

# North Arm Skiing and Hiking Trails

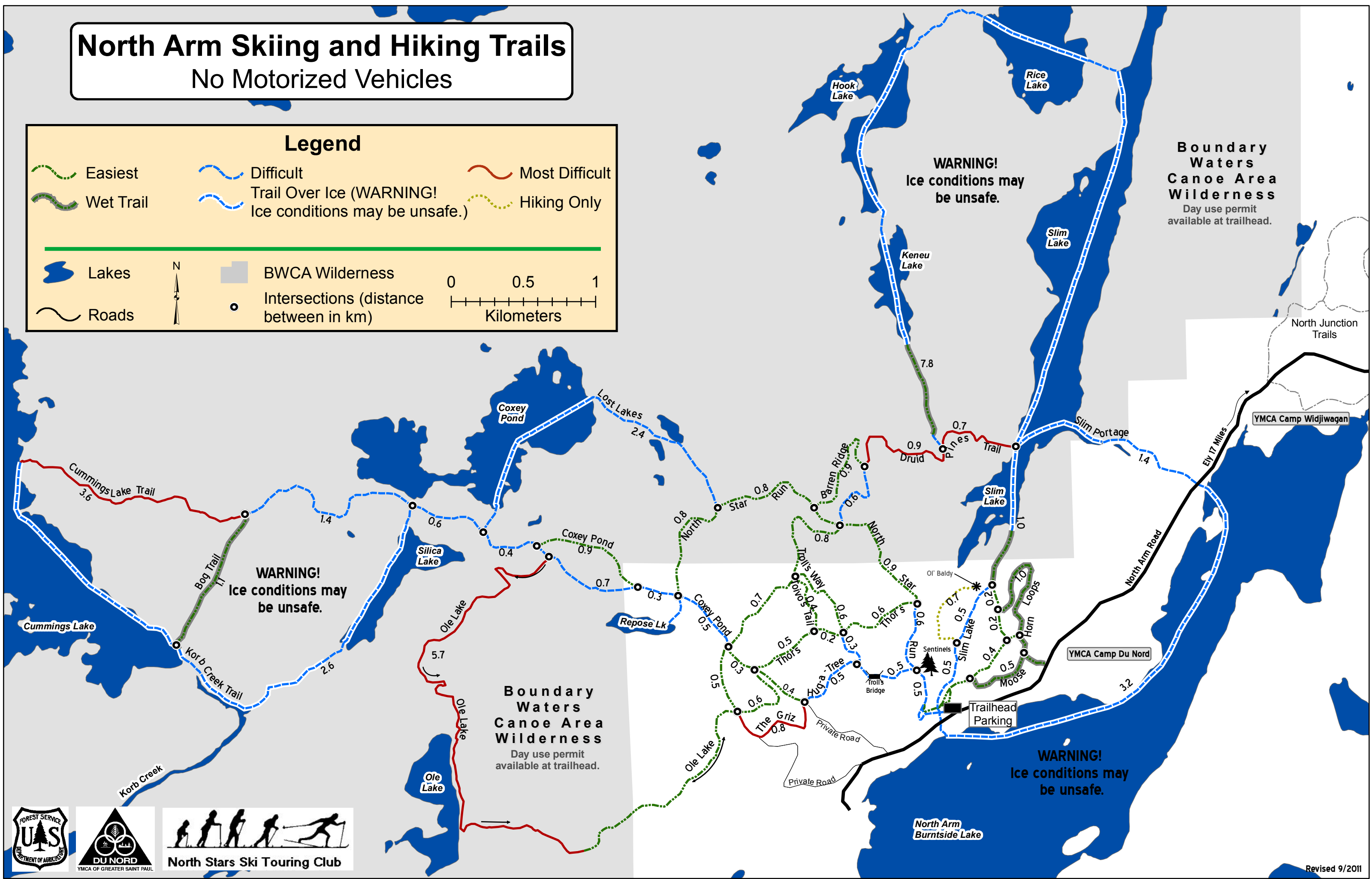
No Motorized Vehicles

### Legend

	Easiest		Difficult		Most Difficult
	Wet Trail		Trail Over Ice (WARNING! Ice conditions may be unsafe.)		Hiking Only

	Lakes		BWCA Wilderness	
	Roads		Intersections (distance between in km)	



**WARNING!**  
Ice conditions may be unsafe.

**Boundary Waters Canoe Area Wilderness**  
Day use permit available at trailhead.

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## WINTER TRAVEL IN SUPERIOR NATIONAL FOREST

The old sailor's saying is a good one to remember, *"Nature is not inherently dangerous, but it is terribly unforgiving of the incompetent or the careless."*

### GOOD PLANNING IS IMPORTANT

Wear proper clothing, know where you are, and plan your trip so as to return well before darkness. Use of this map and maps and signs at trail junctions should keep you on track. Take along an emergency kit-see suggested gear below. Be prepared for an accident. A broken leg at -20 degrees in winter is many times more serious than in summer.

