



# Biking Trails

COOK COUNTY, MINNESOTA

- 1

**Heartbreak Hill Loop**  
**Distance:** 18 miles round trip  
**Estimated Time:** 2 – 5 hours  
**Difficulty:** Intermediate  
**Description:** Over the river and through the woods is the best way to summarize this trail. In the first few miles you gain a good deal of elevation.  
**Terrain:** This ride blends gravel road adventure with a taste of the Gitchi-Gami paved bike trail. Be aware that the Sawbill Trail is a well-traveled road and a main route into the inland lakes – *be cautious of vehicle traffic.*  
HYBRID OR MOUNTAIN BIKE RECOMMENDED.
- 2

**Onion River Road**  
**Distance:** 7 miles round trip\*  
**Estimated Time:** 30 minutes - 1 hour [\*out and back trail]  
**Difficulty:** Easy  
**Description:** Easy, family-friendly ride with several fun side-trip opportunities. Several hiking, cross-country ski, and snowmobile trails cross through the area. This light traffic gravel road is a gradual climb through a mixed and scenic forest. Please remember riding on the Superior Hiking Trail is not allowed.  
**Terrain:** Gentle wide gravel road.  
HYBRID OR MOUNTAIN BIKE RECOMMENDED.
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**Honeymoon Loop**  
**Distance:** 20 miles  
**Estimated Time:** 3 – 5 hours  
**Difficulty:** Intermediate  
**Description:** A classic Northwoods ride, the Pancore/Honeymoon Loop will give you a taste of the ruggedness of the area.  
**Terrain:** Generally smooth gravel with a few rockier sections on the Pancore Lake Road.  
MOUNTAIN BIKE IS RECOMMENDED, BUT WITH CAUTION A HYBRID BIKE IS CAPABLE.
- 3a

**Spur Trail**
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**Pike Lake Loop**  
**Distance:** 22 miles  
**Estimated Time:** 2-4 hours  
**Difficulty:** Intermediate – Advanced  
**Description:** There are many spur trails and roads. Pay close attention to remain on the main trail. Excellent wildlife viewing.  
**Terrain:** Gravel and primitive minimum maintenance road.  
MOUNTAIN BIKE RECOMMENDED.
- 4a

**Spur Trail**
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**Devil Track Loop**  
**Distance:** 18 miles  
**Estimated Time:** 2.5 – 4 hours  
**Difficulty:** Intermediate – Advanced [route finding skills needed]  
**Description:** Remote trail is perfect for adventurous mountain bikers. Beautiful 150-year old white pines line the way. Some logging traffic.  
**Terrain:** Mixed - pavement, gravel and snowmobile trails.  
MOUNTAIN BIKE RECOMMENDED.

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**Pine Mountain Trail**  
**Distance:** 16 miles round trip\*  
**Estimated Time:** 1.5 – 3 hours [\*out and back trail]  
**Difficulty:** Intermediate  
**Description:** The gravel forest service road has some traffic but very minimal and travels past spruce bogs, multiple streams, and towering pines. Great moose habitat.  
**Terrain:** Primitive gravel road.  
HYBRID OR MOUNTAIN BIKE RECOMMENDED.
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**Fire Box Loop**  
**Distance:** 16.7 miles of trail  
**Estimated Time:** 2-4 hours  
**Difficulty:** Easy – Intermediate  
**Description:** Scenic, hilly terrain that is very remote with little to no vehicle traffic. Bring a map and pay attention to the signs as there are numerous spur trails along this route. Ride can be done in either direction.  
**Terrain:** Gravel and forest service roads as well as portions of multiuse trails.  
MOUNTAIN BIKE RECOMMENDED.
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**Lima Mountain Trail**  
**Distance:** 26.2 miles round trip\*  
**Estimated Time:** 1.25 – 4 hours [\*out and back trail]  
**Difficulty:** Easy  
**Description:** A great extended family ride. Elevation climbs very gradually over rivers and through low areas of pine forest. BWCAW borders the trail. Multiple starting points allow for variable distace rides.  
**Terrain:** Gravel road with minimal traffic.  
HYBRID OR MOUNTAIN BIKE RECOMMENDED.
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**Central Gunflint Trails**  
**Distance:** 60+ miles of trails  
**Estimated Time:** >1– 4+ hours  
**Difficulty:** Easy – Intermediate  
**Description:** Very remote hilly terrain with little or no road traffic. Map and navigational tools recommended as there are multiple spur trails along the route. Consult either Golden Eagle Lodge or Bearskin Lodge for maps and information.  
**Terrain:** Primarily cross country ski trails and private gravel roads near the BWCAW. Great terrain for adventurous families with some experience.  
MOUNTAIN BIKE RECOMMENDED.
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**Old Gunflint Trail**  
**Distance:** 9 miles round trip\*  
**Estimated Time:** 1-2 hours [\*out and back trail]  
**Difficulty:** Easy  
**Description:** Old Gunflint Trail is County Road 92, a fairly flat trail that passes through a healthy black spruce forest.  
**Terrain:** Gravel road with minimal traffic.  
MOUNTAIN AND HYBRID BIKE SUITABLE.

