

exploreminnesota.com

MINNESOTA

2019-20 BIKING GUIDE



EXPLORE
MINNESOTA

#ONLYINMN

ALEXANDRIA *Minnesota*

Visit AlexandriaMN.com

Hit the trails in the Alexandria Lakes Area! Pedal the paved 55-mile Central Lakes State Trail or go off-road at one of the area parks.



Thriving Downtown • Plentiful Parks
More Than 300 Lakes • Museums
Winery, Distillery & Brewery
Glacial Lakes Scenic Byway
Variety of Lodging Options

JAKE'S BIKES
It's all about the Experience!
SALES • SERVICE • RENTALS
320.219.7433
 Right off the Central Lakes Trail
 419 N. Nokomis Street
JAKESBIKES.COM

Lake Darling Resort
NEW!!

 Luxury 4 & 5 Bedroom Villas
 (218) 851-9301
www.LakeDarlingResort.com

SPIRIT COVE LODGE
Bed & Breakfast
 Alexandria Lakes Area
Simply Exquisite!
 1/4 mile from Central Lakes Trail
320-834-7250
www.spiritcovelodge.com

On the Central Lakes Trail, just
 3 Miles from Downtown Alexandria

BROPHY LAKE
 Beautiful Lake With Great Fishing
 New & Modern Cabins
 Open Year Round
320-762-8386 1532 Brophy Park Rd. NW • Alexandria
www.brophylakeresort.com
 Bringing Families Together
 Since 2008

Arrowwood
 RESORT & CONFERENCE CENTER
 Guestrooms, Townhomes,
 & Cottages, Indoor Waterpark,
 Golf, Watersport Rentals, Spa,
 Lake Café, Deck Bar & Grill
866-386-5263
www.ArrowwoodResort.com

DOWN TOWN Alexandria
 Boutiques • Eateries • Antiques
DowntownAlexandria.com

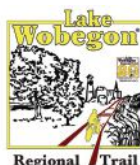


Conquer Both Trails!



RailTrails100.com

▶ **120 miles**
of paved trail.
Fergus Falls to Waite Park



CentralLakesTrail.com
LakeWobegonTrail.com

BIKE RED WING

Located just an hour south of the Twin Cities, create a fun & memorable getaway exploring the beauty of the bluffs right on the Mississippi River

Mountain Biking at
Welch Village
Mountain Bike Park
MODERATE TO ADVANCED RIDERS

19.7 Paved Miles on
Cannon Valley Trail
FOR ALL RIDERS

Mountain Biking at
Memorial Park
BEGINNER TO ADVANCED RIDERS

With a variety of bike trails plus great dining, shopping & lodging, Red Wing has something for everyone

Start planning today!
Visit www.RedWing.org



exploreminnesota.com

MINNESOTA

2019-20 BIKING GUIDE



EDITOR

Brian Fanelli

COMMUNICATIONS MANAGER

Erica Wacker

GRAPHIC DESIGNER

Melanie Graves

BUSINESS OFFICE

121 Seventh Place E., Suite 360
St. Paul, MN 55101

PRODUCED BY GREENSPRING MEDIA, LLC

PUBLISHER

Tammy Galvin

EXECUTIVE DIRECTOR OF CONTENT

Mike Berger

SALES REPRESENTATIVES

Craig Dormanen, Sue Fuller, Kristin Gantman

EDITOR

Claire Noack

ART DIRECTOR

Sommer Stelzer

PRODUCTION MANAGER

Cindy Marking

AD TRAFFIC COORDINATOR

Amanda Wadeson

EDITORIAL & BUSINESS OFFICE

Greenspring Media

706 Second Ave. S., Suite 1000

Minneapolis, MN 55402

612-371-5800 Fax 612-371-5801

mnmo.com

Printed in the U.S.A.

The pages between the covers of this magazine (except for any inserted material) are printed on paper made from wood fiber that was procured from forests that are sustainably managed to remain healthy, productive, and biologically diverse.

Proctor ... Amazing Trails

Willard Munger ~ Spirit Mountain ~ Jay Cooke



Easy Drive from the Twin Cities and Wisconsin
Exit 249 off I-35



218-624-1026



218-628-0668



218-628-3691

VisitProctor.com

HANSI



CONTENTS

B-8 TWIN CITIES BIKING VACATION

View iconic landmarks while riding local trails around the Twin Cities

B-10 BIKE-FRIENDLY LODGING

Minnesota lodging facilities that embrace their pedaling patrons

B-12 WINTER BIKING

Fat biking and winter road biking keep cyclists on two wheels during the winter

B-14 PAVED TRAILS

Plan your ride on more than 30 trails statewide

B-24 MOUNTAIN BIKING

Everything from rolling gravel roads to lung-busting ski hills

B-30 BIKING LISTINGS

Where to shop, where to play, where to rest your head at the end of the day

B-32 BIKING EVENTS

A small sampling of not-to-miss races and biking events throughout the state

A special supplement produced by Minnesota Monthly in partnership with the State of Minnesota

RESOURCES

EXPLORE MINNESOTA

exploreminnesota.com • 888-VISITMN

Travel information: where to stay (hotels, resorts, B&Bs, campgrounds) and other fun things to do on your trip, including information on local attractions, festivals, trail reports and more

MINNESOTA DEPARTMENT OF NATURAL RESOURCES

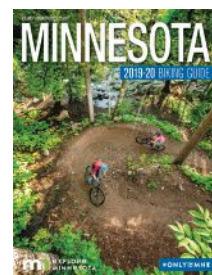
mndnr.gov • 651-296-6157 • 888-646-6367

Information on biking state trails, state parks and state forests

MINNESOTA DEPARTMENT OF TRANSPORTATION

mndot.gov • 651-296-3000 • 800-657-3774 (from MN)

Information on statewide planning, open houses, workshops, conferences, and links to many bicycle maps and other resources



ON THE COVER

Two mountain bikers ride around a bend on the Duluth Traverse trail

PHOTO BY

Hansi Johnson



Visit the Gateway to Twin Cities Biking

- Mississippi River Trail / U.S. Bike Route
- Hundreds of miles of interconnected routes
- Check out our Blog for unique biking opportunities
- 21 lodging properties



tcgateway.com/biking

Anoka • Blaine • Coon Rapids • Fridley • Ham Lake • Lino Lakes • Mounds View • New Brighton • Shoreview

CYCLE AROUND BLOOMINGTON

FIND THE PERFECT SCENIC ADVENTURE

Cyclists of all skill levels can find enjoyment on many of our picturesque trails. And when you're done cycling, pedal your way to Mall of America® for indoor entertainment, tax-free shopping, dining and attractions for all ages. Then when it's time to call it a day, kick back and relax at your choice of 40+ hotels.

- Minnesota Valley National Wildlife Refuge
- Bass Pond Loop
- Bloomington Bluff Trails
- Hyland Lake Park Reserve
- Long Meadow Lake Trail
- Normandale Lake Park



Visit BloomingtonMN.org/biking

Ready, Set, Ride

PICTURE THIS: THE LANDSCAPE ROLLING OUT in front of you. Sunlight peeking through the trees. The wind rushing past as you pedal along Minnesota's extensive network of paved and rugged routes. Whether you're a leisurely cruiser, a clipped-in roadie or somewhere in between, there's no denying the rush of freedom that comes from the saddle of a bicycle.

Home to some of the best biking trails in the country, Minnesota is a cyclist's paradise. Our 4,000-mile network of paved trails includes scenic lake loops, leisurely city rides, shaded routes through hardwood forests and vista-filled rambles along some of Minnesota's mightiest rivers. Think Minnesota is flat? Nope. Mountain bikers will find plenty of invigorating, white-knuckle trails throughout the state, as well.

We have bike-sharing programs in multiple cities, tune-up stations on many popular trails and places to

mountain bike in the middle of winter. We have charitable bike races, professional bike races and races just for the fun of it. Our biking culture is enthusiastic and welcoming, with friendly local bike shops and riding groups hosting events and spreading the joy of two-wheeled travel. Locals love making our state more accommodating for riders: There are over 23 towns designated as "Bicycle Friendly Communities."

Whether you're completely new to cycling or a veteran pedaler, consider this your go-to resource for all things biking in the state. Now all you need to do is grab your helmet, choose a trail and go!

For maps, lists of biking events and clubs, safety tips and trip ideas from local bike ambassadors, visit exploreminnesota.com.

AS YOU READ THIS GUIDE,

PLEASE NOTE THAT CERTAIN TRAIL "EXTRAS" ARE HIGHLIGHTED WITH THESE ICONS:



TUNE-UP STATIONS

Need to fix a flat tire or tighten a loose bolt on the trail? No problem. More than 40 permanent bicycle tune-up stations are situated along Minnesota state trails and in state parks. Each station offers free tools and an air compressor tire pump for easy and convenient maintenance. For a full list of locations, visit mndnr.gov/tuneup.



WINTER FAT BIKING

Wide rims and huge wheels with giant treads can conquer almost any terrain—even snow- and ice-covered Minnesota landscapes. Join the growing number of cyclists who love the thrill of fat biking in winter, available in certain locations, designated with these icons. (While groomed snowmobile and ski trails may look appealing to those interested in fat biking, many of these trails aren't open to other uses.) For up-to-date information on where to ride fat bikes on state trails and in state parks/recreation areas, visit mndnr.gov/fatbike.



BICYCLE FRIENDLY COMMUNITIES

These Minnesota communities saw the value in becoming more bike-friendly places to live and received national recognition from the League of American Bicyclists as being Bicycle Friendly Communities. Trails with this icon connect to one or more of these communities. For the most up-to-date list, visit bikeleague.org/community.



///// Plan a Biking Trip to the Brainerd Lakes Area /////

Enjoy all the area has to offer from centrally located Brainerd and Baxter.
 Maps, routes, lodging and visitor information available online.

