

# OUTDOOR ADVENTURES DESTINATION GUIDE



Photo courtesy of ND Tourism

## PLACES TO EXPLORE IN NORTH DAKOTA AND MINNESOTA

# ISLAND PARK

**Where:** Fargo, ND

**What:** Fargo's oldest park located in the beautiful downtown area. It includes a basketball court, tennis courts, handball, grills and picnic tables, playground, cross-country ski trails, recreational trails, rentals and a swimming pool.

**When:** Year-Round

**Address:** 302 7th Street S, Fargo, ND 58103

**From Campus:** Approx. 5 minutes/2 mile drive, about a 30 minute walk through Downtown Fargo.

**Activities:** Cross-country Skiing, Basketball Court, Handball Court, Tennis Court

**Website**

**Directions and Map**



# 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](#)



# DIKE EAST PARK

**Where:** Fargo, ND

**What:** Dike East has a variety of amenities including a bike repair station, boat ramp, picnic tables and restrooms, cross-country ski trails, recreational trails and a dog park.

**When:** Year-Round

**Address:** 100 2nd St S, Fargo, ND 58103

**From Campus:** Approx. 10 minutes/3 miles

**Activities:** Boat Ramp, Cross-country Skiing, Dog Park

[Website](#)

[Directions and Map](#)



# WOODLAWN PARK

**Where:** Moorhead, MN

**What:** This park offers an 18-hole disc golf course along the Red River. Picnic tables and grills are also available for visitor use.

**When:** Year-Round (Best in Spring/Summer Months)

**Address:** 400 Woodlawn Dr., Moorhead, MN 56560

**From Campus:** Approx. 10 minutes/3 miles

**Activities:** Baseball/Softball Field, Basketball Court, Picnic Tables, Disc Golf

[Website](#)

[Directions and Map](#)



# LINDENWOOD PARK

**Where:** Fargo, ND

**What:** Lindenwood Park is the largest multi-use park in Fargo with five picnic shelters, a beautifully landscaped campground and restrooms.

**When:** Year-Round

**Address:** 1905 Roger Maris Drive, Fargo, ND 58103

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

**Activities:** Biking, Boat Ramp, Cross-country Skiing, Fishing, Kayaking

**Website**

**Directions and Map**



# EDGEWOOD NORDIC SKI TRAILS

**Where:** Fargo, ND

**What:** Easy cross-country Skiing Trails available for anybody within the Fargo area. Fun for the entire family!

**When:** Winter months

**Address:** 19 Golf Course Ave N, Fargo, ND 58102

**From Campus:** Approx. 10 minutes/5 miles

**Activities:** : Cross-country Skiing, Sledding, Snowshoeing. Chalets also available for rent!

**Website**

**Directions and Map**



# 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](#)





# IWEN PARK

**Where:** Fargo, ND

**What:** Iwen Park features two disc golf courses, a boat ramp with access to the Red River, fishing spots, mountain bike trails and cross-country ski trails in the winter.

