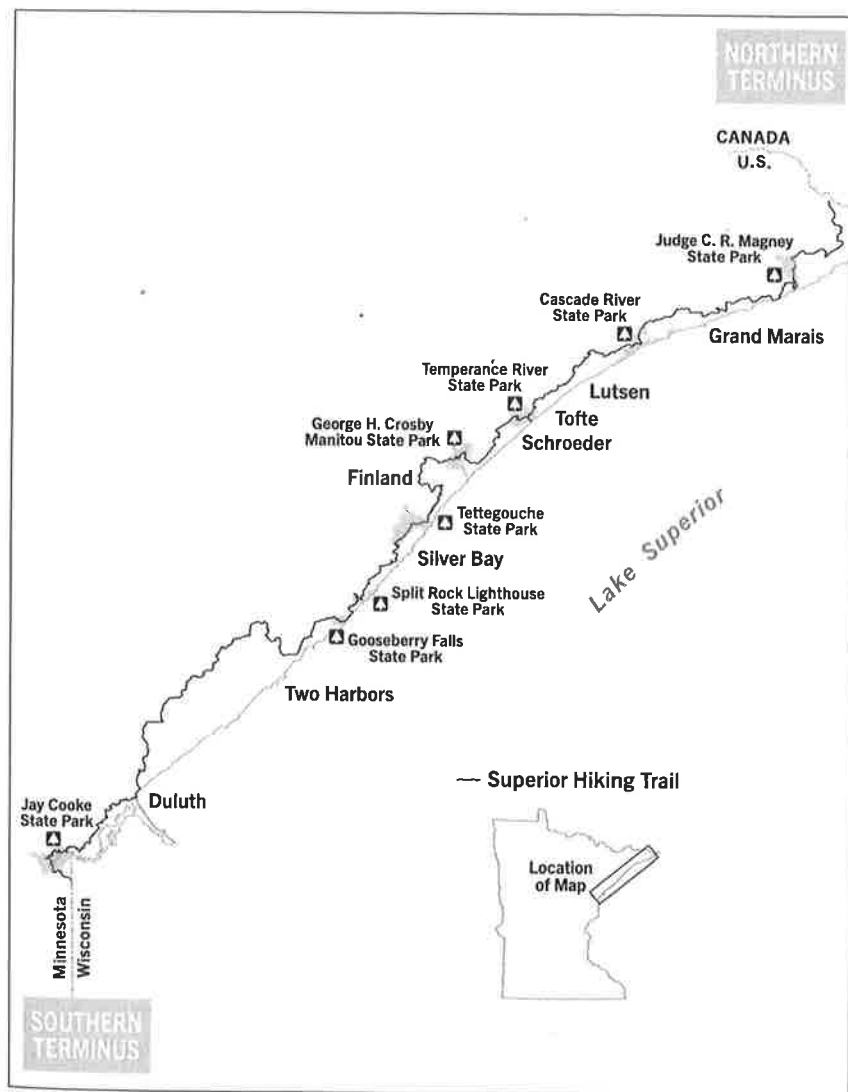




## The Superior Hiking Trail®



## Superior Hiking Trail Guidebook

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“The Superior Hiking Trail beckons us to experience the rugged landscape and natural communities of the North Shore. From ancient lava flows underfoot, stately white pine groves, tumbling cascades, the brilliant fall colors of old hardwood forests and delicate spring wildflowers to breathtaking vistas, the SHT offers soul-refreshing access to this priceless and unique region.”

■ **John Green, Former Superior Hiking Trail Association Board Member (1987-2013)**

“The Superior Hiking Trail is much more than a footpath; it is a gateway to peace and inspiration for those who experience its rugged beauty. And whether it’s just a few quiet hours or a long through-hike, spending time on the trail can awaken a conservation ethic within us, sending us home with a new sense of purpose to care for the natural world around us—no matter where we live.”

■ **Kris Larson, Minnesota Land Trust**

“The Superior Hiking Trail is a Minnesota gem. There are multiple access points from south of Duluth to the Canadian border which lead you to incredible vistas.”


■ **Nancy Odden, Former Superior Hiking Trail Association Executive Director (1997-2001)**

“The Superior Hiking Trail is one of our state’s most treasured attractions, enjoyed by travelers from all over the world. Part of the expansive North Country National Scenic Trail, the SHT offers unparalleled views of great Lake Superior and the rugged shoreline along the way. The Trail is great for short day hikers taking a road trip up the North Shore “All-American Road,” as well as backpack camping for ambitious hikers.”

■ **Alyssa Hayes, Explore Minnesota**

“The Superior Hiking Trail is about connection. Connection with our natural world. Connection with that quiet place within ourselves. Connection with others; whether it be at a trail volunteer project, at an organized event on the trail or in that brief exchange as you pass another trail person going by.”

■ **John Storkamp, Rocksteady Running**

Since 1993, the Superior Hiking Trail Association has published the *Guide to the Superior Hiking Trail* as the primary guidebook for the Trail. Eight editions of this guide have served the Association and thousands of SHT users well over the years, and we extend our appreciation to everyone who has contributed to those previous editions. In response to feedback from trail users, we've taken the opportunity to revisit and refresh how we present information about the Trail in the Ninth Edition to ensure it remains relevant and useful for today's SHT explorer. We've also updated the name to *Superior Hiking Trail Guidebook* to align with industry standards. 

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## Notice to Superior Hiking Trail Users

**T**he information in this Guidebook has been collected, verified, and presented to you in the spirit of providing the most accurate data possible at the time of printing. However, the route of the Superior Hiking Trail and the locations of our trailheads and campsites are constantly evolving due to regular maintenance work, reroutes to improve the trail user experience, and the changing priorities of public and private landowners.

**Please be aware: by the time you read this, some of the information included in this publication may no longer be accurate. Always follow on-the-ground signage over the information you see presented in this book.** You can find more up-to-date information on changes to the Trail, conditions, and errata at [superiorhiking.org](http://superiorhiking.org).

The Superior Hiking Trail Association is dedicated to providing useful and accurate information to users of the Trail. If you have questions or concerns, please contact the Association in writing at PO Box 315, Two Harbors, MN 55616-0315, by phone at (218) 834-2700, or by email at [info@superiorhiking.org](mailto:info@superiorhiking.org). 



## Past, Present, and Future of the Superior Hiking Trail Association

### HOW THE TRAIL AND ASSOCIATION CAME TO BE

The concept for the Superior Hiking Trail was born out of a feasibility study put together by the U.S. Forest Service in the mid-1980s. The rugged, challenging landscape of the Sawtooth Mountains and the presence of Lake Superior offered an opportunity to experience the most spectacular vistas in the Midwest. With foresight, a dusting of destiny, and several critical investments, a group of visionaries—including federal, state, and local land managers; resort and business owners; and recreation enthusiasts—stepped up, often as volunteers, to build what would become the state's premier natural footpath along Lake Superior's North Shore.

The nonprofit Superior Hiking Trail Association was established in 1986 to lead the efforts to build, maintain, manage, and promote the Trail. The organization was made up of volunteers in the early days and eventually added staff to increase the organization's capacity as trail construction picked up pace. Over the years, many hands have made light work of building and maintaining the Trail, with considerable contributions from volunteers, contractors, agency partners, and trail supporters.

In 2019, the Superior Hiking Trail became an official part of the North Country National Scenic Trail (NCT). The SHT is a critical connection in the 5,000-mile route from Vermont to North Dakota, a national trail administered by the North Country Trail Association. When traversing the SHT, one is also on the NCT. The Superior Hiking Trail retains its own identity and will continue to be maintained and managed by the SHTA.

### THE SHTA OF TODAY AND TOMORROW

As the Trail was constructed over decades, the Association has grown and adapted its operations to evolve with the Trail. With a route in place today, the focus of the organization has turned to protecting and renewing the Trail to ensure its corridor is secured and improved for future generations to enjoy.

The Association's operations are guided by a volunteer board of directors and managed by a small team of professional staff who work to improve the SHT experience and strive to connect the aspirations of those who use the Trail with those who care for the land. The Association leads the charge by harnessing the power of volunteers, supporters, agency partners, and trail users to break down barriers, engage participants, and create deeper relationships between people and nature.

As use of the Trail has increased, so have the Association's efforts to protect the natural landscapes along the Trail, engage users in stewardship of the Trail, educate visitors to minimize their impact, and preserve the experience so it can be enjoyed for decades to come. A few strategic focuses of the Association's work include:

**Trail Protection.** The most important behind-the-scenes work of the Association is assuring that there continues to be a Superior Hiking Trail. With over 200 private landowners and public land managers, the Association works to assure continued access to the Trail corridor through partnerships, easements, and other protective agreements. Without this work, there would be no Trail.

**Sustainable Trail Building and Maintenance.** Hundreds of volunteers and several trail maintenance contractors work tirelessly to

maintain the Superior Hiking Trail, but many aging sections are in need of more technical renewal and improvement. Launched in 2018, the Association's Trail Renewal Program has focused on efforts to address problems on specific sections of the Trail, many of which are over 35 years old. These efforts include repairs, reroutes, new infrastructure, and other enhancements.


**Education and Engagement.** Every year the Association provides assistance to thousands of people to access, navigate, and enjoy the Trail responsibly. In addition, the Association has launched several efforts aimed at resolving visitor use management-related issues. A comprehensive website, publications like maps and guidebooks, signage, and events on and off the Trail help to educate SHT users. In addition to its own efforts, the Association relies on partnerships with other organizations to engage new and experienced users with educational resources to increase stewardship of the Trail.

**Funding and Financial Sustainability.** While the Trail is free to use, it requires considerable financial resources to manage. The Association uses multiple revenue sources to provide sustainable funding to protect and renew the Trail and educate Trail users. Funding sources include fundraisers, estate gifts, donor appeals, business sponsorships, and membership dues; state, federal, and foundation grants; and sales of goods through the SHTA's retail store. The Association is also the beneficiary of a long-term endowment fund at the Duluth-Superior Area Community Foundation.

**Equity, Diversity, and Inclusion.** Ensuring the Trail is a welcoming and inclusive outdoor recreation space for all users is a priority for the Association. The SHTA aims to develop a greater understanding of the history of the lands that the Trail crosses, and it has committed to ensure equity and inclusion are holistically integrated into the organization's culture and operations.

The Superior Hiking Trail has always been an ambitious undertaking, given the rugged landscapes of northern Minnesota, the unique patchwork of public and private lands the Trail crosses, and the Association's evolution over time to keep up with demands on the Trail.

Climate change and its repercussions present new challenges on the Trail, as warmer, wetter winters and increasingly extreme weather events threaten the resilience of the Trail and its infrastructure. The Association is committed to adapting and responding to protect the Trail and provide enduring access to it.

The value that the Superior Hiking Trail provides to everyone who sets foot upon it, as well as the communities along its route, is truly immeasurable—and worthy of the investment. It will take steadfast support and stewardship from Trail users to keep the SHT one of the premier natural surface footpaths in the country. 



## How to Use the Superior Hiking Trail

### ACCESS THE TRAIL

**Find a Trailhead.** Over 60 trailhead parking areas provide access to the Superior Hiking Trail. All SHT trailheads feature a trailhead sign, and in some locations, signs along major roadways indicate where to turn to reach the trailhead. Trailhead locations can be found on Area Locator maps in each chapter, and driving directions and GPS waypoints for each trailhead can be found under *Beginning Trailhead* for each section of the SHT. Trailheads are also indicated on all maps published by the Superior Hiking Trail Association. For the most current driving directions to SHT trailheads, the Association recommends entering the GPS waypoints provided into a navigation tool (such as Google Maps) before departing, as many trailheads do not have street addresses and are located outside of cell coverage.

**What to Expect at SHT Trailheads.** Each SHT trailhead provides, at a minimum, space for a few cars to park. Some trailheads are located within state parks or at other recreation sites or waysides, which may offer access to toilets, water, and other facilities. Most SHT trailheads do not have toilets or trash cans available, so plan accordingly. Size and capacity vary considerably between trailheads. For example, the Bally Creek Road Trailhead has capacity for only a few cars, while the Jay Cooke State Park Visitor Center has room for many. Some trailheads are

shared with other trail systems and their users, which means they may experience more use at different times of the year. Trailhead capacity and facilities are listed under Beginning Trailhead for each section of the Trail.

Many trailheads are located on a spur trail that connects the trailhead to the main SHT. Spur trail mileage is indicated in italics in the Mileage Chart for each section of the Trail.

**Trailhead Etiquette.** Much like the Superior Hiking Trail itself, trailheads are to be shared and used responsibly. Park efficiently to save space for other users, and carpool to the trailhead whenever possible to reduce congestion. If a trailhead is full upon arrival, please find another trailhead to avoid crowding. Do not camp, sleep in a car overnight, stash supplies, or leave behind garbage at any trailhead.

Most SHT trailheads allow overnight parking, but some have restrictions on how long parking is allowed or permit requirements. No permit, reservation, or fee is required for most SHT trailheads. However, trailheads within state parks typically require a day-use or annual permit, and overnight parking typically requires checking in with park staff. These restrictions and requirements are listed under Beginning Trailhead for each section of the SHT. Always follow posted signage for the most current parking rules at SHT trailheads.

**When a “Trail” Isn’t a Trail.** First-time visitors to the Superior Hiking Trail and northern Minnesota broadly may notice a charming, but potentially confusing instance of roads with “Trail” in their name. There are several examples along the SHT:

- Sawbill Trail near Tofte, Minnesota is a major road leading into the Superior National Forest.
- Caribou Trail near Lutsen, Minnesota is not a footpath, but a wide, paved road.
- Gunflint Trail near Grand Marais, Minnesota is a major road passageway to the Boundary Waters Canoe Area.
- Arrowhead Trail is a dirt road that provides access to some of the northernmost SHT trailheads.

Keep this in mind to avoid confusion when navigating to and along the Superior Hiking Trail.

## USE THE TRAIL

The Superior Hiking Trail is managed with the following activities in mind:

**Day Hiking:** Convenient trailheads make it possible to explore the Superior Hiking Trail in day-sized hikes of any length. Shuttle providers service most of the Superior Hiking Trail, but often day hikers enjoy the experience of hiking from the trailhead and turning around to return to where they parked. The view is always different coming back! Many users have completed the entire SHT through day hikes of each section of the Trail.

Loops are another excellent way to explore the Superior Hiking Trail by day hiking. While the SHTA maintains several loops, users should also consider state park trails and other nearby public trail systems that connect to the SHT. With these trail networks, loops can be created by using a map and some creativity. Some popular loops, like the Bean and Bear Lakes Loop, are typically very busy during peak times; solitude may be better found on lesser-known loops.

**Trail Running:** The Superior Hiking Trail is known for its challenging, technical terrain for trail running. Besides rocks and roots, the Trail provides hefty accumulative elevation gains for lung- and leg-burning workouts. The Trail is host to several trail races each year.

**Backpacking:** The Superior Hiking Trail Association maintains 94 campsites for backpackers. Campsites include a fire ring, backcountry latrine, tent pads, and most have suitable trees for hammocking. Not every campsite has a reliable water source, so plan accordingly and always filter or treat your water. Most Superior Hiking Trail campsites are located on a short spur trail off of the main SHT. The few campsites located at the end of longer spur trails have the distance of the spur noted in the description of the campsite.

Campsites are available year-round and must be shared with other parties—they cannot be reserved or claimed for exclusive use. Campsites are free, but require users to abide by rules posted at each SHT campsite; this is explained in detail on page 14. Due to the proliferation of private lands on and near the Trail, backpackers must stay in these designated sites or nearby fee campgrounds to protect the Trail.

Adjacent state park camping, both at campgrounds and at hike-in sites near the Superior Hiking Trail, must be reserved ahead of time and require payment through the state park reservation system.

Long-distance hiking and thru-hiking (hiking the length of the entire Trail in one long trip) require significant planning prior to the trip. Resupplying one's food can be a challenge in the remote areas the SHT traverses. Visit the Association's website for more information on resupply planning.