Paul Bunyan Trail • Gull Galivant Route • Cuyuna Lakes Trail • Cuyuna Lakes Mountain Bike Trails
 Pillsbury Forest Mountain Bike Trails



218-822-5634
 6967 Lake Forest Road
 Baxter, MN 56425



218-829-0391
 7836 Fairview Rd
 Baxter, MN 56425



218-822-1133
 7208 Fairview Road
 Baxter, MN 56425



218-825-7234
 7376 Wolda RD
 Baxter, MN 56425



218-828-2161
 15058 Dellwood Dr
 Baxter, MN 56425



218-829-3080
 14466 Dellwood Dr
 Baxter, MN 56425



218-824-3232
 15739 Audubon Way
 Baxter, MN 56425



Lum Park Campground
 218-828-2320
 1619 NE Washington St.
 Brainerd, MN 56401



218-828-0027
 11617 Andrew St.
 Brainerd, MN 56401



218-828-4288
 14341 Edgewood Dr
 Baxter, MN 56425



NORTH LOOP, MINNEAPOLIS



MIDTOWN GREENWAY, MINNEAPOLIS



1.5 MILLION BIKE RIDES ARE TAKEN ON THE MIDTOWN GREENWAY IN MINNEAPOLIS EVERY YEAR.

Two Wheels, Twin Cities

BIKING IN THE TWIN CITIES IS A BIT LIKE BITING INTO A JUICY LUCY.

It seems relatively straightforward at first (“How is this different from a cheeseburger?”), but there’s no denying the truth after your first ride. Like the Juicy Lucy, biking in the Twin Cities is more than the sum of its parts—and it’s better here than practically anywhere else in America. So, hop on your pedal-powered chariot (or rent one from Wheel Fun Rentals, various bike shops, or the Nice Ride or Lime bike-sharing services) and take in the sights, sounds and scenic beauty on these popular paved and unpaved trails in Minneapolis-St. Paul.

CHAIN OF LAKES

A local favorite, especially in the summer months, is the 15-mile bike path circling the interconnected Chain of Lakes in Minneapolis: Brownie Lake, Cedar Lake, Lake of the Isles, Bde Maka Ska and Lake Harriet. Separate pedestrian and biking trails create less congestion and more stress-free cycling. Rentals are available at Lake Harriet and Maka Ska.

MIDTOWN GREENWAY

Stretching from the Chain of Lakes to the Mississippi River, the world-famous Midtown Greenway is like a bike highway for south Minneapolis. The 5.5-mile former railroad corridor is grade-separated from the street grid, providing barrier-free and traffic-free bicycling. Find an abundance of local eateries and shops on Lake Street, one block south of the Greenway, or connect to the Hiawatha Bike Trail for direct access to U.S. Bank Stadium.

MISSISSIPPI RIVER TRAIL

Ride the Twin Cities’ portion of the Mississippi River Trail as it follows the mighty river from north Minneapolis to downtown St. Paul and beyond. Make pit stops for iconic Twin Cities landmarks along the way, such as the Stone Arch Bridge, Minnehaha Falls and historic Fort Snelling.

SUMMIT AVENUE

Extending across St. Paul from the Mississippi River to downtown, Summit Avenue’s 4.5 miles of tree-lined bicycle lanes offer visitors a time capsule of Victorian-era opulence. Summit boasts the longest stretch of Victorian homes in the entire country, some of which have housed famous residents including Minnesota-born authors F. Scott Fitzgerald and Sinclair Lewis. Stop for tours of the Governor’s Residence, the James. J. Hill House and the Cathedral of Saint Paul.

THEODORE WIRTH REGIONAL PARK

Minutes from downtown Minneapolis, a wooded oasis for off-road adventures awaits on Theodore Wirth’s 6 miles of intermediate mountain biking trails. The new Trailhead center creates a hub for outdoor enthusiasts, complete with a bike and ski rental shop, locker rooms, strength and conditioning room, and Cajun Twist restaurant.

LEBANON HILLS REGIONAL PARK

The variety in both difficulty and scenery on Lebanon Hills’ 12 miles of singletrack trails make it a top choice for Twin Cities mountain bikers. The suburban park, located in Eagan adjacent to the Minnesota Zoo, invites riders of all skill levels to experience routes that transform from rolling hills to wooded lakeside paths, with new sights around each twist and turn. Give your bike a quick tune-up at the park’s West Trailhead facility, which offers a bike repair station, air pump, maps and more.

Build Sandcastles & Memories



DICKERSON'S RESORT

www.dickersonsresort.com | 320.354.4272

2 Hours West of Minneapolis / St. Paul at Spicer, Minnesota

Crow River
WINERY



AWARD-WINNING WINE
BEER ON TAP
SPECTACULAR FOOD
UNFORGETTABLE EVENTS



CrowRiverWinery.com • 320-587-2922

507.467.2598
www.eagle-cliff.com

Eagle Cliff Campground & Lodging

"A stunningly beautiful campground in the heart of bluff country."

- ◆ 226 Sites (Tent, RV, Permanent)
- ◆ RV sites with Full Hookups
- ◆ Seasonal Sites with Full Hookups
- ◆ 5 unit hotel sleeps up to 22 guests
- ◆ Tube, Canoe and Kayak Outfitting
- ◆ Banquet Facility: seats 80 plus
- ◆ On the Root River with access to Bike Trail

35455 State Hwy 16 E, Lanesboro



Bike-Friendly Lodging

MINNESOTA HAS YOU (AND YOUR BIKE) COVERED

WHETHER YOU'RE IN THE MIDDLE OF A CROSS-country bike tour or simply stretching your legs after a long day of riding, one thing is certain: Bike-centric vacations have distinct lodging needs. Fortunately, these Minnesota lodging facilities embrace their pedaling patrons by committing to bike-friendly policies and perks that are sure to get any bike tourist pumped.

For the camping crowd, **True North Basecamp** provides mountain bikers with the perfect blend of wilderness and Wi-Fi. Built in the heart of Cuyuna Country State Recreation Area, True North's 23 campsites and six "north woods industrial" cabins offer modern conveniences like heat and air conditioning just feet away from Cuyuna's world-famous mountain bike trails.

State parks often make for an excellent bike camping experience, as well. **Sakatah Lake State Park**—bisected by the 39-mile paved Sakatah Singing Hills Trail that runs between Mankato and Faribault—keeps five campsites permanently on reserve for visitors who bike into the park without motorized vehicles. Mississippi River Trail cyclists will also find five bike-specific campsites at **Great River Bluffs State Park**, the southernmost state park on the trail's Minnesota segment.

Or plan a trip to a bike-friendly resort like **Giants Ridge** in Biwabik, where mountain bikers can shred more than 25 miles of challenging singletrack trails on the resort's steep, punchy terrain. In the winter, the singletrack trails are even groomed for fat biking. Trail cyclists staying at Giants Ridge can hop on the 115-mile paved Mesabi Trail to pedal to the Iron Range's famous open-pit mines and friendly small towns.

In real estate, and for bike tourists, location is everything. That philosophy rings true at **Embracing Pines Bed & Breakfast**, found on the Paul Bunyan State Trail just 7 miles outside downtown Walker. The trailside location and stunning, forest landscape make this B&B a popular spot for bikers. Embracing Pines also offers shuttle service for the Paul Bunyan and Heartland trails.



CABIN AT TRUE NORTH BASECAMP



ST. PAUL

The most notable bike-friendly hotel in Minneapolis, **Le Méridien Chambers**, is located in the heart of downtown's famous theater district, but its complimentary "bicycle programme" is no stage prop. Le Méridien keeps summer- and winter-specific bikes, along with helmets and locks, on hand to keep you pedaling all year-round. Thanks to the hotel's central location, the city's dense network of bike lanes and paved trails is at your doorstep. Within minutes of fastening your helmet, you can be snapping photos on the Stone Arch Bridge or exploring the Minneapolis Sculpture Garden. A few more minutes of pedaling gets you to Uptown, the North Loop, Northeast, Loring Park, Cedar Riverside and many other unique neighborhoods. For private or group bike tours, contact **Minneapolis By Bike**.



BETWEEN 87-96 MILLION BICYCLE RIDES ARE TAKEN EVERY YEAR IN MINNESOTA.

ABOVE TRUE NORTH BASECAMP BELOW ANNA MIN

where lakes AND biking begin

Relax, unwind, and bike
the trails of the Willmar Lakes Area.

Home to the Glacial Lakes
State Trail and a variety of
other scenic pathways.



Bike Maps
Available



1.800.845.8747 ext. 89
www.willmarlakesarea.com

WILLMAR
Lakes Area
CONVENTION & VISITORS BUREAU

VISIT HASTINGS MN
www.visithastingsmn.org



Hastings Area
Chamber of Commerce & Tourism Bureau

*10 Mile Loop
*MRT
*Point Douglas Trail

WE'RE CONNECTED TO
**60+ MILES OF
PAVED TRAILS**



►PLAY ►STAY ►SHOP ►EAT

Preston
Get Hooked



www.GetHookedOnPreston.com

NATURALLY
Unforgettable



Summer or winter, paved trails or iced rivers,
we have over 2,000 miles of potential rides
waiting for you to explore.

Find trails and downloadable maps at
VisitCookCounty.com/biking

VISIT
COOK COUNTY
MINNESOTA
Naturally Unforgettable

**GRAB LIFE BY THE
HANDLEBARS**

MILES OF
BEAUTIFUL
TRAILS ARE
WAITING FOR
YOU.

Northfield

EXPERIENCE MINNESOTA AT ITS BEST!

VISITNORTHFIELD.ORG

m EXPLORE
MINNESOTA

LUTSEN • TOFTE • SCHROEDER | GRAND MARAIS | GUNFLINT TRAIL | GRAND PORTAGE



Minnesota is a Fat Biker's Paradise

FAT BIKES ARE MAKING THEIR WAY around Minnesota! But don't take our word for it: *Outside Magazine* recently called the state "home to one of the most robust fat biking scenes in the country." If you haven't seen them yet, keep an eye out the next time you're near a Minnesota park, trail or bike shop. These incredible bikes with oversized tires are giving a whole new meaning to the words "winter biking," especially in Minnesota. Instead of riding on a layer of ice or slush on the side of the road, take your cycling to the beautifully snow-packed hills in the middle of a state park or on a groomed trail.

