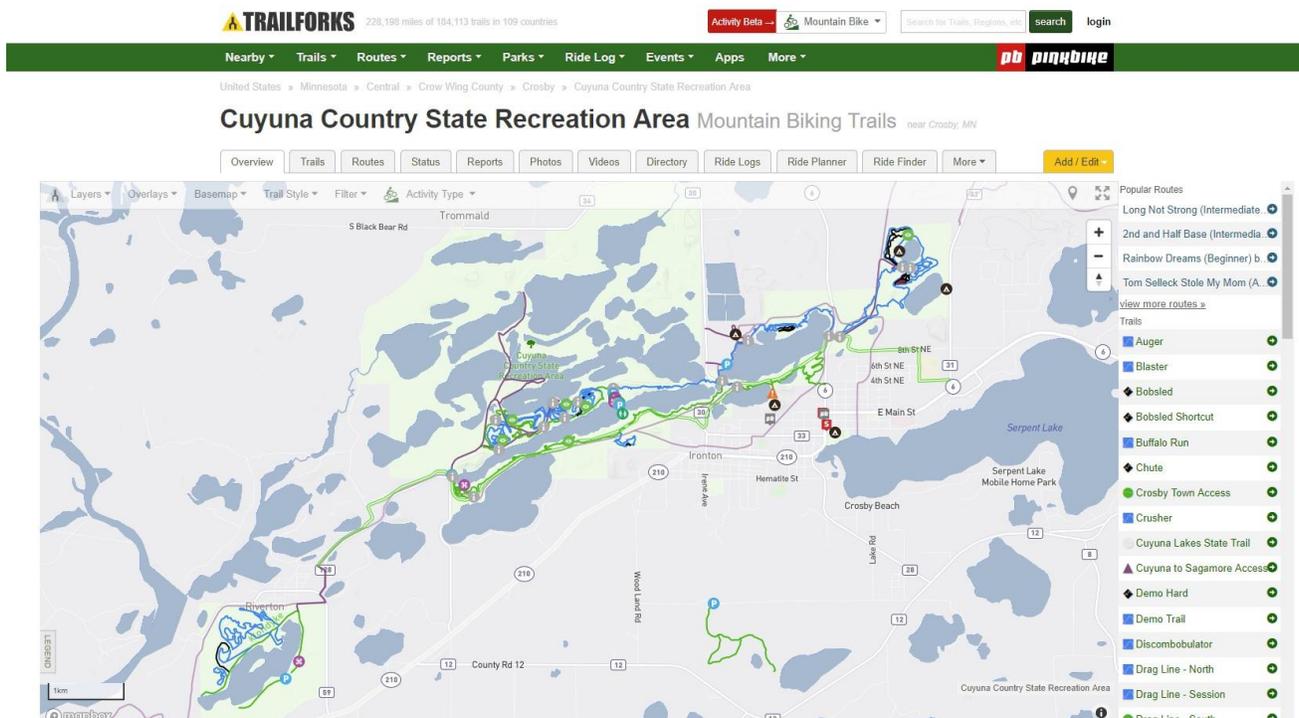
For this project, a mountain bike trail is defined as a natural surface trail, such as dirt, grass, or gravel, which allowed mountain bike use. Paved and asphalt trails are not included, nor are trails which solely allowed fat-tire bikes. A trail is defined as a route with a specific starting and end location with a unique name. There are no mileage minimum or maximums for a route to be considered a trail. A trail system is defined as a single or group of trails in a specific area. The groupings are determined by the land managers or trail coordinators. The Duluth Traverse trail system is a two-tiered system with six sets of subgroupings within the full Duluth Traverse system. Land managers are government agency personnel who have management of public land and recreational opportunities included in their job duties. A purpose-built trail is a trail designed primarily for mountain bike use. Some purpose-built trails have brought in experts or accessed the expertise of local mountain bike riders. A purpose-built trail may or may not allow other uses. A trail which was created for another use, then converted to mountain bike use is not considered purpose built.



Sources

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.

Land managers are government agency personnel who have management of public land and recreational opportunities included in their job duties.





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.

A mountain bike trail is defined as a natural surface trail, such as dirt, grass, or gravel, which allowed mountain bike use.

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.

