

# skiing

## cross country



CHIPPEWA NATIONAL FOREST

SUPERVISOR'S OFFICE

[www.fs.fed.us/r9/chippewa](http://www.fs.fed.us/r9/chippewa)

218-335-8600

The sound of your skis across the new snow. Gliding through the trees. The scent of balsam as you brush down the hill, the herringbone tracks as you scurry up... this is skiing at its best.

There are over 150 miles of cross-country ski trails on the Chippewa National Forest.

Trails range from a simple stretch of the legs to a high level romp up the hills of the Suomi area.

### PREPARATION

Winter safety is a very important consideration, even on short trips. Most trails are not adjacent to businesses or services. Skiers are advised to inquire at national forest offices about local conditions and bring area maps, drinking water, warm emergency clothing and high calorie snacks. You can travel along any trail and experience a unique sense of freedom, whether skiing through deep snow or cruising along on the ice-encrusted snow of the winter season. However, conditions can change rapidly. Know how to read the ice and be prepared for changing conditions. Dogs can degrade the ski tracks. Please respect the trail and other skiers.

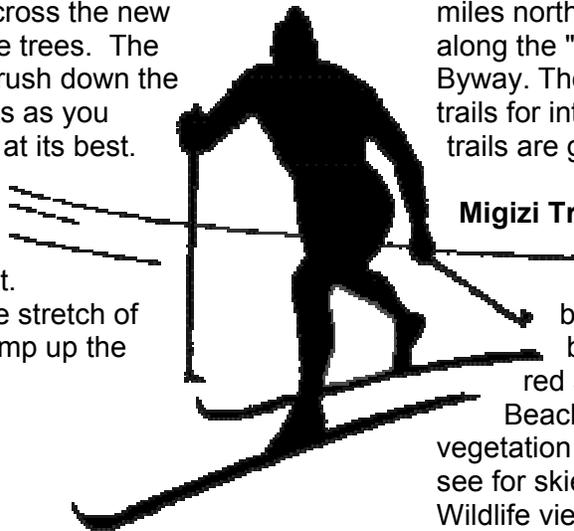
### AREAS RECOMMENDED

#### Shingobee Recreation Area

Nestled along the rolling hills of the Shingobee River Valley, the Shingobee Recreation Area is located five miles southwest of Walker, Minnesota, along State Highway 34. Cross-country skiers enjoy the scenic rolling hills and wetlands of the area. The area offers six miles (9.4 km) of trails for cross-country skiing in the heart of Minnesota's northwoods. These ski trails are intermediate to advanced in difficulty and are groomed and track-set each winter.

#### Suomi Hills

The remote setting of the Suomi Hills area is graced with rolling hills and clear lakes. Suomi Hills is located about nine miles south of Marcell and 14



miles north of Grand Rapids off State Highway 38, along the "Edge of the Wilderness" National Scenic Byway. The rolling topography offers cross-country trails for intermediate and advanced skiers. The trails are groomed and track-set.

#### Migizi Trail

The Migizi trail is located four miles east of Cass Lake. The trail is cleared but not groomed. All levels of skiers will be impressed with the old growth pine red and white pines through the Norway Beach Recreation Area. The diverse vegetation and terrain around Pike Bay is a must see for skiers, hikers and snowshoeing enthusiasts. Wildlife viewing is abundant.

#### Simpson Creek

The Simpson Creek Trail system winds through towering pines and into the rich history of the Cut Foot Sioux area. Simpson Creek is located on State Highway 46, about 17 miles northwest of Deer River, Minnesota. Access on to the trail can be gained at the Cut Foot Sioux Visitor Center off Highway 46; and off Eagle Nest Road (FR 2198). The Simpson Creek Trail system has 13 miles (20 kilometers) of cross-country ski trails. The trails are not groomed, but have been cleared and are in good condition. The gently rolling topography of the area allows both beginning level and intermediate level skiers to enjoy the area.

#### Cut Foot Candlelight Ski

One crisp night each winter there is a special candlelight ski event held at the Cut Foot Sioux Visitor Center. Candles are lit at dusk and luminaries guide visitors along a one mile groomed loop of the Simpson Creek Trail. All levels of skiers will enjoy this free special event. For more information call 218-246-2123.

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If you have questions about your winter adventure contact the Chippewa National Forest at 218-335-8600. Maps, information on parking and trail conditions can be obtained at the Supervisors Office or any district office.

# cross country skiing on the chippewa

## History of Cross Country Skiing

With origins in Scandinavia 4000-4500 years ago, Cross Country skiing has come a long way from being the sole method of transportation for snow and ice-bound Northerners. Competition in Cross Country Skiing spans the globe with a third of all the Winter Olympic medals being awarded in Cross Country Skiing. Local competitions include: the Finlandia ski race held in Bemidji, the Sawtooth in Grand Marais and the Mora Vasaloppet in Mora, Minnesota. Contact local Chambers of Commerce for more information.



Trail Name	Distance	Map Available	Groomed Nordic skiing unless noted	Comments
Carter Lake	3 miles	Y	N	Hunter/Walking, Ski Tour, Snowmobiling, Parking area not plowed
Meadow Lake	10 miles	Y	N	Hunter/Walking, Ski Tour, Parking area not plowed
Webster Lake	6 miles	Y	N	Hunter/Walking, Ski Tour, Access from Forest Road 2207
Migizi BikeTrail/ Pike Bay	8 miles	Y	N	Paved Biking, Hiking and Skiing
Cut Foot Sioux	22 miles	Y	N	Follows Continental Divide Snowmobile Trail
Simpson Creek	13 miles	Y	N	Through cedars, along lakes and eskers. Hiking and Skiing Annual candlelight ski program
Miller	.8 miles	Y	N	Hiking, Geologic Site Access from groomed S. Suomi Trail
Suomi	21 miles	Y	Y	Rolling Hills, Semi-primitive, Non-motorized
Trout Lake	5 miles	Y	Y	Hiking, Skiing, Historic Site
Goose Lake	12 miles	Y	Y	Hunter/Walking, Ski Tour State Ski Permit Required
Shingobee	6 miles	Y	Y small part groomed for skate skiing	National Recreation Trail, Rolling Hills and Scenic Vistas. Skiing and sledding.

