



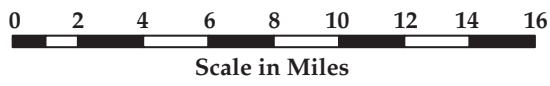


Paul Bunyan & Heartland State Trails

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

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

Paul Bunyan city distances in miles

	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
Brainerd / Baxter		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
Merrifield			6.2	9.5	15.5	24.8	32.3	55.1	61.7	66.9	73.1	78.3	84.7	92.0
Nisswa				3.3	9.3	18.6	26.1	48.9	55.5	60.7	66.9	72.1	78.5	85.8
Pequot Lakes					6.0	15.3	22.8	45.6	52.2	57.4	63.6	68.8	75.2	82.5
Jenkins						9.3	16.8	39.6	46.2	51.4	57.6	62.8	69.2	76.5
Pine River							7.5	30.3	36.9	42.1	48.3	53.5	59.9	67.2
Backus								22.8	29.4	34.6	40.8	46.0	52.4	59.7
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														