**Winter Use:** Many sections of the SHT are ideal for winter use. Snowshoes and other winter-appropriate footwear can facilitate wondrous winter adventures. Be sure to stay off any groomed ski trails and avoid post-holing when snow is soft. Beware of ice and consider using gear that provides better traction on icy surfaces when appropriate. Not all trailheads are maintained for winter use, so check the Trailhead Index (page 204) before heading out and always have a backup plan.

## NAVIGATE THE TRAIL

The Superior Hiking Trail is primarily marked by trail signs and blazes. Blazes are painted rectangles typically found on trees and rocks near eye level at helpful intervals to reassure users they're still on the Trail. Some turns in the Trail are marked with two blazes, one slightly higher than the other. The higher blaze indicates the direction the Trail turns.

Follow blue blazes for the main SHT and white blazes for spur trails to places like overlooks, campsites, or trailheads off the main SHT. Every SHT campsite is marked with a sign along the main trail corridor. Some areas of the SHT feature map signs to assist in navigation. Always use caution at intersections with roads and other trails. Always carry a paper map and a compass—and know how to use them.

The Superior Hiking Trail Association publishes and regularly updates other resources to help plan trips and navigate the Trail. In addition to this guidebook, the SHTA has published the *Superior Hiking Trail Databook*, a compact guide, and the *Trail Atlas of the Superior Hiking Trail*, a comprehensive set of trail maps available in print and digital formats. Check the website for more information and updates.

## SHUTTLES AND OTHER SERVICES

The Superior Hiking Trail Association does not operate a shuttle service for trail users, but several private businesses offer scheduled and customized shuttle services to SHT trailheads. Shuttles are a great option for long-distance hikers or trail users who prefer to travel one direction without leaving a car at either end of the trip. Visit [superiorhiking.org/shuttles](http://superiorhiking.org/shuttles) for more details on shuttle services near the Trail.

Many lodges, hotels, campgrounds, and outfitters operate along or near the Superior Hiking Trail, and local tourism and visitor information centers are available to assist with planning a visit to the area. Find current links to these resources at [superiorhiking.org/services](http://superiorhiking.org/services).

## SEASONAL CONSIDERATIONS


**Spring:** Snow does not typically melt until mid- to late-May. Spring thaw mud can be a challenge to walk or run through, and in some cases, footprints may leave a lasting mark on the Trail. Ticks, mosquitos, and black flies emerge at the end of May or sooner, especially if there is warmer weather. Weather and trail conditions vary greatly between the northern and southern ends of the Trail. Consider planning a major trip for another time of year, and be sure to stay off the Trail when it is saturated with water to avoid causing damage. See page 15 for seasonal closures of the SHT in Duluth.

**Summer:** Ticks, mosquitoes, and black flies will be present. In dry years, smaller water sources may be unreliable by late summer. In very dry years, a campfire ban may also be in effect. Expect to share the Trail, trailheads, and campsites with other users.

**Fall:** Typically, bugs are gone after the first frost. The fall color (or leaf peeping) season is one of the busiest times on the SHT, so have a backup plan if your preferred trailhead is full. See page 15 for hunting closures and seasonal closures of the SHT in Duluth.

**Winter:** Winter conditions in northern Minnesota can be extreme and dangerous, so be sure to plan and dress accordingly. The challenge of winter hiking, running, or snowshoeing is rewarded by stunning winter silence, solitude, and winter-only scenery. Backpacking and

camping at SHT campsites in winter is recommended for experienced users only.

At any time of the year, northern Minnesota weather conditions can vary greatly on the Superior Hiking Trail. Extreme weather events can impact the experience on the Trail and create dangerous conditions, make the Trail difficult to navigate, or even require closures of the Trail. Check weather forecasts in advance and always check Trail Conditions on the Association's website. 



## Protect the Trail and Yourself

**A**s a user of the Superior Hiking Trail, you play a vital role in ensuring it remains safe, accessible, and enjoyable for thousands of other users. It is imperative to minimize impacts and protect this resource and the natural environment surrounding it.

If you or another Trail user needs medical attention or a law-enforcement response, call 911 immediately. Search and Rescue services in each county may be contacted directly or through 911.

If you see something, say something; to report damage, bad behavior, an aggressive animal, or other issues on the Trail, please visit [superiorhiking.org](http://superiorhiking.org) to submit an incident report.

### PLEASE OBSERVE THE FOLLOWING WHILE ENJOYING THE SUPERIOR HIKING TRAIL:

**Respect the environment.** If you pack it in, you should pack it out. Keep an eye out for micro-trash. Do not collect any natural or cultural objects. When nature calls, use a latrine. If a latrine is not available, please dig a small hole 6-8 inches deep, 4-6 inches in diameter, and at least 200 feet from a water source. Fill it in and camouflage when finished. Never use soap in a lake or stream. Carry water 200 feet away from water sources to clean dishes or yourself. Walk single-file to avoid widening the Trail and trampling nearby plants. Walk through mud

puddles to avoid further damage to the area, and stay off the Trail if the tread is soggy and saturated with water. Observe wildlife from a safe distance and don't disturb the animals. Remember you are a visitor in their home.

**Respect fellow trail users.** Protect the quality of the Superior Hiking Trail experience for other users by avoiding loud voices and noises and being courteous when sharing campsites or meeting others on the Trail.

**Respect private landowner rights by staying on the Trail.** Private lands on the SHT are often unmarked. The Association's agreements with landowners have promised that SHT users will remain on the Trail at all times. When accessing the SHT, please only use SHT designated trailheads and/or walk-in access from other public trail systems, such as state park trails. Stay away from informal road crossings; these are not designated for a reason.

**Dogs are allowed on the Trail, but must be kept on-leash at all times.** You must be responsible for your dog—keep them under control at all times and pack out all pet waste.

**The SHT is for foot travel only, except where the Trail shares a section with another multi-use trail.** If you encounter a horse on a shared trail, yield to the horse and communicate with the rider before passing to ensure safety. If you encounter a bike on a shared trail, bikers should yield to foot traffic.

**Do not cache food or supplies on the Trail, at campsites, or at trailheads.**

**Let someone know your plans in advance.** The SHT is not patrolled. Take responsibility for sharing plans and checking in for safety. Cell phone coverage is inconsistent along the Trail. A call to 911 or a text message may get through even when service may not allow a normal voice call.

**Practice basic safety and self-care on the Trail.** Perform a thorough tick check after using the Trail to avoid tick-borne illness. Treat or filter water from sources along the Trail. Carry food, water, first aid supplies, and other essential items.

## **PLEASE OBSERVE THE FOLLOWING WHEN ENJOYING SUPERIOR HIKING TRAIL CAMPSITES:**

**Camp only at designated Superior Hiking Trail campsites.** Camping is not allowed at SHT trailheads. Many trailheads are on or near private lands. Only camp at state park fee sites after reserving and paying for the site.

**Campsites and campsite infrastructure must be shared by parties.** SHT campsites are “all come, all served.” Please make space to welcome fellow campers.

**Break up large groups to avoid overcrowding.** Most SHT campsites are designed to be enjoyed by 9 or fewer people at a time. Refer to campsite descriptions for the capacity and availability of each campsite.

**Observe any fire restrictions while on the Trail, and do not create new fire rings.**

**Always hang food with a bear bag or use a bear canister.**


**Leave the campsite better than you found it.**

**If a latrine is full, do not use it.** Dig a cat hole 200 feet outside camp and 200 feet away from all water access. Please report full latrines to the Superior Hiking Trail Association. Do not throw anything except for toilet paper into latrines.

## **SEASONAL CLOSURES**

While much of the Superior Hiking Trail is hosted on public lands that remain open year-round, some sections of the Trail are closed periodically for trail user safety, to protect the Trail from damage, and to honor the wishes of public and private landowners.

**Hunting Closures.** To ensure your safety and to respect the many private landowners who allow access to their land, please check hunting season closure information posted at [superiorhiking.org](http://superiorhiking.org), respect any posted closures, and plan to only use the Trail within the City of Duluth boundaries during firearms deer season. Several other hunting seasons begin near the Trail each year on September 1, so wear blaze orange when using the Trail in the fall for additional safety. Visit the Minnesota Department of Natural Resources website for more information on hunting seasons.

**Duluth Superior Hiking Trail Closures.** The Superior Hiking Trail inside the City of Duluth (131st Ave W. Trailhead to Martin Road Trailhead) is typically closed each year during the spring thaw (approximately April through mid-May), and again in the fall before the ground freezes (approximately mid-October to mid-November). These closures are done in partnership with the Duluth Parks and Recreation to help protect the Trail when it is saturated with water and most susceptible to damage. Plan accordingly and respect our partnership with the City. 



## The Lands of the Superior Hiking Trail

**T**he Superior Hiking Trail is located on the traditional, ancestral, and contemporary lands of the Anishinaabeg people. The Trail is intrinsically tied to the many lands it crosses, which include a complicated patchwork of public and private ownership. Today, the Superior Hiking Trail Association coordinates permissions from over 200 landowners and land managers, totaling nearly 1,500 parcels of land.

The Superior Hiking Trail passes through eight state parks, all administered by the Minnesota Department of Natural Resources (DNR). But the Trail is also hosted on several other types of DNR-administered land such as state forests and school trust lands. All together, more than 150 miles of the Superior Hiking Trail are on DNR-administered lands.

Nearly 70 miles of the Superior Hiking Trail fall within the Superior National Forest, administered by the United States Forest Service. Several pieces of the Superior Hiking Trail were constructed in the Superior National Forest before the concept of the SHT even existed.

The Superior Hiking Trail passes through four counties and onto lands owned by each of the four: Carlton, St. Louis, Lake, and Cook counties all oversee lands which host the SHT, for a total of over 35 miles.

The City of Duluth is a major landowner and partner, with over 40 miles of the Superior Hiking Trail falling within city limits.

Finally but crucially, nearly 45 miles of the Superior Hiking Trail is on private property. Private lands exist on most sections of the Superior Hiking Trail, often forming a crucial link between public lands. While this private land is concentrated in the vicinity of Two Harbors, it also makes up large portions of the Trail near Silver Bay and Finland, where private entities such as North Shore Mining and Wolf Ridge Environmental Learning Center graciously host the Trail on their large properties. Agreements between the Association and private landowners vary from permanent easements to limited access arrangements.

Partnerships with landowners and managers take many forms. The Association relies on support from our partners to maintain shared trail infrastructure, collaborate on trail improvement projects, secure funding, and much more. It is critical for all Trail users to respect public and private land. Stay on the Trail, and practice Leave No Trace to ensure access now and for decades to come. 



## Other Trails of the North Shore

**W**hile the Superior Hiking Trail is the premier foot-travel trail on the North Shore of Lake Superior, it intersects many other long-distance trails. These other trails may be used in conjunction with the Superior Hiking Trail to create loops, or they can be enjoyed by themselves.

**North Country National Scenic Trail.** The North Country National Scenic Trail (NCT) is a nearly 5,000-mile trail that spans from North Dakota to Vermont. The Superior Hiking Trail is a part of the NCT's route through Minnesota. The NCT extends into Wisconsin from the Superior Hiking Trail's southern terminus. The NCT in Wisconsin is managed by the North Country Trail Association, and maps can be found on their website.

**Willard Munger State Trail.** Intersecting several times in the Jay Cooke State Park and Duluth sections of the Superior Hiking Trail, the Willard Munger State Trail is a paved, multi-use trail. Besides creating loop options, it also enables trail users to bike-shuttle themselves between trailheads. Administered by the Minnesota Department of Natural Resources, maps can be found on their website.

**DWP Trail.** The DWP Trail is a 10-mile trail along the abandoned route of the former Duluth, Winnipeg and Pacific (DWP) railroad. It is

known for its two steel trestles and a tunnel under Ely's Peak. The wide, gentle grade of the trail makes it suitable for multiple uses including mobility-limited users, biking, hiking or running, cross-country skiing, equestrians, and snowshoeing. The DWP acts as a spine for all trail networks in West Duluth.


**Duluth Traverse.** The Duluth Traverse is a multi-use trail optimized for mountain bikes. It connects well-known greenspaces in Duluth such as the Mission Creek area near Fond du Lac, Spirit Mountain Recreation Area, Brewer Park, and Hartley Park, intersecting many times with the Superior Hiking Trail. The Duluth Traverse Trail network is estimated to someday reach over 100 miles. Maps and more information can be found on the Duluth Parks and Recreation website.

**Cross City Trail/Duluth Lakewalk.** The SHT shares portions of urban paved trail systems within the City of Duluth. These trails connect SHT users to amenities and points of interest in the Duluth area.

**North Shore State Trail.** The North Shore State Trail (NSST) is a 146-mile multi-use trail from Martin Road Trailhead in Duluth to Grand Marais. In key locations, it briefly shares its route with the Superior Hiking Trail and intersects the SHT many times. Additionally, several trailheads are shared by users of the SHT and NSST, which means these trailheads are often plowed in the winter. The North Shore State Trail is primarily used as a snowmobile trail, but other uses are allowed, including horseback riding, biking, and hiking. One section near Finland is also open to all-terrain vehicles. This trail often runs through soggy areas and due to its emphasis on winter use, very few if any structures, other than large bridges, exist along its path. Still, the NSST has many stretches that are enjoyable for foot travel. The trail may have high grass and minimal signage leading to a wide yet still wild trail. The NSST intersects with many other snowmobile trails, at times creating confusing intersections. Administered by the Minnesota Department of Natural Resources, maps can be found on their website.

**Gitchi-Gami State Trail.** The paved Gitchi-Gami State Trail parallels Highway 61 between Two Harbors and Grand Marais. Over 30 miles are completed out of an estimated 90 miles with more progress

taking place each year. Besides creating loop options (particularly in the Split Rock Lighthouse State Park and Tofte areas), it also enables trail users to bike-shuttle themselves between trailheads. This trail is administered by the Gitchi-Gami Trail Association.

**Border Route Trail (North Country Trail).** For trail users wanting to continue past the Superior Hiking Trail's northern terminus, the Border Route Trail heads west through the Boundary Waters Canoe Area for 65 miles and connects to the Kekekabic Trail. Both these trails host the route of the North Country Trail. Maps and more information can be found on the Border Route Trail Association website. 



## How to Use the Guidebook

### WHAT IS INCLUDED IN THIS GUIDEBOOK

There are thousands of possible details to describe the Superior Hiking Trail, and this guidebook does not include them all. Great care has been taken by the SHTA to present the most important information to help plan an enjoyable trip and navigate the Trail.

While the *Guidebook* is written primarily for the northbound trail user, it is also compatible with southbound trail usage. Mileage information is provided for both directions in the mileage chart for each section. Please note: The SHT travels predominantly southwest to northeast. There are several instances where a cardinal direction is used to be concise, but the true direction is southwest or northeast. (*Example: Ely's Peak Loop Spur north junction, which is slightly northeast of the south junction.*) If you have questions about true cardinal directions, please consult maps of the Superior Hiking Trail.

