OUTDOOR ADVENTURES
DESTINATION GUIDE

PLACES TO EXPLORE
IN NORTH DAKOTA AND MINNESOTA

Photo courtesy of ND Tourism
**MB JOHNSON PARK**

**Where:** Moorhead, MN

**What:** A local park in Moorhead with easy access to the outdoors with a short commute time.

**When:** Year-Round

**Address:** 3601 11th St N, Moorhead, MN 56560

**From Campus:** 10 minutes/4 miles

**Activities:** Hiking, Cross-country Skiing, Snowshoeing, Biking, Fishing and Boat Launch

[Website](#)

[Directions and Map](#)

Photo courtesy of Unsplash
**GOOSEBERRY MOUND PARK**

**Where:** Moorhead, MN  
**What:** Relaxed park offering picnic shelters, kids play areas & trails for walking & cross-country skiing.  
**When:** Year - Round  
**Address:** 100 22nd Ave S, Moorhead, MN 56560  
**From Campus:** Approx. 15 minutes/5 miles  
**Activities:** Cross-country Skiing, Hiking, Biking  

[Website](#)  
[Directions and Map](#)

Photo courtesy of Visit FargoMoorhead
LIONS CONSERVANCY PARK

Where: Fargo, ND
What: A very easy hiking trail, scenic although not dramatic, and quick to do. It’s also a good spot for fishing from the shore of the river or bird spotting.
When: Year - Round (best in warm months)
Address: 1221 El Cano Drive S, Fargo, ND 58104
From Campus: Approx. 15 minutes/6 miles
Activities: Hiking, Bird Watching, Fishing

Website
Directions and Map

Photo courtesy of Dakota.audubon
**RIVER CORRIDOR TRAIL**

Where: Moorhead, MN

What: The Moorhead River Corridor Trail is a non-motorized, regional trail extending over 18 miles, the entire length of the City of Moorhead, along the Red River of the North. The River Corridor Trail has many parts that are completed and some that are under construction. Please review the website and map and plan accordingly.

Activities: Hiking, Cross-country Skiing

Website

Directions and Map

Photo courtesy of City of Moorhead
BUFFALO RIVER STATE PARK

Where: Glyndon, MN
What: Buffalo River State Park is a state park of Minnesota, conserving a prairie bisected by the wooded banks of the Buffalo River.
When: Year - Round
Address: 565 155th St S, Glyndon, MN 56547
From Campus: Approx. 25 minutes/17 miles
Activities: Swimming, Camping, Fishing, Hiking

Website
Directions and Map
**SHEYENNE NATIONAL GRASSLAND**

**Where:** McLeod, ND

**What:** Over 70,000 acres of grassland available to a wide range of recreational usage. Features a section of the North Country Trail as well as a number of unique features including Iron Spring Creek and an old fire lookout tower.

**When:** Year - Round

**Address:** 6148 154th Ave SE, McLeod, ND 58057

**From Campus:** Approx. 50 minutes/45 miles

**Activities:** Hiking, Camping, Fishing, Wildlife Viewing, Biking, Cross-country Skiing, Snowshoeing

**Website**

**Directions and Map**

[Photo courtesy of Backpacker]
MAPLEWOOD STATE PARK

Where: Pelican Rapids, MN
What: A beautiful state park located near Pelican Rapids. It features hiking trails and a stunning view on Hallaway Hill of the lakes below.
**A Minnesota State Park pass is required**
When: Year - Round
Address: 39721 Park Entrance Road, Pelican Rapids, MN 56572
From Campus: Approx. 1 hour 10 min./57 miles
Activities: Camping, Fishing, Hiking, Horseback Trails
Recommended Route: Hike to Hallaway Hill
Website Directions and Map
LITTLE YELLOWSTONE STATE PARK

Where: Kathryn, ND
What: Little Yellowstone Park is a 27-acre campground and multi-use recreation area.
When: Year - Round
Address: 54th St. SE, Kathryn, ND 58049
From Campus: Approx. 1 hour 15 min./75 miles
Activities: Camping, Hiking