- Always let someone know your route and expected return time. Ride with a partner.
- If hitting the backroads, travel with a large-scale map and reliable compass. Be comfortable with using both.
- Check the weather forecast. If storms are a-brewing, make other plans.
- Always pack layers and appropriate rain gear. Weather can change rapidly in Cook County and much of the terrain is in remote wilderness areas with little to no cellphone reception. Always be prepared.
- Cross lakes, rivers and streams with extreme caution.
- Pets are allowed on most trails. Be sure to check. For the good of local wildlife and the safety of your pet, keep your pet leashed and close to you at all times.
- For your safety, wearing a helmet is recommended on all trails.
- Bike service, retail, rental and repair available in Tofte, Lutsen, and Grand Marais.

The vast, scenic, trail-laced landscape of northern Minnesota beckons many bike-lovers like you. As a reminder, weather changes can arrive quickly. Safety first!

# Adventure Ready

Find detailed printable PDF maps by trail system at:  
[VisitCookCounty.com/bike](http://VisitCookCounty.com/bike)

For more information on the area and attractions, go to [VisitCookCounty.com](http://VisitCookCounty.com) or call 1-888-922-5000

OR

1-218-387-2524

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**Upper Gunflint Trail**  
**Distance:** 40+ miles of trails  
**Estimated Time:** >1-4+ hours  
**Difficulty:** Easy – Intermediate  
**Description:** Beautiful roller-coaster style terrain with spectacular views and wildlife viewing. Maps and navigational tools recommended as there are multiple spur trails along this route. Consult Gunflint Lodge, Gunflint Pines, or Heston’s Lodge for maps and information. “Big Pine Trail” closed to biking.  
**Terrain:** Primarily cross country ski trails and private gravel roads near the BWCAW.
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**Grand Portage Trails**  
Several trails are available in the Grand Portage area. Please call 1-800-543-1384 for trail maps and more information.
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**Pincushion Mountain**  
**Distance:** 10+ miles of trail  
**Estimated Time:** >1-2 hours  
**Difficulty:** Intermediate – Advanced  
**Description:** A variety of singletrack trails loop around the multiuse recreation center.  
**Terrain:** Narrow singletrack trails.  
MOUNTAIN BIKE REQUIRED.
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**Britton Peak Trails**  
**Distance:** 7 miles of trail  
**Estimated Time:** >1-2 hours  
**Difficulty:** Beginner – Advanced  
**Description:** A series of singletrack mountain bike adventures await discovery.  
**Terrain:** Narrow singletrack trails.  
MOUNTAIN BIKE REQUIRED.
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**Jackpot/High Climber Connector Trail**  
**Distance:** 16 miles  
**Estimated Time:** 2-4 hours  
**Difficulty:** Intermediate – Advanced  
**Description:** A flowy, fun 16-mile singletrack trail through a maple forest with vistas, stream crossings, jumps, rollers, and big berms. Long climbs are rewarded with fast descents. This point-to-point wilderness trail has only one minor road crossing, so be prepared; bring water, snacks, and tools.  
**Terrain:** Narrow singletrack point-to-point mounitian bike trail.  
MOUNTAIN BIKE REQUIRED.
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**Gitchi-Gami State Trail**  
**Distance:** 15.4 miles total in Cook County  
**Estimated Time:** 1-5 hours  
**Difficulty:** Easy  
**Description:** A paved recreational trail to provide a safe corridor for bicyclists, in-line skaters, joggers and walkers along Highway 61, paralleling the North Shore of Lake Superior. Trail can be broken into segments or done in full.  
**Terrain:** Paved multiuse path offers a safe route along the highway but crosses multiple private driveways. Travel with caution when approaching high traffic zones.  
ANY BIKE CAN BE USED ON THIS TRAIL BUT IDEAL FOR ROAD BIKING.

