

# 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](https://www.visitcookcounty.com)

# Come Prepared

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.

For more information on the area and attractions, go to [VisitCookCounty.com](https://www.VisitCookCounty.com) or call 1-888-922-5000  
OR  
1-218-387-2524



Find detailed printable PDF maps by trail system at: [VisitCookCounty.com/xc](https://www.VisitCookCounty.com/xc)

COOK COUNTY, MINNESOTA

# Cross Country Ski Trails



LUTSEN • TOFTE  
SCHROEDER  
GRAND MARAIS  
GUNFLINT TRAIL  
GRAND PORTAGE

## 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

## 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

## Gunflint Trail Area 182.8 km

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**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
- 9

**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
- 10

**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

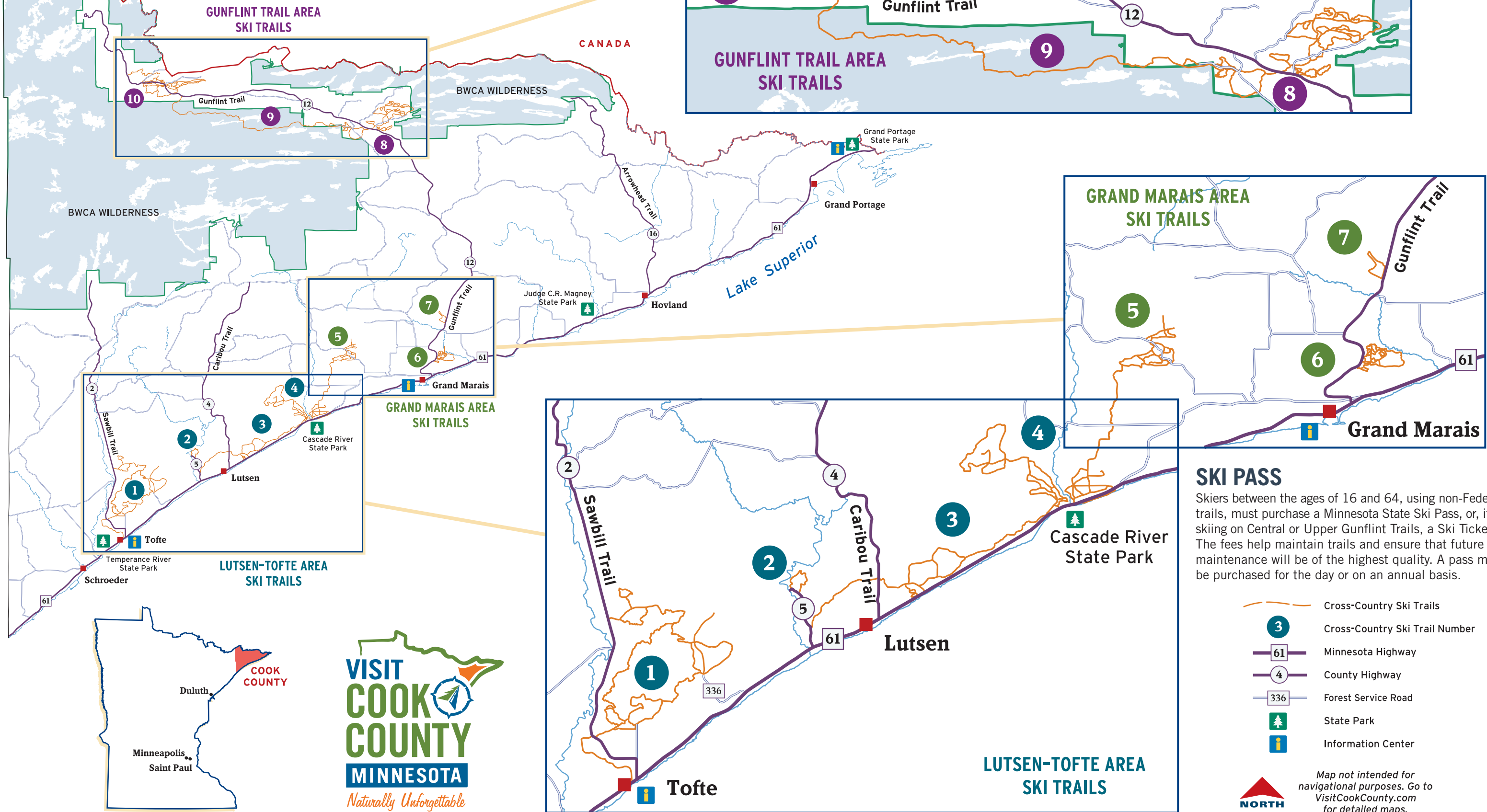
**Snowshoeing & Winter Hiking:** Special trails have been designated for snowshoeing and winter hiking. Please do not walk on groomed cross country trails.

**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](https://www.visitcookcounty.com/fattire)

- Classic
- Some Dog Friendly Trails
- Skate
- Snowshoe Trails
- Backcountry Ski Touring Access

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



**SKI PASS**

Skiers between the ages of 16 and 64, using non-Federal trails, must purchase a Minnesota State Ski Pass, or, if skiing on Central or Upper Gunflint Trails, a Ski Ticket. The fees help maintain trails and ensure that future maintenance will be of the highest quality. A pass may be purchased for the day or on an annual basis.

- Cross-Country Ski Trails
- Cross-Country Ski Trail Number
- Minnesota Highway
- County Highway
- Forest Service Road
- State Park
- Information Center

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