



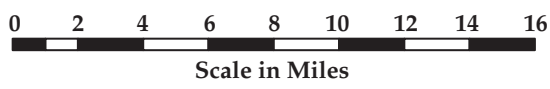


Paul Bunyan & Heartland State Trails

Beltrami, Cass, Hubbard & Crow Wing Counties

-  State Trail (paved)
-  State Trail (unpaved)
-  Cuyuna Lakes State Trail (paved)
-  Other Trails

-  Parking
-  Rest Area
-  Restrooms
-  Campground
-  Shelter



Heartland city distances in miles

| | | | | | | |
|-------------------------|------|------|------|------|------|----|
| Park Rapids | 6.3 | 11.6 | 17.9 | 27.3 | 39.8 | 47 |
| Dorset | 5.3 | 11.6 | 21.0 | 33.5 | 40.7 | |
| Nevis | 6.3 | 15.7 | 28.2 | 35.4 | | |
| Akeley | 9.4 | 21.9 | 29.1 | | | |
| Walker | 12.5 | 19.7 | | | | |
| Wilkinson | 7.2 | | | | | |
| 2 mi. south of Cass Lk. | | | | | | |

Paul Bunyan city distances in miles

| | | | | | | | | | | | | | | |
|-----------------------|-----|------|------|------|------|------|------|------|------|------|------|------|-------|-------|
| Brainerd / Baxter | 9.0 | 15.9 | 22.1 | 25.4 | 31.4 | 40.7 | 48.2 | 71.0 | 77.6 | 82.8 | 89.0 | 94.2 | 100.6 | 107.9 |
| Merrifield | 6.9 | 13.1 | 16.4 | 22.4 | 31.7 | 39.2 | 62.0 | 68.6 | 73.8 | 80.0 | 85.2 | 91.6 | 98.9 | |
| Nisswa | 6.2 | 9.5 | 15.5 | 24.8 | 32.3 | 55.1 | 61.7 | 66.9 | 73.1 | 78.3 | 84.7 | 92.0 | | |
| Pequot Lakes | 3.3 | 9.3 | 18.6 | 26.1 | 48.9 | 55.5 | 60.7 | 66.9 | 72.1 | 78.5 | 85.8 | | | |
| Jenkins | 6.0 | 15.3 | 22.8 | 45.6 | 52.2 | 57.4 | 63.6 | 68.8 | 75.2 | 82.5 | | | | |
| Pine River | 9.3 | 16.8 | 39.6 | 46.2 | 51.4 | 57.6 | 62.8 | 69.2 | 76.5 | | | | | |
| Backus | 7.5 | 30.3 | 36.9 | 42.1 | 48.3 | 53.5 | 59.9 | 67.2 | | | | | | |
| Hackensack | 6.6 | 11.8 | 18.0 | 23.2 | 29.6 | 36.9 | | | | | | | | |
| Walker | 5.2 | 11.4 | 16.6 | 23.0 | 30.3 | | | | | | | | | |
| Benedict | 6.2 | 11.4 | 17.8 | 25.1 | | | | | | | | | | |
| Laporte | 5.2 | 11.6 | 18.9 | | | | | | | | | | | |
| Guthrie | 6.4 | 13.7 | | | | | | | | | | | | |
| Nary | 7.3 | | | | | | | | | | | | | |
| Bemidji | | | | | | | | | | | | | | |
| Lake Bemidji St. Park | | | | | | | | | | | | | | |

