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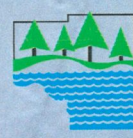
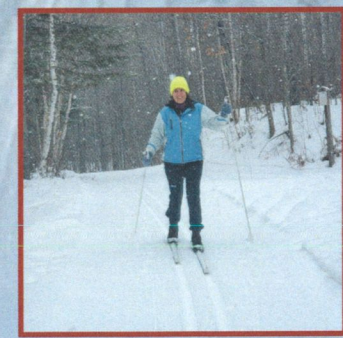
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Ski Trails

IN ITASCA COUNTY



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LODGING & DINING

AmericInn • 218-326-8999 1812 S. Pokegama Ave • Grand Rapids, MN 55744	Pool, continental breakfast, WiFi, pet friendly, winter plug ins. grandrapids.mn@americinn.com
Blueberry Bowl • 218-246-8048 44919 Golf Course Rd • Deer River, MN 56636	Homemade award winning pizza, full menu, full bar, 10 lane center. Two miles north of Deer River on Hwy 6. www.blueberrybowl.com
Brewed Awakenings Coffeehouse & Cafe 218-327-1088 • Downtown Grand Rapids on Hwy 2 East	A green cafe serving breakfast, lunch, dinner, and treats. Vegetarian and gluten-free options. View full menu and daily specials online! www.brewedawakenings.biz
Buckhorn Resort • 218-256-0089 • peg@bigloglodge.com 45101 Buckhorn Resort Road, Marcell, MN 56657	Large hand-crafted log lodges in Suomi Hills on Caribou Lake. Each with fieldstone fireplace, sauna, 4-5 bedrooms, full kitchen, Two small cozy cabins. www.buckhornoncaribou.com
Chad's Meat Wagon • 218-256-4628 Check Facebook for food truck location.	Serving delicious BBQ meals to go from noon until sold out! Thurs, Fri and Sat at Klockow Brewing or Glen's Army/Navy.
Country Kitchen • 218-326-9618 625 S. Pokegama Ave, Grand Rapids, MN 55744	Hearty pancake or egg breakfasts, Country Burgers, delicious dinners with delectable desserts. View full menu online. www.countrykitchenrestaurants.com
Edge of the Wilderness Lodging 1-888-754-0011 • Marcell • Bigfork • Effie • MN	Family friendly lodging properties near Suomi Hills ski trails on the Edge of the Wilderness National Scenic Byway. Skiing, biking, hiking! www.edgeofthewilderness.com
Florio's Grill & Tavern • 218-999-7077 Cohasset, MN 55721	Hwy 2 West across from Casey's, near Portage Park and MN Power trails. Open 11am - 8pm Tues - Sat. www.floriosgrillandtavern.com
Forest Lake Restaurant • 218-326-3423 1201 Hwy 2 West, Grand Rapids, MN 55744	Enjoy breakfast, lunch or dinner overlooking Forest Lake. Open daily at 7am. www.forestlakerestaurant.com
Green Heron Bed and Breakfast • 218-999-5795 2810 Meyers Bay Rd • Grand Rapids, MN 55744	On Pokegama Lake, just off Golf Course Rd, close to lighted groomed trails. Private baths, full breakfast, happy hour, smart TVs, WiFi, fireplace. www.greenheronbandb.com
Hotel Rapids • 218-326-3457 680 E US Hwy 2 • Grand Rapids, MN 55744	Recently renovated hotel with bar + bistro, and tasty crepe breakfast. Closest hotel to Mount Itasca! www.hotelrapids.com
Klockow Brewing Company • 218-999-7229 36 SE 10th St • Grand Rapids, MN 55744	Corner of Pokegama Ave South and Golf Course Rd, serving clean classics to complex experimental brews made on-site with water from Mighty Mississippi. PROST! www.KlockowBrewing.com
Mallard Point • 218-251-2260 32498 Mallard Point Rd • Grand Rapids, MN 55744	Cozy lakeside cabins with fireplaces and sauna. On Prarie Lake near Mt. Itasca, Suomi, Wabana, & Legion ski trails. www.mallardpointresort.com
Marcell Lodge • 218-832-3161 49554 State Highway 38 • Marcell, MN 56657	On Ranier Lake in the Chippewa National Forest, beautiful and historic 4 bedroom log cabin that sleeps 8. Many outdoor recreation opportunities. www.marcellodge.com
Rapids Brewing Company • 218-999-9712 214 N Pokegama Ave. • Grand Rapids, MN 55744	Great food made from scratch in wood-fired oven and beer brewed in-house using highest quality, local products. Cheers! www.rapidsbrewingco.com
Sugar Lake Lodge • 218-327-1462 37584 Otis Lane • Cohasset, MN 55721	14 miles SW of Grand Rapids and 3 miles from Sugar Hills. Winter lodging service only. 1,2,3 bedroom Townhomes & Lodge Villas. www.sugarlakelodge.com
Timberlake Lodge and Restaurant • 218-326-2600 144 SE 17th St • Grand Rapids, MN 55744	Full service hotel, event center, restaurant, and grand splash pool. South Hwy 169. www.timberlakelodgehotel.com
Timberwolf Inn • 218-832-3990 PO Box 8 • Marcell, MN 56657	Dining room, lounge plus 12 lodging rooms on National Scenic Byway (Hwy 38). 100 lakes within 20 miles. Snowmobile, ski and fish! www.timberwolfinn.com
White Oak Inn & Suites • 877-633-5504 Highway 2 • Deer River, MN 56636	Jacuzzi suites, hot tubs, 2 pools plus continental breakfast! Great rates Sunday - Thursday! Enjoy skiing, fishing and snowmobiling! www.whiteoakinnandsuites.com
Zorbaz on Pokegama • 218-326-1006 32946 Crystal Springs Rd • Grand Rapids, MN 55744	Mexican & Pizza Joint on Pokegama Lake 5 milez zouth of Grand Rapidz Hwy.169. Open year round 11am - 2am. 24 Beerz on tap. www.zorbaz.com