These days, it's hard to shake a stick without hitting a Minnesota fat biking trailhead. The Minnesota Department of Natural Resources operates six trail systems across the state that welcome fat bikes, providing intrepid riders more than 60 miles of year-round fat tire fun. The trails vary in difficulty level, but all are groomed specifically for the large, low-pressure tires that give the bikes their name. In addition to the many opportunities for fat biking at state parks and recreation areas, an increasing number of Minnesota's municipal park systems have also embraced fat bike trails. Head to the Mountain Biking section on page 24 of this guide to find places to ride across the state.

The best way to enjoy a long, snow-filled Minnesota winter is not cooping yourself up indoors; it's spending it outside. Fat biking is a great way to get outdoors, stay active and embrace the weather all at once. Yes, it may be cold. And, yes, there will be snow. But that just means there are unparalleled opportunities for winter fun. The vast, white winter landscape stretches out in every direction. Your breath crystallizes in mid-air, hanging in front of your face like a mask. The world is a blank canvas, and a fat bike is your paintbrush. There's simply nothing else like it.

LEARN MORE ABOUT WINTER BIKING, INCLUDING PLACES TO RIDE, FAT BIKE EVENTS, GEAR TIPS AND MORE, AT exploreminnesota.com.



MISSION CREEK TRAILS



PARK POINT



THE ABILITY TO CHANGE TIRE PRESSURE IN DIFFERENT CONDITIONS IS KEY TO FAT BIKING. RIDERS USE PRESSURES IN THE 3-5 PSI RANGE FOR SOFT CONDITIONS, 8-10 PSI FOR TRAIL RIDING AND 12-15 PSI FOR ON-ROAD URBAN RIDING.

WINTER ROAD BIKING

No fat bike? No problem. For many riders in Minnesota, winter is still road bike season. Thanks to innovations in equipment and clothing, it's easier than ever to keep riding through the winter (studded tires, anyone?).

Road biking through a Minnesota winter will challenge your mind and your body. Snow-covered expanses of tundra and strong headwinds are the norm, and road grime will try to devour your drivetrain whole.

But for all its challenges, winter road biking in Minnesota is also strikingly beautiful. Many year-round road bikers agree that a sunny, 20-degree day in January is just about the perfect day for a ride. That may sound like an exaggeration, but it's the truth: Winter road biking in Minnesota is absolutely spectacular.



PARK RAPIDS LAKES AREA

THE SOURCE OF *Discovery*

Pedal at your own pace Explore Itasca Park on two wheels Cruise the Heartland Trail



 **HEARTLAND
LAKES** | **800-247-0054** | www.parkrapids.com

DISTINCTLY

Hinckley

MINNESOTA



 Call For Free Trail Map
800.952.4282
www.hinckleymn.com

FULL  CYCLE

BIKES THAT GIVE BACK.

- BIKES
- COMPONENTS
- ACCESSORIES
- REPAIRS
- SPECIAL ORDERS

3515 CHICAGO AVE, MINNEAPOLIS
(612) 824- 7581 | FULLCYCLEBIKESHOP.ORG

3 BEST BIKING DESTINATIONS IN MINNESOTA





COVE POINT LODGE
LAKE SUPERIOR
NORTH SHORE, MN
GITCHI-GAMI TRAIL
CovePointLodge.com



 **CHASE ON THE LAKE**
WALKER, MN
HEARTLAND & PAUL BUNYAN TRAIL
ChaseOnTheLake.com

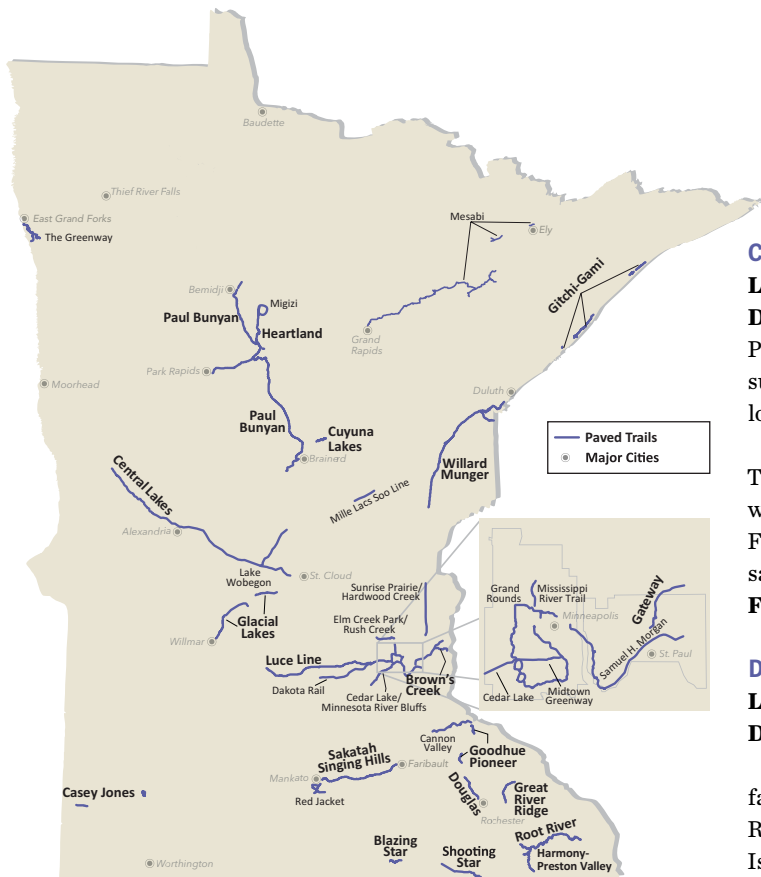


PIER B
RESORT HOTEL
DULUTH, MN
WILLARD MUNGER STATE TRAIL
PierBResort.com



Paved BIKE TRAILS





TUNE-UP STATIONS

WINTER FAT BIKING

BICYCLE FRIENDLY COMMUNITIES

CASEY JONES STATE TRAIL

Location: Currie and Pipestone

Distance: Three main unconnected sections: 13 miles between Pipestone and Woodstock (5 paved miles); a 1.5-mile naturally surfaced segment into the city of Lake Wilson; and a 6-mile paved loop between Lake Shetek State Park and the city of Currie

Named after a famed railroad engineer, the Casey Jones State Trail goes past the countryside as it links Lake Shetek State Park with Currie, home to the End-O-Line Railroad Park and Museum. Finish your ride at the nearby Pipestone National Monument, a sacred American Indian quarry.

For more info: 507-831-2900; mndnr.gov/trails. Map online.

DOUGLAS STATE TRAIL

Location: Between Rochester and Pine Island

Distance: 13 paved miles

Shaded by a canopy of trees, this trail travels past rolling farmland and rural scenery. Several bridges cross the Zumbro River, the northernmost crossing providing entry into Pine Island Park (complete with a playground and picnic shelter) and connecting to historic Main Street. The southern end of the trail links to the extensive bikeways system in Rochester, home of the world-renowned Mayo Clinic.

For more info: 507-206-2847; mndnr.gov/trails. Map online.

GOODHUE PIONEER STATE TRAIL

Location: Between Red Wing and Zumbrota

Distance: 4 paved miles from Red Wing to Hay Creek (connects to Cannon Valley Trail); 4.5 paved miles in Zumbrota (connects to city trail system)

It's not unusual to see wild turkeys, partridges, foxes and pheasants as you pass through a scenic mix of tallgrass prairies, maple and basswood forests, and oak savanna. When complete, the trail will span 47 miles and connect Red Wing, Goodhue, Zumbrota, Mazeppa, Bellechester and Pine Island.

For more info: 507-206-2847; mndnr.gov/trails. Map online.

GREAT RIVER RIDGE STATE TRAIL

Location: Between Plainview and near Eyota, northeast of Rochester

Distance: 13 paved miles

Built on a former railroad grade, the Great River Ridge State Trail is a fairly easy ride (even recommended for kids), becoming gradually hilly at Elgin. See prairie flowers and cross a 100-year-old trestle. Two additional miles into Eyota are in the works.

For more info: 507-206-2847; mndnr.gov/trails. Map online.

HARMONY-PRESTON VALLEY STATE TRAIL

Location: Between Harmony and Preston, southeast of Rochester

Distance: 18 paved miles (connects to Root River State Trail)

This area lives up to its Bluff Country nickname with wooded,

Southern Minnesota

BLAZING STAR STATE TRAIL

Location: Albert Lea

Distance: 6 miles

Start your journey at Frank Hall Park, then enjoy views of rural landscapes along the Blazing Star State Trail, linking Albert Lea to Myre-Big Island State Park. Pass Albert Lea Lake and scenery including oak savanna, several wetlands, old-growth hardwood forest and a prairie landscape. The trail is a work in progress. When completed, it will be 20 miles long and connect Albert Lea and Austin via Big Island State Park and Hayward.

For more info: 507-414-6193; mndnr.gov/trails. Map online.

CANNON VALLEY TRAIL

Location: Between Cannon Falls and Red Wing

Distance: 19.7 paved miles

Paralleling the Cannon River, the Cannon Valley Trail offers glimpses of the winding river as it passes by wooded hillsides, cliffs, farm fields and rolling pastures. Built on a former railroad line, the mostly flat trail features rest stops to appreciate scenic views. (The grade is never very steep, the trail is mostly shaded, and there are very few crossings.) Start your ride in Cannon Falls, Red Wing or Welch and experience Minnesota small-town hospitality at its best.

Trail fee: \$5 daily wheel pass for 18 and over; \$25 for a season.

For more info: 507-263-0508; cannonvalleytrail.com. Map online.



rolling countryside, winding rivers and charming towns. Unlike trail sections that follow old railroad routes, the path between Harmony and Preston zips up and down steep hills. There's a mix of woods, fields and attractions—like a toy museum, goat farm and shops carrying Amish handcrafts—along the way.

For more info: 507-206-2847; mndnr.gov/trails. Map online.

RED JACKET TRAIL

Location: Between Mankato and Rapidan

Distance: 6 miles of paved trails (connects to other trails)

Two small parks lie along the short, scenic Red Jacket Trail: Weagel Park, 1 mile south of Mankato, and Red Jacket Trail Park on the Le Sueur River, with parking at both locations. The trail itself passes Mount Kato, a ski area and mountain bike park, before traveling along a wooded, secluded hillside over railroad trestles, past rural scenery and into the village of Rapidan, where you can bike to the Dam Store for a slice of pie.

