

Cross Country

COOK COUNTY, MINNESOTA

Ski Trails

Lutsen & Tofte Area

153.2 km

- 1





Sugarbush Trails - (Moose Fence, Britton Peak & Onion River)

Total Distance: 65 km

Difficulty: Beginner to Advanced

Grooming: Classic and Skate

Requires: Minnesota Ski Pass


- 2




Lutsen Mountains

Total Distance: 3 km

Difficulty Level: Beginner to Intermediate

Grooming: Classic and Skate

Requires: Ullr Loop at Lutsen requires private trail pass


- 3





Norpine & Deeryard Lake Trails

Total Distance: 58 km (Norpine 30km & Deeryard Lake 28km)

Difficulty Level: Beginner to Advanced

Grooming: Classic and Skate

Requires: Minnesota Ski Pass


- 4




Cascade River State Park

Total Distance: 27.2 km

Difficulty Level: Beginner to Advanced

Grooming: Classic and Skate

Requires: Minnesota Ski Pass



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Find detailed printable PDF maps by trail system at:
VisitCookCounty.com/xc

For more information on the area and attractions, go to VisitCookCounty.com or call 1-888-922-5000

OR

1-218-387-2524

The snowy, invigorating winters of northern Minnesota are ideal for winter adventures. As a reminder, dramatic weather changes can arrive quickly.

Safety First

- Always let someone know your route and expected return time. Ski with a partner.
- Travel with a large-scale map and reliable compass. Be comfortable with using both.
- Check the weather forecast. If storms are predicted, don't venture out.
- Cross lakes and streams with extreme care.
- Pets are allowed on a limited number of trails. Be sure to check before bringing your pet. Dogs and snowshoes are not permitted on ski-only trails.

Classic

Skate

Backcountry Ski Touring Access

Some Dog Friendly Trails

Snowshoe Trails

Grand Marais Area

52.9 km

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Bally Creek Trails

Total Distance: 25 km

Difficulty Level: Beginner to Advanced

Grooming: Classic and Skate

Requires: Minnesota Ski Pass



6

Pincushion Mountain Trails

Total Distance: 24.9 km

Difficulty Level: Beginner to Advanced

Grooming: Classic and Skate

Requires: Minnesota Ski Pass



7

George Washington Memorial Forest

Total Distance: 3 km

Difficulty Level: Beginner

Grooming: Classic



Book your adventure today at visitcookcounty.com/xc

400 km of “WOW”

Cook County, Minnesota is home to the largest cross-country trail network in North America, totaling over 400 km of groomed trails. Whether you're an expert looking to stretch your legs and skills, a family hungry for some outdoor winter togetherness, or a couple looking for a romantic ski through the trees, the perfect path of well-groomed corduroy awaits you.

There is a lot to discover in Cook County. At 120 inches of average annual snowfall and over 400 km of designated trails dispersed throughout the communities of Lutsen-Tofte-Schroeder, Grand Marais, the Gunflint Trail, and Grand Portage, Cook County, Minnesota is a cross-country skier's paradise.

Book your adventure today at visitcookcounty.com

Gunflint Trail Area

182.8 km

8

Central Gunflint Trails

Total Distance: 70 km

Difficulty Level: Beginner to Advanced

Grooming: Classic & Skate

Requires: Trail Ticket / Parking Fee

Access: Bearskin Lodge, Golden Eagle Lodge



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Banadad Trail

Total Distance: 42.8 km

Difficulty Level: Intermediate

Grooming: Tracked Classic

Requires: Minnesota State Ski Pass / BWCA Day Use Permit (Free)

Access: Poplar Creek Guest House B&B near Loon Lake Public Landing



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Upper Gunflint Trails

Total Distance: 70 km

Difficulty Level: Beginner to Advanced

Grooming: Classic and Skate

Requires: Trail Ticket

Access: Gunflint Lodge, Gunflint Pines, Heston's Lodge



Snowshoeing & Winter Hiking: Special trails have been designated for snowshoeing and winter hiking. Please do not walk on groomed cross country trails.

Dogs & Skijoring: Dogs are only allowed on designated dog-friendly trails. Always consult the official ski trail system map to identify the dog-friendly trails. Dogs are not allowed on any ski-only trails.

Winter Biking is not permitted on any groomed ski-only trails. Learn more about winter biking opportunities at www.visitcookcounty.com/fattire

COOK COUNTY, MINNESOTA
CROSS-COUNTRY SKI TRAILS
EASTERN SUPERIOR NATIONAL FOREST