Website
Directions and Map

Photo courtesy of MobileRving
FORT RANSOM STATE PARK

Where: Fort Ransom, ND
What: Fort Ransom State Park is a public recreation area located in the Sheyenne River Valley.
When: Year - Round
Address: 5981 Walt Hjelle Parkway, Fort Ransom ND 58033
From Campus: Approx. 1 hour 20 min./77 miles
Activities: Camping, Hiking, Snowshoeing, Biking, Cross-country Skiing, Kayaking, Canoeing
Website
Directions and Map

Photo courtesy of WordPress
TURTLE RIVER STATE PARK

Where: Arvilla, ND
What: Turtle River State Park is a public recreation area occupying 775 acres on the Turtle River.
When: Year - Round
Address: 3084 Park Ave NE, Arvilla, ND 58214
From Campus: Approx. 1 hour 30 min./95 miles
Activities: Hiking, Camping, Fishing, Cross-country Skiing, Snowshoeing

Website
Directions and Map

Photo courtesy of NDTourism
**ITASCA STATE PARK**

**Where:** Park Rapids, MN  
**What:** Itasca State Park is a state park of Minnesota, and contains the headwaters of the Mississippi River. The park spans 32,690 acres of northern Minnesota.  
**When:** Year - Round  
**Address:** 36750 Main Park Drive, Park Rapids, MN 56470  
**From Campus:** Approx. 2 hours/100 miles  
**Activities:** Camping, Fishing, Hiking

[Website](#)  
[Directions and Map](#)

Photo courtesy of MN DNR
ICELANDIC STATE PARK

Where: Cavalier, ND
What: This 912-acre park allows visitors to learn about the state’s early settlement and provides an array of recreational opportunities.
When: Year - Round
Address: 13571 Highway 5, Cavalier, ND 58220
From Campus: Approx. 2 hours 30 min./164 miles
Activities: Hiking, Biking, Snowshoeing, Cross-country Skiing, Camping, Boating, Swimming, Fishing

Website
Directions and Map

Photo courtesy of Flickr
GUNLOGSON STATE NATURE PRESERVE

Where: Cavalier, ND
What: Located at Icelandic State Park, the Gunlogson State Nature Preserve has 3 miles of hiking and cross-country skiing trails open for visitors
When: Year - Round
Address: Gunlogson State Nature Preserve, Cavalier Air Force Station, ND 58220
From Campus: Approx. 2 hours 30 min./162 miles
Activities: Hiking, Cross-country Skiing
Website
Directions and Map
GRAHAMS ISLAND STATE PARK

Where: Devils Lake, ND
What: Campers can enjoy the largely shaded campsites and take part in the numerous national and regional fishing tournaments happening throughout the year.
When: Year-Round
Address: 152 South Duncan Road, Devils Lake, ND 58301
From Campus: Approx. 2 hours 45 min./177 miles
Activities: Camping, Hiking, Biking, Fishing, Cross-country Skiing, Snowshoeing
Website
Directions and Map

Photo courtesy of ND Parks and Rec
BEAVER LAKE STATE PARK

Where: Wishek, ND
What: This park provides an escape from everyday life, offering a relaxing atmosphere in a secluded outdoor setting. Visitors can also enjoy the parks non-motorized trail system which covers 5.14 miles in a series of loops and many connecting trails.
When: Year-Round
Address: 3850 70th St SE, Wishek, ND 58495
From Campus: Approx. 2 hrs. 45 min./175 miles
Activities: Camping, Hiking, Biking
Website Directions and Map

Photo courtesy of ND Tourism
**QUARRY PARK AND NATURE PRESERVE**

**Where:** St. Cloud, MN

**What:** As its name implies, quarry park used to be the location of granite quarries until the 1950’s. After ceasing mining operation, the land was converted into a park that visitors can now fish, swim and explore the unique rock structures left behind.