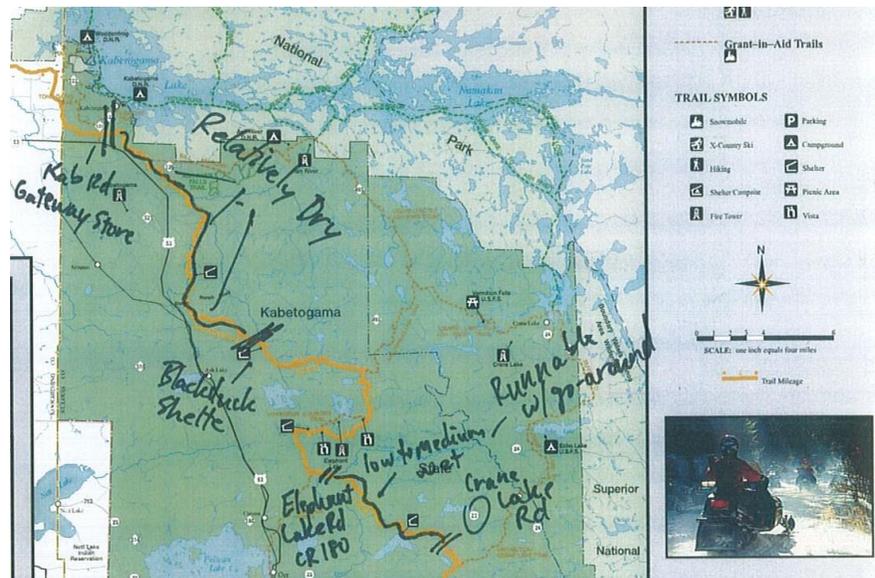
These trails include:

- 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 counties

A trail system is defined as a single or group of trails in a specific area.

- 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

Figure 3: Regionally designated mountain bike trails per District

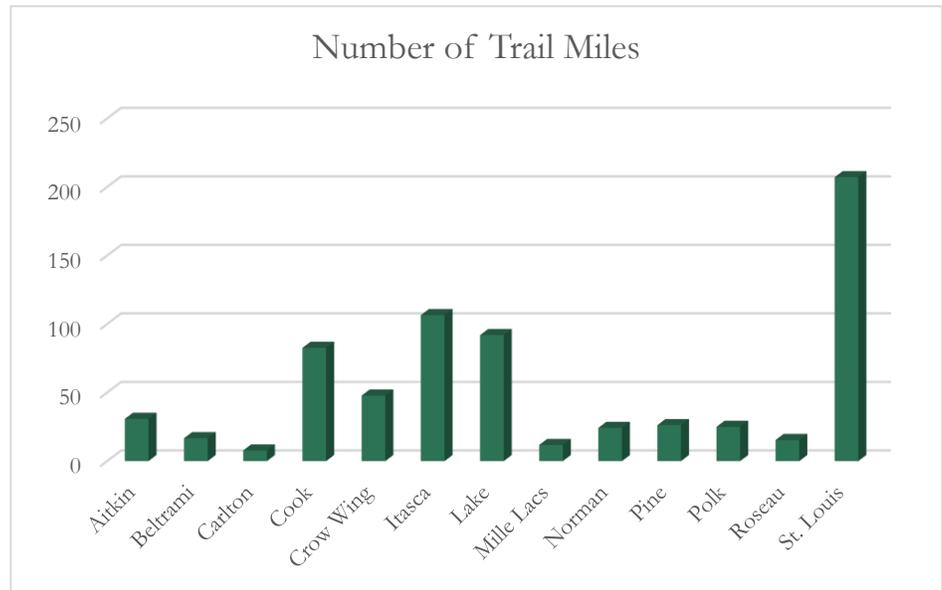
| District 1 | District 2 |
|--|--------------------------------|
| Britton Peak – Cook County trails | Tioga Trails – Cohasset trails |
| Pincushion Mountain – Cook County trails | |
| Duluth Traverse | |
| Spilt Rock Wilds – Lake County trails | |

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

GMRPTC District 2 consists of the Counties of:

- Beltrami
- Cass
- Clearwater
- Crow Wing
- Hubbard
- Itasca
- Kittson
- Lake of the Woods
- Mahnommen
- Marshall
- Norman
- Pennington