### SEGMENTS AND SECTIONS

In the trail information resources published by the Association, the SHT has been split up into six segments of approximately 50 miles. Each segment of the Trail features many shorter trail sections from one trailhead to the next:

- Southern Terminus to Martin Road Trailhead
- Martin Road Trailhead to Lake County Road 301 Trailhead
- Lake County Road 301 Trailhead to Minnesota Highway 1 Trailhead
- Minnesota Highway 1 Trailhead to Temperance River State Wayside Trailhead
- Temperance River State Wayside Trailhead to Pincushion Mountain Trailhead
- Pincushion Mountain Trailhead to Northern Terminus

Guidebook chapters have been written to align with these segments, which are also used in the *Superior Hiking Trail Databook* and the *Trail Atlas for the Superior Hiking Trail*, to more easily coordinate between these resources. Each chapter contains an overview of the segment and more detailed information for each section, trailhead, campsite, and spur trail. See the example below for descriptions of what each field indicates:

## ■ Beginning Trailhead to Ending Trailhead

(Example: Lax Lake Road Trailhead to Penn Boulevard Trailhead)

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** *Driving directions to the trailhead and waypoints to find the trailhead online or in navigation tool.*

**Facilities:** *Any features such as toilets, water, or other amenities.*

**Size:** *Approximate capacity of the trailhead, listed as:*

- *Small (5 or fewer vehicles)*
- *Medium (up to 20 vehicles)*
- *Large (20+ vehicles)*

**Overnight parking:** *If overnight parking is allowed or not allowed.*

**Winter access:** *If a trailhead is typically plowed during the winter.*

**Special notes:** *Anything else important to note about the trailhead.*

### SECTION SNAPSHOT

**Trail Atlas map:** *The corresponding map from the Trail Atlas for the Superior Hiking Trail or Map Series Set. (Example: C-5, C-6, the two maps that detail the Lax Lake Road to Penn Boulevard section)*

**Total distance:** *Main trail mileage for the SHT. When applicable, spur trail mileage to access the main SHT is listed in parentheses.*

**Elevation change:** *General amount of elevation change to expect on this section.*

**SHT campsites:** *Number of SHT campsites in this section.*

**Hazards and concerns:** *Anything noteworthy beyond the typical rugged (rooty, rocky, and uneven) features of the Trail.*

**Synopsis:** *This briefly describes the section's highlights and what to expect.*

### CAMPSITE

▲ **Name of campsite** (Example: Southwest Split Rock River Campsite)

**Size:** *Approximate number of tent pads listed as:*

- *Small (2-3 tent pads)*
- *Medium (4-5 tent pads)*
- *Large (6 or more tent pads)*

*Note: what constitutes a tent pad is extremely subjective; the estimates included in this book are meant as a general guide.*

**Water source:** *Name or description of nearby water. Known fluctuations in water availability will be noted here. If there is not a source of water in the immediate vicinity of a campsite, the nearest reliable source is listed.*

**Description of campsite** (Example: *Campsite is often heavily used during peak periods.*)

**Distance to next campsites** (Example: 6.7, 2.7 ⊖ ⊕ 7.3, 13.4)

*Mileage to neighboring campsites is located underneath each campsite in the text. Each campsite listing includes the cumulative mileage to the next two campsites in each direction. Campsites located to the southwest are on the left, and campsites located to the northeast are to the right. If you're traveling southbound, your next two campsites are 2.7 and 6.7 miles away. If you're heading northbound, you'll have to travel 7.3 and 13.4 miles to reach the next two campsites.*

## SPUR TRAIL

### ■ Name of spur trail (Example: *Cascade River Loop Spur*)

Brief description of the spur trail with any important details to note (Example: *A 3.5-mile spur trail makes up the eastern half of the Cascade River Loop. The crossing of Trout Creek is unbridged, but generally easy to cross except after a large rain event or during snowmelt.*)

**Mileage Chart.** Rules for italicization in Mileage: *Spur trails are italicized. Trailheads located on spur trails are italicized.*

## MAPS


### Map Legend


Superior Hiking Trail 

Spur Trails 


Other Trails 

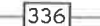
Trailhead 

SHT backcountry campsite 

State Park or commercial campsite 

Primary road 

County or Secondary road 

Forest or township road 

**Segment Overview Maps.** An overview map of each segment of the Trail is provided to assist with navigation to trailheads.

**Section Highlight Maps.** Several detailed maps of unique and interesting sections of Trail are provided to help explore the SHT in these areas.

**Additional Maps Available.** The Superior Hiking Trail Association has published additional maps for the Trail: the *Trail Atlas for the Superior Hiking Trail* and *Map Series Sets*. Both are available in print and

digital formats. Paper versions of these maps can be purchased on the Association's website or from a local outdoor retailer; digital versions can be purchased through the Avenza Maps mobile app.


## CAMPSITE DISTANCE INDEX

For long-distance planning convenience, an index of distances between all campsites is listed on page 200. Campsites are listed from South to North, with mileage provided for northbound and southbound travel and approximate campsite size.

## TRAILHEAD INDEX

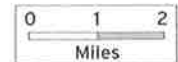
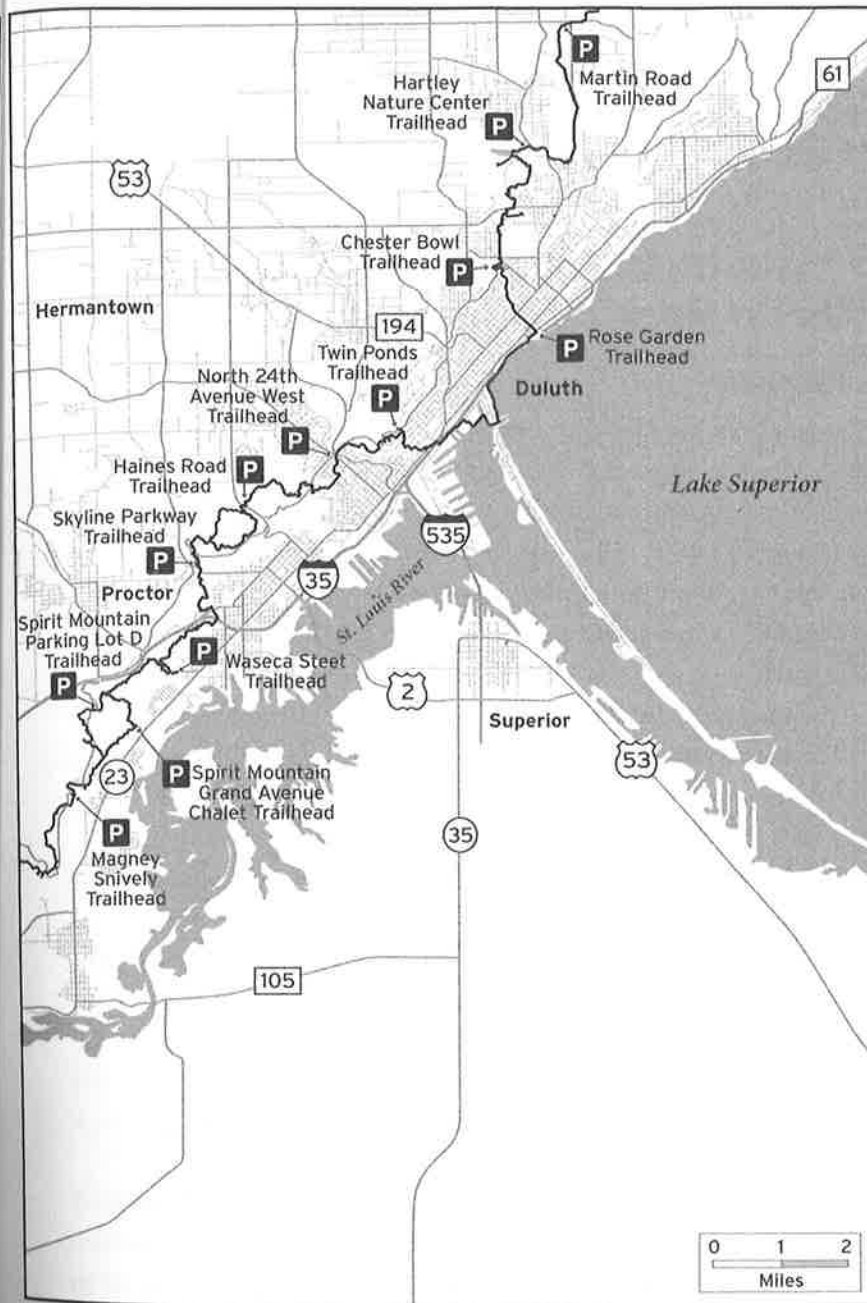
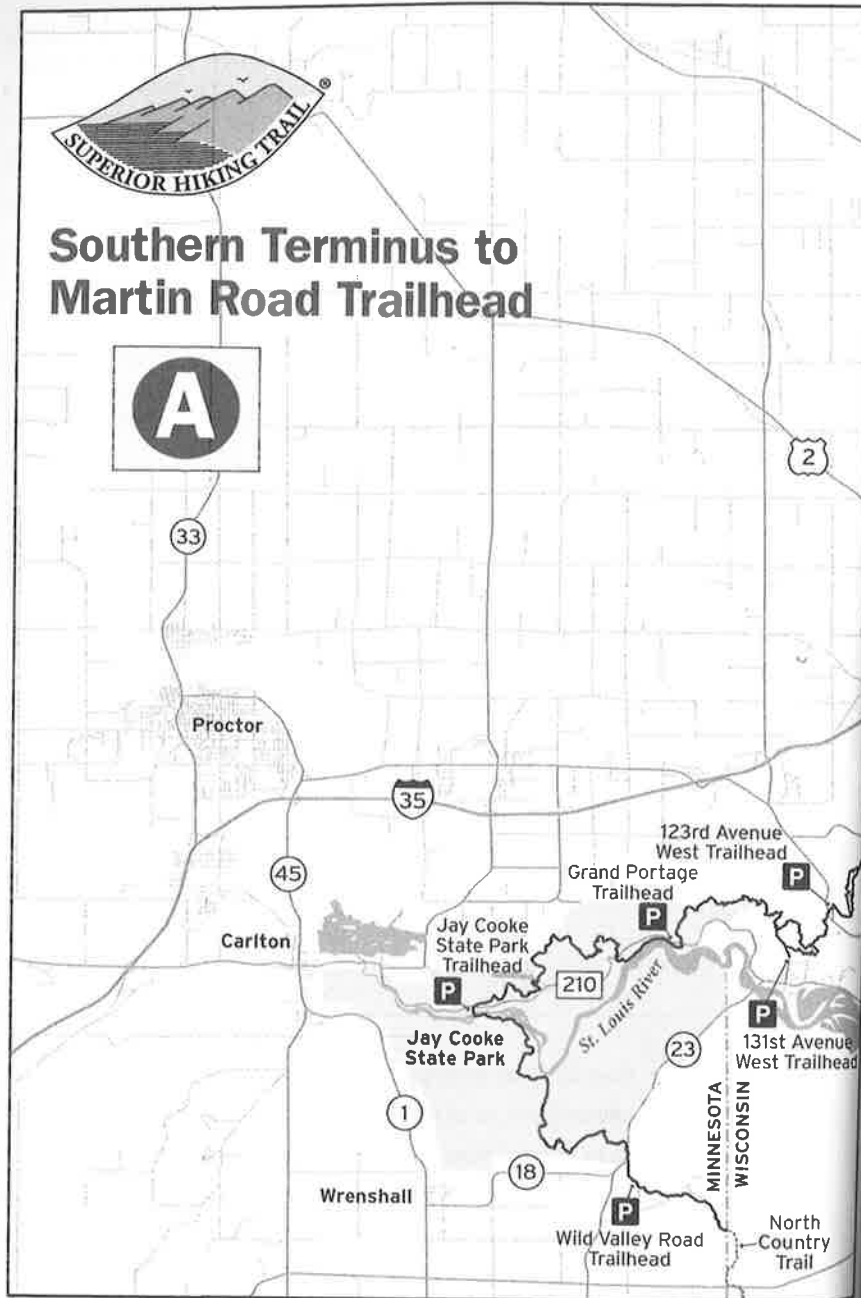
To quickly find out if a trailhead offers overnight parking or winter access, refer to the Trailhead Index on page 204.

Please note: Several trailhead names have been changed from previous SHTA publications to reflect the most up-to-date, accurate information and to help trail users more easily navigate to these trailheads. In many cases, trailhead names have been updated from a road number to the common, signed name of the road (Example: *Cook County Road 58 Trailhead* is now referred to as *Lindskog Road Trailhead*.)

If you are uncertain about which trailheads these new names reference, you can find more information online at [superiorhiking.org/trailheadupdates](http://superiorhiking.org/trailheadupdates). 



## Southern Terminus to Martin Road Trailhead





## Southern Terminus to Martin Road Trailhead

### ■ Overview

The southern terminus of the Superior Hiking Trail is located at the Minnesota-Wisconsin state line where a quaint wooden archway denotes the terminus and welcomes visitors to the North Country National Scenic Trail in Wisconsin. To reach the terminus, one must travel out and back from Wild Valley Road Trailhead, or find a parking area in Wisconsin to travel one way—there is no road access at the southern terminus.

Heading north from the terminus, the Superior Hiking Trail crosses a fiberglass bridge spanning the tiny Red River: a significant crossing that was considered the “missing link” that made the entire SHT contiguous from top to bottom when the bridge was built in 2017.

**Wild Valley Road Trailhead** is the southernmost trailhead of the Superior Hiking Trail. After a short walk down Wild Valley Road and along Minnesota Highway 23, the Trail enters Jay Cooke State Park. Along this stretch, the Trail passes a view of a railroad trestle and the valley carved out by the St. Louis River. Inside the park, the Trail follows foot travel-only pathways and multi-use trails groomed for skiing before crossing the St. Louis River on the historic Swinging Bridge, rebuilt after the 2012 flood.

Shortly beyond the bridge is **Jay Cooke State Park Visitor Center Trailhead**. From here the Superior Hiking Trail continues to alternate between natural footpath and multi-use trails, including a short bit on the paved Willard Munger State Trail. Watch carefully for blue blazes and Superior Hiking Trail signs to stay on the route. After crossing

Minnesota Highway 210 (the first of two crossings), the Trail follows the St. Louis River along the historic and serene Grand Portage Trail.

At **Grand Portage Trailhead**, another trailhead within the boundaries of Jay Cooke State Park, the Superior Hiking Trail travels on state park trails to another crossing of Highway 210. The Trail climbs a narrow ridge to the park boundary and comes to a historic stone bridge over Mission Creek. Throughout this area, the Trail travels up and down ridges with steep ravines on either side, shaded occasionally by massive white pines. A spur trail descends from the ridges down to the bank of Mission Creek and a trailhead.

The **131st Avenue West Trailhead** features two spur trails connecting to the main Superior Hiking Trail. The western spur trail is preferred and foot travel-only, following the lovely Mission Creek. The other multi-use spur trail can be used to make a loop back to the trailhead or to access the middle of this section. Beyond this spur trail junction, the Superior Hiking Trail descends to cross Sargent Creek and ascends to Becks Road.

The **123rd Avenue West Trailhead** connects the Superior Hiking Trail with the paved Willard Munger State Trail for a brief overlap before encountering Ely's Peak Loop and a steep climb on rugged trail and rock faces up to Ely's Peak. The expansive views showcase the St. Louis River Estuary, one of the largest freshwater estuaries in the country. Many short spurs lead to overlooks as the Trail enters the old growth forests of the Magney-Snively Natural Area.

A short spur trail connects the **Magney-Snively Trailhead** to the main Superior Hiking Trail, which soon follows Skyline Parkway over a historic stone bridge before descending into the woods. The Trail skirts ruins and a unique stone canal along Gogebic Creek before entering Spirit Mountain Recreation Area, where the Spirit Mountain Loop Spur connects to fee-based Spirit Mountain Recreation Area Campground. The main Superior Hiking Trail travels around and through Spirit Mountain, crossing the bottom of a ski slope near the Grand Avenue Chalet. Expect to find snow on the hills well into the spring.

From the **Grand Avenue Chalet Trailhead**, the Superior Hiking Trail ascends along the edge of a ski run and follows Knowlton Creek steadily uphill before crossing the creek and ascending to a woods on the edge of railroad tracks. When the Trail arrives at Kingsbury Creek, it follows the cascading creek to a spur trail leading to Waseca Street.

The **Waseca Street Trailhead**, near the Lake Superior Zoo, connects to the main Superior Hiking Trail via a short spur trail. The Trail follows Kingsbury Creek uphill, turning away from the creek and leading to a series of small rocky outcroppings that offer sweeping views. The Superior Hiking Trail descends to the Cross City Trail, following it for a short distance underneath I-35 before turning uphill, navigating the edge of several neighborhoods, and eventually arriving at Keene Creek.


