



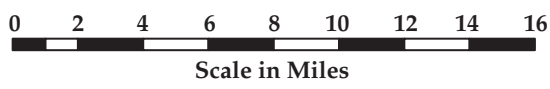


# Paul Bunyan & Heartland State Trails

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														