For more info: 507-304-4025; blueearthcountymn.gov. Map online.

ROOT RIVER STATE TRAIL

Location: From Fountain through Lanesboro, Whalan, Peterson, Rushford and Houston

Distance: 42 paved miles (connects to Harmony-Preston Valley State Trail)

The Root River State Trail has a reputation as the “Cadillac of Trails,” with beautiful scenery (limestone cliffs, pastures, fields of wildflowers, wooden bridges, a river) and plenty of small-town

attractions. It doesn't follow an old railroad track and it's not flat, only adding to the adventure. Lanesboro attracts thousands of bikers every year.

For more info: 507-206-2847; mndnr.gov/trails. Map online.

SAKATAH SINGING HILLS STATE TRAIL

Location: Between Faribault and Mankato

Distance: 39 paved miles

The big woods meet the prairie along the mostly straight, mostly flat Sakatah (pronounced Sah-KAH-tah) Singing Hills State Trail. The trail runs through a landscape of farmland, river crossings, lakes, wetlands and woods, with trees shading most of the corridor. One of the trail's anchor towns, Faribault, consists of beautiful old storefronts, antique shops and restaurants.

For more info: 507-698-7852; mndnr.gov/trails. Map online.

SHOOTING STAR STATE TRAIL

Location: Between LeRoy and Rose Creek

Distance: 20 paved miles

This trail, named for a prairie flower, lives up to its name with colorful prairie flowers in full bloom in late summer and early fall. Experience rural Minnesota in tiny Taopi (fewer than 100 residents) and LeRoy (less than 1,000). The trail passes through quiet Lake Louise State Park, with a picnic area and swimming beach on the old millpond. When completed, the trail will also connect to Austin and Lyle.

For more info: 507-414-6193; mndnr.gov/trails. Map online.

Central Minnesota

CENTRAL LAKES STATE TRAIL

Location: Between Fergus Falls and Osakis

Distance: 55 paved miles (connects to Lake Wobegon Trail)

Wildflowers, prairie grasses, open fields, rolling hills, wetland ponds and wildlife add to the scenery on the fairly secluded Central Lakes State Trail. Lakes, barns and pastures are also part of the landscape.

For more info: 218-739-7576; mndnr.gov/trails. Map online.

CUYUNA LAKES STATE TRAIL

Location: Between Crosby and Riverton

Distance: 8 paved miles within Cuyuna Country State Recreation Area; 1 mile passes through Aitkin along Highway 169

This is an exceptionally scenic route through Cuyuna Country State Recreation Area, offering views of crystal clear lakes (former mining pits), streams, woods and relics of the area's mining past.

For more info: 218-203-4442; mndnr.gov/trails. Map online.

GLACIAL LAKES STATE TRAIL

Location: Between Willmar and Paynesville, and Roscoe and Cold Spring

Distance: 22 miles between Willmar and the Kandiyohi/Sterns County line; 5 miles from Richmond to Roscoe

From Willmar to Spicer, this trail goes by pastures, fields of corn and soybeans, ponds and wetlands. About midway, at Spicer, cool off in Green Lake. North of here, the trail crosses a bridge over Nest Lake and skirts to the east of New London.

For more info: 320-796-2161; mndnr.gov/trails. Map online.

LAKE WOBEGON TRAIL

Location: Between St. Joseph and Osakis, with a spur north from Albany to Holdingford

Distance: 63 paved miles

This trail, inspired by the fictional Minnesota town where all the children are above average, leads riders past farmland, lakes, and near two college campuses, two monasteries and the childhood home of Nobel Prize-winning author Sinclair Lewis. Experience peaceful stretches of farm country, lakes and wetlands. The Lake Wobegon Trail connects to the Central Lakes and Soo Line trails, providing more than 125 continuous miles of paved biking trails.

For more info: 800-264-2940; lakewobegontrail.com. Map online.

MILLE LACS SOO LINE TRAIL

Location: Between Onamia and Isle, south of Mille Lacs Lake

Distance: 11 paved miles

Travel from Father Hennepin State Park in Isle to Kathio State Park in Onamia for a remote ride along a paved trail with some low-volume highway travel. Ride to the 100-foot observation

tower overlooking Mille Lacs Lake (the state's second-largest inland lake). The trail connects with the Soo Line bridge over Highway 169.

For more info: 888-350-2692; millelacs.com.

Northwest Minnesota

GREATER GRAND FORKS GREENWAY

Location: East Grand Forks

Distance: 10 paved miles (in Minnesota)

Winding along the Red River and Red Lake River, the Greater Grand Forks Greenway provides 2,200 acres of natural space along the border of North Dakota and Minnesota. There are approximately 10 miles of paved trails on each side of the state line, creating 20 total miles of multi-use paths to enjoy. The trails pass by parks, two golf courses, campgrounds and sites for year-round recreation. The Greenway connects to the greater Grand Forks trail system.

For more info: 701-746-2750; greenwayggf.com. Map online.

HEARTLAND STATE TRAIL

Location: Between Park Rapids and Cass Lake

Distance: 49 paved miles

The original stretch of the Heartland State Trail between Park Rapids and Walker passes through farmland and wooded areas, near marshes and lakes. You can cool off at the beach, pose for a selfie with Paul Bunyan in Akeley or visit charming restaurants and shops. The trail connects with the expansive Paul Bunyan State Trail near Walker.

For more info: 218-308-2372; mndnr.gov/trails. Map online.

MIGIZI TRAIL

Location: Cass Lake

Distance: 19 paved miles (connects to Heartland State Trail)

Watch for soaring eagles as you ride among the big pines on the Migizi Trail (Migizi is the Ojibwe word for "eagle"), a Chippewa National Forest trail forming a wide horseshoe around three sides of Pike Bay. The trail travels through conifer and northern hardwoods, across wetlands and along the Pike Bay lakeshore. After crossing Highway 2, a mile and a half of the trail juts out to Norway Beach Recreation Area, a popular campground in the summer.

For more info: 218-335-8600; fs.usda.gov/chippewa.

PAUL BUNYAN STATE TRAIL

Location: From Crow Wing State Park in the Brainerd Lakes to Lake Bemidji State Park

Distance: 115 paved miles (not including short on-road connections through Baxter and Bemidji)

The Paul Bunyan State Trail is the longest continuously paved Minnesota bike trail, connecting to the Heartland State Trail, the



GITCHI-GAMI STATE TRAIL

Blue Ox Trail and the Cuyuna State Trail. The final paved portion of the trail was finished in 2014, connecting Guthrie south through Laporte toward Walker and Brainerd/Baxter south to Crow Wing State Park. With the paving of these segments, the Paul Bunyan State Trail, ranging from flat and open to hilly and scenic, offers 115 miles of paved trail for all levels of riders.

For more info: 218-308-2372; mndnr.gov/trails. Map online.

Northeast Minnesota

GITCHI-GAMI STATE TRAIL

Location: Along the North Shore of Lake Superior

Distance: 30 paved miles in five segments; the longest section is 17 miles from Gooseberry Falls State Park to Silver Bay

Biking this trail is an excellent way to take in the beauty of the North Shore, with dramatic views of Lake Superior. When completed, the trail will be 89 paved miles connecting Two Harbors to Grand Marais. Some of the trail runs parallel to Highway 61, and other parts travel through state parks on hilly terrain. One spur leads to the photo-worthy Split Rock Lighthouse. The 3-mile stretch from Schroeder to Tofte passes through the scenic Temperance River State Park, offering views of Carlton Peak.

For more info: 218-834-1430; mndnr.gov/trails. Map online.

MESABI TRAIL

Location: Between Grand Rapids and Ely

Distance: More than 135 miles of paved trails. The longest section connects Grand Rapids to Highway 135 just beyond Giants Ridge in Biwabik—about 95 miles. Other pieces include spurs around Grand Rapids, Chisholm, Eveleth and Aurora; with additional trail around Tower and Ely.

Built partially on old railroad beds, logging and mining roads, the Mesabi Trail takes riders through northeast Minnesota and the Iron Range, into woods, near creeks and ponds, and by several old mining pits filled with emerald green water. When completed, the Mesabi Trail will traverse 155 miles and connect to 28 communities.

Trail fee: A wheel pass is required for those 18 and over using a wheeled device; \$5 for a three-day pass or \$15 for a season pass. These passes are available online or from vendors along the trail.

For more info: 877-637-2241; mesabitrail.com.

WILLARD MUNGER STATE TRAIL

Location: Between Hinckley and Duluth

Distance: 70 paved miles (connects to 6-mile Alex Laveau Memorial Trail)

For panoramic views of the St. Louis River, hit the northeast part of this trail, running past rugged rock-cuts and rock outcrops. The southern part of the trail meanders through shaded rural countryside with picturesque small towns along the route. Points of interest include the Hinckley Fire Museum and Jay Cooke State Park.

For more info: 218-460-7021; mndnr.gov/trails. Map online.

ON-ROAD *Touring*



USBR 41:

North Star Route (NSR)

It takes less than three hours to drive from St. Paul to Duluth on the highway. That same trip could take anywhere from two to four days by bike—and that's not a downside, it's a plus.

Traveling by bike is all about slowing down to explore the spaces between: The towns between highway ramps, the roadside attractions between towns. So slow down a bit and explore the North Star Route, Minnesota's newest on-road designated bike route. Beginning at the State Capitol in St. Paul, you'll head north for 315 miles until reaching the Minnesota/Canada border at Grand Portage State Park. In the space between those two far-flung destinations, the North Star Route passes through nine state parks and two national parks, and connects the Mississippi River, the world's fourth-longest, to Lake Superior, the world's largest freshwater lake.

mndot.gov/bike/usbr41

BIKE WADENA!