**When:** Year - Round

**Address:** 1209 52nd Avenue S, Fargo, ND 58104

**From Campus:** Approx. 15 minutes/7 miles

**Activities:** Cross-country Skiing, Boat Ramp, Disc Golf, Fishing, Biking

**Website**

**Directions and Map**



# 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)

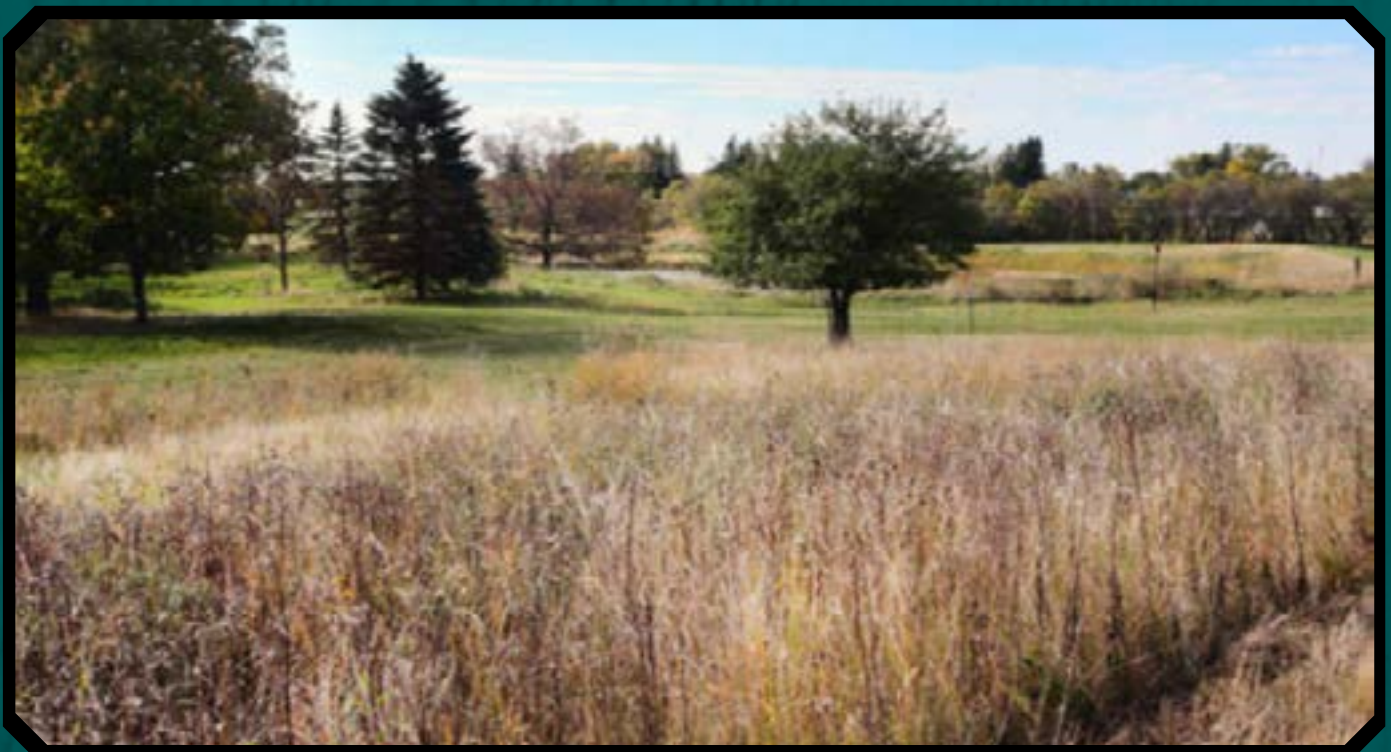
**Address:** 1221 El Cano Drive S, Fargo, ND 58104

**From Campus:** Approx. 15 minutes/6 miles

**Activities:** Hiking, Bird Watching, Fishing

[Website](#)

[Directions and Map](#)