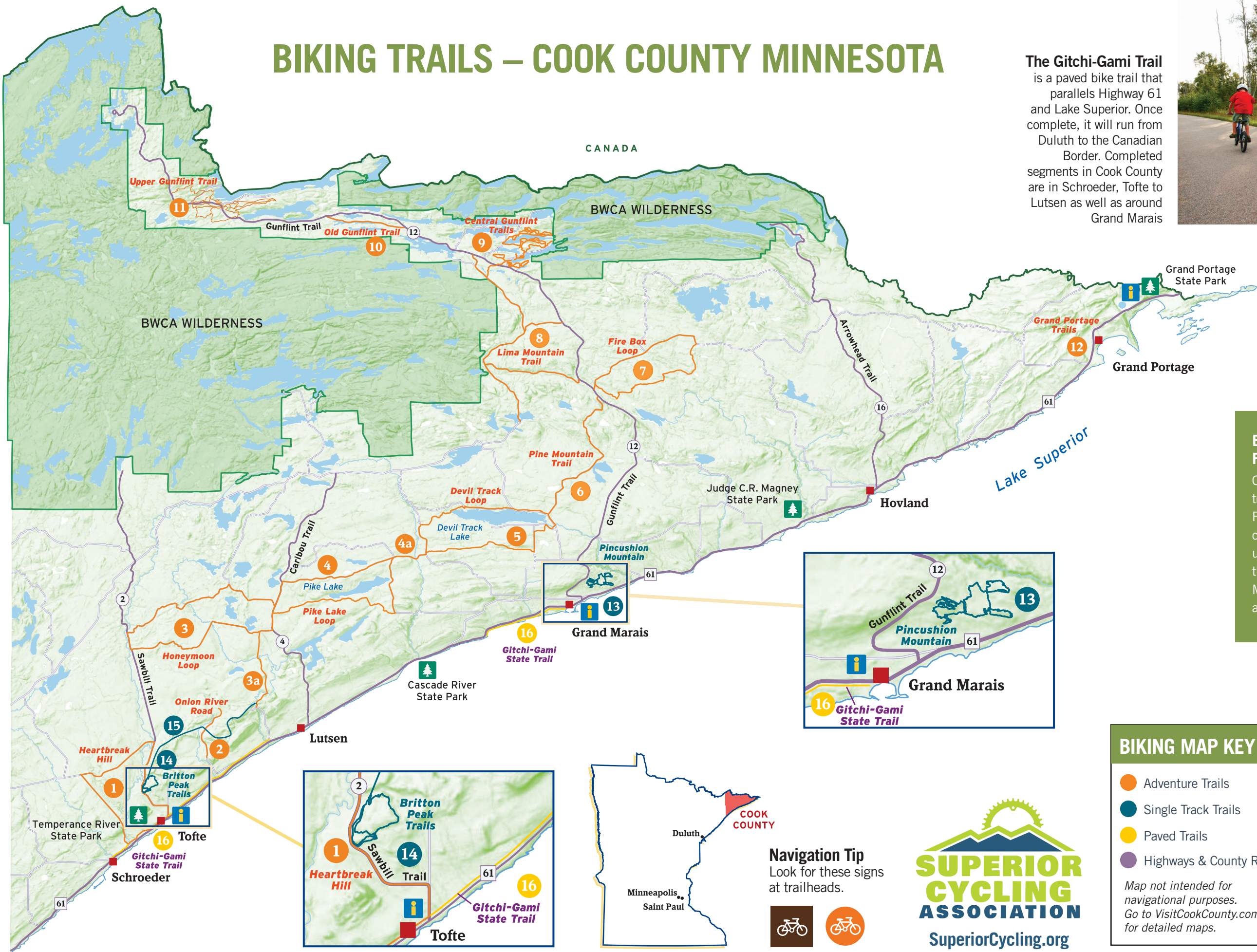


Lake Superior vistas. Ancient mountain ranges. The Superior National Forest. Quirky harbor towns. A waterfall known as “Minnesota’s Niagara.” Microbreweries. Festivals. Award-winning food. Bikepacking - If you want to create an epic overnight adventure, consider bikepacking in Cook County. Thousands of miles of gravel roads crisscross the county and many pass by beautiful primitive camping opportunities. There is a lot to discover in Cook County, Minnesota. From singletrack to backroad adventures to gentle family rides, explore hundreds of miles of trails in the communities of Lutsen, Tofte, Schroeder, Grand Marais, the Gunflint Trail, and Grand Portage. Just a few hours from the Twin Cities, the perfect bike getaway is waiting.

Book your adventure today at [visitcookcounty.com/bike](http://visitcookcounty.com/bike)



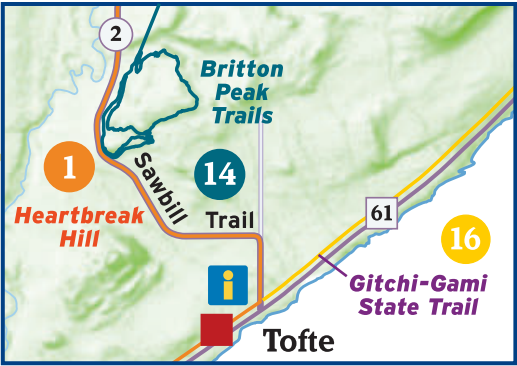
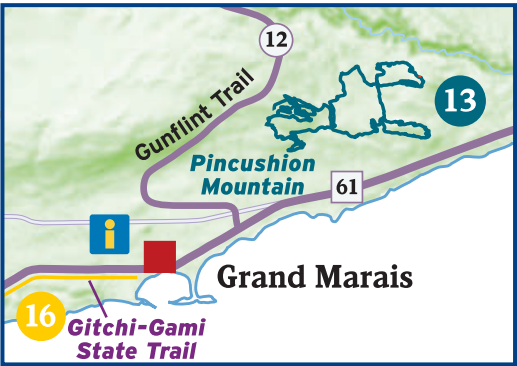
# BIKING TRAILS – COOK COUNTY MINNESOTA



**The Gitchi-Gami Trail** is a paved bike trail that parallels Highway 61 and Lake Superior. Once complete, it will run from Duluth to the Canadian Border. Completed segments in Cook County are in Schroeder, Tofte to Lutsen as well as around Grand Marais



**Backcountry and Forest Service Roads:**  
 Countless backcountry gravel roads and trails wind through the Superior National Forest into some of the most breathtaking country ever to roll beneath your bike. Pick up an official Cook County Highway Map or the official Superior National Forest Visitor Map for a comprehensive list of all roads and trails.



**Navigation Tip**  
 Look for these signs at trailheads.



**BIKING MAP KEY**

- Adventure Trails
- Single Track Trails
- Paved Trails
- Highways & County Roads

*Map not intended for navigational purposes. Go to [VisitCookCounty.com](http://VisitCookCounty.com) for detailed maps.*

**VISIT COOK COUNTY MINNESOTA**  
*Naturally Unforgettable*  
[VisitCookCounty.com](http://VisitCookCounty.com)