From the **Skyline Parkway Trailhead**, the Superior Hiking Trail continues to follow Keene Creek, a sweet prelude to the stretch of the Trail that contains the Brewer Park Loop. The Superior Hiking Trail follows the ridgeline and offers dramatic views of downtown Duluth, Park Point, Lake Superior, and the City of Superior in Wisconsin. The Trail makes a sharp descent off the Brewer Park ridge and goes through a tunnel under Haines Road.

The **Haines Road Trailhead** connects to the main Superior Hiking Trail by a short spur trail on a sidewalk. The Trail climbs to several open vistas of Lake Superior and the St. Louis River Estuary before descending to pass through the Lincoln Park neighborhood. After crossing Miller Creek, the Superior Hiking Trail comes out of the woods and arrives at a trailhead.

At the **North 24th Avenue West Trailhead**, the Superior Hiking Trail follows a short stretch of sidewalk along Skyline Parkway. The SHT returns to the woods on its way to Enger Tower, a historic landmark; if you choose to add some vertical climb, the five-story climb will provide 360-degree views of Duluth. The Twin Ponds Trailhead is just a short climb down from the tower, and the Trail continues downhill to eventually cross a pedestrian bridge over I-35. The Trail is paved from this point until Chester Park as it passes local attractions: Bayfront

Festival Park; the William S. Irvin, a restored Great Lakes ship; and the iconic Aerial Lift Bridge. The Superior Hiking Trail shares Duluth's famous Lakewalk to leave Canal Park Business District.

At Leif Erickson Park and the **Rose Garden Trailhead**, the Superior Hiking Trail follows 14th Avenue East before entering Chester Park. The Trail follows the Chester Creek gorge. After passing under Skyline Parkway, the Trail turns to climb away from the creek up a steep hill toward the University of Minnesota-Duluth campus. The Superior Hiking Trail enters Bagley Nature Area, which features a Lake Superior vista and a fee campground managed by the University. The Trail enters Hartley Park, passes Hartley Pond, and arrives at the next trailhead at Hartley Nature Center.

The Superior Hiking Trail departs **Hartley Nature Center Trailhead**, soon coming to a 1.6-mile roadwalk through quaint neighborhoods and among cemeteries. The Superior Hiking Trail leaves the gravel Vermilion Road to head back into the woods where it passes through Downer Park. The route offers peeks into a small, steep gorge of Amity Creek. The journey through the City of Duluth officially comes to an end at Martin Road Trailhead. 

## ■ Southern Terminus to Wild Valley Road Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #235, go east on MN-210 for 2.4 miles to Carlton. Turn south on Carlton Co. Rd. 1, go 4.5 miles to Wrenshall, turn east on Carlton Co. Rd. 18, go 3.1 miles, turn north on MN-23, go 0.3 miles. Turn south on Wild Valley Rd., go 0.5 miles to parking lot on left. GPS: 46.618254, -92.320542

**Facilities:** None

**Size:** Small

**Overnight parking:** Allowed

**Winter access:** No

**Special notes:** Wild Valley Road is closed during the spring freeze-thaw cycle, usually until early May.

### SECTION SNAPSHOT

**Trail Atlas map:** A-1

**Total distance:** 1.9 miles (3.8 miles if traveling out-and-back from Wild Valley Road Trailhead)

**Elevation change:** While there are some hills, this is a relatively gentle section.

**SHT campsites:** One

**Hazards and concerns:** The Trail in this area is adjacent to an area popular for target shooting. It is common to hear gunfire.

**Synopsis:** The Southern Terminus of the Superior Hiking Trail at the Minnesota-Wisconsin border is marked by a beautiful wooden arch and a trail register. There is no trailhead at the terminus, so users must travel out-and-back from Wild Valley Road Trailhead or find another parking area along the North Country Trail in Wisconsin. This section crosses the Red River over a fiberglass bridge and features the Red River Valley Campsite, the only SHTA campsite south of Martin Road.

### CAMPSITE

#### ▲ Red River Valley Campsite

**Size:** Medium

**Water source:** Tributary of the Red River

Campsite is in a pleasant wooded location above the river. Trains often pass near the campsite. This is the only SHTA campsite until Bald Eagle Campsite, north of Duluth. There are many fee campgrounds, campsites, and low-cost motel options throughout the City of Duluth.

⊕ 53.1, 54.3

MILEAGE	Northbound	Southbound
<b>Superior Hiking Trail southern terminus, register</b>	<b>0.0</b>	<b>1.9</b>
Red River bridge	0.3	1.6
Red River Valley Campsite	0.4	1.5
Mountain Goat Road junction	1.1	0.8
<b>Wild Valley Road Trailhead</b>	<b>1.9</b>	<b>0.0</b>

## ■ Wild Valley Road Trailhead to Jay Cooke State Park Visitor Center Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #235, go east on MN-210 for 2.4 miles to Carlton. Turn south on Carlton Co. Rd. 1, go 4.5 miles to Wrenshall, turn east on Carlton Co. Rd. 18, go 3.1 miles, turn north on MN-23, go 0.3 miles. Turn south on Wild Valley Rd., go 0.5 miles to parking lot on left. GPS: 46.618254, -92.320542

**Facilities:** None

**Size:** Small

**Overnight parking:** Allowed

**Winter access:** No

**Special notes:** Wild Valley Road is closed during the spring, usually until early May.

### SECTION SNAPSHOT

**Trail Atlas map:** A-1, A-2

**Total distance:** 5.9 miles

**Elevation change:** A few steep climbs

**SHT campsites:** None. However, the Trail comes close to a few Jay Cooke State Park backpack-in campsites which must be reserved and paid for ahead of time.

**Hazards and concerns:** Watch for signage at several trail junctions to stay on the Superior Hiking Trail. Be careful on several steep, uneven staircases. Groomed ski trails are closed to foot travel during the winter.

**Synopsis:** After a 0.5-mile roadwalk from Wild Valley Road Trailhead, the Superior Hiking Trail turns into Jay Cooke State Park and offers nice vistas of the St. Louis River valley, particularly during leaf-off season. After a few steep staircases through cedar forest, the Trail follows cross-country ski trails through the park toward the historic Swinging Bridge over the St. Louis River before arriving at the park's River Inn Visitor Center.

MILEAGE	Northbound	Southbound
<b>Wild Valley Road Trailhead</b>	<b>0.0</b>	<b>5.9</b>
Wild Valley Road roadwalk east end	0.0	5.9
Wild Valley Road roadwalk west end, Minnesota Highway 23 crossing and roadwalk	0.4	5.5
Minnesota Highway 23 roadwalk north end	0.5	5.4
Railroad Bridge Vista	2.2	3.7
Power line corridor, nearby state park campsites (reservation and payment required)	3.5	2.4
Silver Creek bridge	4.1	1.8
Swinging Bridge over St. Louis River	5.8	0.1
<b>Jay Cooke State Park Visitor Center Trailhead</b>	<b>5.9</b>	<b>0.0</b>

## Jay Cooke State Park Visitor Center Trailhead to Grand Portage Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #235, go east on MN-210 5.5 miles to Jay Cooke State Park Visitor Center on right. GPS: 46.654645, -92.371080

**Facilities:** Park office, toilets, picnic area, state park fee campsites

**Size:** Large

**Overnight parking:** Allowed with state park permit. Please check in with state park staff.

**Winter access:** Yes

**Special notes:** A state park day-use or annual permit is required to park here.

### SECTION SNAPSHOT

**Trail Atlas map:** A-2

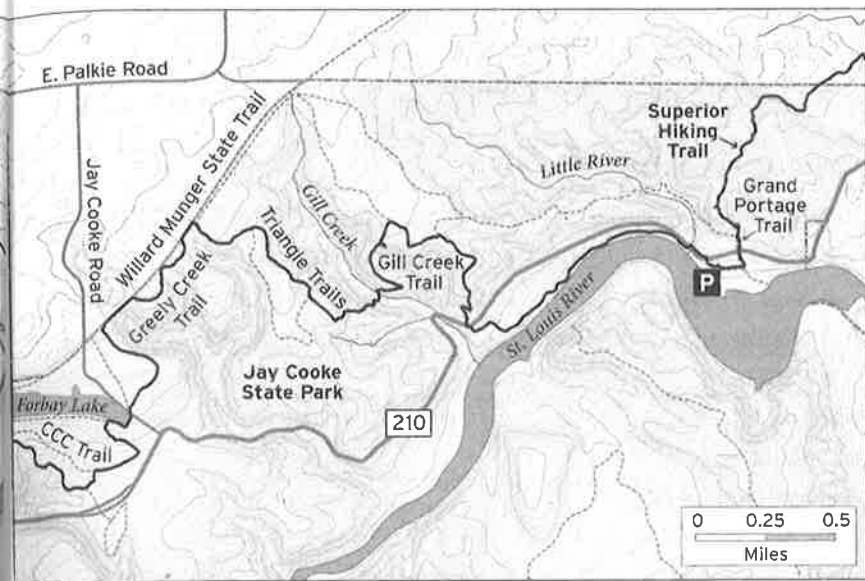
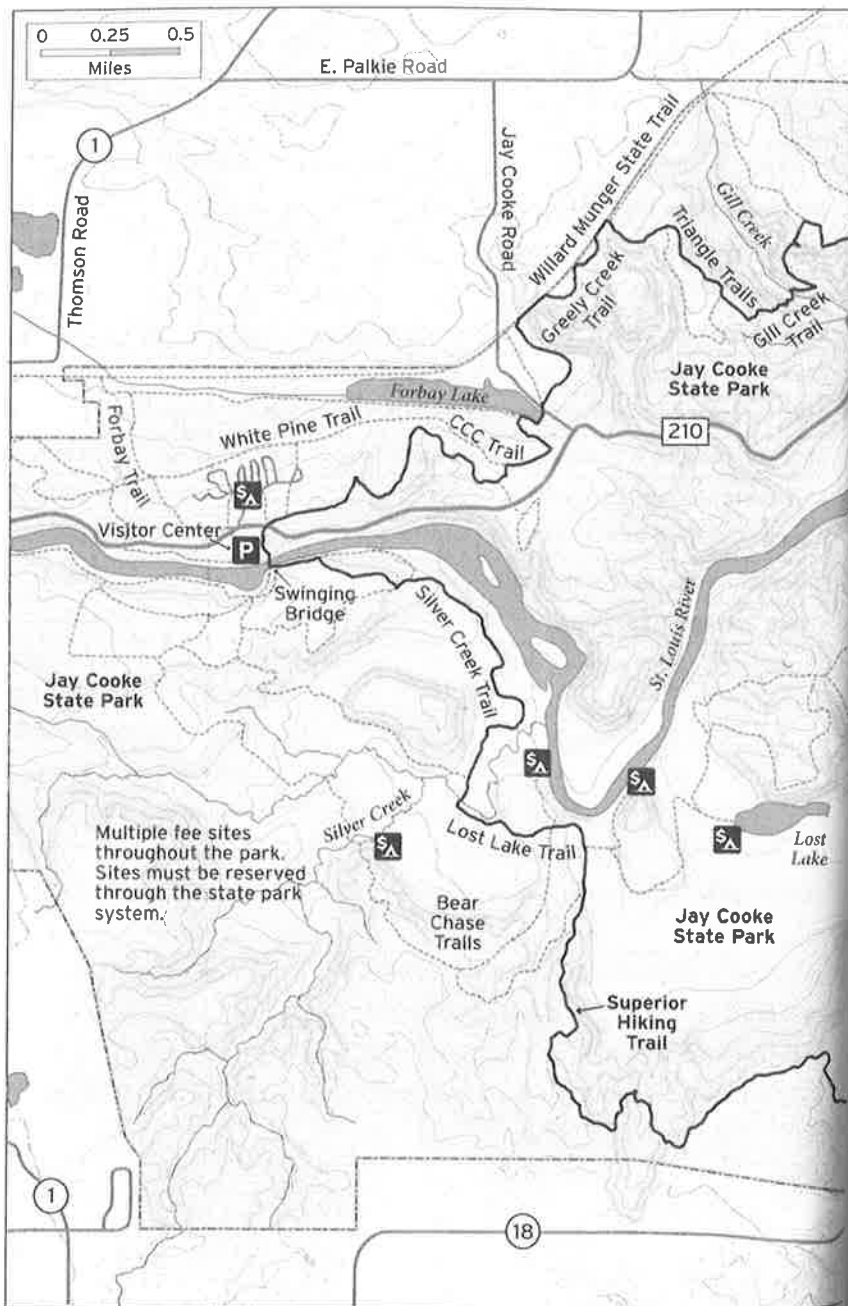
**Total distance:** 5.9 miles

**Elevation change:** A few steep sections

**Hazards and concerns:** Watch for signage at several trail junctions to stay on the Superior Hiking Trail. Groomed ski trails are closed to foot travel during the winter. Use caution when crossing Minnesota Highway 210.

**Synopsis:** In this section, the Superior Hiking Trail follows a mix of multi-use and foot-travel only paths. Highlights include a crossing over a hydroelectric dam at Forbay Lake and a serene trek on the historic Grand Portage Trail along the banks of the St. Louis River.

MILEAGE	Northbound	Southbound
<b>Jay Cooke State Park Visitor Center Trailhead</b>	<b>0.0</b>	<b>5.9</b>
Minnesota Highway 210 crossing	0.1	5.8
Day-use shelter with vista	0.6	5.3
View of spillway	0.9	5.0
Power line corridor	1.5	4.4
Dam crossing	1.8	4.1
Multiple junctions with Willard Munger State Trail	2.6	3.3
Minnesota Highway 210 crossing	5.0	0.9
Bench	5.3	0.6
Minnesota Highway 210 roadwalk	5.9	0.0
<b>Grand Portage Trailhead</b>	<b>5.9</b>	<b>0.0</b>



## ■ Grand Portage Trailhead to 131<sup>st</sup> Avenue West Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Northbound: Take I-35 Exit #235, go east on MN-210 9.4 miles to Grand Portage parking lot on right. Southbound: From MN-23/MN-210 intersection, turn onto MN-210, go 2.4 miles to Grand Portage parking lot on left. GPS: 46.668182, -92.307914

**Facilities:** None

**Size:** Medium

**Overnight parking:** No

**Winter access:** Yes

**Special notes:** A state park day-use or annual permit is required to park here.

### SECTION SNAPSHOT

**Trail Atlas maps:** A-2, A-3

**Total distance:** 3.5 miles (Additional 0.6-mile spur to 131st Avenue West Trailhead)

**Elevation change:** This section has a few steep climbs that can be particularly challenging in wet or icy conditions.

**Hazards and concerns:** Be careful on several steep, uneven staircases. Use caution when crossing Minnesota Highway 210.


**Synopsis:** The Superior Hiking Trail traverses rolling hills and creek valleys, often taking the high ground along ridgetops. Highlights are the historic Mission Creek stone bridge and the old pines that give this section a remote, northern feel.

MILEAGE	NORTHBOUND	SOUTHBOUND
<b>Grand Portage Trailhead</b>	<b>0.0</b>	<b>4.1</b>
Minnesota Highway 210 crossing	0.3	3.8
Grand Portage Trail junction	0.4	3.7
Power line corridor	1.0	3.1
Mission Creek stone bridge	2.3	1.8
<i>Register, spur to 131st Avenue W. Trailhead</i>	3.5	0.6
<b>131st Avenue W. Trailhead</b>	<b>4.1</b>	<b>0.0</b>

## The Duluth SHT: A Rugged, Urban Trail Experience

The Duluth segments of the Superior Hiking Trail were built in the 2000s, 20 years or more after the first 200 miles of the SHT to the north were constructed. Putting a natural surface footpath through an urban area had its unique challenges.

The Duluth SHT offers panoramic views of the waters below the hillsides of Duluth and frequently gives users a sense of remoteness. This section has many strengths—direct access to every neighborhood; proximity to amenities such as stores, restaurants, and multiple lodging options; and a glimpse into the historical and contemporary working industrial port. Its gritty, even quaint urban character sets it apart from the other 260 miles of the SHT.