**When:** Year-Round

**Address:** 1802 County Road 137, Waite Park, MN 56387

**From Campus:** Approx. 2 hours 45 min./170 miles

**Activities:** Biking, Cross-country Skiing, Fishing, Geocaching, Hiking, Picnicking, Rock Climbing, Scuba Diving, Snowshoeing, Swimming

**Website**

**Directions and Map**
FORT ABRAHAM LINCOLN STATE PARK

Where: Mandan, ND
What: This is the oldest state park in North Dakota and provides a variety of adventures for travelers of all ages. Gaze upon the breathtaking views of the Hear and Missouri river bottoms and gain insight into the lives of the Mandan Native Americans by venturing through reconstructed earth lodges.

When: Year-Round
Address: 4480 Fort Lincoln Rd, Mandan, ND 58554
From Campus: Approx. 3 hours/208 miles
Activities: Hiking, Biking, Horseback Riding, Camping, Snowshoeing, Fishing
Website
Directions and Map
Pembina Gorge State Recreation Area

Where: Langdon, ND

What: The Pembina Gorge State Recreation Area encompasses over 2,800 acres of land in the Pembina River Gorge. Steep valley cliffs overlook small, isolated prairies and pocketed wetlands surrounded by undisturbed forest.

When: Year-Round

Address: Pembina Gorge State Recreation Area, Langdon, ND 58249

From Campus: Approx. 3 hours/186 miles

Activities: Horseback Riding, Hiking, Kayaking, Fishing, Snowmobiling, Cross-country Skiing, Biking, Off-Highway Vehicles (ATV & Dirt Bike)

Website Directions and Map

Photo courtesy of Trip Advisor
CROSS RANCH STATE PARK

Where: Center, ND
What: Cross Ranch State Park is a public recreation area covering 569 acres on the west bank of the Missouri River.
When: Year-Round
Address: 1403 River Rd, Center, ND 58530
From Campus: Approx. 3 hours 30 min./237 miles
Activities: Camping, Hiking, Cross-country Skiing, Snowshoeing, Biking, Fishing

Website
Directions and Map

Photo courtesy of ND Parks and Rec
FORT STEVENSON STATE PARK

Where: Garrison, ND

What: Known as the “Walleye Capital” of North Dakota, Fort Stevenson is a preferred spot for anyone to experience a great day out on the lake. Park visitors can also enjoy the park's 10 miles of trails in long segments and shorter loops.

When: Year-Round

Address: 1252A 41st Ave NW, Garrison, ND 58540

From Campus: Approx. 4 hours/270 miles

Activities: Hiking, Fishing, Biking, Cross-country Skiing, Snowshoeing

Website

Directions and Map

Photo courtesy of AllTrails
LAKE SAKAKAWEA STATE PARK

Where: Pick City, ND
What: This park is surrounded by miles of lakeshore, providing breathtakingly stunning views. Visitors can spend time at the swim beach, camping beneath the trees, hiking on the trails or out on the lake.
When: Year-Round
Address: 720 Park Ave, Pick City, ND 58545
From Campus: Approx. 4 hours/265 miles
Activities: Fishing, Hiking, Camping, Biking, Cross-country Skiing, Snowshoeing

Website
Directions and Map
**Butte Saint Paul State Recreation Area**

**Where:** San Haven, ND

**What:** This trail is a short hike up to a high point in the Turtle Mountains that provides a spectacular view of the trees and lakes below. The state park unit encompasses 580-foot Butte Saint Paul. A 12-foot stone commemorative plaque that sits on top of the peak.

**When:** Year-Round

**Address:** Butte St Paul Recreation Area, San Haven, ND 58329

**From Campus:** Approx. 4 hours/260 miles

**Activities:** Hiking, Bird Watching

**Directions and Map**

Photo courtesy of TrailRunProject
LAKE METIGOSHE STATE PARK

**Where:** Bottineau, ND

**What:** Nestled in the scenic Turtle Mountains along the U.S./Canadian border, Lake Metigoshe is one of the most popular year-round vacation spots in ND. Visitors can enjoy over 8 miles of open hiking trails.