# 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**



# 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 look-out 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**



# 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

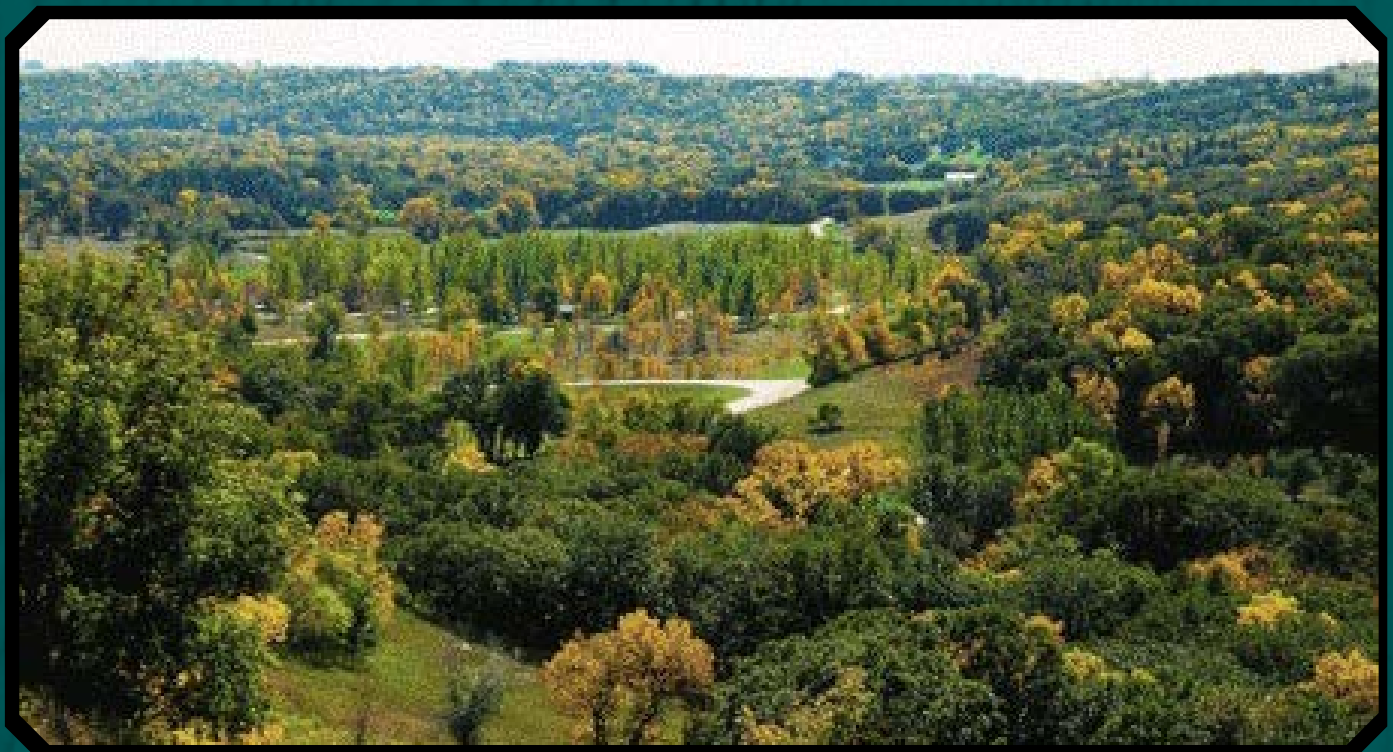
**Address:** 54th St. SE, Kathryn, ND 58049

**From Campus:** Approx. 1 hour 15 min./75 miles

**Activities:** Camping, Hiking

[Website](#)

[Directions and Map](#)



# 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**





# 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](#)



# PELICAN POINT LANDING AND CAMPGROUND

**Where:** Jamestown, ND

**What:** Facing the shoreline of Jamestown Reservoir, the campground is nestled in woody draws which are a unique feature of the North Dakota landscape. Recreation opportunities include 28 miles of hiking trails, a 2-mile long paved multi-use path, Little Britches Fishing Pond and more.

**When:** May-August

**Address:** 8310 28th St. SE, Jamestown, ND 58401

**From Campus:** Approx. 1 hour 40 min./110 miles

**Activities:** Boating, Water Skiing, Canoeing, Fishing, Swimming, Camping, Sand Volleyball, Picnicking

**Website**

**Directions and Map**



# 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](#)



# 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](#)



# 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**



# BLACK TIGER BAY CAMPGROUND

**Where:** Devils Lake, ND

**What:** One-of-a-kind Devils Lake Campground! Find yourself relaxing under a rare canopy of trees as you create a home-away-from-home on the banks of the Devils Lake.

**When:** Seasonal (May-September)

**Address:** 3820 83rd Ave NE, St. Michael, ND 58370

**From Campus:** Approx. 2 hours 40 min./158 miles

**Activities:** Fishing, Camping, Boat Ramp

**Website**

**Directions and Map**



# DOYLE MEMORIAL RECREATIONAL AREA

**Where:** Wishek, ND

**What:** Doyle Memorial Park is located on the Green Lake where there is great walleye, northern and perch fishing. The park also has a fish cleaning station and picnic shelters.

