NORTH DAKOTA
State Trail Guide

NORTH DAKOTA PARKS & RECREATION

Welcome

Across North Dakota, outdoor enthusiasts have a wide choice of trails to help them explore the state's diverse terrain, beautiful scenery and historical landmarks. Through state parks, recreation areas, forests, nature preserves and natural areas, North Dakota trails bring trail users down paths of discovery, enlightenment, and provide a better understanding of this unique state.

Use the information in this guide to enjoy the outdoors and discover your own favorite adventure on one of these trails. Inside this handy pocket guide is useful information featuring trail highlights, distances and amenities, as well as directions and maps.

Whether a seasoned trail user or a novice, a longtime resident or a visitor, North Dakota's wide variety of outdoor trails will take you on an unforgettable experience. Enjoy the trails!

Vehicle Entrance Permits

All North Dakota state parks charge a daily vehicle entrance fee. 100% of entrance fees are used to fund the operation and maintenance of North Dakota state parks.

- *All trails are for non-motorized use.*
- *All trail surfaces are compacted soil, unless otherwise noted.*
- *All trail users bringing horses must use certified weed free hay.*
- *Collecting artifacts, firewood, wildflower or any other natural, historical or geological feature is prohibited.*

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North Dakota State Trail Guide Map

22-23

leave no trace

North Dakota Parks & Recreation is a proud partner of the Leave No Trace Center for Outdoor Ethics. (www.LNT.org)

We practice and support Leave No Trace skills and ethics and believe in the stewardship of America's public lands. Join us in our work to Leave No Trace by following these seven, simple principles:

- **Plan Ahead and Prepare**
  Learn the regulations for the area you will visit, and prepare for extreme weather, hazards and emergencies.
- **Travel and Camp on Durable Surfaces**
  Concentrate use on established trails and campsites.
- **Dispose of Waste Properly**
  Clear campsites and rest areas of trash and spilled foods. Properly dispose of litter, waste, hygienic and cleaning products.
- **Leave What You Find**
  Preserve the past by not disturbing historic structures, artifacts, rocks, plants and other natural objects.
- **Minimize Campfire Impacts**
  Keep fires small and put them out completely.
- **Respect Wildlife**
  Observe wildlife from a distance and never feed the animals. Protect wildlife and food by storing rations and trash securely.
- **Be Considerate of Other Visitors**
  Yield to other trail users, be courteous and protect the quality of their experience.

leave no trace

CENTER FOR OUTDOOR ETHICS

Special Designations

National Recreation Trail

National Recreation Trails are recognized by the National Park Service for their regional significance. North Dakota is home to 16 National Recreation Trails. Details on all designated sites are available at www.americantrails.org/nationalrecreationtrails.

National Scenic Trail

National Scenic Trails are designated by Congress to highlight America's natural beauty. North Dakota's only trail to carry this designation is the 4600 mile, ***North Country Trail*** *which takes hiking enthusiasts through seven states in between its terminuses in New York and North Dakota. Details on the trail are available at www.northcountrytrail.org.*

National Historic Trail

National Historic Trails highlight significant historic routes which shaped our nation. The ***Lewis and Clark National Historic Trail*** *is North Dakota's only National Historic Trail and takes explorers through the 11 states that were traveled by Lewis and Clark and their Corps of Discovery from 1804 through 1806. Visitor centers along the trail are located at six North Dakota sites. Details on all state and national sites are available at www.nps.gov/lecl/index.htm.*

Maah Daah Hey Trail

Situated in the rugged North Dakota Badlands, the 96 mile ***Maah Daah Hey Trail*** *is one of the nation's premiere non-motorized trails. The trail is a cooperative project of the USDA Forest Service, National Park Service and North Dakota Parks and Recreation Department. The trail name, "Maah Daah Hey", comes from the Mandan Indians and means "an area that has been or will be around for a long time." The trail uses a turtle as the trail marker. The turtle was honored because of its firm determination, steadfastness, patience, long life, and fortitude. More details are available at www.mdhta.com.*

Symbol Legend

- Cross-Country Skiing
- Interpretive Trails
- Hiking
- Mt. Biking
- Horseback Riding
- Snowshoeing

Beaver Lake State Park

Trails

Beaver Lake State Park is located on the west shore of Beaver Lake. Its non-motorized trail system covers 5.34 miles in a series of loops and several connecting trails that wind through prairie and rolling hills. Most of the trail system is either grass, dirt or hard-packed single-track, with manageable grades that are open for hiking and biking. The system also includes an informative one-third mile interpretive trail.

Other Facilities

- 25 sites
- Reservations
- Showers
- Boat ramp
- Fishing
- Playground
- 50 amp electrical hookups
- Dump station
- 2 cabins
- Swim beach
- Picnic shelters

Contact

Beaver Lake State Park
3850 70th St. SE
Wishek, ND 58495
Phone: 701-452-2752
E-mail: blsp@nd.gov

Location

Beaver Lake State Park is located 17 miles southeast of Napoleon.

Cross Ranch State Park

Trails

Situated along the west bank of the Missouri River, the 589-acre Cross Ranch State Park offers 14 miles of winding trails through rolling prairies, woody draws and river bottoms. A 1.5-mile interpretive section offers an educational experience.

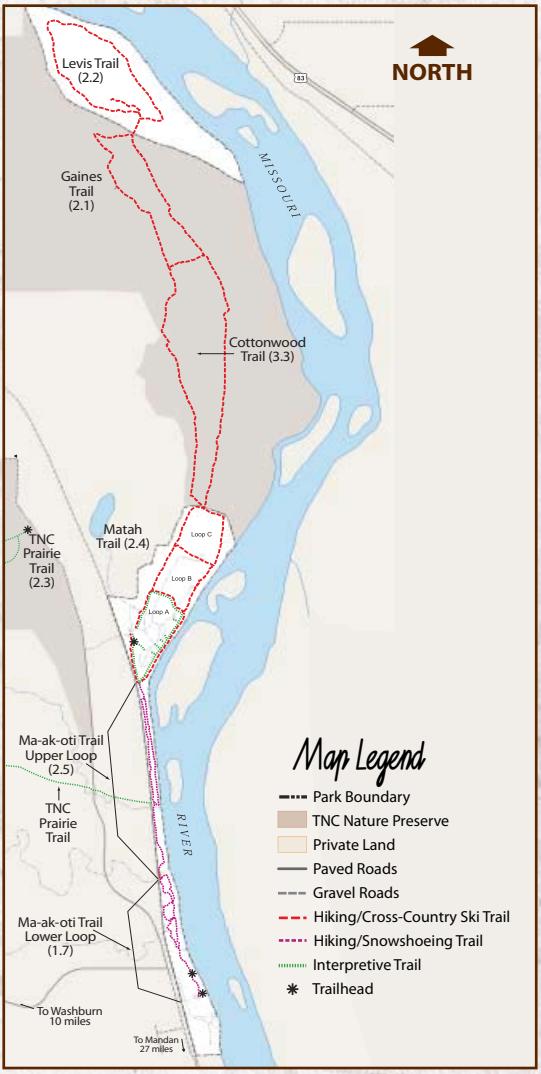
Trails are open for hiking, with select trails open to winter snowshoeing and cross-country skiing. A warming house is onsite.

Other Facilities

- 70 sites
- Reservations
- Showers
- Visitor center
- Canoe rentals
- Playground
- Campground
- Dump station
- Log cabins
- Boat ramp
- Picnic shelters

Contact

Cross Ranch State Park
1403 River Road
Center, ND 58530
Phone: 701-794-3731
Email: crsp@nd.gov



Location

Cross Ranch State Park can be reached by traveling 4.5 miles from Washburn to Hensler on Highway 200A, then another 12 miles southeast of Hensler by paved roads, or six miles by gravel. Follow the brown park directional signs located on Highway 200 or Highway 25 for paved access roads.