**When:** Year-Round

**Address:** 2514 2nd St E, Bottineau, ND 58318

**From Campus:** Approx. 4 hours 25 min./279 miles

**Activities:** Hiking, Biking, Cross-country Skiing, Snowshoeing, Canoeing, Kayaking, Snowmobiling, Camping

**Website**

**Directions and Map**
THEODORE ROOSEVELT STATE PARK

Where: Medora, ND
What: A stunning location in western North Dakota that features access to the Badlands and area as rich in history as it is beauty and wildlife.
When: Year-Round
Address: 315 Second Avenue, Medora, ND 58645
From Campus: Approx. 4 hours 30 min./328 miles
Activities: Hiking, Camping, Sightseeing, Wildlife Viewing, Biking, Canoeing, Kayaking, Fishing

Website
Directions and Map
**INDIAN HILLS RESORT AND CAMPGROUND**

**Where:** Garrison, ND  
**What:** Here, individuals who like to fish can experience Lake Sakakawea’s famous walleye, northern pike, small mouth bass, and salmon fishing. Hunters can enjoy hunting pheasants or waterfowl.  
**When:** May-October  
**Address:** Indian Hills Resort, 7276 14th NW, Garrison, ND 58540-9601  
**From Campus:** Approx. 4 hours 40 min./300 miles  
**Activities:** Camping, Fishing, Hunting, Tenting, Hiking, Biking, Horseback Riding  

[Website](#)  
[Directions and Map](#)
SULLY CREEK STATE PARK

Where: Medora, ND
What: Sully Creek is the perfect spot for visitors seeking adventure. Traversing the 274-mile long Little Missouri River offers a unique perspective of the Badlands from North Dakota’s only state scenic river.
When: April-November
Address: 1465 36th St, Medora, ND 58645
From Campus: Approx. 4 hours 50 min./330 miles
Activities: Camping, Canoeing, Kayaking, Horseback Riding, Hiking, Biking
Website
Directions and Map

Photo courtesy of ND Tourism
**LITTLE MISSOURI STATE PARK**

**Where:** Dunn Center, ND  
**What:** This park is home to over 45 miles of trails that run through the picturesque North Dakota Badlands. Visitors can enjoy breathtaking views of the waterways rolling through the rugged landscape of the badlands.  
**When:** May-October  
**Address:** Highway 22, Dunn Center, ND 58626  
**From Campus:** Approx. 5 hours/345 miles  
**Activities:** Horseback Riding, Hiking, Camping  

[Website](#)  
[Directions and Map](#)

![Photo courtesy of ND Parks and Rec](image_url)
LEWIS AND CLARK STATE PARK

Where: Epping, ND

What: Situated on a scenic upper bay of Lake Sakakawea, the rugged buttes of the North Dakota Badlands at Lewis and Clark State Park create a towering backdrop to one of the state’s best recreation areas.

When: Year-Round

Address: 4904 119th Road NW, Epping, ND 58843

From Campus: Approx. 6 hours/ 375 miles

Activities: Camping, Hiking, Biking, Snowshoeing, Fishing, Kayaking, Canoeing

Website
Directions and Map

Photo courtesy of ND Tourism
**ROUGHRIDER TRAIL**

**Where:** East Morton, ND

**What:** North Dakota’s 16-mile Roughrider Trail was built along a former rail corridor south of Bismarck. The unpaved trail follows the Missouri River and offers scenic views of the bluffs and surrounding landscape. The trailhead is located at the Fort Rice Campground off State Route 1806.