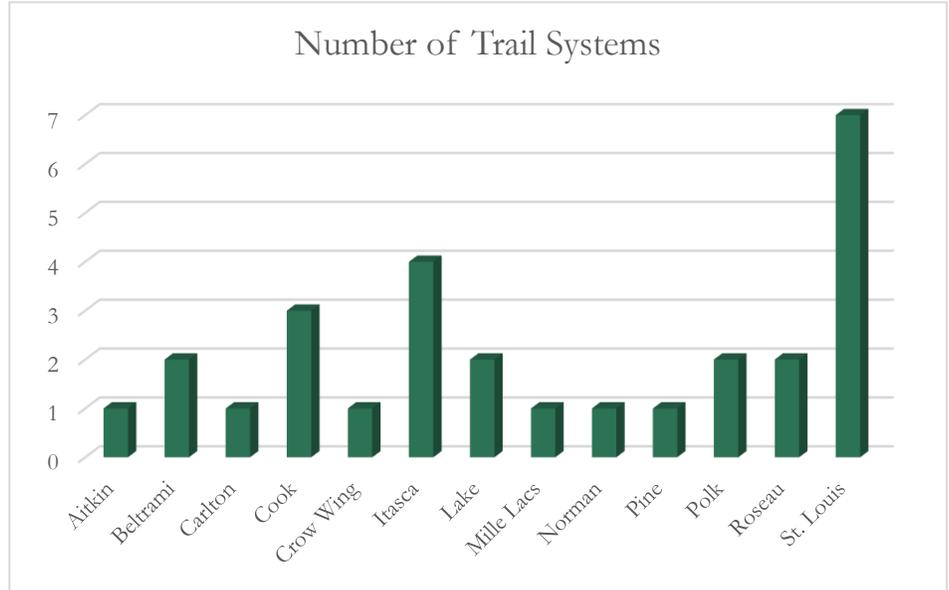
Figure 4: Number of Trail Miles per County



- Polk
- Red Lake
- Roseau

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.

Figure 5: Number of Trail Systems per County



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

Figure 6: Number of Trails per District

| Area | Number of Trails |
|------------|------------------|
| District 1 | 162 |
| District 2 | 83 |
| Total | 245 |

Figure 7: Trail Miles per District

| Area | Number of Miles |
|------------|-----------------|
| District 1 | 475.12 |
| District 2 | 235.82 |
| Total | 710.94 |

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 8: 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 | 6 | 23.43 |
| 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 | 245 | 710.94 |

Trail Difficulty Levels

One goal of a State-wide system of trails is to provide 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. 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 challenge 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 9: Percentage of Trail Miles by Difficulty Level

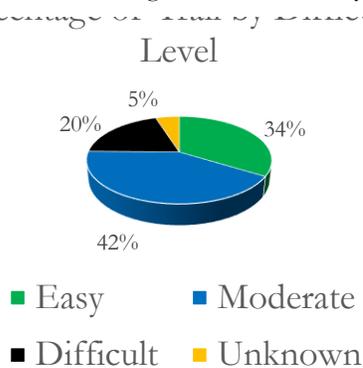
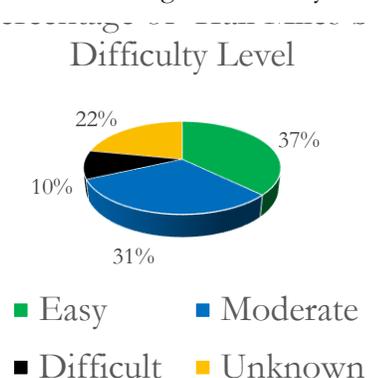


Figure 10: Percentage of Trails by Difficulty



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 11: 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 245 trails, only 68 were purpose-built, designated only for mountain bikes, and are currently open for use. There are an additional 26 trails which were purpose-built mountain bike trails that are currently open for use by mountain bike riders plus at least one other additional use.

The trail systems which include purpose-built trails are:

- Cuyuna State Recreation Area
- Britton Peak
- Duluth Traverse
- Legion
- Milaca
- Movil Maze
- Pincushion Mountain
- Roseau Borud

Additional, purpose-built mountain bike trails are being proposed or are in the construction process at these trail systems:

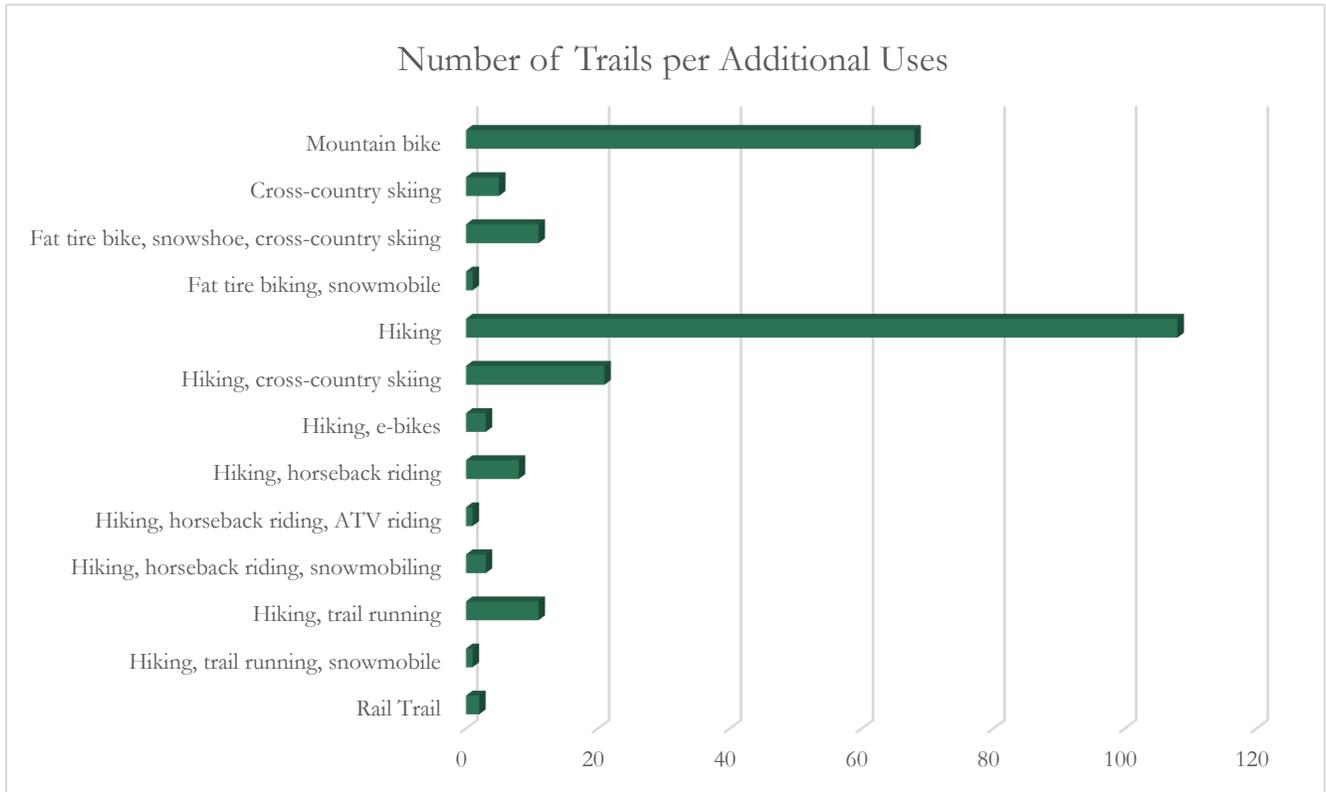
- Giant’s Ridge
- Hidden Valley
- Lutsen Mountain
- Redhead
- Split Rock Wilds
- Tioga

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. Figures 12 and 13 indicate the trails open to additional uses

Figure 12: 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 | 144.95 | 110 |
| 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 | 710.94 | 245 |

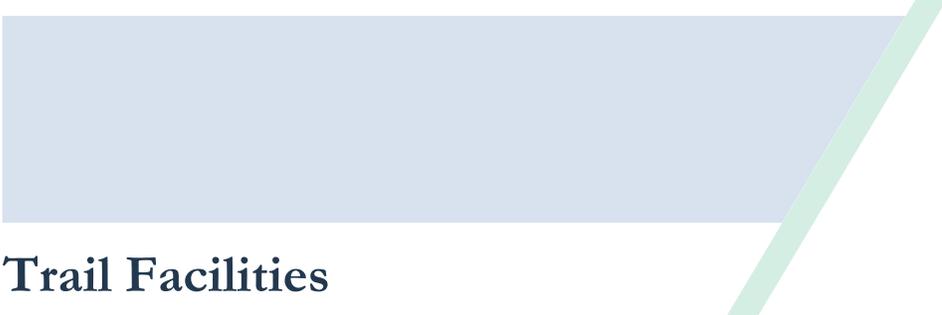
Figure 13: Number of Trails by Additional Use Type



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 14 shows the season of the additional use for the multi-use trails.

Figure 14: 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 |
| Jack Pot | 8.50 | Britton Peak | Unknown | 1 | Cook | Natural Surface | Mountain bike, hiking | Proposed |
| High Climber | 8.50 | Britton Peak | Unknown | 1 | Cook | Natural Surface | Mountain bike, hiking | Proposed |
| 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 |

| <i>Trail Name</i> | <i>Source</i> | <i>Facilities</i> |
|---------------------------------------|---|-------------------------------------|
| 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 |
| Jack Pot | USFS | Parking, overlook |
| High Climber | 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 |

| <i>Trail_Name</i> | <i>Source</i> | <i>Facilities</i> |
|-----------------------------------|-----------------------------------|--------------------------------------|
| 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 |
| Grizzly | 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 |
| Hilarious 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 |
| Pinewood | 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 |
| Hilarious 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 |
| Pinewood | 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

(undesigned)

- 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