Fort Abraham Lincoln State Park

Trails

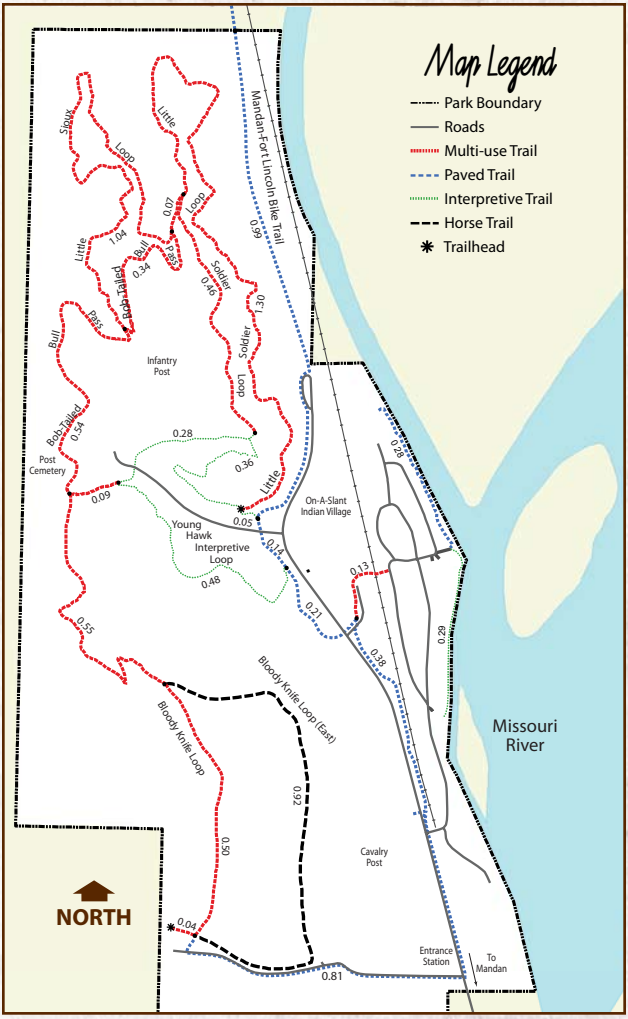
Fort Abraham Lincoln State Park is North Dakota's oldest State Park and offers trail users scenic views of the Custer House and On-A-Slant Indian Village, all with a stunning backdrop of the Missouri River. The 1,006 acre park offers trail users an interpretive trail that details life as it was at the fort and village. The park's non-motorized, multi-use trail system covers 6.75 miles in a series of loops and connecting trails. Most of the surface is hard-packed single-track, with manageable grades and a few steeper sections.

Other Facilities

- 95 sites
- Showers
- Picnic shelters
- 30 amp electrical hookups
- Dump station
- Sleeping cabins
- Playground

Contact

Fort Abraham Lincoln State Park
4480 Fort Lincoln Park
Mandan, ND 58554
Phone: 701-667-6340
Email: falsp@nd.gov



Location

Fort Abraham Lincoln is located seven miles south of Mandan on Highway 1806.

Fort Ransom State Park

Trails

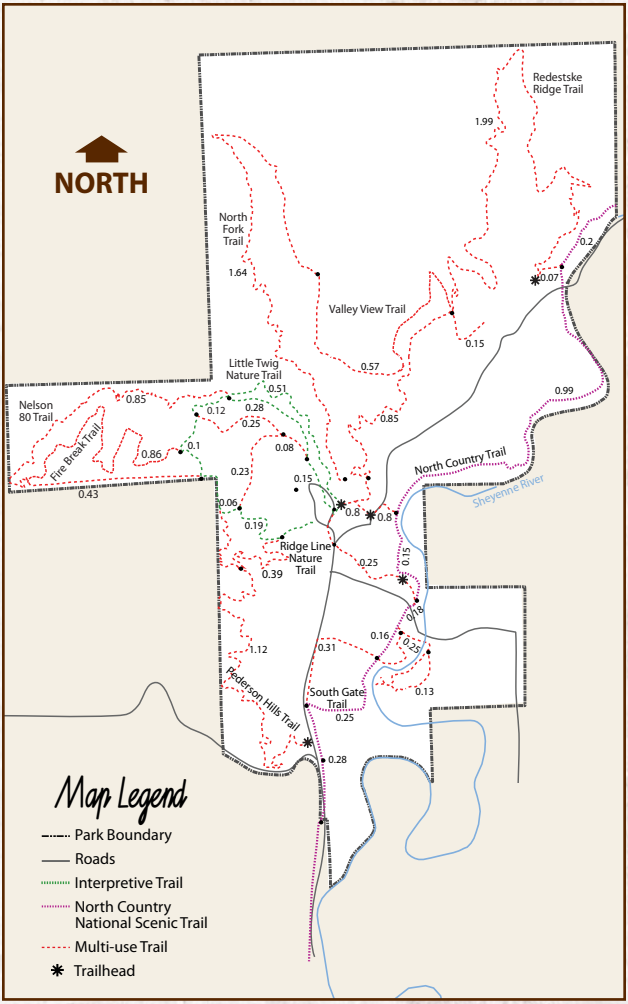
Fort Ransom State Park is nestled in the picturesque and heavily-wooded Sheyenne River Valley and is located on one of North Dakota's officially designated scenic byways, the Sheyenne River Valley National Scenic Byway. Trail users will find over 12 miles of multi-use non-motorized trails, including a short segment of the North Country National Scenic Trail and interpretive trails to learn more about the geology and history of this unique area. A winter warming house is available.

Other Facilities

- 30 sites
- Dump station
- Picnic shelters
- Visitor center
- Playground
- Canoe - kayak rental
- 30 amp electrical hookups
- Reservations
- Showers
- Historic buildings
- Fishing
- Corrals

Contact

Fort Ransom State Park
5981 Walt Hjelle Parkway
Ft. Ransom, ND 58033
Phone: 701-973-4331
Email: frsp@nd.gov



Location

Fort Ransom State Park is located 34 miles south of Valley City, 20 miles northwest of Lisbon or 2 miles north of the town of Fort Ransom.

Fort Stevenson State Park

Trails

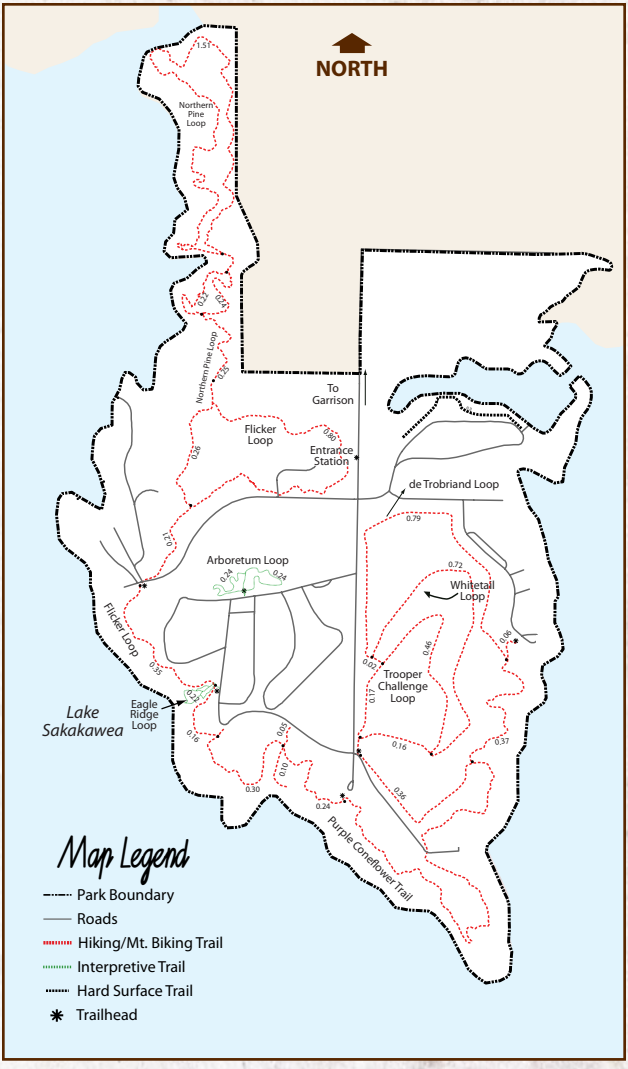
Located on the north shore of Lake Sakakawea, Fort Stevenson State Park offers a 3.05-mile fitness and nature trail system which provides a pleasant place to bike, walk, jog or cross-country ski. Fort Stevenson State Park also includes a .22 mile interpretive trail, .48 mile double-loop arboretum trail, and a .3 mile hard surfaced trail.