**When:** Year-Round

**Address:** Roughrider Trail, East Morton, ND 58554

**From Campus:** Approx. 3 hours 20 min./220 miles

**Activities:** Hiking, Biking, Horseback Riding, Snowmobiling, ATV’s, Camping, Motorcycling, Cross-country Skiing

[Website]

[Directions and Map]

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*Photo courtesy of ND Parks and Rec*
**NORTH COUNTRY TRAIL**

**Where:** See website for specific trailhead locations.

**What:** The North Country Trail is akin to trails such as the Appalachian Trail (AT), Pacific Crest Trail (PCT) and The Continental Divide Trail (CDT). A good place to start is Fergus Falls, which is a North Country Trail Association designated trail town.

**When:** Year-Round

**Address:** North Country National Scenic Trail Access Point, Fergus Falls, MN 56537

**From Campus:** 1 hour 10 min./67 miles

**Activities:** Hiking and Camping

**Website**

**Directions and Map**

Photo courtesy of National Park Service
THE SUPERIOR HIKING TRAIL

**Where:** Minnesota North Shore

**What:** A 295-mile foot trail along the North Shore of Lake Superior. Passing through seven state parks, and scaling the rolling mountains of the sawtooth mountain range the Superior Hiking Trail (SHT) provides a North shore experience unlike anything visitor can get along highway 61.

**When:** Year-Round

**Address:** N/A

**From Campus:** Anywhere from 4.5-6.5 hours/240-356 miles

**Activities:** Hiking, Camping, Swimming

[Website](#)

[Map](#)

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Photo courtesy of Flickr
RECOMMENDED ROUTES
Section One: Any route can be made from a listed parking spot to any number of campsites. There are additional campsites mixed within the trail. The campsites listed are among the nicest on the entire trail.

Order going North to South

Penn Blvd. Overnight Parking
3.3 Miles

Camp: S Beaver River
.94 Miles

Lax Lake Road Parking
10.31 miles

Camp: On split rock river loop SE is very nice
10.23 miles

Camp Gooseberry (any)
5 miles

West Castle Danger Road Overnight parking
5.3 miles

Fors Road Overnight Parking
1.5 miles
Section Two: Any route can be made from a listed parking spot to any number of campsites. There are additional campsites mixed within the trail. The campsites listed are among the nicest on the entire trail.

**Temperance River Road Parking**
1.91 miles

**Cross River Campsites**
5.31 miles

**Dyers lake Road Parking**
4.94 miles

**Sugar Loaf Road Parking**
2.64 Miles

**East Caribou River**
9.89 Miles

**Blesener Creek**
1.13 miles

**Sonju Lake Road Parking**
1.61 miles

**S Sonju Lake**
6.5 miles

**Finland Rec Center Parking**
Skiing and Snowshoeing: Fargo Parks service provides a well-maintained network of cross-country ski trails and snowshoe trails. Fargo Parks also regularly updates the trail conditions on their website.

The Hiking Project: The Hiking Project is an open source website that collects trail information on trails all over the world. It includes over 235,000 hiking trails, recommendations, elevation profiles and more. It can function as a guide to all the best hiking locations in your area. Website

CalTopo: CalTopo is an interactive mapping software that allows for the creation of custom maps specific to your needs. Layer maps, create annotations and more with its user-friendly tool pallets. Website
**Additional Resources**

**Dispersed Camping:** Minnesota State Forest provides a free way to camp in the outdoors. Most Minnesota state forest are open to dispersed camping. State forest locations can be found here, [website](#). Regulations set by the State of Minnesota for dispersed camping can be found here, [website](#).

Dispersed camping in some national grasslands is also permitted but follows different criteria than the state of Minnesota. Dispersed camping information about National Grasslands can be found at the provided [website](#).

**Minnesota State Water Trails:** Minnesota State water trails provide recreational access to Minnesota’s Rivers. Campsite and launch locations are marked on the Minnesota DNR geo pdfs. Geo pdfs can be found once a river is selected from the Minnesota water trails map found, [website](#). An example of a Geo pdf is located [here](#) for your convenience.