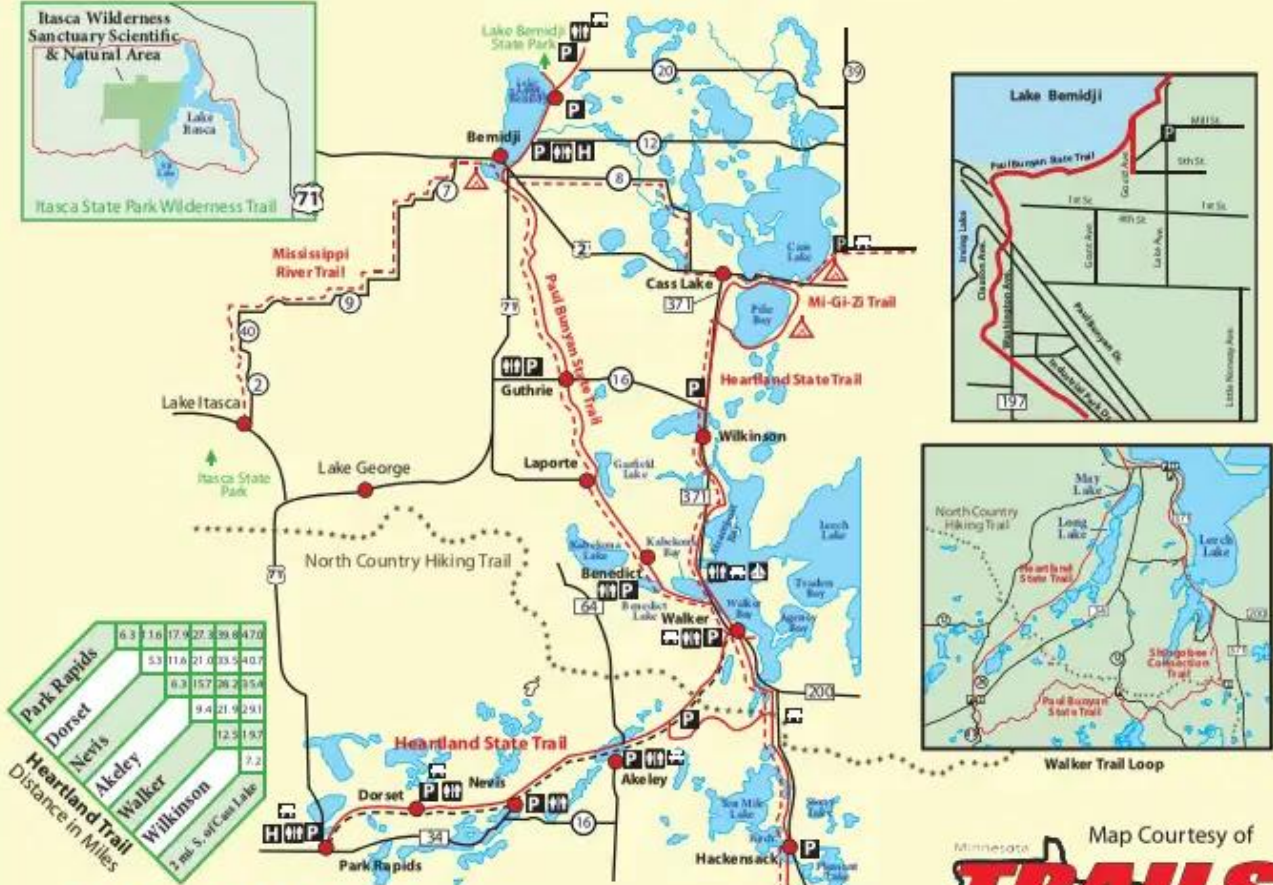


TRAIL MAP

Heartland, Paul Bunyan, Mi-Gi-Zi and Itasca Wilderness Trail



Heartland Trail Distance in Miles

Park Rapids	6.3	11.6	17.9	22.3	29.6	47.0
Dorset	5.3	11.6	21.0	33.5	40.7	
Nevis	6.3	15.7	26.2	35.5		
Akeley	9.4	21.0	30.9			
Walker	12.5	19.7				
Wilkinson	7.2					

Paul Bunyan Trail Distance in Miles

Baxter	9.0	13.0	21.1	27.4	33.4	40.5	49.2	57.5	77.6	82.0	89.4	94.2	99.4	97.4
Merrifield	6.7	13.5	19.4	24.4	31.1	39.0	46.4	55.0	74.0	80.0	88.3	94.3	99.4	97.4
Nisswa	5.2	9.5	15.5	24.0	30.0	36.0	43.0	50.0	70.0	76.0	84.0	90.0	95.0	93.0
Pequot Lakes	6.5	13.0	22.4	31.0	39.0	47.0	55.0	63.0	83.0	89.0	97.0	103.0	108.0	106.0
Jenkins	14.0	19.0	24.0	30.0	36.0	43.0	50.0	57.0	77.0	83.0	91.0	97.0	103.0	101.0
Pine River	7.5	13.0	19.0	25.0	31.0	37.0	43.0	50.0	70.0	76.0	84.0	90.0	95.0	93.0
Backus	12.0	18.0	24.0	30.0	36.0	43.0	50.0	57.0	77.0	83.0	91.0	97.0	103.0	101.0
Hackensack	14.0	20.0	26.0	32.0	38.0	44.0	50.0	57.0	77.0	83.0	91.0	97.0	103.0	101.0
Walker	16.0	22.0	28.0	34.0	40.0	46.0	52.0	59.0	79.0	85.0	93.0	99.0	105.0	103.0
Benedict	13.0	19.0	25.0	31.0	37.0	43.0	50.0	57.0	77.0	83.0	91.0	97.0	103.0	101.0
Laporte	11.0	17.0	23.0	29.0	35.0	41.0	47.0	54.0	74.0	80.0	88.0	94.0	100.0	98.0
Guthrie	10.0	16.0	22.0	28.0	34.0	40.0	46.0	52.0	72.0	78.0	86.0	92.0	98.0	96.0
Nary	12.0	18.0	24.0	30.0	36.0	42.0	48.0	54.0	74.0	80.0	88.0	94.0	100.0	98.0
Bemidji	17.0	23.0	29.0	35.0	41.0	47.0	53.0	59.0	79.0	85.0	93.0	99.0	105.0	103.0

LEGEND

- U.S. Route
- Paved Trail
- Bikeway
- Horse Trail
- State Route
- County Route
- Public Campground
- State Park
- Parking
- Restroom
- Picnic
- Hospital
- Boat Landing

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