Other Facilities

- 145 sites
- Reservations
- Showers
- Boat ramp
- Camp store
- Arboretum
- Picnic shelters
- Boat - canoe rentals
- 30/50 amp electrical hookups
- Prairie dog town
- Dump station
- Sleeping cabins
- Gas dock
- Visitor center
- Meeting room

Contact

Fort Stevenson State Park
1252A 41st Avenue NW
Garrison, ND 58540-5576
Phone: 701-337-5576
Email: fssp@nd.gov



Location

Fort Stevenson State Park is located 3 miles south of Garrison on 41st Ave NE.

Icelandic State Park

GUNLOGSON NATURE PRESERVE

Trails

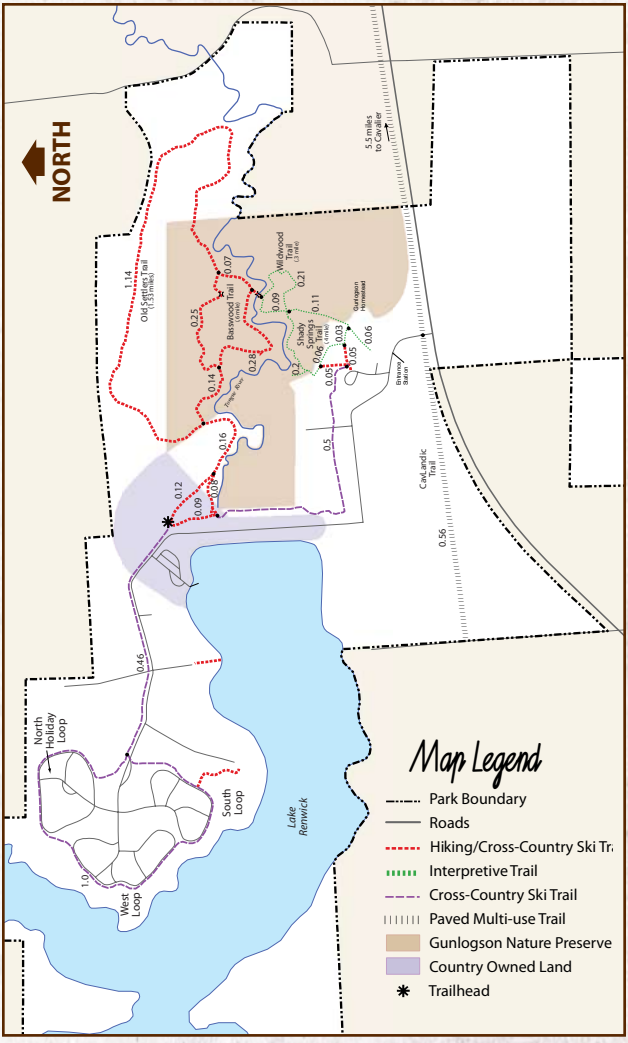
Located on the north shore of Lake Renwick, Icelandic State Park offers visitors many recreational opportunities. A self-guided interpretive trail along the Tongue River begins at the Gunlogson Homestead site and continues through the 200-acre nature preserve and natural wooded area along the Tongue River. Foot bridges provide easy crossing of the Tongue River and to the area's many natural springs, and a paved trail leads into Cavalier. Trails are also open for cross-country skiing.

Other Facilities

- 159 sites
- Dump station
- Cabins
- Historic buildings
- Fishing dock
- Picnic shelter
- 30 amp electrical hookups
- Reservations
- Showers
- Visitor center
- Boat ramp
- Beach
- Playground

Contact

Icelandic State Park
13571 Highway 5
Cavalier, ND 58220
Phone: 701-265-4561
Email: isp@nd.gov



Campground loop roads are groomed for cross-country skiing.

Location

Icelandic State Park is located 5 miles west of Cavalier on Highway 5, near the U.S. and Canadian border.

Lake Metigoshe State Park

Trails

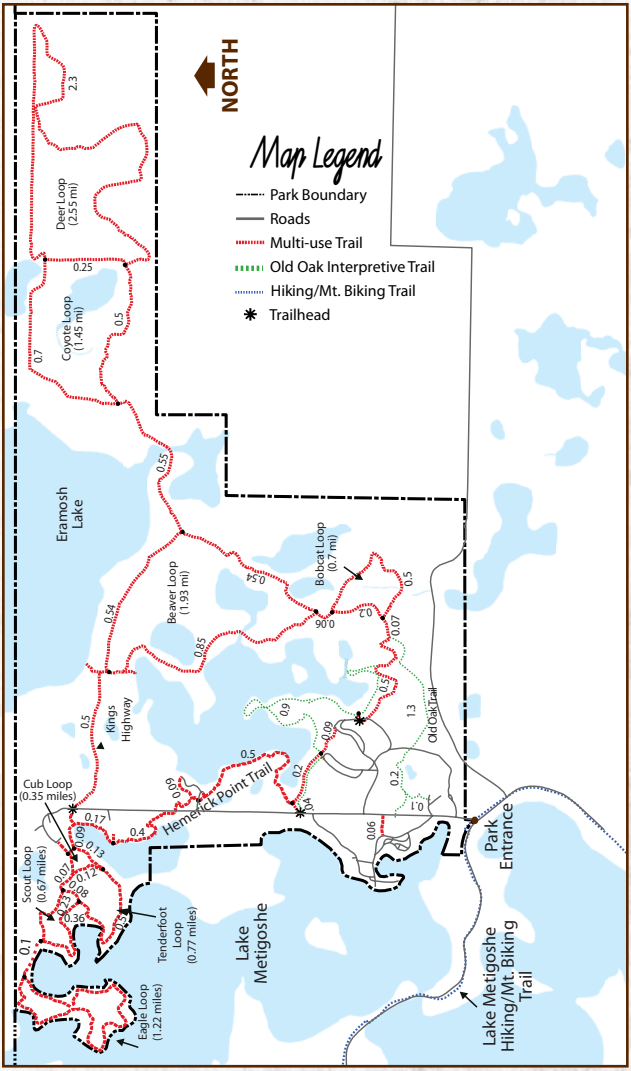
Nestled in the scenic Turtle Mountains, along the Turtle Mountain Scenic Byway, Lake Metigoshe State Park is home to the state's first National Recreation Trail; the self-guided interpretive Old Oak Trail which is 3 miles long. Other multi-use trails cover 8.5 miles through both marsh and wooded habitat, and are open to hiking, mountain biking, cross-country skiing and snowshoeing. A warming house is open in the winter. Access is also provided to the Lake Metigoshe paved hiking and biking trail. Canoe and kayaks can be rented to let visitors explore the park's lakes and wetlands.

Other Facilities

- 130 sites
- Dump station
- Group dorms
- Kitchen
- Canoe rentals
- Picnic shelters
- Ski - snowshoe rentals
- 30 amp electrical hookups
- Reservations
- Showers
- Year-round cabins
- Playground
- Boat ramp

Contact

Lake Metigoshe State Park
#2 Lake Metigoshe State Park
Bottineau, ND 58318
Phone: 701-263-4651
Email: lmsp@nd.gov



Location

Lake Metigoshe State Park is located 14 miles northeast of Bottineau along the U.S. and Canadian border.