**When:** Year-Round

**Address:** Wishek, North Dakota 58495

**From Campus:** Approx. 2 hours 45 min./180 miles

**Activities:** Fishing, Camping, Picnicking, Boat Ramp, Tenting, Swimming, Canoeing

**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**





# 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**



# 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

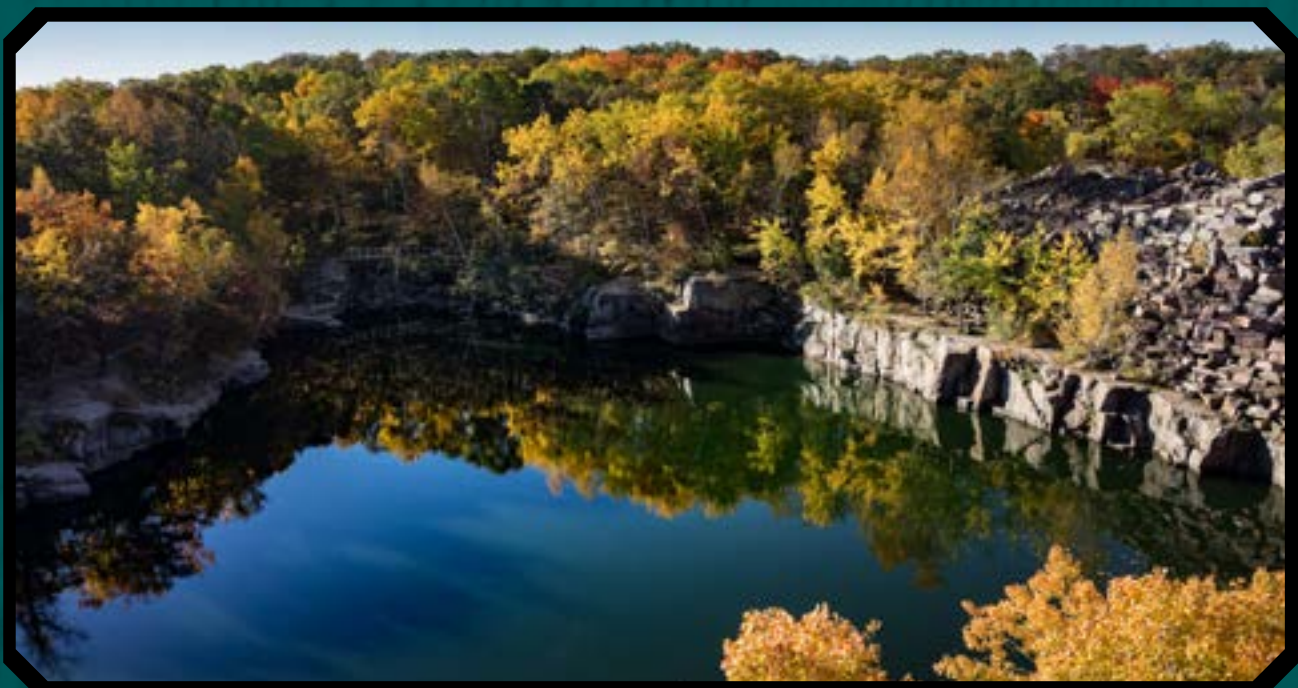
**Address:** 1802 County Road 137, Waite Park, MN 56387

**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**



# 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**



# 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 parks 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**



# 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



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**



# 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](#)



# 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**



# VIKING SHIP PARK

**Where:** Moorhead, MN

**What:** Viking Ship Park is named for the Viking ship replica Hjemkomst that is on display at the adjacent Hjemkomst Center. The park is also home to an authentic display of a Norwegian Stave Church. This beautiful church is illuminated by flood lights at night, so it is the perfect place to see after a nice hike through the trails.

**When:** Year-Round

**Address:** 202 1st Ave N, Moorhead, MN 56560

**From Campus:** Approx. 10 minutes/3 miles

**Activities:** Cross-country Skiing, Heritage Center

[Website](#)

[Directions and Map](#)



# ROUGH RIDER 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**





# 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**



# 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**



# RECOMMENDED ROUTES

# SUPERIOR HIKING TRAIL BEST SECTIONS

**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

# SUPERIOR HIKING TRAIL BEST SECTIONS

**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**

# ADDITIONAL RESOURCES

**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.