HEARTLAND AND PAUL BUNYAN
(HACKENSACK TO LAKE BEMIDJI STATE PARK)
STATE TRAILS

TRAILS

- State Trail (paved)
- State Trail (natural surface)
- Other Trails
- Paul Bunyan Miles from Crow Wing State Park
- Heartland Miles from Park Rapids

FACILITIES

- Parking
- Picnic Area
- Picnic Shelter
- Shelter
- Campground
- Toilet
- Bike Repair Station
- Drinking Water

Scale 1:180,000

0 1 2 3 4 5

Scale in Miles

In Heartland Park

LAKE BEMIDJI STATE PARK
BUENA VISTA STATE FOREST
CHIPPEWA NATIONAL FOREST
Lavinia
LAVINIA
LAKE BEMIDJI
BEMIDJI
MISSISSIPPI
Mississippi River Trail
Irving Lake
See inset right
Swenson Lake
Andrusia Lake
RIVER
Marquette Lake
Wolf Lake
BELTRAMI CO.
Plantagenet Lake
Grace Lake
HUBBARD CO.
CASS CO.
CASS LAKE
Norway Beach (U.S.F.S)
Midge Lake
Necktie
Little Wolf Lake
NARY
Megizi Bike Trail (U.S.F.S)
Pike Bay
145th St.
Guthrie
GUTHRIE
Thirteen Lake
Portage Lake
Steamboat Lake
WELSH LAKE STATE FOREST
BOWSTRING STATE FOREST
Welsh Lake
Crooked Lake
Oak Pt. Rd.
Garfield Lake
Laporte City Park
LAPORTE
Swamp Lake
Steamboat Bay
LEECH LAKE
George Lake
Paine Lake
North Country Trail
Schoolcraft Lake
Kabekona Lake
Benedict
BENEDICT
Benedict Lake
Kabekona Bay
371/Walker
Walker Bay
Railroad Ave.
PAUL BUNYAN STATE FOREST
The Paul Bunyan shares this 6-mile section of the Heartland State Trail.
Co. Rd. 12
WALKER
Skunk Lake
Mantrap Lake
Shingobee Connection Trail
Rice Lake
Pickerel Lake
Upper Bottle Lake
Lower Bottle Lake
Crooked Lake
Hwy. 34
Co. Rd. 50
Blue Lake
Potato Lake
Big Sand Lake
Little Sand Lake
Spider Lake
AKELEY
Shingobee Lake
Howard Lake
8% grade change in this challenging section.
Nevis Visitor Center
NEVIS
Muskie Park
Mill St./ Paul Bunyan
CHIPPEWA NATIONAL FOREST
Ten Mile Lake
Fish Hook Lake
Heartland Park
DORSET
Sweitzer Lake
Boulder Lake
Shallow Lake
Red Bridge Park
Hwy. 226
Belle Taine Lake
CROW WING LAKES
FOOT HILLS STATE FOREST
Birch Lake
Stony Lake
HACKENSACK
Hackensack City Park/ Lucette
PARK RAPIDS
Peysenske Lake
Ham Lake
Loon Lake
Long Lake
Variety Lake
Pleasant Lake
Big Stony Lake
Island Lake
BADOURA STATE FOREST
Lake Bemidji
Mississippi River Trail
Paul Bunyan Dr.
5th St.
Lake Shore Dr.
Gould Ave.
1st St.
South Shore Beach
Lake Irving
4th St.
Grant Ave.
Roosevelt Rd.
Rako St.
Pioneer St.

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