Lake Sakakawea State Park

Trails

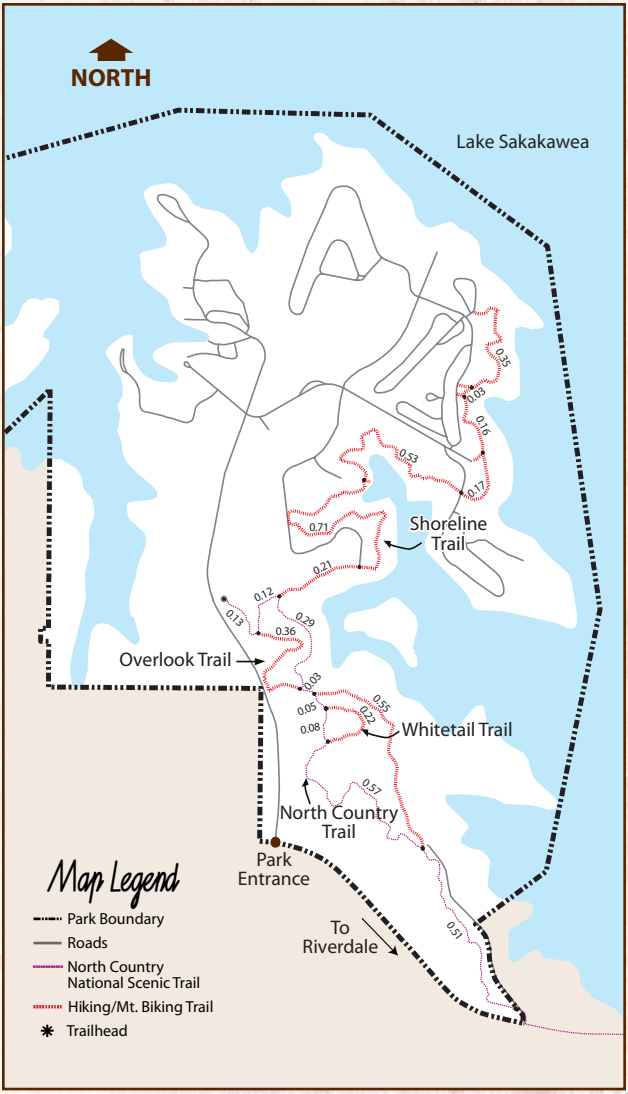
Located on the south shore of Lake Sakakawea and adjacent to Garrison Dam, Lake Sakakawea State Park spans 1,293 acres. The park is the terminus of the North Country National Scenic Trail which, when completed, will stretch 4,600 miles from upstate New York to Lake Sakakawea State Park. Several multi-use trails in the park are perfect for hiking, biking, cross-country skiing and snowshoeing. Hikers are encouraged to take in the scenic beauty of the completed segments of the North Country National Scenic Trail found in this park.

Other Facilities

- 192 sites
- Reservations
- Showers
- Boat ramp
- Gas dock
- Camp store
- Boat rentals
- 30/50 amp hookups
- Dump station
- Sleeping cabins
- Marina ramp
- Swim beach
- Picnic shelters
- Fish cleaning station

Contact

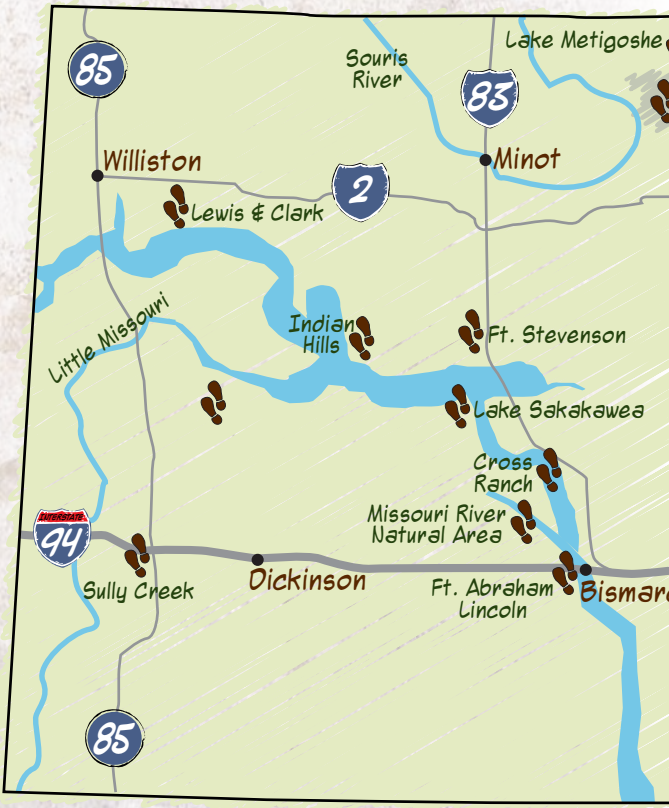
Lake Sakakawea State Park
PO Box 732
Riverdale, ND 58565-0731
Phone: 701-487-3315
Email: lssp@nd.gov



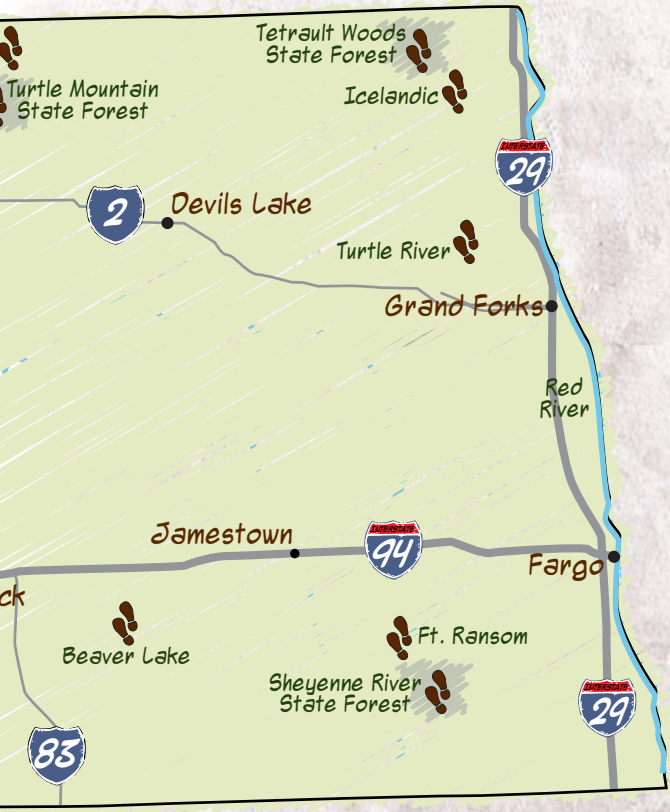
Location

Lake Sakakawea State Park is located six and a half miles from Riverdale. At Pick City go one mile north.

State Trail Guide Map



State Trail Guide Mileage *Not all mileage exact*	SUMMER		
	Hiking	Mt. Biking (Off-road)	Paved
Beaver Lake State Park	4.5	4.5	0
Cross Ranch State Park	14	0	0
Fort Abraham Lincoln State Park	7.5	5	2
Fort Ransom State Park	14.5	11.5	2
Fort Stevenson State Park	8	8	0
Icelandic State Park	3	0	0
Lake Metigoshe State Park	12.5	12.5	0
Lake Sakakawea State Park	5	0	0
Lewis & Clark State Park	10	0	0
Little Missouri State Park	48	0	0
Turtle River State Park	6	4	0
Sheyenne State Forest	4	0	0
Tetrault Woods State Forest	0	0	0
Turtle Mountain State Forest	31.5	31.5	0
Indian Hills State Recreation Area	6	6	0
Sully Creek State Park	96	96	0
Cross Ranch Nature Preserve	2.3	0	0
Missouri River Natural Area	5.5	5.5	0



USE		WINTER USE	
Interpretive Nature Trail	Horeseback Riding	X-country Skiing (Groomed)	Ungroomed (Snowshoe/ X-country Skiing)
0.30	0	0	4.5
1.5	0	10	4
1.5	6	0	9
1.6	11.5	6.5	9
0.70	0	3	5
0.70	0	5	0
2.5	0	8	2
0	0	0	5
0.40	0	0	4
0	48	0	3.5
1.5	0	7.5	0
0	4	0	4
0	0	0	2.5
0	16	0	31.5
1.2	6	0	6
0	96	0	96
2.3	0	0	0
0	0	0	5.5

