

● Minnesota State Parks with Mountain Bike Trails

The following Minnesota state parks and recreation areas have at least 5 miles of mountain bike trails:

- Cuyuna Country State Recreation Area (28 miles)
- Fort Snelling State Park (10 miles)
- Glendalough State Park (5.5 miles)
- Gooseberry Falls State Park (8 miles)
- Hayes Lake State Park (5 miles)
- Jay Cooke State Park (13 miles)
- Lake Bemidji State Park (5 miles)
- Lake Bronson State Park (5 miles)
- McCarthy Beach State Park (17 miles)
- Minnesota Valley State Recreation Area (35 miles)
- Myre-Big Island State Park (7 miles)
- St. Croix State Park (21 miles)
- Savanna Portage State Park (10 miles)
- Split Rock Lighthouse State Park (6 miles)

● Minnesota State Parks with Paved Bicycle Trails*

The following Minnesota state parks and recreation areas provide access to at least 5 miles of paved bike trails:

- Cuyuna Country State Recreation Area (5 miles)
- Fort Snelling State Park (5 miles)
- Gooseberry Falls State Park (15 miles*)
- Itasca State Park (16 miles)**
- Jay Cooke State Park (63 miles*)
- Lake Bemidji State Park (7 miles*)
- Lake Louise State Park (14 miles*)
- Lake Shetek State Park (6 miles)
- Moose Lake State Park (63 miles*)
- Myre-Big Island State Park (6 miles*)
- Red River State Recreation Area (7 miles)
- St. Croix State Park (6 miles)
- Sakatah Lake State Park (39 miles*)
- Split Rock Lighthouse State Park (15 miles*)

*mileage total include in-park miles and connecting Minnesota state trail miles

**bike rental available

➤ Paved Minnesota State Trails

Most Minnesota state trails are located on former railroad grades, so they provide level and easy routes for riders of all ability levels. For free trail maps showing where to find parking, restrooms, and picnic areas, visit mndnr.gov/state_trails or call 1-888-MINNDNR.

- 2 Blazing Star State Trail (6 miles)
- 3 Casey Jones State Trail (20.5 miles—not continuous)
- 4 Central Lakes State Trail (55 miles)
- 5 Cuyuna Lakes State Trail (6 miles)
- 6 Douglas State Trail (12.5 miles)
- 7 Gateway State Trail (18 miles)
- 8 Gitche-Gami State Trail (21 miles—not continuous)
- 9 Glacial Lakes State Trail (22 miles)
- 10 Goodhue Pioneer State Trail (4 miles)
- 11 Great River Ridge (19 miles)
- 12 Harmony/Preston State Trail (18 miles)
- 13 Heartland State Trail (49 miles)
- 14 Luce Line State Trail (63 miles—some paved, mostly packed limestone)
- 15 Mill Towns State Trail (6 miles)
- 16 Minnesota Valley State Trail (6 miles)
- 18 Paul Bunyan State Trail (120 miles)
- 19 Root River State Trail (42 miles)
- 20 Sakatah Singing Hills State Trail (39 miles)
- 21 Shooting Star State Trail (14 miles)
- 23 Willard Munger State Trail (Hinckley to Duluth—63 miles)
- 24 Willard Munger State Trail—Alex Laveau Segment (Carlton to Wrenshall—16 miles)

➤ Unpaved Minnesota State Trails

The following rugged, natural-surface trails are used primarily by OHV, horse, and snowmobile riders. Limited seasonal mountain-biking opportunities are available. Advance planning is recommended. Call 1-888-MINNDNR.

- 1 Arrowhead State Trail (135 miles)
- 17 North Shore State Trail (146 miles)
- 22 Taconite State Trail (165 miles)
- 24 Matthew Lourey State Trail (St. Croix State Park to Nemadji State Forest—80 miles)

● Minnesota State Parks with fewer than 5 miles of bike trails



For More Information

Web: mndnr.gov/biking
 Phone: Twin Cities area: 651-296-6157
 Toll Free: 1-888-MINNDNR (1-888-646-6367)
 Toll Free TTY: 1-800-657-3929

NATURAL COMMUNITIES

- Prairie
- Tallgrass Aspen Parkland
- Deciduous Forest
- Coniferous Forest



Minnesota trails are the winner of "Best Trails State" by AmericanTrails.org 2011