Keep reading to learn more about the unique qualities of the Duluth SHT. 

## 131<sup>st</sup> Avenue West Trailhead to 123<sup>rd</sup> Avenue West Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Northbound: Take I-35 Exit #246. Go south 4.5 miles on Becks Rd. to Commonwealth Ave./MN-23. Turn south, follow MN-23 3.8 miles, turn north on 131st Ave. W., go 0.4 miles to parking lot. Southbound: Take I-35 Exit #251B, go 8.7 miles, turn north on 131st Ave. W., go 0.4 miles to parking lot. **GPS:** 46.665863, -92.272477

**Facilities:** None

**Size:** Medium

**Overnight parking:** No

**Winter access:** No

**Special notes:** Follow white blazes and trail signage on a gravel road from the parking area to the junction of two possible spur trails—a 0.6-mile footpath or a 1.0-mile multi-use trail—that connect to the main Superior Hiking Trail.

### SECTION SNAPSHOT

**Trail Atlas map:** A-3

**Total distance:** 1.8 miles (Additional 0.6-mile spur trail from 131st Avenue West Trailhead)

**Elevation change:** A few short elevation changes


**Hazards and concerns:** Use caution when crossing Beck's Road. If using the multi-use spur trail, be aware of mountain bike users sharing the trail.

**Synopsis:** Trail largely follows the top of a ridgeline to offer many viewpoints. Watch for the "Unimpressive Overlook" sign that leads to a surprisingly impressive panoramic view of the nearby valleys.

**Pro tip:** From the 131st Avenue West Trailhead, enjoy a nice 2.5-mile loop using the main SHT and the two spur trails that connect back to the trailhead.

MILEAGE	Northbound	Southbound
<b>131st Avenue W. Trailhead</b>	<b>0.0</b>	<b>2.4</b>
<i>Register, spur from 131st Avenue W. Trailhead</i>	0.6	1.8
<i>Multi-use spur to 131st Avenue W. Trailhead</i>	1.5	0.9
Sargent Creek bridge	1.9	0.5
Becks Road crossing	2.3	0.1
<i>Spur to 123rd Avenue W. Trailhead</i>	2.4	0.0
<b>123rd Avenue W. Trailhead</b>	<b>2.4</b>	<b>0.0</b>

## The Duluth SHT: A Rugged, Urban Trail Experience

**Urban green space at its best.** Duluth boasts one of the largest ratios of park land per capita in the country. When Duluth was developed, so was the vision for a world-class park system. The ethos of Fredrick Olmsted, America's most famous landscape architect, to preserve open spaces and separation from urban life, integrated into the Park system, preserving over 11,000 acres of green space within the City limits. In Duluth, the Trail passes through wooded creek ravines tucked into the urban landscape, rivaling for beauty and charm the northernmost sections of the SHT. What is probably more impressive is that locals have this landscape outside their backdoor. And while there may be no true wilderness in Duluth, it's easy to feel quite remote and removed. It is a city like no other, and the SHT traverses much of it! 

## 123<sup>rd</sup> Avenue West Trailhead to Magney-Snively Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Northbound: Take I-35 Exit #246. Go south on Becks Rd. 2.7 miles. Turn north on 123rd Ave. W., go one block to parking lot. Southbound: Take I-35 Exit #251B, go south to Becks Rd. Turn west on Becks Rd., go 1.8 miles, turn north on 123rd Ave. W., go one block to parking lot. GPS: 46.676081, -92.258798

**Facilities:** None

**Size:** Large

**Overnight parking:** No

**Winter access:** Yes

**Special notes:** None

### SECTION SNAPSHOT

**Trail Atlas map:** A-3

**Total distance:** 4.1 miles

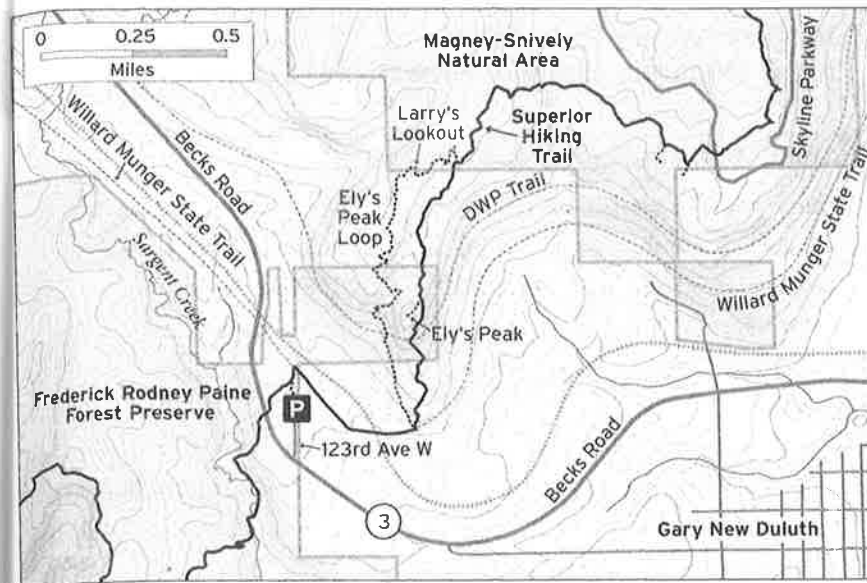
**Elevation change:** A steep climb on rocky, uneven terrain up to Ely's Peak

**Hazards and concerns:** Steep, rocky, and uneven terrain. Watch for bikes on the paved Willard Munger State Trail.

**Synopsis:** Highlights include the challenging but rewarding Ely's Peak Loop, which features magnificent views and exposed rock faces, as well as a journey through the old-growth forests of the Magney-Snively Natural Area.

### SPUR TRAILS

- **Ely's Peak Loop.** A 1.3-mile spur trail connects to the main Superior Hiking Trail to create a 3-mile loop. The spur can also be enjoyed as a less rugged route up from the Willard Munger State Trail. It has sweeping vistas, including Larry's Lookout.



### SPUR TRAILS, continued

- **Vista Overlooks.** There are many short, unnamed spur trails to scenic overlooks.

MILEAGE	Northbound	Southbound
<b>123rd Avenue W. Trailhead</b>	<b>0.0</b>	<b>4.1</b>
Spur from 123rd Avenue W. Trailhead	0.0	4.1
Willard Munger State Trail junction west end	0.1	4.0
Willard Munger State Trail junction east end	0.4	3.7
Ely's Peak Loop Spur south junction	0.4	3.7
Spur to Ely's Peak	0.9	3.2
Ely's Peak Loop Spur north junction	1.3	2.8
W. Skyline Parkway crossing	2.3	1.8
W. Skyline Parkway crossing	3.8	0.3
Spur to Magney Snively Trailhead	4.1	0.0
<b>Magney Snively Trailhead</b>	<b>4.1</b>	<b>0.0</b>

## Magney-Snively Trailhead to Spirit Mountain Grand Avenue Chalet Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #249. Go south on Boundary Ave. 0.2 miles, turn east on Skyline Parkway, go 1.5 miles to parking lot on left. GPS: 46.702179, -92.226880

**Facilities:** None

**Size:** Medium

**Overnight parking:** No

**Winter access:** Yes

**Special notes:** Trailhead is shared with horse riders and Nordic skiers.

### SECTION SNAPSHOT

**Trail Atlas maps:** A-3, A-4

**Total distance:** 1.8 miles

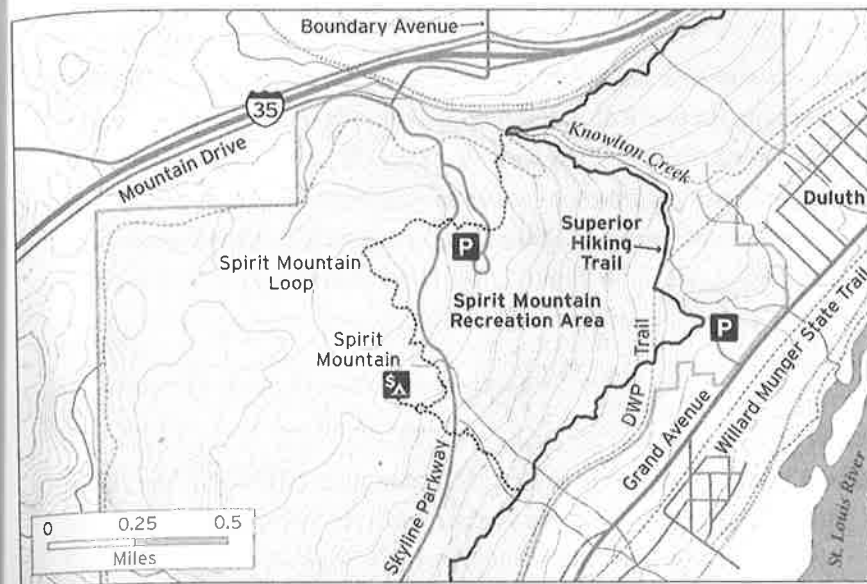
**Elevation change:** A few short hills, but relatively gentle terrain

**Hazards and concerns:** Use caution on the Skyline Parkway roadwalk.

**Synopsis:** The Superior Hiking Trail leaves the woods to follow a short roadwalk on Skyline Parkway, which includes a stone bridge crossing over Stewart Creek. Watch for a spur trail to the Stewart Knob Overlook and a small bridge over Gogebic Creek. As the Trail enters Spirit Mountain Recreation Area, signs mark the junction with the Spirit Mountain Loop Spur.

### SPUR TRAIL

- Spirit Mountain Loop.** A 1.9-mile loop spur can be combined with the main Superior Hiking Trail to create a 3.5-mile loop around the Spirit Mountain Recreation Area with several convenient access points. Spur trail also passes through the Spirit Mountain Campground, a fee camping area optimally located for backpackers traveling through Duluth.



MILEAGE	Northbound	Southbound
<b>Magney Snively Trailhead</b>	<b>0.0</b>	<b>1.8</b>
Spur from Magney Snively Trailhead	0.0	1.8
W. Skyline Parkway roadwalk south end	0.1	1.7
Spur to Stewart Knob Overlook	0.1	1.7
Stewart Creek stone bridge	0.2	1.6
W. Skyline Parkway roadwalk north end	0.4	1.4
Gogebic Creek bridge with stone canal	0.7	1.1
Power line corridor	0.7	1.1
Spirit Mountain Loop Spur south junction	1.1	0.7
<b>Spirit Mountain Grand Avenue Chalet Trailhead</b>	<b>1.8</b>	<b>0.0</b>

## ■ Spirit Mountain Grand Avenue Chalet Trailhead to Waseca Street Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Northbound: Take I-35 Exit #246. Go south on Becks Rd. 4.4 miles. Turn north onto Commonwealth Ave., go 2.9 miles, turn west on Warwick St. to enter Grand Avenue Chalet parking lot. Southbound: Take I-35 Exit #251B, go 2.0 miles, turn west on Warwick St. to enter Grand Avenue Chalet parking lot. GPS: 46.715142, -92.205031

**Facilities:** Toilets, restaurant

**Size:** Large

**Overnight parking:** No

**Winter access:** Yes

**Special notes:** Trailhead is shared with mountain bikers, Nordic skiers, and other Spirit Mountain Recreation Area visitors. The SHT can also be accessed at the Spirit Mountain Parking Lot D Trailhead (from I-35, take Exit #249. Go south on Boundary Ave. 0.2 miles, turn east on Skyline Parkway, go 0.4 miles to parking lot on left. GPS: 46.719727, -92.218555), located on the Spirit Mountain Loop Spur.

### SECTION SNAPSHOT

**Trail Atlas map:** A-4

**Total distance:** 3.2 miles (Additional 0.2-mile spur trail to Waseca Street Trailhead)

**Elevation change:** Most of the elevation change is gentle.

**Hazards and concerns:** Many rocks


**Synopsis:** As the Superior Hiking Trail climbs out of the Spirit Mountain Recreation Area, it follows and crosses cascading Knowlton Creek. At the northeast end of the section, the Trail follows Kingsbury Creek before crossing it on a snowmobile bridge.

### SPUR TRAIL

■ **Spirit Mountain Loop.** A 1.9-mile loop spur can be combined with the main Superior Hiking Trail to create a 3.5-mile loop around the Spirit Mountain Recreation Area with several convenient access points. The spur trail also passes through the Spirit Mountain Campground, a fee camping area optimally located for backpackers travelling through Duluth.

MILEAGE	Northbound	Southbound
<b>Spirit Mountain Grand Avenue Chalet Trailhead</b>	<b>0.0</b>	<b>3.4</b>
Spirit Mountain Loop Spur north junction	0.9	2.5
Knowlton Creek bridge	1.0	2.4
52nd Avenue Creek	1.4	2.0
Vista, bench	2.0	1.4
Spur to Waseca Street Trailhead	3.2	0.2
<b>Waseca Street Trailhead</b>	<b>3.4</b>	<b>0.0</b>

## The Duluth SHT: A Rugged, Urban Trail Experience

**Panoramic views of one of the largest working ports on the Great Lakes.** There are choice vistas of not just Lake Superior but the St. Louis River Estuary and the Port of Duluth-Superior. Although pure silence is not an attribute of the Duluth SHT, the thrum of the port and the railroad yards are far below its hillside perch, offering the contrast and connection between industry and the natural resources of the Upper Midwest. 

## Waseca Street Trailhead to Skyline Parkway Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Northbound: Take I-35 Exit #251A, go on Cody St. 0.4 miles. Turn south on N. 63rd Ave. W., go 0.6 miles. Turn south on Grand Ave., go 0.7 miles. Turn west on Waseca St. go 0.2 miles to parking lot. Southbound: Take I-35 Exit #251B, go south 0.8 miles on Grand Ave., turn west on Waseca St., go 0.2 miles to parking lot. GPS: 46.727420, -92.190571

**Facilities:** Toilet, picnic area

**Size:** Small

**Overnight parking:** No

**Winter access:** No

**Special notes:** The trailhead is located just a few hundred yards from the Lake Superior Zoo entrance. A nearby playground offers access to seasonal public bathrooms and a picnic area.

### SECTION SNAPSHOT

**Trail Atlas map:** A-4

**Total distance:** 2.1 miles (Additional 0.2-mile spur trail from Waseca Street Trailhead)


**Elevation change:** There is some climbing and descending along rock ridges followed by a sustained climb along Keene Creek.

**Hazards and concerns:** Use caution when crossing Cody Street. Pay attention to signage to stay on the Superior Hiking Trail.

**Synopsis:** This section features multiple encounters with the Cross City Trail, a multi-use path; a short climb along Kingsbury Creek to rocky outcrops and wide views; and many intersections with roads and bike trails. A close encounter with Keene Creek punctuates the northeastern end of this section.

MILEAGE	Northbound	Southbound
<b>Waseca Street Trailhead</b>	<b>0.0</b>	<b>2.3</b>
<i>Spur from Waseca Street Trailhead</i>	0.2	2.1
I-35 overpass	1.0	1.3
Short N. 66th Avenue W. roadwalk	1.2	1.1
Cody Street crossing	1.2	1.1
Westgate Boulevard roadwalk south end	1.2	1.1
Westgate Boulevard roadwalk north end	1.4	0.9
Railroad bridge	1.8	0.5
Overhead pipeline	2.0	0.3
Highland Street overpass	2.2	0.1
Keene Creek	2.3	0.0
<b>Skyline Parkway Trailhead</b>	<b>2.3</b>	<b>0.0</b>

### The Duluth SHT: A Rugged, Urban Trail Experience

**Loved, but not to death.** The Duluth SHT is enjoyed much by locals but rarely experiences the kind of use seen at more popular destinations up the shore. It is very possible to travel several miles without encountering another trail user. 