Lewis and Clark State Park

Trails

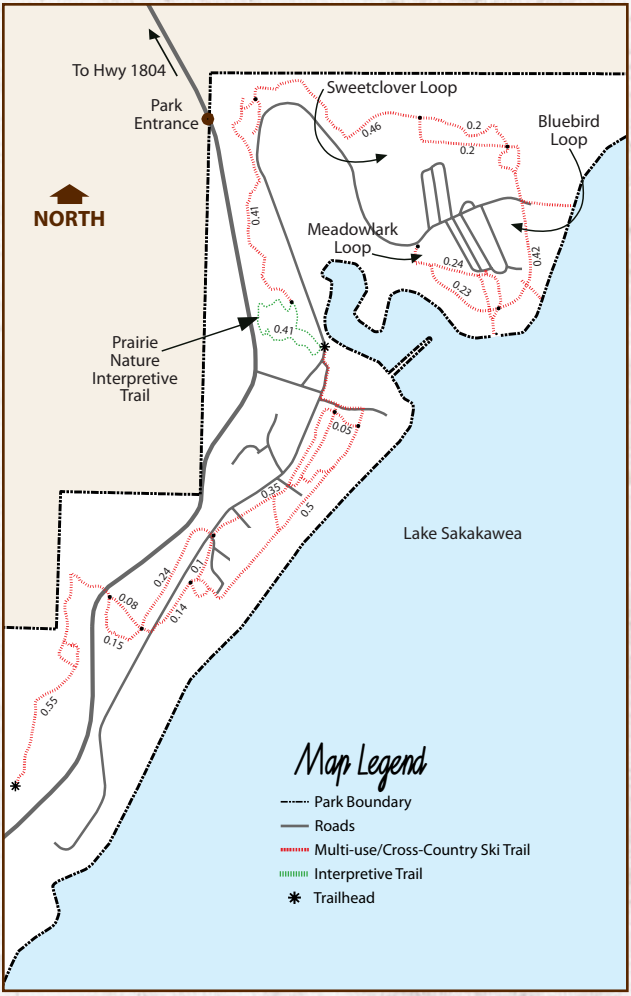
On the north shore of Lake Sakakawea, Lewis and Clark State Park is situated among the rugged buttes of the North Dakota Badlands. The 2.25-mile North Trail system takes visitors north along the park's boundary and overlaps a portion of the .41-mile self-guided interpretive Prairie Nature Trail. The park's 2.8-mile multi-looped South Trail system combines Lewis and Clark interpretation with native prairie images, Badlands, and views of Lake Sakakawea.

Other Facilities

- 80 sites
- Reservations
- Showers
- Boat ramp
- Playground
- Wireless internet in campground
- Electrical hookups
- Dump station
- Sleeping cabins
- Picnic shelters

Contact

Lewis and Clark State Park
4904 119th Road NW
Epping, ND 58843
Phone: 701-859-3071
Email: lcsp@nd.gov



Location

Lewis and Clark State Park is located 19 miles southeast of Williston on Highway 1804.

Little Missouri State Park

Trails

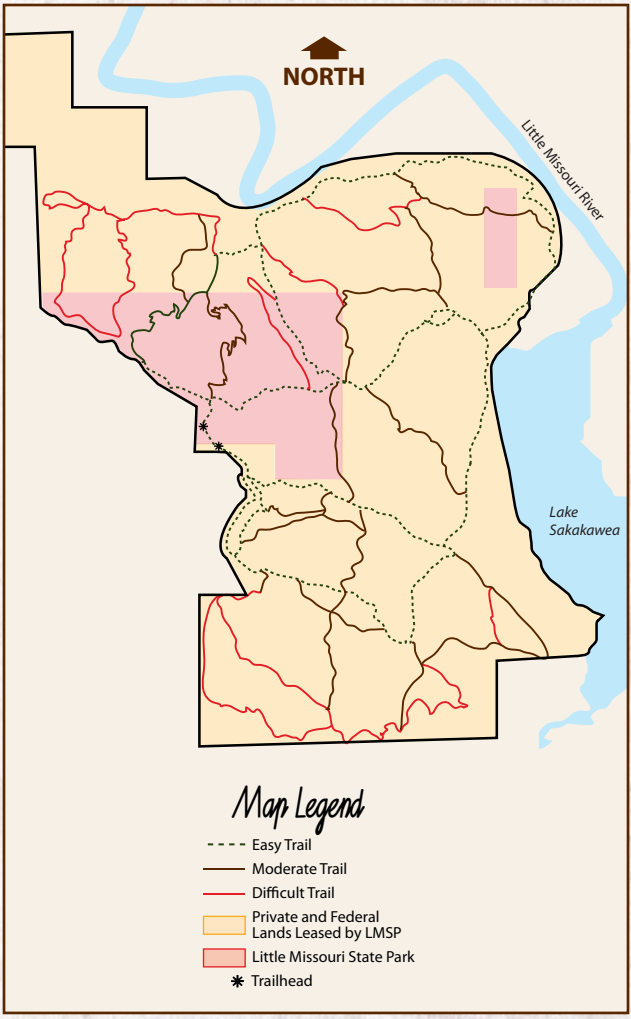
Some of the most picturesque Badlands scenery can be found at Little Missouri State Park. Most of this primitive park is accessible only on foot or horseback with 48 miles of trails to accommodate backpacking and horseback riding. Horse corrals are available and artesian wells are located within the park for horse watering purposes. Electrical hookups are available for campers, however, all other facilities are primitive. All trails are marked and color coded in terms of riding difficulty; distances of each trail segment are measured between trail junctions. Trails located on leased lands close on November 1, but hiking and snowshoeing trails within park boundaries are open year-round.

Other Facilities

- 30 sites
- Dump station
- Horse corrals
- Horse concession
- Guide service
- Picnic shelters
- 30 amp electrical hookups
- Contact park for reservations

Contact

Little Missouri State Park
c/o Cross Ranch State Park
1403 River Road
Center, ND 58530
Phone: 701-764-5256 or
701-794-3731
Email: crsp@nd.gov



Location

Little Missouri State Park is located 17 miles north of Killdeer on Highway 22.

Sully Creek State Park

MAAH DAAH HEY TRAIL

Trails

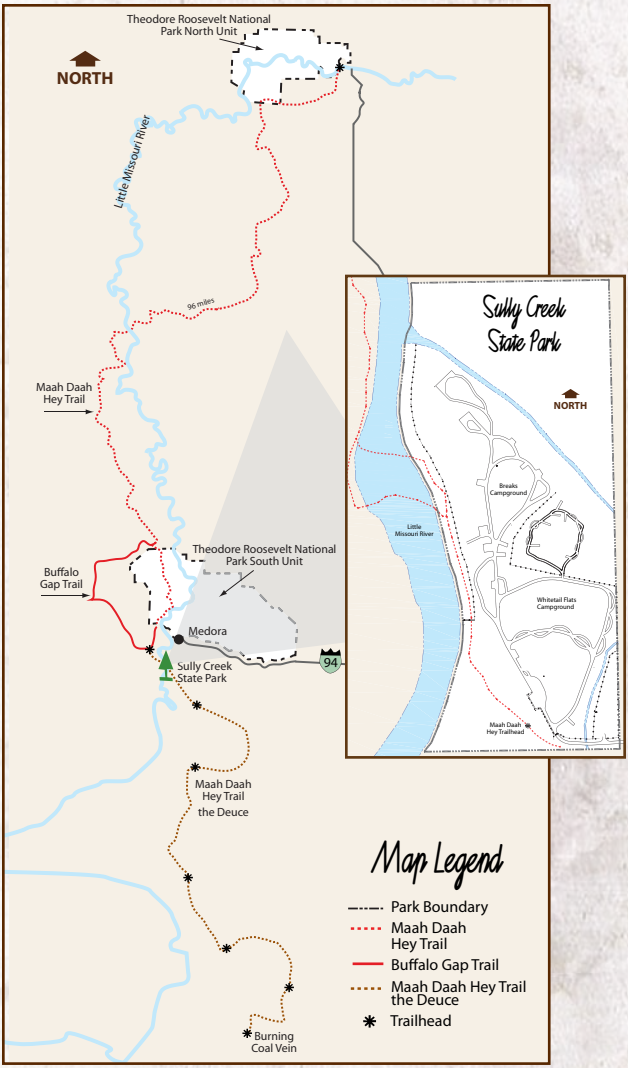
Located in the heart of the North Dakota Badlands, Sully Creek is just minutes away from the historic town of Medora and Theodore Roosevelt National Park. This seasonal park is open from April 1 to November 30 and has a campground with vault toilets and pay showers. Corrals are available for those bringing in their own horses. Horseback riders, mountain bikers, and hikers have access to the 96-mile long Maah Daah Hey Trail, which traverses the Little Missouri National Grassland. Those using the trail should carry adequate potable water for drinking. In the early spring or during high flows, canoeing the Little Missouri River also offers a unique perspective of the Badlands.