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Trail Conditions



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Mount Itasca Youth Ski League
218-326-1313 www.mysl.org

Mount Itasca Nordic Ski/Biathlon
218-256-1359 www.mtitanordic.com

Northern Lights Nordic Ski Club
218-326-1313 • cat@mclynn.net
www.northernlightsnordic.org




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We promote Nordic skiing as a healthful family activity. Club volunteers groom eight trail systems.



Send to: 931 N. Pokegama Ave
Grand Rapids, MN 55744

Ski Trails


A MINNESOTA SKI PASS IS REQUIRED ON ALL GRANT-IN-AID TRAILS.
Passes may be purchased for each skier (16 years or over) at any electronic licensing station. These funds are matched by volunteer grooming & maintenance.

		1 km = 5/8 mile	KM	LEVEL	DESCRIPTION
1	Legion Park Trail 218-326-2500 - City of Grand Rapids		4	Intermediate	Lighted trail near Reif Center, Grand Rapids High School north on Hwy 38. Classic track and skate lane.
2	Sylvan Point Trail 218-326-2500 - City of Grand Rapids		6	Beginner	Highway 169 S, 1 mile west on Golf Course Road, north on SW 14th Ave. Connects hospital with Forest History Center.
3	Forest History Center 218-327-4482		4	Beginner	1 mile west on Highway 2, 1 mile SW on Co. 63, 1 mile S on Co. 76. Trails wind through 1900 logging camp and virgin timber.
4	Portage Park 218-328-6225 x12 - City of Cohasset		4	Beginner	West Hwy 2, SW 1 mile on Co. 63, west 1 mile on Lake Street. Trails to scenic river overlook. Dogs allowed.
5	Minnesota Power Blackwater Trails 218-328-6225		4	Beginner	West Hwy 2 past stoplight in Cohasset, west 1 mile on Co. 87. Lighted trails , heated chalet. Skate and classic.
6	Blueberry Hills 218-326-1313 City of Deer River		12	Beginner Expert	2 miles north of Deer River on Hwy 6, 3 miles east on Co. 142 (Chase Lake Rd). Wood heat in chalet. Skate and Classic.
7	Sugar Hills 218-326-1313 Rajala Companies		28	Intermediate Expert	S. Hwy 169 7 miles, 4 miles west on Co. 17, 3 miles south on 449. Climb to Thunder Mountain for panoramic view. Skate and classic.
8	Mount Itasca 218-812-9820 www.mtitanordic.com		10	Beginner Expert	E. Hwy 169 to Coleraine, west on Co. 61. Fee for Biathlon range, hilly course, snowmaking. Public trails west of chalet. Skate and classic.

Itasca County Park System 218-327-7347

9	Alder Pond		10	Beginner	E. Hwy 169 across Prairie River, 2 miles E on Co. 21, 1 mile south on E. Rangeline Rd, 1 mile to trailhead parking. Dogs allowed. Classic.
10	Amen Lake		7	Intermediate	Hwy 38 north 12 miles, Co. 19 west 2 miles, Co. 246 north half mile. Hilly trails connect to south Suomi trails in Chippewa National Forest. Classic.
11	Wabana		10	Intermediate	Hwy 38 north 7 miles, NE 8 miles on Co. 49 and 59. Scenic classic trail by Clearwater Creek.
12	Big Ridge		10	Intermediate	Hwy 2 East to Hwy 65, north to Goodland, 4 miles to Co. 560, west half mile to parking lot.
13	Stoney Ridge		10	Intermediate	18 miles north of Nashwauk on Hwy 65. Watch for moose! Classic.

DNR State Parks and Trails 218-328-8982

14	Golden Anniversary		3	Intermediate	River Road (Co. 3) south 7 miles. Rolling hills and majestic pines. Classic.
15	Cowhorn		8	Intermediate	River Road (Co. 3) south 6 miles, west on Wendigo Rd 3 miles, south on Co. 427. No dogs or snowshoeing on Cowhorn Loop. Classic.
16	Boomer-Blue		7	Beginner	River Road (Co. 3) south 6 miles, west on Wendigo Rd 4 miles. Dogs allowed only on double-tracked with snowshoe lane. Intersects Cowhorn Loop. Classic.
17	Scenic State Park 218-743-3362 x224		16	Intermediate	7 miles SE of Bigfork on Scenic Hwy 7. Classic trails through majestic pines.

Chippewa National Forest 218-246-2123

18	Suomi Hills		35	Intermediate Expert	Hwy 38 north 13 miles to south access or 15 miles to north access. South trail connects to Amen Lake Trail. Classic.
19	Trout Lake		10	Intermediate	Hwy 38 N. 12 miles, east 2 miles on Co. 60, north 2 miles on Co. 335. Double-tracked classic ski 3 miles into Historic Joyce Estate and 2 miles on North Trail.