## ■ Skyline Parkway Trailhead to Haines Road Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Northbound: Take I-35 Exit #249. Turn north, cross bridge, turn east onto Skyline Parkway. Drive 2.4 miles, turn northeast to stay on Skyline Parkway, cross Highland St., turn south into parking lot. Southbound: Take I-35 Exit #252. Turn north, go 0.8 miles. Turn west on Highland St., go 1.1 miles, turn northeast on Skyline Parkway, turn south into parking lot. GPS: 46.750537, -92.187057

**Facilities:** None

**Size:** Medium

**Overnight parking:** No

**Winter access:** No

**Special notes:** This trailhead is shared with mountain bikers.

### SECTION SNAPSHOT

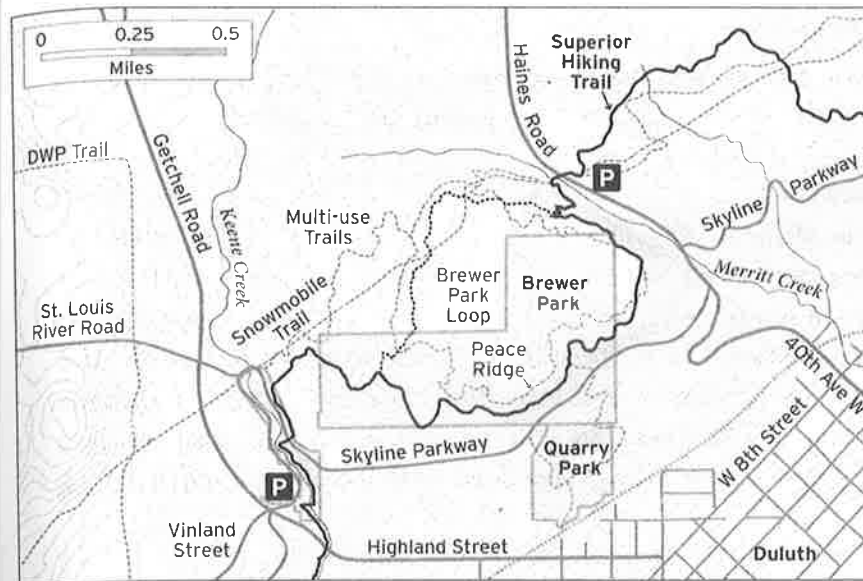
**Trail Atlas map:** A-4

**Total distance:** 2.6 miles

**Elevation change:** This section features steep elevation changes on both sides of the ridgeline.

**Hazards and concerns:** Be careful on steep stairs near Keene Creek. Use caution when crossing Skyline Parkway. Pay attention to signage to stay on the SHT at several trail junctions.

**Synopsis:** After a short walk along Keene Creek, the Trail crosses Skyline Parkway and continues through woods to a ridgeline with several rocky overlooks and many viewpoints, most notably Peace Ridge. The Trail descends several switchbacks, crosses Merritt Creek, and travels through a tunnel under Haines Road. The Brewer Park Loop Spur offers an enjoyable day trip option from either end of this section.



### SPUR TRAIL

■ **Brewer Park Loop.** This 0.9-mile spur trail through a wooded city park creates an enjoyable loop accessible from either Skyline Parkway Trailhead or Haines Road Trailhead.

MILEAGE	NORTHBOUND	SOUTHBOUND
<b>Skyline Parkway Trailhead</b>	<b>0.0</b>	<b>2.6</b>
Keene Creek	0.2	2.4
W. Skyline Parkway crossing	0.3	2.3
Brewer Park Loop spur west junction	0.9	1.7
Peace Ridge	1.5	1.1
Brewer Park Loop spur east junction	2.3	0.3
Tunnel under Haines Road	2.5	0.1
Spur to Haines Road Trailhead	2.6	0.0
<b>Haines Road Trailhead</b>	<b>2.6</b>	<b>0.0</b>

## Haines Road Trailhead to North 24<sup>th</sup> Avenue West Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #253B, turn north on 40th Ave. W., go 1.7 miles to parking lot on right. GPS: 46.762386, -92.170095

**Facilities:** None

**Size:** Medium

**Overnight parking:** No

**Winter access:** Yes

**Special notes:** This trailhead is shared with mountain bikers and other users of multi-use trails in the area. It may be full during peak times, so consider having an alternate parking option in mind. A short sidewalk spur along Haines Road leads to the main Superior Hiking Trail.

### SECTION SNAPSHOT

**Trail Atlas maps:** A-4, A-5

**Total distance:** 2.8 miles

**Elevation change:** There are steep areas on this section, primarily around Skyline Parkway.

**Hazards and concerns:** Use caution when crossing Skyline Parkway.

**Synopsis:** The Superior Hiking Trail traverses rolling hills with several rocky knob vistas before descending and crossing Skyline Parkway. After a long boardwalk through a wet area, the Trail passes through Lincoln Park and crosses Miller Creek.

MILEAGE	Northbound	Southbound
<b>Haines Road Trailhead</b>	<b>0.0</b>	<b>2.8</b>
<i>Spur from Haines Road Trailhead</i>	0.0	2.8
Power line corridor	0.8	2.0
W. Skyline Parkway crossing	1.6	1.2
N. 27th Avenue W. crossing	2.2	0.6
W. 10th Street roadwalk south end	2.2	0.6
W. 10th Street roadwalk north end	2.3	0.5
Lincoln Park Drive crossing	2.6	0.2
Miller Creek bridge	2.7	0.1
N. 24th Avenue W. crossing	2.7	0.1
<b>N. 24th Avenue W. Trailhead</b>	<b>2.8</b>	<b>0.0</b>

### The Duluth SHT: A Rugged, Urban Trail Experience

**Sharing recreational lands, harmoniously.** The SHT crosses and overlaps with several mountain bike trails that are part of the Duluth Traverse network of bike trails. Those crossings are well-marked, but in the few places the SHT is routed onto a mountain bike trail. Be alert and watch for cyclists. ⚠️

## North 24<sup>th</sup> Avenue West Trailhead to Rose Garden Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #255A, go 1.5 miles, turn south at stoplight onto Piedmont Ave., turn south onto N. 24th Ave. W., cross Skyline Parkway, and turn east into parking lot. GPS: 46.773328, -92.142340

**Facilities:** None

**Size:** Medium

**Overnight parking:** No

**Winter access:** Yes

**Special notes:** Additional trail access points are available in this section at Enger Park and Twin Ponds Trailhead (Take I-35 Exit #255A 1.5 miles, turn south at stoplight onto Piedmont Ave., turn south onto N. 24th Ave. W., turn east onto Skyline Parkway, go 1.5 miles to parking lot. GPS: 46.778729, -92.123071).

### SECTION SNAPSHOT

**Trail Atlas map:** A-5

**Total distance:** 5.4 miles

**Elevation change:** There is a significant descent from Enger Tower down to Canal Park. The Trail between Canal Park and the Rose Garden is likely the flattest area along the Superior Hiking Trail.

**Hazards and concerns:** Use caution at several road crossings.

**Synopsis:** The most urban section of the Superior Hiking Trail features encounters with the historic Enger Tower, the Minnesota Slip Bridge, the famed Aerial Lift Bridge in Canal Park Business District, and the shores of Lake Superior on the Duluth Lakewalk.

MILEAGE	Northbound	Southbound
<b>N. 24th Avenue W. Trailhead</b>	<b>0.0</b>	<b>5.4</b>
Skyline Parkway overpass	0.0	5.4
Forgotten Park	0.3	5.1
Hank Jansen Drive crossing	0.8	4.6
Short Enger Tower Drive roadwalk	1.0	4.4
American-Japanese Peace Bell in Enger Park	1.2	4.2
<i>Spur to Twin Ponds Trailhead</i>	1.4	4.0
W. Skyline Parkway crossing	1.4	4.0
W. 3rd Street crossing	1.8	3.6
W. Michigan Street crossing and sidewalk south end	2.2	3.2
W. Michigan Street sidewalk north end	2.3	3.1
Interstate 35 footbridge	2.3	3.1
Railroad crossing	2.5	2.9
Minnesota Slip Bridge	3.3	2.1
Aerial Lift Bridge	3.6	1.8
Duluth Lakewalk west end	3.7	1.7
Duluth Lakewalk east end	5.1	0.3
<b>Rose Garden Trailhead</b>	<b>5.4</b>	<b>0.0</b>

## Rose Garden Trailhead to Hartley Nature Center Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #258, turn north on 21st Ave. E., go 200 feet to London Road. Turn west on London Rd. at traffic light, go 7 blocks to parking lot on left. GPS: 46.798732, -92.079603

**Facilities:** None

**Size:** Medium

**Overnight parking:** No

**Winter access:** Yes

**Special notes:** Three-hour limit at Rose Garden parking area. Additional access points are available in this section at Chester Bowl Trailhead (Take I-35 exit #256A, continue northeast on Mesaba Ave., go 1.3 miles to E Skyline Parkway. Turn east on E Skyline Parkway, go 1.4 miles, then turn west onto Chester Park Dr. to parking lot. GPS: 46.813031, -92.092515).

### SECTION SNAPSHOT

**Trail Atlas maps:** A-5, A-6

**Total distance:** 4.4 miles

**Elevation change:** A long but fairly gentle climb from the Rose Garden through Chester Park. There are a couple of steep stairways on the northern half of this section.

**Hazards and concerns:** Use caution at road crossings and on roadwalks.

**Synopsis:** From the Rose Garden, the Superior Hiking Trail ascends to the Chester Creek gorge and travels along and above the scenic creek and its waterfalls. The Trail passes through the heart of the University of Minnesota campus en route to Bagley Nature Area and a unique viewing platform at the top of Rock Hill. Inside Hartley Park, the Trail climbs to several seasonal viewpoints, then descends again to pass Hartley Pond and Hartley Nature Center.

**Pro tip:** There are abundant opportunities for loops and extended ad-

ventures using the many hiking and multi-use trails that connect Chester Park, Bagley Nature Area, and Hartley Park.

### SPUR TRAILS

- **Bagley Nature Area Campground.** This 0.4-mile spur trail leads into the heart of Bagley Nature Area with a small campground. Sites may be reserved ahead of time or available on a walk-in basis, and payment is required.
- **Rock Knob.** Near Hartley Pond, this 0.3-mile spur trail ascends to the top of a scenic peak.

MILEAGE	Northbound	Southbound
<b>Rose Garden Trailhead</b>	<b>0.0</b>	<b>4.4</b>
London Road crossing	0.1	4.3
S. 14th Avenue E. sidewalk south end	0.1	4.3
N. 14th Avenue E. sidewalk north end	0.4	4.0
E. 4th Street crossing, Chester Park boundary	0.4	4.0
E. 9th Street overpass	1.3	3.1
Chester Bowl Trailhead	1.4	3.0
N. 19th Avenue E. crossing	1.6	2.8
W. College Street crossing	1.6	2.8
Junction Avenue sidewalk south end	1.6	2.8
Junction Avenue sidewalk north end, crossing	2.0	2.4
Bagley Nature Area viewing platform	2.2	2.2
<i>Spur to Bagley Nature Area fee campground</i>	2.5	1.9
W. Arrowhead Road crossing	2.7	1.7
Old Hartley Road junction	3.0	1.4
<i>Spur to Rock Knob</i>	4.0	0.4
Spillway bridge	4.1	0.3
<b>Hartley Nature Center Trailhead</b>	<b>4.4</b>	<b>0.0</b>

## Hartley Nature Center Trailhead to Martin Road Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #258, turn north on 21st Ave. E., go 0.7 miles. Turn north on Woodland Ave., go 2.6 miles. Turn west on Hartley Nature Center driveway to parking lot. GPS: 46.838725, -92.081437

**Facilities:** Toilet

**Size:** Large

**Overnight parking:** No

**Winter access:** Yes

**Special notes:** Trailhead is shared with other visitors to the park and Hartley Nature Center.

### SECTION SNAPSHOT

**Trail Atlas map:** A-6

**Total distance:** 3.0 miles

**Elevation change:** This is a very gentle section with large parts on roads.

**Hazards and concerns:** Use caution at road crossings and on roadwalks.


**Synopsis:** The Superior Hiking Trail leaves Hartley Nature Center and follows a mix of trail, sidewalk, and roadwalk through quaint Duluth neighborhoods and between cemeteries. A highlight of the section is the cliffside vista above Amity Creek as the Trail passes through Downer Park.

**Pro tip:** Hartley Nature Center, an independent nonprofit organization, offers snowshoe and Nordic ski rentals in the winter and programs for the general public throughout the year focused on a wide range of natural history topics.

MILEAGE	Northbound	Southbound
<b>Hartley Nature Center Trailhead</b>	<b>0.0</b>	<b>3.0</b>
Woodland Avenue sidewalk west end	0.2	2.8
Woodland Ave sidewalk east end, crossing	0.4	2.6
Carlisle Avenue roadwalk west end	0.4	2.6
Carlisle Avenue roadwalk east end	0.7	2.3
Vermilion Road roadwalk south end	0.7	2.3
Vermilion Road roadwalk north end	1.6	1.4
Pleasant View Road crossing	2.5	0.5
<b>Martin Road Trailhead</b>	<b>3.0</b>	<b>0.0</b>