Other Facilities

- 33 campsites
- No reservations
- Horse corrals
- Canoe access
- Maah Daah Hey Trail access

Contact

Sully Creek State Park
c/o Fort Abraham Lincoln State Park
4480 Ft. Lincoln Road
Mandan, ND 58554
Phone: 701-667-6340
Email: falsp@nd.gov



The trail is open for use all year. At various times of the year, the trail may be impassable due to snow, ice, high water, and mud.

Location

Sully Creek State Park is located 2.5 miles south of Medora.

Turtle River State Park

Trails

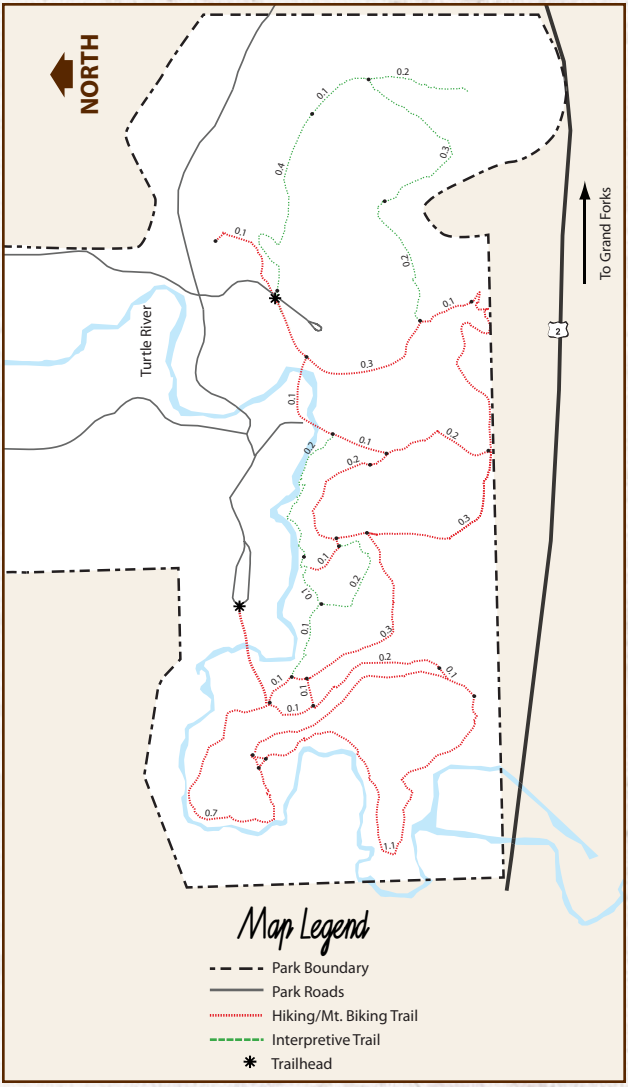
The beautiful wooded valley along the meandering Turtle River is the location of Turtle River State Park. Constructed in the 1930s by the Civilian Conservation Corps, the park offers year-round recreational activities that include camping, picnicking and fishing. It has both summer and winter trails that welcome hikers, mountain bikers and cross-country skiers. The trails include a self-guided nature trail; the Centennial Accessible Trail, which is a short, paved interpretive trail; and the North Star Trail, which offers mountain biking.

Other Facilities

- 125 sites
- Reservations
- Showers
- Picnic shelters
- Park store
- Kitchen & dining hall
- Electrical hookups
- Dump station
- Cabins
- Playground
- Sledding hill

Contact

Turtle River State Park
3084 Park Avenue
Arvilla, ND 58214
Phone: 701-594-4445
Email: trsp@nd.gov



This map is for summer use. Please check with the park for use during the winter.

Location

Turtle River State Park is located 22 miles west of Grand Forks on Highway 2.

Sheyenne River State Forest

Trails

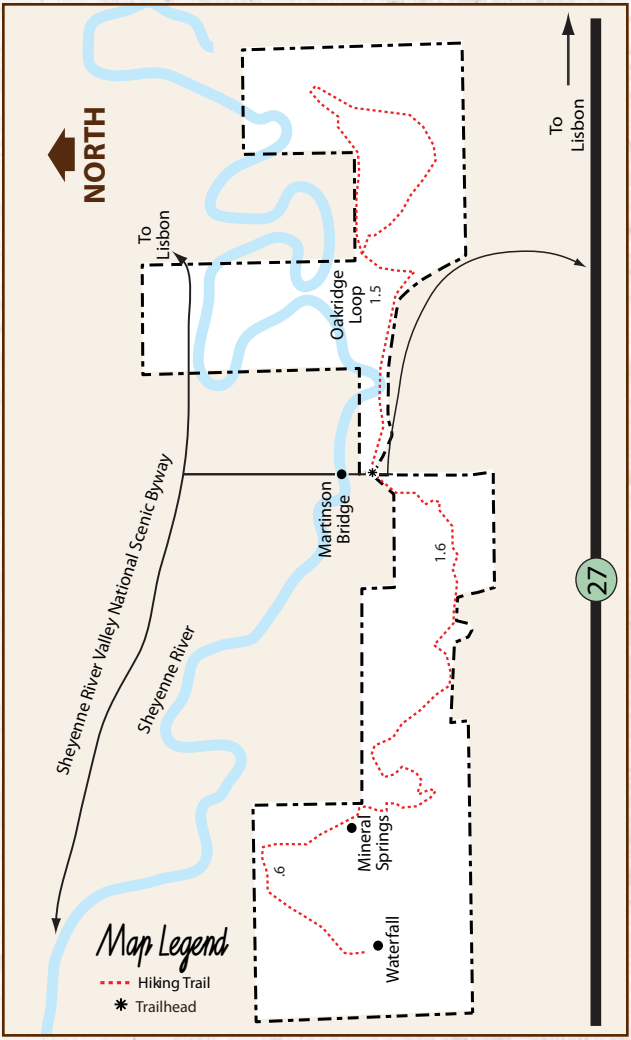
The Sheyenne River State Forest covers 509 acres rich in history and plant diversity along the Sheyenne River. In 1984, a one-mile segment of the forest's nature/hiking trail was certified as a part of the North Country National Scenic Trail and an additional two-mile segment was added in 2006. The new trail leads visitors to the forest's mineral springs and a rare North Dakota waterfall. Back country camping is allowed at the mineral spring and waterfall sites. The Sheyenne River State Forest is located along the southern portion of the Sheyenne River Valley National Scenic Byway.

Other Facilities

- Primitive camping
- Picnic tables
- Fire grates

Contact

Sheyenne River State Forest
P.O. Box 694
Hwy 32 South
Lisbon, ND 58054
Phone: 701-683-4323
Email: forest@nd.gov



Location

The Sheyenne River State Forest is located 10 miles northwest of Lisbon on County Road 13 along the Sheyenne River Valley National Scenic Byway.

