





# HEARTLAND AND PAUL BUNYAN STATE TRAILS








(HACKENSACK TO LAKE BEMIDJI STATE PARK)

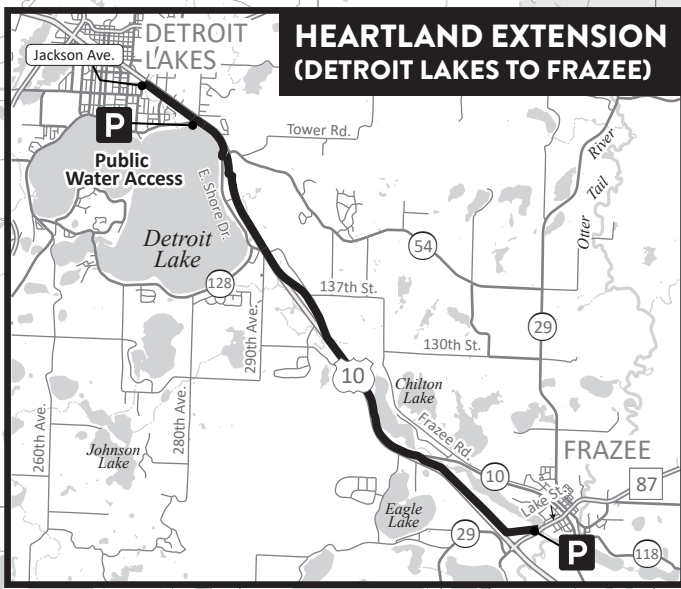
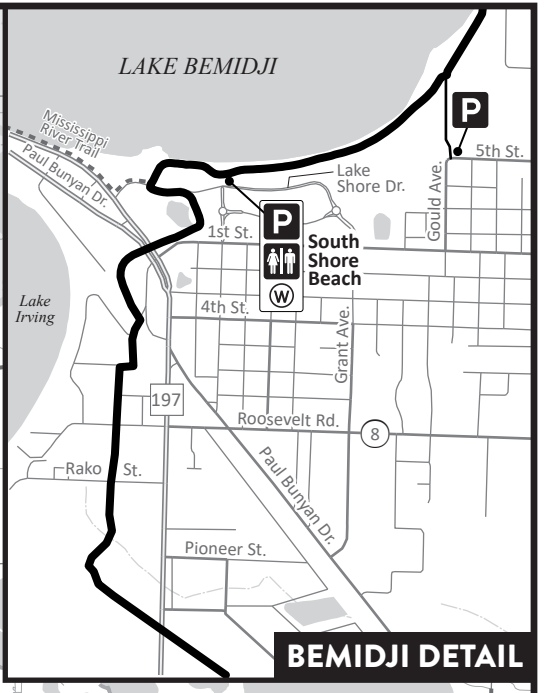
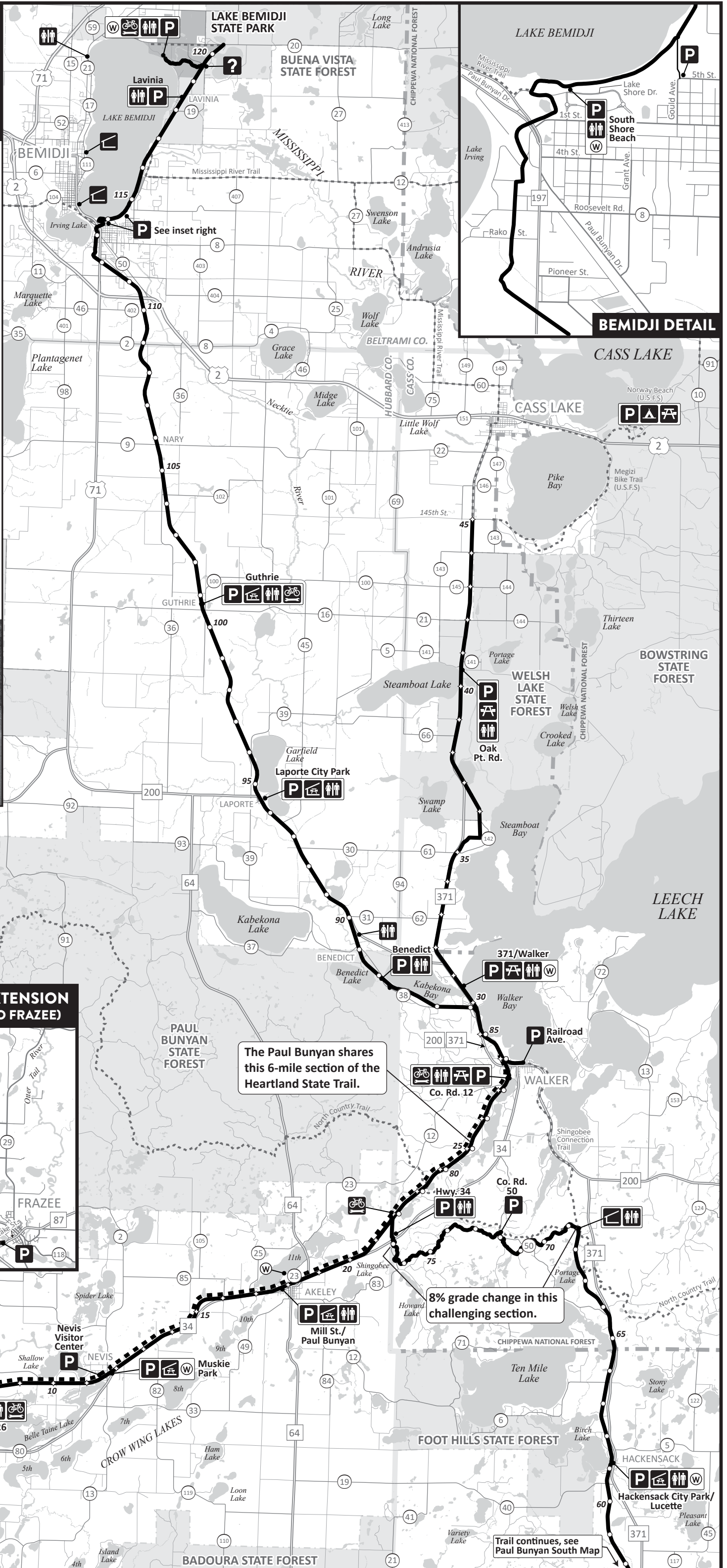
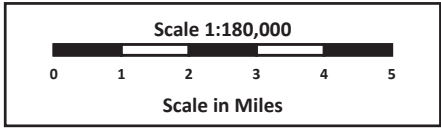
(INCLUDES HEARTLAND EXTENSION)

## 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



The Paul Bunyan shares this 6-mile section of the Heartland State Trail.

8% grade change in this challenging section.

Trail continues, see Paul Bunyan South Map