YEAR ROUND BIKING FOR ALL AGES



**Family-Friendly
Paved Paths**



Photo by Ben Olson/Blacks Grove River Crossing Race

**Challenging Mountain
Bike Trails**



Photo by Jason Groth/Wadena Pioneer Journal

**Variety of Skill
Levels Welcome**

And When You're Finished Biking: Enjoy Shopping, Restaurants, Lodging and the Maslowski Wellness Center with Pool and Hot Tub

JOIN US FOR BLACK'S GROVE MOUNTAIN BIKE & TRAIL RACE



Photo by Jason Groth/Wadena Pioneer Journal



Photo by Jason Groth/Wadena Pioneer Journal

**SATURDAY,
OCTOBER 19, 2019**

BLACKSGROVE.COM



@BlackGroveRCR



**Wadena Area Convention
& Visitors Bureau**
1-877-631-7704
Wadena.org



/WadenaMinnesota



Minneapolis-St. Paul Area

BROWN'S CREEK STATE TRAIL ✂

Location: Grant to Stillwater

Distance: Nearly 6 paved miles

Following a portion of the former Minnesota Zephyr railroad route, this generally level trail follows Brown's Creek (a designated trout stream with a nicely shaded canopy), navigates golf courses and crosses over Manning Avenue on a pedestrian bridge. It connects with the Gateway State Trail in the city of Grant, enabling trail users to go from the St. Croix River in downtown Stillwater to the mighty Mississippi in downtown St. Paul. Stop at the audio listening station to hear bird songs, frog calls and learn about nature found along the trail.

For more info: 651-259-5841; mndnr.gov/trails. Map online.

CEDAR LAKE LRT REGIONAL TRAIL + MINNESOTA RIVER BLUFFS LRT REGIONAL TRAIL ⚙

Location: Between Hopkins and Minneapolis

Distance: 16.75 miles (paved east of Hopkins; aggregate west of Hopkins)

Enjoy the best of both worlds—urban skylines and suburban tranquility—on this popular trail linking the western suburbs to downtown Minneapolis and passing by Target Field (reportedly the most “biked-to” ballpark in the country). A downtown segment connects to the Mississippi River Trail's portion of the Grand Rounds bikeway. In Hopkins, the Cedar Lake LRT Regional Trail connects to the limestone-surfaced Minnesota River Bluffs LRT Regional Trail.

For more info: threeiversparks.org

DAKOTA RAIL REGIONAL TRAIL ⚙

Location: Between Wayzata and New Germany

Distance: 26 paved miles

This trail meanders through beautiful suburban and rural areas on the west side of the Twin Cities, offering both town and country views. It passes the two largest lakes in the metro, Minnetonka and Waconia, as well as Gale Woods Farm.

For more info: co.carver.mn.us/parks (western portion); threeiversparks.org (eastern portion).

ELM CREEK PARK RESERVE/RUSH CREEK REGIONAL TRAIL

Location: Brooklyn Park, Corcoran, Dayton, Maple Grove

Distance: 29 miles

There are 20 miles of paved biking/walking trails through the hilly terrain of Elm Creek Park Reserve. This trail network connects with the Rush Creek Regional Trail, a 9.6-mile trail that links Elm Creek to Coon Rapids Dam Regional Park on the Mississippi River.

For more info: 763-694-7894; threeiversparks.org.

GATEWAY STATE TRAIL ✂

Location: Between St. Paul and Pine Point Park, north of Stillwater

Distance: 18 paved miles

This trail runs from downtown St. Paul to the countryside of Stillwater, a pretty, safe, mostly shaded route. Although the trail is relatively flat—with an excellent mix of parks, lakes, wetlands and prairies along the way—there are some challenging hills in the Stillwater area. It connects to Brown's Creek State Trail in Grant. In addition to biking, the Gateway State Trail is popular for in-line skating, walking and jogging, so if you prefer a quiet ride, go midweek.

For more info: 651-259-5841; mndnr.gov/trails. Map online.

GRAND ROUNDS BIKE TRAILS ⚙

Location: Minneapolis

Distance: Over 51 miles

Get to know Minneapolis on a tour of the Grand Rounds, a national scenic byway featuring bike trails mostly separated from pedestrian trails and roadways. Cycle past historic homes, Nicollet Island, St. Anthony Falls, the Stone Arch Bridge, Minnehaha Creek, Minnehaha Falls, the Weisman Art Museum, Chain of Lakes, Theodore Wirth Park (stop at the wildflower garden and bird sanctuary) and Victory Memorial Drive, honoring the soldiers of World War I. For a longer ride, the southern loop along the scenic (and often shaded) Mississippi River is the way to go.

For more info: 612-230-6400; minneapolisiparks.org. Map available at park buildings, including the Longfellow House in Minnehaha Park.

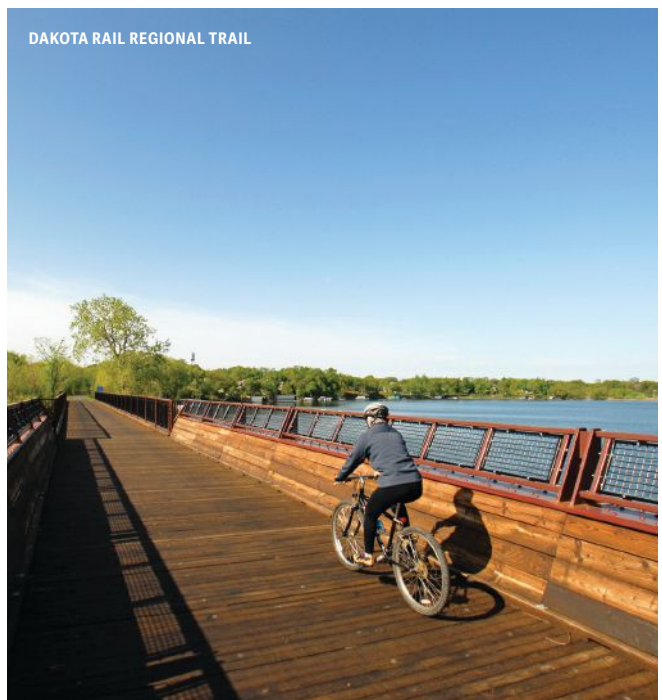


PHOTO COURTESY THREE RIVERS PARK DISTRICT

ON-ROAD *Touring*



USBR 45:

Mississippi River Trail (MRT)

Like all great journeys, cycling the Mississippi River Trail begins quite humbly: At a shallow stream in Itasca State Park, the headwaters, barely moving at all. But as you cycle downriver along the Mississippi, the small river gradually becomes larger, picks up speed and grows into its awe-inspiring reputation. Along its winding path to the state's southern border, the MRT contains more than 700 miles of roads and paved trails and passes through dozens of welcoming cities and towns. You'll ride among Minnesota's ancient pine woods, conquer soaring river bluffs, and find an abundance of natural and cultural highlights. But before all that, your epic MRT adventure will start humbly: One pedal stroke at a time.

mndot.gov/bike/mrt

AMERICA'S BEST BIKE SHOPS 2018

DOWNTOWN BICYCLES

FRIENDLY, KNOWLEDGEABLE & HELPFUL
FULL-SERVICE BIKE REPAIR SHOP

NORTHFIELD MINNESOTA

Trek • Cannondale • New & Used Bikes

507.786-9191 DOWNTOWNBICYCLESLLC.COM

HALF THE WHEELS, TWICE THE FUN!



Paved Trails. Off-Road Cycling Trail.
Grand Rounds Scenic Byway Trail.
Cedar Lake Trail. Luce Line Trail.
Breweries. Distillery. Winery.
100+ Restaurants. 9 Hotels.
One Sweet Vacation.



Discover
St. Louis Park

MINNESOTA'S SWEET SPOTSM

www.DiscoverStLouisPark.com | 952.426.4047



LUCE LINE STATE TRAIL

Location: Plymouth through Watertown, Winsted, and Silver Lake to Hutchinson

Distance: 63 miles—limestone from Plymouth to Winsted, paved from Winsted to Hutchinson, crushed granite from Hutchinson to Cedar Mills and natural (mowed grass) from Cedar Mills to Cosmos.

In the east, pass the Wood-Rill Scientific and Natural Area (approximately 99.9 percent of Minnesota's "Big Woods" have been cut down, but in this area, 200-year-old trees tower over the scenic site). From Hutchinson westward, the scenery shifts to tallgrass prairie. Sections of this trail feel like riding down a quiet country road.

For more info: 651-259-5841; mndnr.gov/trails and threeiversparks.org. Map online.

MIDTOWN GREENWAY

Location: Minneapolis

Distance: 5.5 miles

The Midtown Greenway, sometimes referred to as a "freeway for bikes," is the perfect year-round urban bike experience, with the wide, smooth, mostly flat trail giving riders a taste of Minneapolis from the Mississippi River to Uptown and the Chain of Lakes area—without having to worry about busy vehicle traffic. On the western end of the trail, the Greenway connects with the Cedar Lake LRT Regional Trail, linking Minneapolis to St. Louis Park, Hopkins and beyond. The eastern end connects to the West River Parkway along the Mississippi River. There's a bike shop in the middle section and Midtown Global Market nearby. The Greenway also connects to the Hiawatha LRT Trail, providing access to the West Bank and University of Minnesota and over the freeway into downtown Minneapolis.

For more info: 612-879-0105; midtowngreenway.org

SAMUEL H. MORGAN REGIONAL TRAIL

Location: St. Paul

Distance: 10 paved miles

Follow the Mississippi River between Crosby Farm Regional Park and Indian Mounds Regional Park, take in views of the downtown St. Paul skyline, Cathedral and High Bridge, and travel along trail connections to beautiful Indian Mounds Park, the Bruce Vento Regional Trail and near the Bruce Vento Nature Sanctuary. The Highway 5 and I-35E bridges each have a bike/pedestrian trail, providing a link to Dakota County's 4-mile Big Rivers Trail.

For more info: stpaul.gov/parks.

SUNRISE PRAIRIE TRAIL/HARDWOOD CREEK TRAIL

Location: Between North Branch and Hugo

Distance: 26 paved miles

Between North Branch and Forest Lake, the Sunrise Prairie Trail passes alongside residential areas, farmlands, hardwood forests and wetlands, and bridges the Sunrise River at two sites. Stop and rest at Stacy Lions Park, where there are picnic tables, a shelter, drinking fountain and restrooms. In Washington County near Forest Lake, the trail becomes the Hardwood Creek Trail; this section parallels Highway 61 south to Hugo. Parking areas are available in each of the cities along the trail: North Branch, Stacy, Wyoming and at the Forest Lake Transit Center.