Tetrault Woods State Forest

Trails

The Tetrault Woods State Forest is located in the Pembina Gorge along the banks of the Pembina River. Established in 1970, the state forest covers 432 acres and preserves part of the riparian forest typical of the Pembina River including bur oak, ash, elm, birch, and aspen. Hiking and mountain biking trails run throughout the Tetrault Woods State Forest, although, at times, portions of these trails may be flooded due to beaver activity. Canoeing is also a favorite activity on the forest's Pembina River channel.

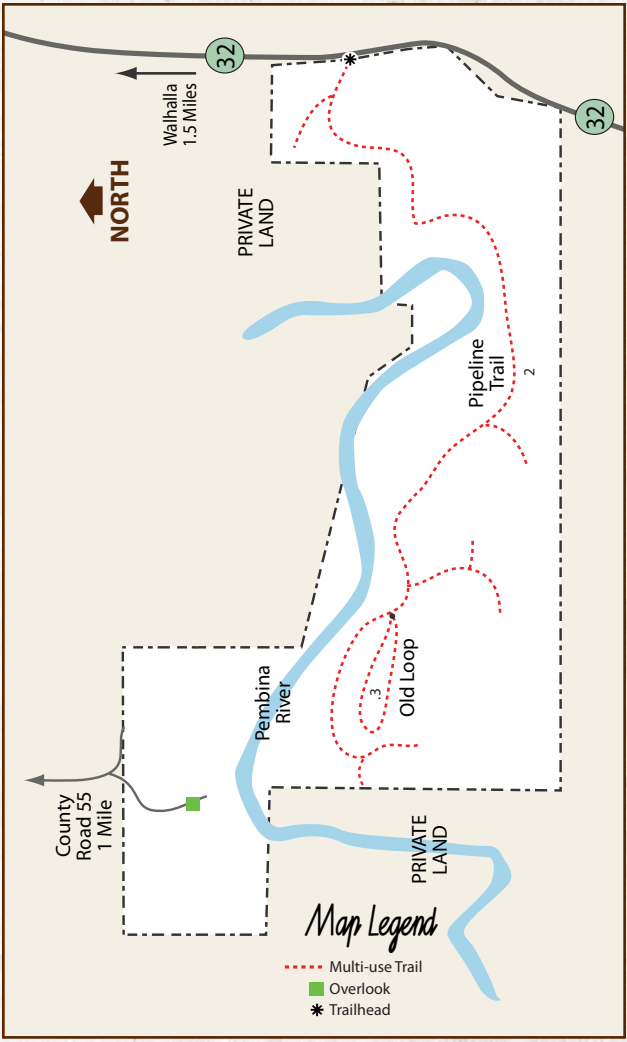
Due to water hazards and trail construction, contact the Pembina Gorge State Recreation Area Office at pgsra@nd.gov for trail accessibility and conditions.

Other Facilities

- Primitive camping
- Picnic tables
- Canoe access

Contact

Walhalla Field Office
101 5th Street
Walhalla, ND 58282
Phone: 701-549-2444
Email: pgsra@nd.gov



Location

Tetrault Woods State Forest is located one half-mile south of Walhalla on the west side of Highway 32.

Turtle Mountain State Forest

Trails

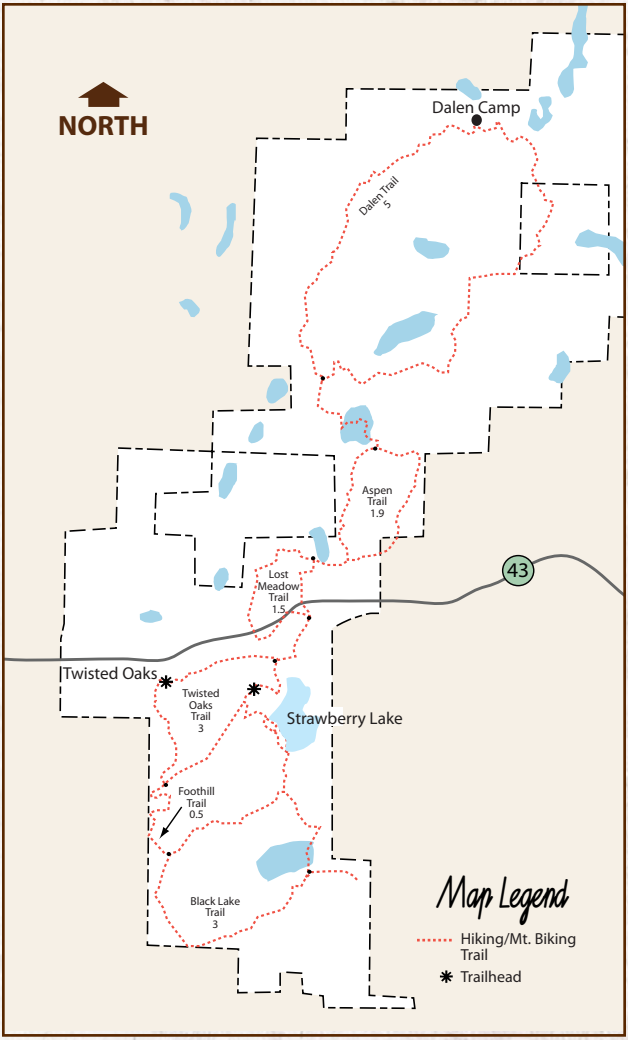
The Turtle Mountain State Forest is located in the Turtle Mountains and consists of several scattered land parcels totaling 7,814 acres. The forest is home to diverse tree, grass, water, and wildlife resources. Strawberry Lake and Twisted Oaks Recreation Areas provide access to an extensive trail system open to hiking, mountain biking, horseback riding, snow shoeing, and cross-country skiing. Both recreation areas are accessible off of Highway 43, also known as the Turtle Mountain Scenic Byway.

Other Facilities

- Primitive camping
- Picnic tables
- Canoe access

Contact

Turtle Mountain State Forest
1037 Forestry Drive
Bottineau, ND 58318
Phone: 701-228-3700
Website: http://www.ndsu.edu/ndfs/state_forests/turtle_mountain_state_forest/



Location

Turtle Mountain State Forest is located eight miles north of Bottineau to Highway 43.

Indian Hills State Recreation Area

Trails

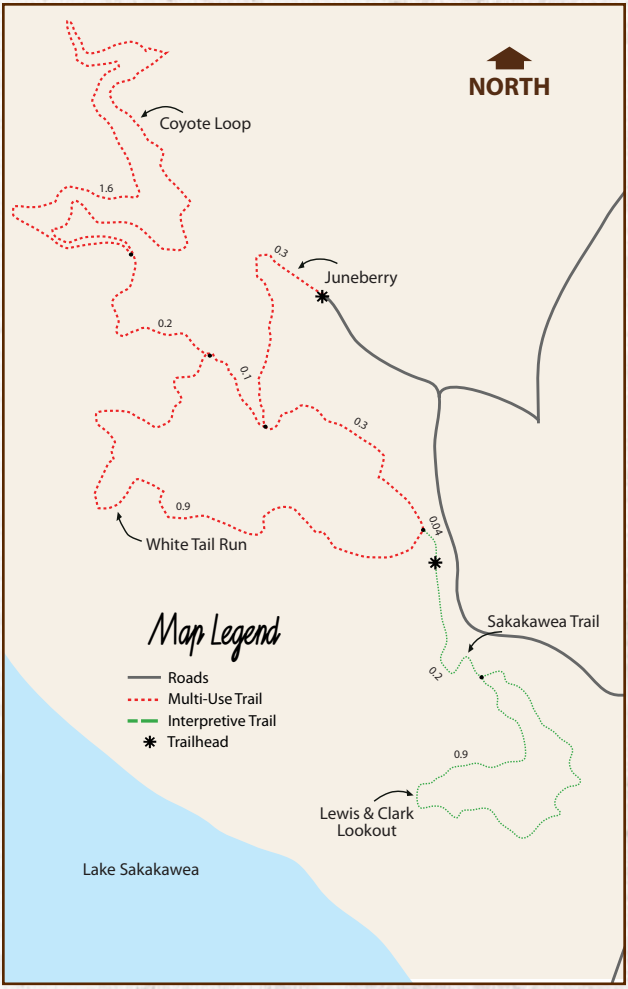
The 80-acre Indian Hills State Recreation Area is a Lewis and Clark Trail site and home to the Indian Hills Resort and Campground. The recreation area's Nux Baa Ga Trail offers visitors more than five miles of hiking, biking, and horseback riding opportunities. The trail runs along Lake Sakakawea, through wooded sections of interest and consists of four-feet wide, single-track dirt trails. Interpretive signage is also located along a portion of the trail.