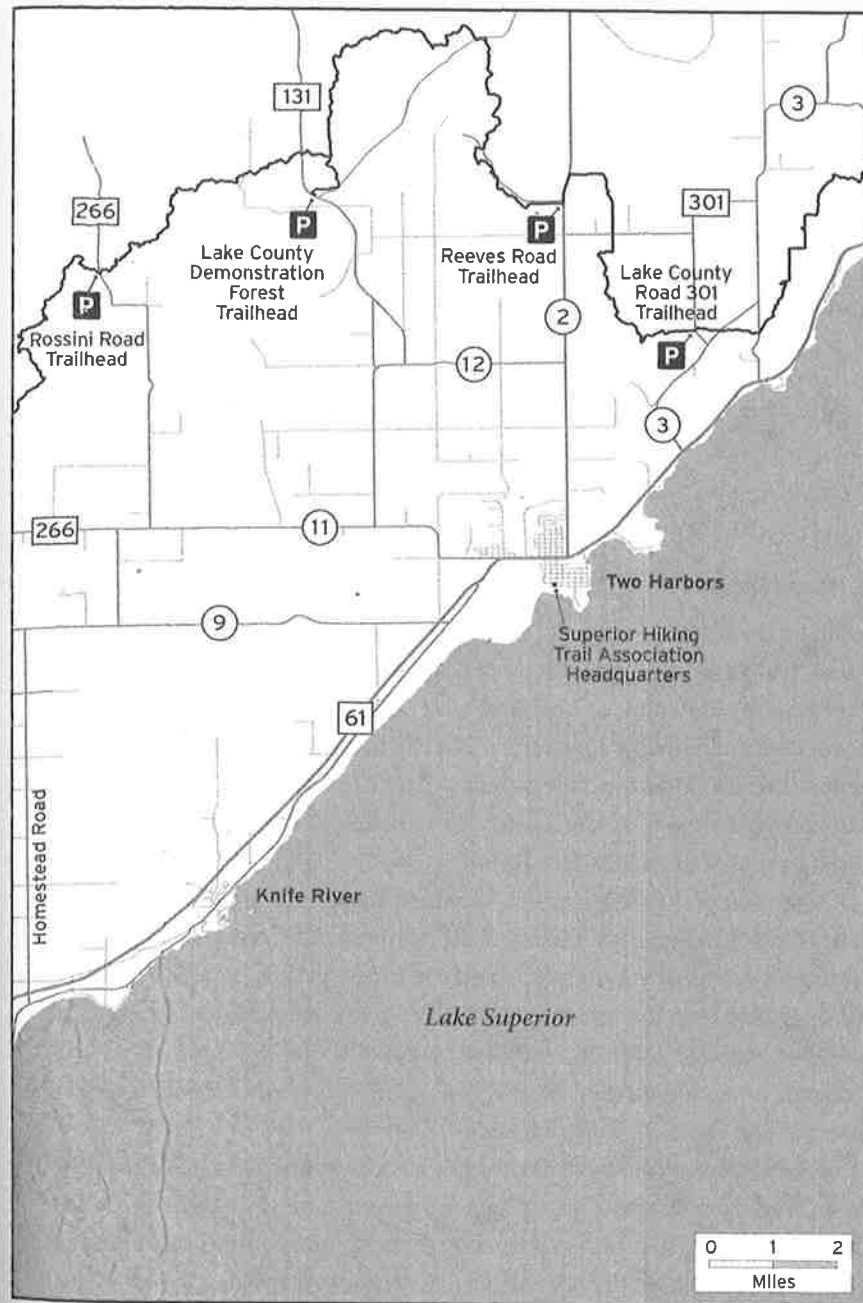
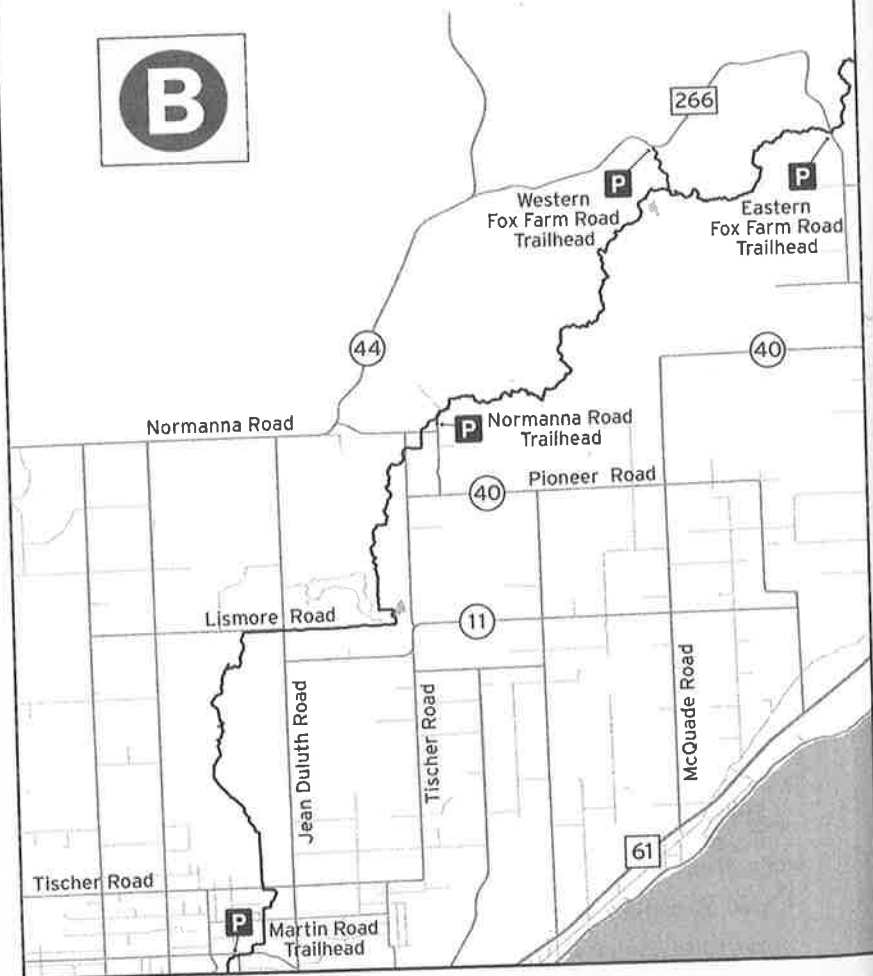
## The Duluth SHT: A Rugged, Urban Trail Experience

A few things to note about the Duluth SHT:

- Winter use is ideal: The Trail is well-packed by snowshoers, hikers, and runners all winter long. Snowshoes are not always needed to enjoy the Duluth SHT.
- Watch out for “social trails”: Neighborhood residents come and go from the SHT on informal trails. Watch for blue blazes and SHT signs to keep on the Trail.
- The Duluth SHT may best be enjoyed in combination with other Duluth amenities. Take advantage of the city’s offerings, from the fine shops in the Lincoln Park Craft District and Canal Park to the restaurants, lodges, and other recreational opportunities that make Duluth a regional destination. 



## Martin Road Trailhead to Lake County Road 301 Trailhead





## Martin Road Trailhead to Lake County Road 301 Trailhead

### Overview

Leaving the urban sections of the Superior Hiking Trail south of **Martin Road Trailhead**, the Trail wanders through actively-managed forest and past several small ponds. The Trail often affords a pleasant open feeling, particularly along the southern parts of this segment, where the Trail shares the route of the North Shore State Trail (NSST). There is an impressive bridge over the Lester River before the Trail winds through cedars on its way to Lismore Road.

After a short walk alongside **Lismore Road** and crossing Jean Duluth Road, the Superior Hiking Trail heads back into the woods to the wide North Shore State Trail, where the broad path is ideal for appreciating wildflowers and spotting wildlife. A giant white pine is a reminder to follow signage carefully; the Trail veers off the NSST here on its way through low-lying terrain. As the Trail nears Normanna Road, it shares the route of the NSST once again.

From **Normanna Road Trailhead**, a short spur trail connects to the main Superior Hiking Trail. The Trail passes a series of beaver ponds before climbing to a hill in a managed forest. In addition to the joy of watching forests regenerate, the beauty of the Sucker River is a highlight of this section. A spur trail to the Western Fox Farm Road Trailhead leads to an overlook of the area and a long descent.

The spur trail from **Western Fox Farm Road Trailhead** ascends steadily after crossing the Sucker River. The Superior Hiking Trail passes multiple forestry kiosks in this section, skirts the edge of Fox Farm Pond, and passes through several open areas. The Trail crosses the North Shore State Trail several times.

From the **Eastern Fox Farm Road Trailhead**, the Superior Hiking Trail continues through forests managed by Saint Louis County, encounters the West Branch of the Knife River multiple times, travels through moose-inhabited woods near beaver ponds, and ascends to seasonal views of Lake Superior and legacy pines. A descent to Rossini Road features the noteworthy, but perhaps slightly underwhelming 12 Mile View.

From **Rossini Road Trailhead**, the Superior Hiking Trail crosses several creeks and passes ponds on gentle terrain. McCarthy Creek Falls, a highlight of this section, varies in size and waterflow depending on the season. The rocky path crosses a small stream and the Drummond Grade before climbing to a spur trail to the Lake County Demonstration Forest Trailhead and trail network.

A spur trail from the **Lake County Demonstration Forest Trailhead** traverses the Demonstration Forest en route to the main Superior Hiking Trail. Moderately scenic Wholly Hill and the undeniably scenic West Branch of the Stewart River are two of the highlights in this rolling section. Underneath elevated railroad tracks, thousands of tiny taconite pellets carpet the Trail, a clue to one of the industrial strongholds of the region. Reeves Falls, a small but pretty waterfall, can be found on the campsite spur trail, but it may dry up by the end of summer. After several crossings, the Trail follows Reeves Road to its trailhead adjacent to Highway 2.

The **Reeves Road Trailhead** brings the Superior Hiking Trail to a brief roadwalk on Highway 2, after which the Trail joins a snowmobile trail across private property. This section claims the highest density of private lands anywhere on the Trail. Tread lightly and gratefully across this area. A steep, rocky descent and a crossing of Gun Club Road come shortly before the Trail follows Silver Creek off-and-on, before veering away from the creek toward the Lake County Road 301 Trailhead. ⚓

## ■ Martin Road Trailhead to Lismore Road

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #258, turn north on 21st Ave. E., go 0.7 miles. Turn north on Woodland Ave., go 1.2 miles. Turn east on Snively Rd., go 1.0 miles to intersection with Jean Duluth Rd. Continue on Jean Duluth Rd. 1.9 miles. Turn west on Martin Rd., go 1.2 miles to parking lot on left. GPS: 46.865322, -92.070977

**Facilities:** Toilet, trail register

**Size:** Large

**Overnight parking:** Allowed

**Winter access:** Yes

**Special notes:** Trailhead is shared with North Shore State Trail (NSST) users and may be closed in spring during wet conditions.

### SECTION SNAPSHOT

**Trail Atlas maps:** B-1, B-2

**Total distance:** 6.8 miles

**Elevation change:** Very minimal. This is among the flattest sections of the Superior Hiking Trail.

**SHT campsites:** Two

**Hazards and concerns:** There are several road crossings, including a short roadwalk along and crossing of Martin Road. Be aware of other users on the multi-use North Shore State Trail, particularly in winter.

**Synopsis:** This is a relatively easy section that partially shares the route of the North Shore State Trail. It features several ponds and crossings over Amity Creek and Lester River.

**Pro tip:** The NSST can be damp during spring and is not regularly mowed during the summer.

### SPUR TRAIL

■ **Del's Pond.** This short spur trail leads to the shore of this lovely pond—a great place to view wildlife.

### CAMPSITES

#### ▲ Bald Eagle Campsite

**Size:** Small

**Water source:** Beaver pond

Campsite features a view of the pond and a trail register.

53.1 ⊕ ⊕ 1.2, 6.7

#### ▲ White Pine Campsite

**Size:** Medium

**Water source:** Lester River

Campsite sits above the river in a cluster of pines.

54.3, 1.2 ⊕ ⊕ 5.5, 9.2

MILEAGE	Northbound	Southbound
<b>Martin Road Trailhead</b>	<b>0.0</b>	<b>6.8</b>
Vermilion Road crossing, Martin Road roadwalk, west end	0.1	6.7
Martin Road roadwalk, east end	0.3	6.5
North Shore State Trail south end	0.5	6.3
E. Branch Amity Creek bridge		
Riley Road crossing	1.0	5.8
W. Tischer Road crossing	1.8	5
Prindle Road crossing	2.3	4.5
North Shore State Trail north end	2.9	3.9
Spur to Del's Pond	3.7	3.1
Spur to Bald Eagle Campsite	4.8	2.0
Spur to White Pine Campsite	6.0	0.8
Brief overlap with North Shore State Trail, Lester River bridge, shelter	6.1	0.7
<b>Lismore Road</b>		
No trailhead. Check errata for updates.	<b>6.8</b>	<b>0.0</b>

## ■ Lismore Road to Normanna Road Trailhead

### BEGINNING TRAILHEAD

**Special notes:** At the time of writing, there is no Superior Hiking Trail trailhead at Lismore Road. Check the Trail Conditions page on the Superior Hiking Trail Association website for more up-to-date information. Please respect adjacent private property and make sure to stay on the Trail.

### SECTION SNAPSHOT

**Trail Atlas map:** B-2

**Total distance:** 6.8 miles (Additional 0.1-mile spur trail to Normanna Road Trailhead)

**Elevation change:** This is one of the flattest sections of the Superior Hiking Trail.

**SHT campsites:** One

**Hazards and concerns:** There are some road crossings, most notably Jean Duluth Road. Be aware of other users on the multi-use North Shore State Trail, particularly in winter.

**Synopsis:** This is a gentle section that shares the North Shore State Trail for a couple of miles and features crossings over Harvey Creek and French River.

### CAMPSITE

#### ▲ Lone Tree Campsite

**Size:** Small

**Water source:** Harvey Creek, located just north of the campsite  
Campsite is near an open area great for stargazing.

6.7, 5.5 ⊖ ⊕ 3.7, 7.7

MILEAGE	Northbound	Southbound
<b>Lismore Road</b>		
No trailhead. Check errata for updates.	<b>0.0</b>	<b>6.9</b>
Lonely Pine Drive crossing	0.1	6.8
Jean Duluth Road crossing	0.6	6.3
North Shore State Trail south end	0.9	6.0
North Shore State Trail north end	3.7	3.2
Lone Tree Campsite	4.7	2.2
Harvey Creek	4.8	2.1
North Shore State Trail south end	6.0	0.9
N. Tischer Road crossing		
Normanna Road crossing	6.5	0.4
French River bridge	6.8	0.1
North Shore State Trail north end, spur to Normanna Road Trailhead	6.8	0.1
<b>Normanna Road Trailhead</b>	<b>6.9</b>	<b>0.0</b>

## ■ Normanna Road Trailhead to Western Fox Farm Road Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #258, turn north on 21st Ave. E., go 0.7 miles. Turn north on Woodland Ave., go 1.2 miles. Turn east on Snively Rd., go 1.4 miles to intersection with Jean Duluth Rd. Continue on Jean Duluth Rd. 9.8 miles. Turn east on Normanna Rd., go 1.0 mile, turn east to stay on Normanna Rd., go 1.6 miles. Turn north into driveway for parking lot. GPS: 46.982799, -91.995139

**Facilities:** Toilet, kiosk

**Size:** Medium

**Overnight parking:** Allowed

**Winter access:** Yes

**Special notes:** Trailhead is shared with North Shore State Trail snowmobile users.

### SECTION SNAPSHOT

**Trail Atlas maps:** B-2, B-3

**Total distance:** 8.1 miles (Additional 0.1-mile spur trail from Normanna Road Trailhead, 0.9-mile spur trail to Western Fox Farm Road Trailhead)

**Elevation change:** While this section features more elevation change than the preceding sections, it is still very gentle with only a couple of sustained climbs.

**SHT campsites:** Two

**Hazards and concerns:** There are several junctions with other trail networks in this section.

**Synopsis:** A tour of beaver ponds and actively-managed forests, including a few “rendez-views” of and with the Sucker River.

**Pro tip:** Trail between Normanna Road Trailhead and Heron Pond Campsite is a favorite for snowshoeing.

### SPUR TRAIL

■ **Western Fox Farm Road Trailhead.** Spur trail leads 0.9 miles downhill, crossing the Sucker River on an A-frame bridge and arriving at the Western Fox Farm Road Trailhead.

### CAMPSITES

#### ▲ Heron Pond Campsite

**Size:** Medium

**Water source:** Nearby pond

Campsite features semi-private tent pads and excellent wildlife viewing.

9.2, 3.7 ⊕ ⊕ 4.0, 6.7

#### ▲ Sucker River Campsite

**Size:** Medium

**Water source:** Sucker River

Tall pines with minimal undergrowth give this campsite an open feel.