For more info: Chisago County: 651-674-2345; co.chisago.mn.us/recreation or Washington County: 651-430-8370; co.washington.mn.us



LAKE HARRIET, MINNEAPOLIS

PHOTO MELANIE GRAVIES



Find yourself – maps online
Over **280 miles** of trails in the Twin Cities.

763.559.9000 • ThreeRiversParks.org



2019 MINNEAPOLIS BIKE TOUR

SUNDAY, SEPTEMBER 15, 2019

Take a tour of Minneapolis at your own pace, with no motorized traffic!
All ages and abilities are welcome. Enjoy rest stops with great snacks
and live music at the finish line.

[REGISTER AT MINNEAPOLISBIKETOUR.COM](http://REGISTER.AT.MINNEAPOLISBIKETOUR.COM)

Use coupon code **mnmo19** by May 31 for \$5 off!



GEAR UP FOR FUN!

OWNER OPERATED

*Come to Nokomis Cycle
for knowledgeable,
professional service
backed by 20 years of
experience*

Brands You Love

Custom Bikes

Accessories

Repairs & Service

Electric Bikes



Your Neighborhood Bike Store

46th & Bloomington

Minneapolis, MN

612-721-2959

www.nokomiscycle.com





Mountain BIKE TRAILS



CUYUNA COUNTRY STATE RECREATION AREA

PHOTO AARON WHAULTALA



CUYUNA COUNTRY STATE RECREATION AREA

Location: Crosby-Ironton area

Distance: 30 miles of singletrack trails

Designated as a silver-level Ride Center by the International Mountain Bicycling Association, Cuyuna is recognized as one of the top trail systems in the world. This purpose-built trail system winds through a landscape created by 70 years of iron ore mining, where water-filled mining pits are now deep, crystal clear lakes. The varying terrain makes for great mountain biking territory. The singletrack trails are carved into the rocky landscape, circling lakes and winding over hills, through the woods, and across bridges over little ravines. Elevated areas offer outstanding views of the landscape's many natural and mine lakes. The trails range from easy to extremely difficult. The Miner's Mountain Rally Center welcomes visitors and provides a place for picnics and views of the Huntington Mine Lake.

New in 2019, the Miner's Mountain bike skills area features jump lines and technical skill areas for mountain biking. An overnight yurt campground, managed by the Minnesota DNR, is also available to cycling enthusiasts.

For more info: 218-546-5926; cuyuna.com

Northern and Central Minnesota

CHIPPEWA NATIONAL FOREST

Location: Around Deer River, Grand Rapids, Walker and Cass Lake

Distance: Varies

A favorite with mountain bikers is the Suomi Hills Trail System with slightly challenging topography. Drive the Edge of the Wilderness Scenic Byway to reach this 19-mile loop system, located north of Grand Rapids, where the grass and dirt singletrack rolls between lakes and through the birch trees.

The Cut Foot Sioux area is another popular, moderate-level mountain biking site. Park at the Cut Foot Sioux Visitor Center and hit the 13-mile Simpson Creek Trail. The Visitor Center is 17 miles north of Deer River off Highway 46. Simpson Creek connects with the 22-mile Cut Foot Sioux loop. This is a mix of narrow dirt trail, old gravel road and sand tote road.

A short 3-mile trail in the Marcell area (north of Grand Rapids) leads mountain bikers to the historic Joyce Estate on Trout Lake. Bring a picnic lunch and enjoy a stroll at the lumber baron's Adirondack-style estate. This is a narrow tote road dirt trail—watch for hikers as you bike through this scenic area. Parking areas are located on the north and south end of the lake.

For more info: 218-335-8600; fs.usda.gov/chippewa. Maps online.

DETROIT MOUNTAIN RECREATION AREA

Location: Detroit Lakes

Distance: 11 miles + more in progress

The professionally designed mountain biking area—engineered to host all levels of mountain bike enthusiasts—features gravity-fed trails, a skills park, and tight and twisty singletrack, contour and downhill flow trails. Trails are open from sun up to sun down, with an honor pay system. Bikes are available for rent at the on-site shop. There's even a Strider Adventure Zone just for kids 18 months to 5 years, encouraging them to have fun while developing balance, motor skills and confidence.

For more info: 218-844-7669; detroitmountain.com

DULUTH TRAILS

Location: Around Duluth

Distance: Varies

Mountain bike near the scenic shore of Lake Superior, through wooded hillsides and over hilly terrain—ranging from beginner-friendly flow trails to advanced/expert trails that take advantage of the city's rocky landscape. Mission Creek Trails have 25 miles of beginner-intermediate level trail overlooking the St. Louis River and Mission Creek valleys. (The trailhead is located in Chambers Grove Park on Duluth's far western edge.) At Spirit Mountain, you'll find lift-served downhill trails ranging from beginner to expert.

Brewer Park features 5 miles, from beginner to advanced,



CUYUNA COUNTRY STATE RECREATION AREA

with the trailhead located on Haines Road; Piedmont, perched high atop Duluth's hillside (taking advantage of the abundant bedrock features) has 10 miles from beginner to expert, with the trailhead located on Hutchinson Road. Hartley Park has 7 miles of beginner to intermediate trails, with access from Hartley Nature Center on Woodland Avenue; and Lester Park, with the trailhead on Lester River Road at the junction of Superior Street, has 11 miles from beginner to intermediate.

The Duluth Traverse, a singletrack trail connecting to the aforementioned trail systems, currently has 15 miles complete, with more construction in progress.

Trail fee: Spirit Mountain all-day lift pass \$30. Helmets required. Trails and chairlift may be closed during inclement weather. Prices subject to change.

For more info: coggs.com

GIANTS RIDGE ❄️

Location: Biwabik, east of Virginia

Distance: More than 25 miles of road and mountain biking trails; connects to the paved Mesabi Trail

Long gear-grinding climbs and white-knuckle descents (a 500-foot vertical) challenge riders at Giants Ridge, with 3-4 miles of purpose-built gravity trails and a high-speed lift. Cruisers and suspension bikes are available to rent on a first-come, first-served basis. Full-service bike shop also available.

Trail fee: Daily lift tickets \$20 for adults, \$15 for youth. Prices subject to change.

For more info: 800-688-7669; giantsridge.com. Map online.

MILACA MOUNTAIN BIKE TRAIL

Location: Milaca

Distance: 14 miles

Take a relaxing, easy ride along The Meadow or Rum River Run, or—if you want to get your heart really pumping—tackle the more challenging terrain of Sky Hill Trails on the Milaca mountain biking trails, offering something for every skill level. This 14-mile single-track trail system is nestled within 200 acres of woods, hills and fields along the beautiful and scenic Rum River. Access to the trails is at the Recreation Park, on Second Street and Fourth Avenue Northwest.

For more info: 320-983-3141; cityofmilaca.org. Map online.

SUPERIOR NATIONAL FOREST ❄️🌳

Location: Around Ely, Tofte and Grand Marais

Distance: Varies

The Superior National Forest is a hot spot for mountain biking up north. In addition to forest roads, there are designated mountain bike routes throughout the forest. Most of these routes follow old logging roads, altering in terrain and types of road surface (gravel, dirt, etc.). The routes range from easy hill climbs and smooth surfaces to thrilling routes that test the skills of even the most experienced mountain biker.

In addition to logging roads, the Superior National Forest and partners have developed a series of singletrack mountain biking trails with off-road trails near Tofte, starting from the Britton Peak Hiking Trailhead, and in the Pincushion Mountain Recreation Area in Grand Marais.

For more info: 218-626-4300; fs.usda.gov/superior.

Minnesota STATE FORESTS

Minnesota's numerous state forests are rich with scenic gravel roads and dirt trails, providing mountain bikers a variety of off-the-beaten-path adventures. State forest roads can range from asphalt to gravel, so riders seeking a smooth road surface should look elsewhere. However, riders with the right attitude (and tires) will find unparalleled beauty along Minnesota's over 2,000 miles of backcountry forest roads and logging trails. Mountain biking is permitted on all state forest roads and trails unless posted closed, except in the Richard J. Dorner Memorial Hardwood Forest, where mountain bikes are permitted only on designated trails. These areas are multiple use, so riders must watch for vehicles on roads, and hikers, ATVs and other trail users. For a full list of state forests and their trail mileage, along with any road or trail closures, visit mndnr.gov/biking



CANNON VALLEY TRAIL

Find your "recreational treasure" just south of the Twin Cities.

The Cannon Valley Trail, a 20 mile paved recreational trail, selected as "one of the Top Ten Rail Trails in the U.S."

- Rails to Trails Conservancy

www.cannonvalleytrail.com

Cannon Falls Area Chamber of Commerce
507-263-2289 • www.cannonfalls.org



A STAFF OF ENTHUSIASTS HELPING YOU HAVE AS MUCH FUN AS WE HAVE!

TONKACYCLEANDSKI.COM

952-938-8336



TONKA
CYCLE SKI BOARD

16 SHADY OAK RD, S
HOPKINS, MN 55343



For more information on the Luce Line Trail,
please visit our website.



ExploreHUTCHINSON.com

#MuchInHutch

Hutchinson Chamber of Commerce & Tourism

info@explorehutchinson.com ~ 1-800-572-6689



Twin Cities & Southern Minnesota

BATTLE CREEK REGIONAL PARK

Location: Eastern part of St. Paul, off I-94

Distance: 8.8 miles of trails

Enjoy scenic views while getting in a great workout from a trail system that includes 3.3 miles of multi-use trails and 5.5 miles of singletrack off-road cycling trails. Trails range in difficulty from easy to expert, with some steep downhill as they wind through the park's hilly, wooded terrain. Approximately one-third of the trail system is built to IMBA standards, with the remaining two-thirds consisting of trails named after their unique features. Portions of the trail overlook the Mississippi River.

For more info: 651-748-2500; parks.co.ramsey.mn.us or goramsey.org. Map online.