Other Facilities

- Camping
- Showers
- Cabins
- Sewage dump station
- Contact resort for reservations
- Electricity
- Marina

Contact

Indian Hills Resort
7302 14th St. NW
Garrison, ND 58540
Phone: 701-743-4122
Email: ksorge@btinet.net



Location

Indian Hills State Recreation Area is located 31 miles west of Garrison. Following Highway 83 north and turn left onto ND-1804/ND-37 until you reach mile marker 204. Follow the gravel road three miles south to the resort.

Cross Ranch Nature Preserve

Trails

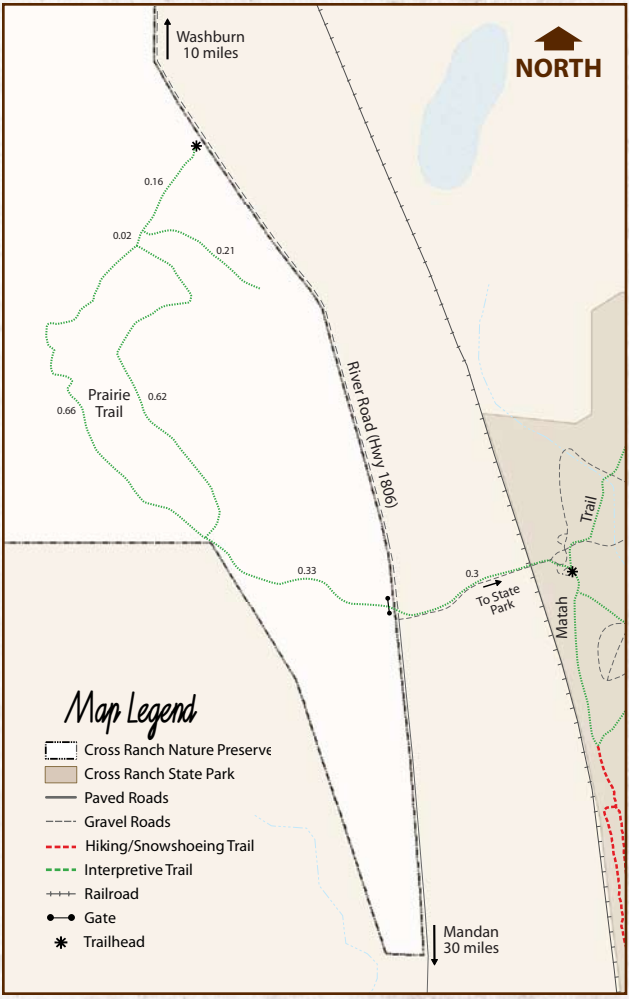
Cross Ranch State Nature Preserve has 5,593 acres of rolling prairie and lush floodplain forest, combining outstanding natural values with historic interest. The property is managed by The Nature Conservancy, an international, nonprofit conservation organization. The 2.3-mile Prairie Trail meanders through the preserve's rolling prairie, woody draws, bison pasture and several cultural and historic sites. This trail also connects to 14 miles of trail located at the adjacent Cross Ranch State Park.

Situated along a scenic free-flowing stretch of the Missouri River, the preserve protects the largest tract of forest along the river in North Dakota. Throughout the summer months, the adjoining prairie is ablaze with bright hues from more than 100 species of flowers.

Bison are wild animals and have the right-of-way. Do not approach or attempt to feed.

Contact

Cross Ranch Nature Preserve
The Nature Conservancy
Center, ND 58530
Phone: 701-794-8741
Email: erosenquist@tnc.org



Location

Cross Ranch Nature Preserve is located 12 miles southeast of Hensler by paved roads or 6 miles by gravel. For paved access roads follow the brown park directional signs located on Highway 200 or Highway 25.

Missouri River Natural Area

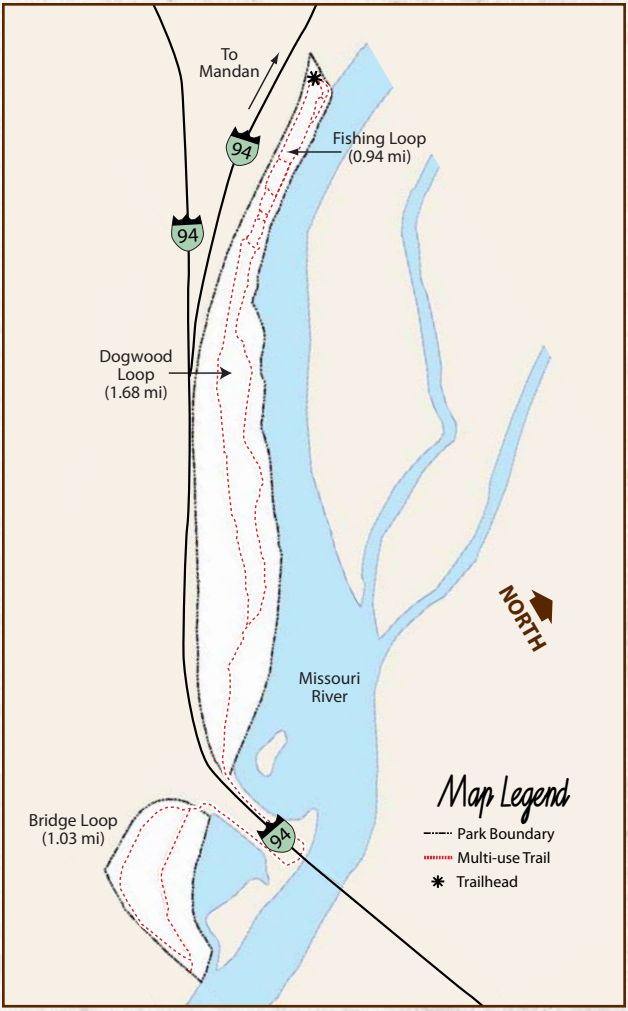
Trails

This 5.6-mile trail is filled with native river bottom woodland and is a favorite of the mountain bikers who prefer a flat and fast terrain.

The .94-mile Fishing Loop trail leading to and up along the Missouri River is the most popular of the trails. Continuing in a southerly direction from the Fishing Loop trail is the 1.68 -mile Dogwood Loop. Birds are the most common form of wildlife observed in the natural area and this loop provides some excellent birding opportunities. The area is also dominated by cottonwoods, green ash, and willows.

Contact

Missouri River Natural Area
c/o Fort Abraham Lincoln State Park
4480 Fort Lincoln Park
Mandan, ND 58554
Phone: 701-667-6340
Email: falsp@nd.gov



Location

The trail head is located off Exit 153 on Interstate 94. Enter the trail near the intersection of Division Street Northeast, Missouri Drive Northeast, and River Drive Northeast. It is southeast of the Mandan Archery Range.

www.parkrec.nd.gov

The North Dakota Parks & Recreation Department offers a variety of trail opportunities for trail users, ranging from short half-mile walks on paved trails to vigorous mountain biking rides in the Badlands.

Contact the respective park or visit the NDPRD website, www.parkrec.nd.gov, for trail maps and trail conditions.

The North Dakota Parks and Recreation Department's facilities, programs, and employment opportunities are open to all, regardless of age, sex, race, color, disability, religion, national origin or political affiliation. Contact us if you need an accommodation for a disability or for an alternate format of this publication, at 701-328-5357 or Relay North Dakota TTY Service 800-366-6888.

June 2012