7.7, 4.0 ⊕ ⊕ 2.7, 10.0

MILEAGE	Northbound	Southbound
<b>Normanna Road Trailhead</b>	<b>0.0</b>	<b>9.1</b>
<i>Spur from Normanna Road Trailhead</i>	0.1	9.0
North Shore State Trail crossings	0.3	8.8
Heron Pond Campsite	1.7	7.4
Bridge	2.6	6.5
Reservoir Road crossing, gated	2.6	6.5
Sucker River Campsite	5.7	3.4
Brief junction with North Shore State Trail, bridge, shelter	6.9	2.2
<i>Spur to western Fox Farm Road Trailhead</i>	8.2	0.9
<b>Western Fox Farm Road Trailhead</b>	<b>9.1</b>	<b>0.0</b>

## Western Fox Farm Road Trailhead to Eastern Fox Farm Road Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** Take I-35 Exit #258, turn north on 21st Ave. E., go 0.7 miles. Turn north on Woodland Ave., go 1.2 miles. Turn east on Snively Rd., go 1.4 miles to intersection with Jean Duluth Rd. Continue on Jean Duluth Rd. 9.8 miles. Turn east on Normanna Rd., go 1.0 mile, continue onto Pequaywan Lake Rd. 4.3 miles. Slight turn east onto Fox Farm Rd., go 3.2 miles to parking lot on right. GPS: 47.043111, -91.919982

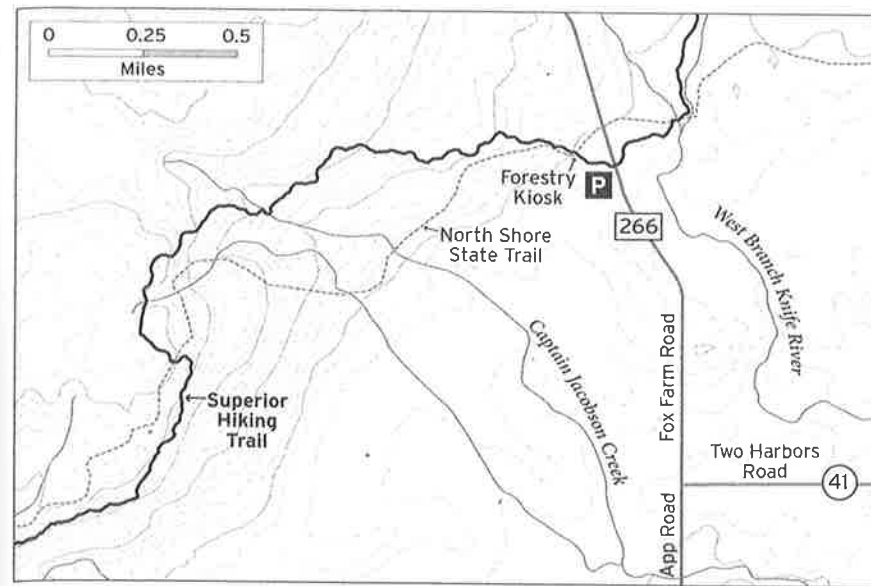
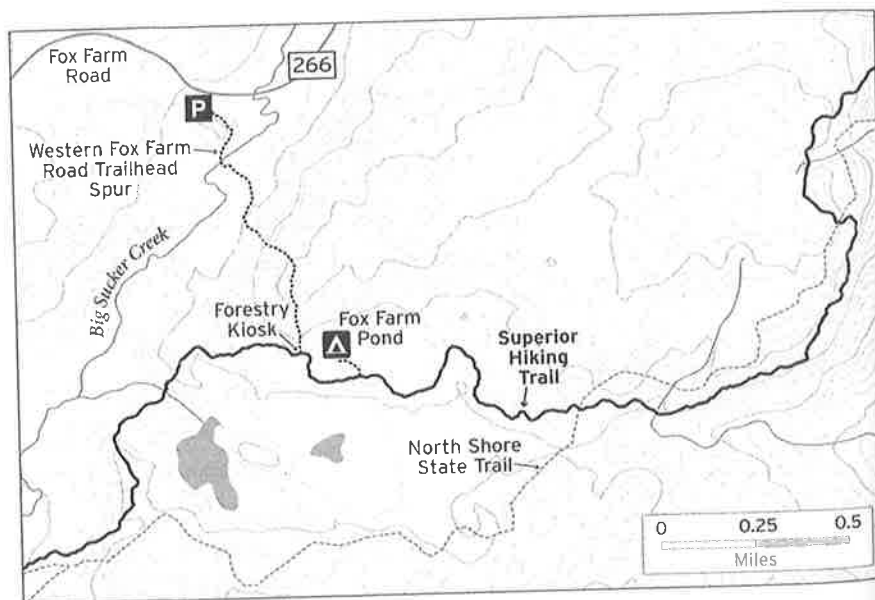
**Facilities:** None

**Size:** Small

**Overnight parking:** Allowed

**Winter access:** No

**Special notes:** Be aware there are two Superior Hiking Trail trailheads on Fox Farm Road. Western Fox Farm Road Trailhead has also gone by the nickname "Sucker River Trailhead."



### SECTION SNAPSHOT

**Trail Atlas maps:** B-3, B-4

**Total distance:** 4.0 miles (Additional 0.9-mile spur trail from Western Fox Farm Road Trailhead)

**Elevation change:** The most dramatic climb is on the spur trail from Western Fox Farm Road Trailhead to the main Superior Hiking Trail. From there, the Trail frequently rises and falls but without particularly challenging elevation changes.

**SHT campsites:** One

**Synopsis:** After crossing a bridge over the Sucker River along a spur trail from the trailhead to the main Superior Hiking Trail, the route travels through actively-managed forests and past Fox Farm Pond.

**Pro tip:** There are several crossings with the North Shore State Trail that enable users to enjoy a long loop by using both trails.

## SPUR TRAIL

- **Western Fox Farm Road Trailhead.** Spur trail leads 0.9 miles uphill, crosses the Sucker River on an A-frame bridge, and arrives at the main Superior Hiking Trail near Fox Farm Pond.

## CAMPSITE

### ▲ **Fox Farm Pond Campsite**

**Size:** Medium

**Water source:** Small beaver pond, stagnant by late summer  
Campsite frequently has reports of distant coyotes singing.  
6.7, 2.7 ⊕ ⊕ 7.3, 13.4

MILEAGE	Northbound	Southbound
<b>Western Fox Farm Road Trailhead</b>	<b>0.0</b>	<b>4.9</b>
<i>Spur from western Fox Farm Road Trailhead</i>	0.9	4.0
Forestry kiosk, register	0.9	4.0
Fox Farm Pond Campsite	1.1	3.8
North Shore State Trail crossing	1.9	3.0
North Shore State Trail crossing	3.1	1.8
Forestry kiosk	4.4	0.5
North Shore State Trail crossing	4.8	0.1
<b>Eastern Fox Farm Road Trailhead</b>	<b>4.9</b>	<b>0.0</b>

## A Public Forest Primer

At this point in the journey on the Superior Hiking Trail, a primer on public forests is in order. The SHT throughout its course is almost solely due to the existence of public land. This is land owned by citizens and managed by counties, the state of Minnesota, and the federal government.

These lands are managed for public benefit, as revenue generated from timber harvests supports county, state, and federal governments. Timber plays a vital role in the region's economy and helps keep these lands in public ownership. In essence, trees on this land are a crop harvested periodically, generating revenues for those governments. Managed by St. Louis and Lake counties, the forests in these SHT sections are in various stages of regeneration, from recently logged land to forests of aspen and white spruce that are shady, verdant, and mature—and ready for another cut.

The forests produce consumer products, like lumber and pulp for paper-making, that we all use. In addition, commercial harvests play a vital role in maintaining forest vigor. These activities along the SHT can be inconvenient for Trail users at times: the Trail can be obscured by downed trees and brush, the tread of the Trail may be damaged (temporarily) by machines, and the esthetics of a recently harvested landscape can look a bit post-apocalyptic. But what might appear as an empty landscape is actually a young forest at an early stage of the larger lifecycle of a sustainably managed natural resource. Both counties, in cooperation with the SHTA, have posted educational kiosks throughout these sections with photos highlighting the regeneration over the years. ♫

## Eastern Fox Farm Road Trailhead to Rossini Road Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** At MN-61 milepost 14.9, turn north on Homestead Rd., go 5.75 miles. Turn west on W. Knife River Rd., go 0.5 miles. Turn north on App Rd., go 1.5 miles to intersection. App Rd. changes to Fox Farm Rd. at this intersection. Continue north on Fox Farm Rd. 0.9 miles to parking lot on left. GPS: 47.044753, -91.861366

**Facilities:** None

**Size:** Small

**Overnight parking:** Allowed

**Winter access:** Yes

**Special notes:** Trailhead is shared with North Shore State Trail users.

### SECTION SNAPSHOT

**Trail Atlas map:** B-4

**Total distance:** 6.4 miles

**Elevation change:** There are several climbs on this section, including Fox Farm Hill, but it is still one of the easier sections of the Superior Hiking Trail.

**SHT campsites:** One

**Synopsis:** Highlights of this section include encounters with the West Branch of the Knife River, a large beaver pond, and a view of Lake Superior from 12 Mile View.

### CAMPSITE

#### ▲ Big Bend Campsite

**Size:** Medium

**Water source:** West Branch of the Knife River

Remote campsite often has moose signs nearby.

10.0, 7.3 ↻ ↻ 6.1, 7.2

MILEAGE	Northbound	Southbound
<b>Eastern Fox Farm Road Trailhead</b>	<b>0.0</b>	<b>6.4</b>
Fox Farm Road crossing	0.0	6.4
Brief junction with North Shore State Trail, bridge	0.3	6.1
Fox Farm Hill	1.5	4.9
West Branch Knife River bridge	3.1	3.3
Big Bend Campsite	3.5	2.9
Beaver pond	4.0	2.4
12 Mile View	5.9	0.5
<b>Rossini Road Trailhead</b>	<b>6.4</b>	<b>0.0</b>

## Rossini Road Trailhead to Lake County Demonstration Forest Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** At MN-61 milepost 14.9, turn north on Homestead Rd., go 5.75 miles. Turn east on W. Knife River Rd., go 1.4 miles. Turn north on Culbertson Rd., go 1.5 miles. Turn east on Two Harbors Rd., go 0.5 miles. Turn north on Laine Rd., go 3.5 miles. Turn west on Rossini Rd., go 1.3 miles to parking lot on left.  
GPS: 47.090624, -91.821154

**Facilities:** None

**Size:** Small

**Overnight parking:** Allowed

**Winter access:** No

**Special notes:** Trailhead is often inaccessible in early spring due to muddy conditions.

### SECTION SNAPSHOT

**Trail Atlas map:** B-5

**Total distance:** 5.6 miles (Additional 1.2-mile spur trail to Lake County Demonstration Forest Trailhead)

**Elevation change:** This is a gentle section with a few climbs of around 100 feet.

**SHT campsites:** Two

**Synopsis:** Section features relatively flat terrain, several small creeks including a waterfall at McCarthy Creek, and signs of historic railroads and mining.

### SPUR TRAIL

**Lake County Demonstration Forest Trailhead.** A 1.2-mile spur trail leads primarily downhill from the main Superior Hiking Trail, at times sharing trails from the Lake County Demonstration Forest network. The spur trail arrives at the trailhead where there is an outhouse, shelter, and parking available.

### CAMPSITES

#### ▲ McCarthy Creek Campsite

**Size:** Small

**Water source:** McCarthy Creek

Very small campsite is not appropriate for large group use. It is located near a waterfall and a trail register.

13.4, 6.1 ⊕ ⊕ 1.1, 6.6

#### ▲ Ferguson Campsite

**Size:** Small

**Water source:** A small tributary of Knife River, located just south of the campsite

Campsite is on a hill above the tributary.

7.2, 1.1 ⊕ ⊕ 5.5, 9.5

MILEAGE	Northbound	Southbound
<b>Rossini Road Trailhead</b>	<b>0.0</b>	<b>6.8</b>
Rossini Road crossing	0.0	6.8
Power line corridor	0.9	5.9
Pond	2.3	4.5
McCarthy Creek Campsite, register	3.2	3.6
McCarthy Creek waterfall	3.2	3.6
Epic tree stand	3.4	3.4
Old Drummond Road crossing	4.0	2.8
Ferguson Campsite	4.3	2.5
Lake County Road 131 crossing, short roadwalk	5.0	1.8
Mining test pit	5.1	1.7
Spur to Lake County Demonstration Forest Trailhead	5.6	1.2
<b>Lake County Demonstration Forest Trailhead</b>	<b>6.8</b>	<b>0.0</b>

## ■ Lake County Demonstration Forest Trailhead to Reeves Road Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** At MN-61 milepost 23.8, turn west onto Stanley Road, cross southbound MN-61, turn north on Shoreview Road, go 2.4 miles. Turn north on Lake County Road 12, go 2.4 miles. Turn northwest on Moen Road, go 1.1 miles. Moen Road becomes Drummond Grade, continue 2.0 miles to parking lot on right. GPS: 47.107298, -91.748713

**Facilities:** Toilet, kiosk, shelter, and picnic area

**Size:** Medium

**Overnight parking:** Allowed

**Winter access:** Yes

**Special notes:** Trailhead is shared with other users of the Lake County Demonstration Forest multi-use trails.

### SECTION SNAPSHOT

**Trail Atlas maps:** B-5, B-6

**Total distance:** 9.7 miles (Additional 1.2-mile spur trail from Lake County Demonstration Forest Trailhead)

**Elevation change:** The most prolonged climb of the section is found on the spur trail from the Lake County Demonstration Forest. The Superior Hiking Trail is rolling with a few steep areas but predominantly gentle terrain.

**SHT campsites:** Two

**Hazards and concerns:** There is a known poison ivy area marked with a sign. Use caution on a 0.5-mile roadwalk along Reeves Road.

**Synopsis:** A long, relatively level section marked by current and historic railroads and the Stewart River.

**Pro tip:** Enjoy a variety of loop options using the multi-purpose trails at the Lake County Demonstration Forest.

### SPUR TRAIL

■ **Lake County Demonstration Forest Trailhead.** A 1.2-mile spur trail leads primarily downhill from the main Superior Hiking Trail, at times sharing trails from the Lake County Demonstration Forest network.

### CAMPSITES

#### ▲ Stewart River Campsite

**Size:** Medium

**Water source:** Stewart River

Campsite has a trail register and, while not large, is a better option for group use than other nearby campsites.

6.6, 5.5 ⊕ ⊕ 5.7, 9.7

#### ▲ Reeves Falls Campsite

**Size:** Small

**Water source:** An unreliable creek which features a seasonal waterfall. Despite signage, this campsite can be easy to miss due to being located near an overlap with Reeves Road.

9.5, 4.0 ⊕ ⊕ 5.7, 14.1

MILEAGE	Northbound	Southbound
<b>Lake County Demonstration Forest Trailhead</b>	<b>0.0</b>	<b>11.4</b>
<i>Spur from Lake County Demonstration Forest Trailhead</i>	1.2	10.2
Glacial erratic	2.6	8.8
Historic railroad cut	4.5	6.9
Stewart River Campsite, register	5.4	6.0
North Shore State Trail west end	6.5	4.9
North Shore State Trail east end	6.6	4.8
Poison ivy area	8.7	2.7
Reeves Road crossing	9.4	2.0
Reeves Falls Campsite	9.4	2.0
Reeves Road crossing	9.6	1.8
Power line corridor	10.3	1.1
Gate	10.4	1.0
Reeves Road roadwalk west end	10.9	0.5
Reeves Road roadwalk east end	11.4	0.0
<b>Reeves Road Trailhead</b>	<b>11.4</b>	<b>0.0</b>

## Reeves Road Trailhead to Lake County Road 301 Trailhead

### BEGINNING TRAILHEAD

**Directions and GPS Waypoints:** At MN-61 milepost 26.0, turn north on Hwy. 2, go 5.5 miles. Turn left on Reeves Rd., take left into parking lot. GPS: 47.105312, -91.668021

**Facilities:** None

**Size:** Medium

**Overnight parking:** Allowed

**Winter access:** Unlikely

**Special notes:** Trailhead can get very muddy during spring or after large rain events.

### SECTION SNAPSHOT

**Trail Atlas maps:** B-6, B-7

**Total distance:** 5.4 miles

**Elevation change:** Mostly flat other than a rocky descent just north of Gun Club Road.

**SHT campsites:** One

**Hazards and concerns:** Use caution on 0.5-mile roadwalk along Minnesota Highway 2 and at a small rock cliff.

**Synopsis:** After a short roadwalk, the Superior Hiking Trail travels through woods and climbs down a steep rock cliff on stone steps. The Trail follows Silver Creek, veering away and onto a brief snowmobile trail overlap before rejoining the creek.

**Pro tip:** This section has one of the highest concentrations of private lands along the Superior Hiking Trail. Please be respectful.

### CAMPSITE

#### ▲ Silver Creek Campsite

**Size:** Medium

**Water source:** Silver Creek. Even in dry conditions there are often pools of water in the creek.

Campsite is located on public land but near many parcels of private land. Please use extra care to leave it better than you found it.

9.7, 5.7 ⊕ ⊕ 8.4, 11.6

MILEAGE	Northbound	Southbound
<b>Reeves Road Trailhead</b>	<b>0.0</b>	<b>4.9</b>
Minnesota Highway 2 roadwalk south end	0.0	4.9
Minnesota Highway 2 roadwalk north end	0.5	4.4
Rock cliff	1.3	3.6
Gun Club Road crossing	1.5	3.4
Silver Creek Campsite	3.7	1.2
Small bridge	4.6	0.0
<b>Lake County Road 301 Trailhead</b>	<b>4.9</b>	<b>0.0</b>