ELM CREEK SINGLETRACK TRAIL ❄️

Location: Elm Creek Park Reserve, Champlin

Distance: 12.7 miles

Built to accommodate all skill levels, the large singletrack trail features 2.2 miles of riding with a difficulty rating of easy, 8.1 miles of trail rated more difficult, and 2.4 miles of trail rated most difficult. The sustainable design, created and maintained in partnership with Minnesota Off-Road Cyclists, reduces erosion and maintenance needs, and is closed during wet conditions.

For more info: threeriversparks.org.

LEBANON HILLS REGIONAL PARK MOUNTAIN BIKE TRAIL ❄️

Location: Eagan

Distance: 12 miles

With a variety of trail conditions from beginner to experienced, this wooded one-way singletrack ranges from fast and flowing sections to challenging rock gardens, downhill, berms and jumps. Test features in the skills park before attempting them on the trails. (For those with advanced skills, look for the Black and Red loops.) Free parking is available at the West Trailhead entrance on Johnny Cake Ridge Road. Trails are maintained by volunteers with the Minnesota Off-Road Cyclists.

For more info: dakotacounty.us/parks

MINNESOTA VALLEY STATE RECREATION AREA AND TRAIL

Location: Between Shakopee and Belle Plaine

Distance: 35 miles of trails

Enter this wide trail from one of six spots between Shakopee, Jordan, Chaska and Belle Plaine, and enjoy a flat ride along the river bottoms. Oak forests and savanna make for woodsy surroundings. Enjoy river views along the route, which you may share with hikers, runners and horseback riders. The trail is natural surface from Belle Plaine to Chaska, then paved from Chaska to Shakopee.

For more info: 651-259-5774; or the DNR at 651-296-6157; mndnr.gov/parks. Map online.



MOUNT KATO SKI AND BIKE 🌳

Location: Mankato

Distance: More than 7 miles of trails

More than 80 percent of the trails for both novice and expert riders at Mount Kato are singletrack, taking bikers through woods, around ponds and over ski trails. Stop at the top of the hill for a view of the beautiful Minnesota River Valley. Enjoy plenty of twists, turns and switchbacks.

Trail fee: \$5 daily pass or \$110 season pass. Helmets required. Hours and prices subject to change.

For more info: 507-625-3363; mountkato.com. Map online.

MURPHY-HANREHAN PARK RESERVE ❄️

Location: Near Savage, on the southwest edge of the Twin Cities

Distance: 10 miles

Some describe this trail as a rollercoaster, with plenty of hilly terrain. The sustainably designed singletrack mountain bike course, just south of Savage, consists of three one-way loops—easy (just under 1 mile long, through an open, rolling prairie), intermediate (more than 2 miles long, weaving through the woods and over a boardwalk on the edge of a wetland) and advanced (more than 5 miles long, over high and narrow ladder bridges, rock obstacles and an optional log ride for the thrill-seekers).

For more info: 763-694-7777; threeriversparks.org. Map online.

THEODORE WIRTH PARK ❄️

Location: Minneapolis

Distance: 7 miles

A partnership between the Minneapolis Park and Recreation Board, the Loppet Foundation and Minnesota Off-Road Cyclists,




TOUR DE PEPIN

SATURDAY, JUNE 1, 2019
SATURDAY, JUNE 6, 2020

NEW TO THE EVENT
Reception party in the park following with live music, food, and refreshments.

FOUR TOURING OPTIONS

32 MILES: Milieu • 50 MILES: Demi-Siècle
72 MILES: Lac Plein • 100 MILES: Siècle

Pearl of the Lake Paddleboat will bring you back to Lake City via Lake Pepin.

- Registration begins online in April
- All tours begin & end in Lake City, MN


LakeCity.org  @TourDePepin

The nicest way to get around Minneapolis.

Featuring classic docked bikes, dockless bikes and more. Become a member and take your first ride today!

Download the app or visit niceridemn.com to learn more.

niceride



this is a fun, flowing intermediate single-track—with twisting turns, tough climbs, a rock garden and a challenging man-made log skinny. Just five minutes outside of downtown Minneapolis, the trails take riders through coniferous forest and around Brownie Lake. When you're riding here, it's easy to forget you're in an urban area.

For more info: morcmtnb.org; minneapolisparcs.org


WINONA AREA

Location: Holzinger Trail System and Cherry Hill

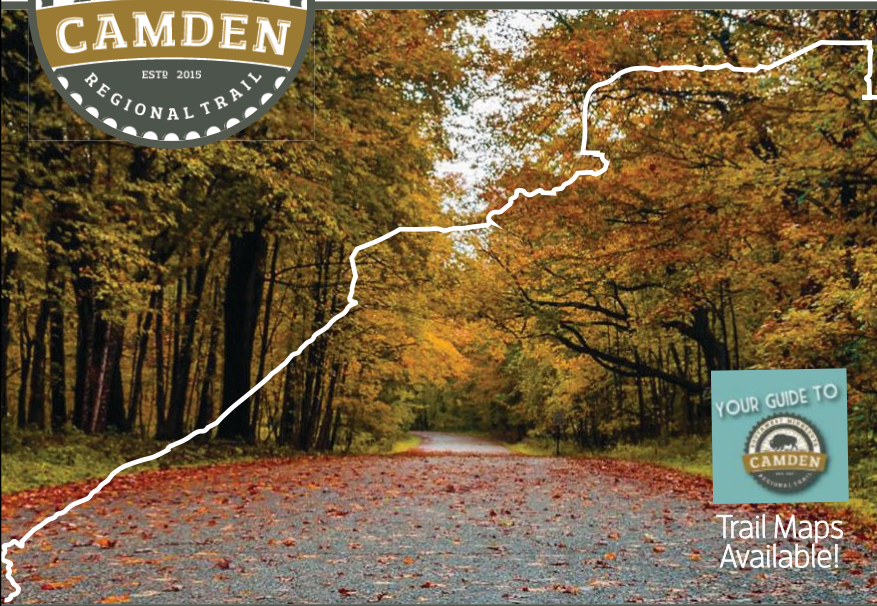
Distance: 9 miles (Winona), 6 miles (Cherry Hill)

The Holzinger Trails in Winona's Bluffs Park are a combination of doubletrack rollers and technical singletrack. Cherry Hill offers one doubletrack and two single-track sections that flow along the upper edge of the Bronk Unit nature area. Riders of all abilities enjoy gorgeous Mississippi River views along the bluffs that extend more than 400 feet above the city. The Winona Area Mountain Bikers maintain the trails. Both trails are groomed for winter fat biking.

For more info: mtbproject.com; mountainbikewinona.org. Maps online.



34 MILES.
ONE STATE PARK.
ENDLESS ADVENTURES.




YOUR GUIDE TO CAMDEN

Trail Maps Available!

PLAN YOUR TRIP TO MARSHALL

visitmarshallmn.com
[@visitmarshallmn](https://twitter.com/visitmarshallmn)
507-537-1865

 **EXPLORE MINNESOTA**



Bike-Friendly Businesses

ALONG AREA TRAILS

BIKE GEAR

GATEWAY STATE TRAIL

Gateway Cycle

Gateway Cycle is across from the Gateway Trail. The store carries Trek and Electra bikes, bike clothing and bike gear. Expert repair on all bikes. Rentals available.

6028 Hwy. 36 Blvd. N., Oakdale
651-777-0188 | gatewaycycle.com

BIKE RIDES

RED RIBBON RIDE

August 16-18, 2019

August 18-20, 2020

A fully supported three-day, 200-mile ride from Minneapolis to Duluth, raises funds for five Minnesota AIDS service organizations supporting people living with HIV/AIDS.

612-822-2110 | redribbonride.org

SOUTHERN

ROOT RIVER STATE TRAIL + HARMONY-PRESTON VALLEY STATE TRAIL

Explore Harmony

Visit fascinating Niagara Cave, enjoy an Amish tour, and shop for antiques and gifts. Great food, lodging and 60 miles of paved trails await you!

15 Second St. NW, Harmony
877-234-9531 | exploreharmony.com

NORTHWEST

ITASCA STATE PARK BIKE TRAIL

Itasca Area Lakes Tourism Association

Great biking trails in scenic pines and along crystal lakes. Bike in Itasca State Park and along the Heartland Trail from Park Rapids to Walker. Choose from quality lodging and campground facilities for your stay.

Park Rapids
itascaarea.com

HEARTLAND STATE TRAIL + PAUL BUNYAN STATE TRAIL

Leech Lake Area Chamber of Commerce

Leech Lake wouldn't be the same without its magnificent trails lining the lakeshores and plunging deep into the woods—perfect for biking in the spring, summer and fall.

201 Minnesota Ave. E., Walker
218-547-1313 | leech-lake.com

LAKE BEMIDJI STATE PARK TRAIL

Visit Bemidji

Bike the Best Minnesota Town's local state park trail that loops around Lake Bemidji. Along this 17-mile trail, enjoy four parks, shopping, dining, lodging and the area's best photo ops!

300 Bemidji Ave. NW, Bemidji
218-759-0164 | visitbemidji.com

NORTHEAST

WILLARD MUNGER STATE TRAIL

Comfort Inn – West

Award-winning hotel perfectly located for access to the Munger State, Cross City, COGGS Traverse and Spirit Mountain trails. Includes a hot breakfast, indoor pool area and cash bar.

3900 W. Superior St., Duluth
218-628-1464 | choicehotels.com

MINNEAPOLIS-ST. PAUL

AREA TRAILS + NEARBY MOUNTAIN BIKING

Visit Lakeville

Lakeville is a bike-friendly community with over 100 miles of paved trails, great road routes and mountain bike areas for plenty of safe family and training bicycling fun. Minutes to attractions.

19950 Dodd Blvd., Suite 101, Lakeville
952-469-2020 | visitlakeville.org

These are advertorial (paid) listings, not editorial, and just a small sample of the biking resources and trails throughout the state.



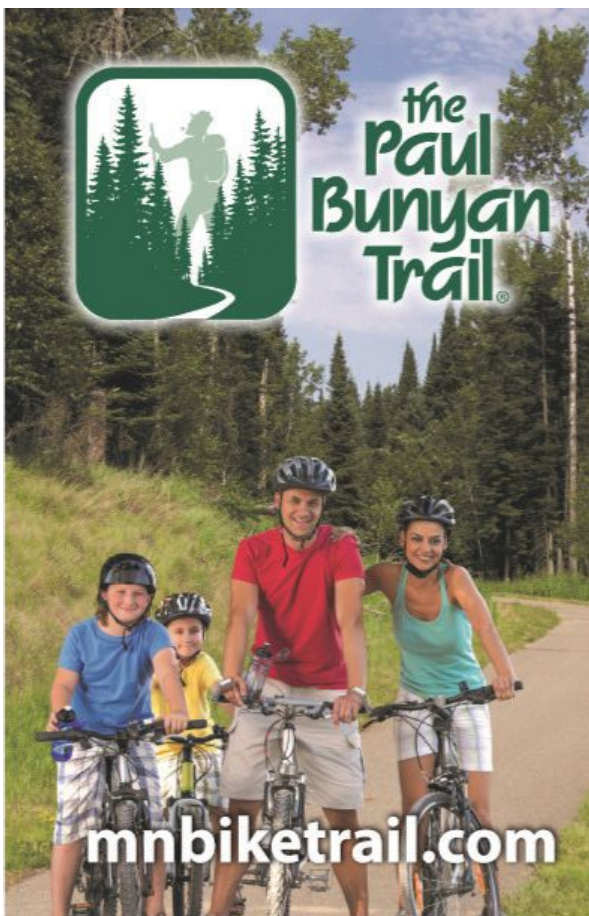


135 MILES OF PAVED TRAIL, BUT WHO'S COUNTING?



Register now for the Great River Energy Mesabi Trail Tour—held annually on the first Saturday in August.

mesabitrail.com • visitgrandrapids.com • ironrange.org



mnbiketrail.com

Bike. Eat. Shop. Repeat.



The Paul Bunyan Trail communities of Bemidji, Walker, Hackensack, Pine River, Pequot Lakes, Nisswa, Baxter and Brainerd invite you to Explore Minnesota and the longest continuously paved trail in the United States.



m EXPLORE
MINNESOTA™



16 ESSENTIAL MINNESOTA *Biking Events*

JANUARY

NORPINE FAT BIKE CLASSIC, LUTSEN

Race through the North Woods and the Cascade River Valley on a 16- or 24-mile course, ending your day at the clubhouse for live music, complimentary barbecue and beer.

norpinefatbikeclassic.com

PENN CYCLE FAT TIRE LOPPET, MINNEAPOLIS

Don't miss your once-a-year chance to ride a fat bike on the groomed Loppet ski trails. Part of the annual City of Lakes Loppet ski festival, the 35K fat bike race starts at Theodore Wirth Regional Park and finishes at Loppet Village in Uptown. loppet.org

FEBRUARY

45NTH WHITEOUT, IRONTON

Famous for its "great loop" of groomed singletrack in Cuyuna Country State Recreation Area, choose between a 30K, 20K or 10K race. Yeti sightings anticipated but not guaranteed.

cuyunallakesmtb.com

MARCH

NORTHLAND FAT BIKE RALLY, BEMIDJI

This annual gathering on Lake Bemidji draws attendees from far and wide, encouraging both fat bike enthusiasts and newbies to take a spin. Participation is free for these non-competitive 10K and 28K rides. visitbemidji.com

APRIL

EARTH DAY GRAVEL GRINDER, NORTHFIELD

This non-competitive, 13-, 26- or 51-mile ride celebrates Earth Day with optional fundraising for Climate Race. Start and end your trek at Imminent Brewing, with a silent auction to follow.

imminentbrewing.com

MAY

ALMANZO, LOCATIONS VARY

One of the most iconic gravel races in the country, this 100-mile ride is moving to Northfield in 2019. A new trail means new challenges in this demanding race. The 2020 race location was TBA at time of publishing.

almanzo.com

LE GRAND DU NORD, GRAND MARAIS

Gear up for serious elevation and spectacular views at one of the best gravel races in the U.S. Choose from 100-, 58- or 20-mile routes for your scenic, all-terrain adventure on the forested roads overlooking Lake Superior.

heckofthenorth.com

JUNE

TOUR DE PEPIN, LAKE CITY

The Great River Road provides a breathtaking backdrop for this waterfront ride around Lake Pepin. Four rides are available (32, 50, 72 and 100 miles), with the shorter two ending with a scenic paddleboat ride across the Mississippi back to Lake City.

lakecity.org



TOUR OF MINNESOTA, LOCATIONS VARY

Bike to beautiful sites around Minnesota on this eight-day adventure. The tour honors local travel writer Jim Klobuchar who led bike tours around the state. Check the website for tour destinations.

tourofminnesota.com

JULY

THE HECK EPIC, GRAND MARAIS

This two-day, 225-mile race is one cycling event that truly lives up to its name. Riders trek from Two Harbors to Grand Marais, sleep outside and bike back to Two Harbors the next day. heckofthenorth.com

AUGUST

APPLE BLOSSOM BIKE TOUR, LA CRESCENT

This annual tour features rides for all skill levels, from a 5-mile family fun ride to a 64-mile trek through the rolling hills of southeast Minnesota, plus a few more distances in between.

appleblossomtours.org

POWDERHORN 24, MINNEAPOLIS

This round-the-clock community ride proves there are two kinds of people in the world: Those who think riding the same 5-mile loop for 24 consecutive hours sounds like fun, and those who are wrong.

powderhorn24.com

SEPTEMBER

ST. PAUL CLASSIC BIKE TOUR

A showcase for the handsome parks and parkways of St. Paul, the Classic attracts more than 6,000 participants to its 15-, 30- and 47-mile routes on the Sunday after Labor Day.

bikeclassic.org

OCTOBER

MANKATO RIVER RAMBLE

Mankato's annual ride features four scenic routes along the Blue Earth River during peak fall foliage. Hop on your bike for a 12-, 26-, 42- or 50-mile route.

bikeriverramble.org

NOVEMBER

PIE BURNER FAT BIKE RIDE, HIBBING

Held the weekend after Thanksgiving, this non-competitive ride gets cyclists out of their Turkey Day daze and out exploring the Iron Range's fat biking trails.

ironrange.org

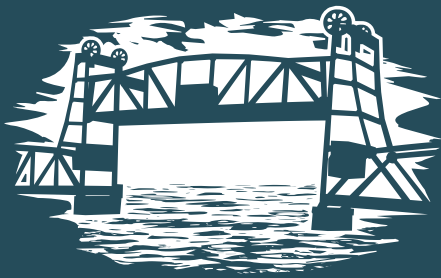
DECEMBER

HOLIDAY LIGHTS RIDE, MANKATO

Get in the holiday spirit with a festive ride through Sibley Park to view Mankato's Kiwanis Holiday Lights display. Nicollet Bike Shop organizes an annual ride for local bike enthusiasts with festivities to follow.

nicolletbike.com

FIND MORE MINNESOTA BIKING EVENTS AT EXPLOREMINNESOTA.COM

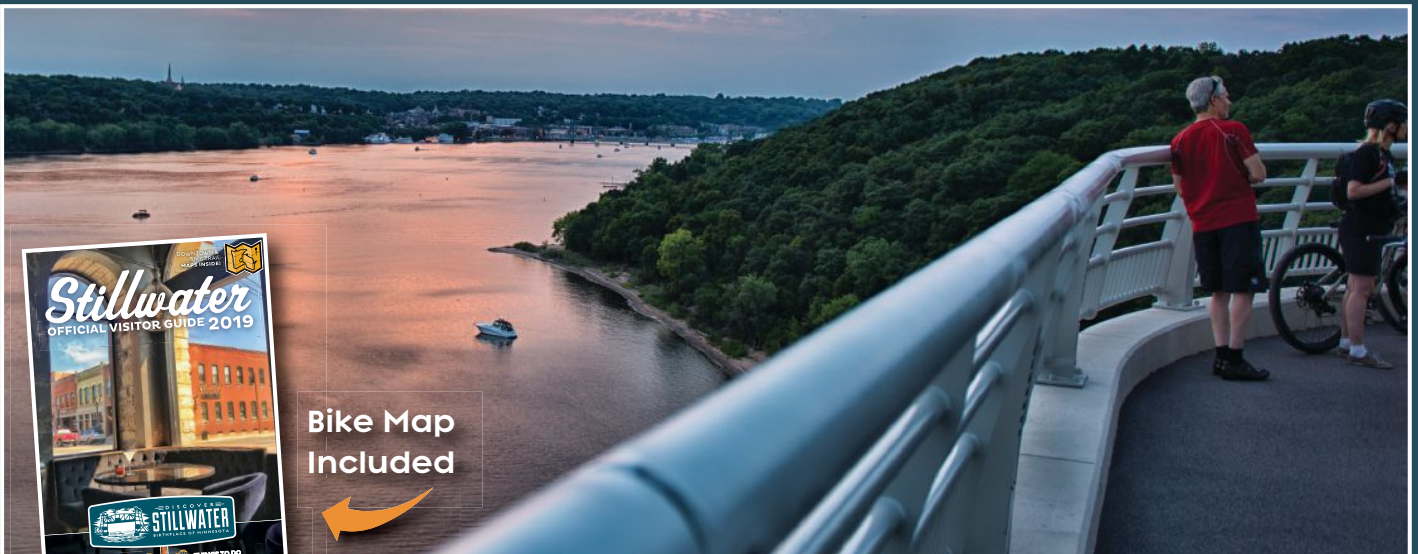


DISCOVER
STILLWATER
BIRTHPLACE OF MINNESOTA

NEW LOOP TRAIL & BIKE RENTAL

Browns Creek/Gateway State Trailhead near brewery,
winery and Main Street boutiques and restaurants.

STAY OVERNIGHT New Main Street Hotels & Home/Loft Rentals



Order a 2019 Visitor's Guide: DiscoverStillwater.com





m EXPLORE
MINNESOTA

it's all so close!


Mankato
Now Playing

Have some action with your adventure!

Find established scenic routes and miles of paved trails and enjoy a vibrant urban experience in the heart of Southern Minnesota. Plan your Mankato weekend getaway today! **Enter to win** a valuable prize package at

bikemankatomn.com