Let someone know where you are going and when you expect to get back, especially if using the trail alone. Do not deviate from the plan you give to others! It is best to travel in groups of four so that if someone gets hurt one person can stay with the injured party and two can travel out to get help.

### SUGGESTED GEAR

Always bring a ski scraper to remove frozen slush, compass, map, matches, whistle, first aid kit, extra wool socks, water and food.

For full-day trips, all of the above, plus extra clothing, foam pad, knife, pencil or permanent marker, spare ski parts, duct tape, and rope.

### INJURIES OR OTHER EMERGENCIES

In case of serious injury, mark the specific site of the injured person on your map. Write down the extent of the emergency or injury and the number of others in the group available to help so that a rescue party might better know what action to take. Send the map and message out with one of your group or another group. If possible, send the message out with two different groups to better assure the message being delivered. Notify the nearest YMCA camp staff and they will assist you and/or call the St. Louis County Sheriff at 911.

### BE PREPARED FOR ALL TYPES OF WEATHER CONDITIONS

Hypothermia, a dangerous loss of body heat, is caused by exposure to the cold. The onset of this condition is hastened by physical exhaustion, wind and wet clothing.

Frostbite, depending on its severity, may either damage or destroy flesh tissue. It is caused by exposure of inadequately protected flesh to the cold and wind. Frostbite appears as white marks, usually on the cheeks, ears, and nose. Check one another often.

# NORTH ARM TRAILS

## Skiing and Hiking

No motorized vehicles

This trail system is most popular with hikers and intermediate-skilled skiers, but does have opportunities for all other levels of skiing. The trail system was constructed primarily for skiing and is maintained through the combined efforts of the U.S. Forest Service, Minnesota Department of Natural Resources, YMCA Camp du Nord, North Stars Ski Touring Club, and many other volunteers. The trails offer a challenge to the skier's skill and the opportunity to be part of the wilderness. The trails are skier tracked and not machine groomed so please be considerate of other skiers in maintaining the ski track for everyone's safety and enjoyment. The trail system is about 50 km including the lake crossings.

**WARNING:** Use caution as many of the routes cross lakes and streams. Ice conditions can change rapidly and the ice may be unsafe.

About half of the trail system is in the Boundary Waters Canoe Area Wilderness where group size is limited to 9 people and a day permit is required-which is free at the trailhead. Mountain bikes are not allowed in the BWCAW. Hikers should note the trail sections that cross wetlands as indicated on the map which are often too wet for (comfortable) hiking.

### LOCATION

The North Arm Trails are located about 17 miles northwest of Ely, MN near the North Arm of Burntside Lake. From the Ely Chamber of Commerce building located at the intersection of State Highways 1 and 169, drive east toward Winton on Hwy.169 for 0.5 miles. Turn left on County Road 88 (Grant McMahan Blvd) for 2.3 miles. Turn right on Echo Trail (County Road 116) for 9 miles. Turn left on the North Arm Road (UT 8211) for 3.7 miles to the North Arm Trailhead Parking Lot.



## NORTH ARM TRAILS

### TRAIL DESCRIPTIONS FOR SKIERS

All trails start at the trailhead at the parking lot. Many of the trails can be skied even under less-than-ideal conditions by using some common sense. Be prepared to snowplow downhill if you find that you are not under control due to icy trails, steep hills, etc. By doing so, you will be able to utilize many of the relatively easy trails to the west of “The Sentinels”. **WARNING:** Use caution as many of the routes cross lakes and streams. Ice conditions can change rapidly and the ice may be unsafe for travel.

#### **EASIEST**

**MOOSE HORN LOOPS** - These three loops provide easier skiing with the opportunity to reach Slim Lake. A mixture of flat wetlands and small hills will provide the beginner with an opportunity to learn some basic skiing skills.

#### **UPPER TRAILS AREA**

There are also several **EASIEST** trails that can be reached by taking the *North Star Run*. Reaching them will require some skiing on **MORE DIFFICULT** trails but, with some caution, can be used by most skiers. Reaching them will require herringbone and snowplowing skills and should not be attempted by those new to skiing. For those new to skiing, the *Moose Horn Loops* will provide you with trails that will help develop these needed skills.

**THOR’S TRAIL** – This trail mostly follows old logging roads and provides many short loop possibilities as it connects with many of the other trails.

**BARREN RIDGE LOOP** – This loop just north of the *North Star Run* traverses stands of pine and open rocky ledges.

Portions of *Troll’s Way*, *North Star Run*, and *Coxey Pond Trail* are also **EASIEST** once the skier has developed the skills necessary to safely ski up and down the ridges before reaching these sections indicated on the map.

#### **MORE DIFFICULT**

**NORTH STAR RUN** – This trail gradually climbs and drops before reaching the gentle rolling terrain inland. The first portion of the trail passes through “The Sentinels”, which are large, 250+ year-old White Pines that offer your imagination a long forgotten link with the past. There are several junctions with other trails that offer you a variety of skiing experiences. The run terminates at the *Coxey Pond Trail*. This trail has two downhill possibilities coming back to the trailhead.

**TROLL’S WAY** – Just past “The Sentinels,” *Troll’s Way* crosses “Trolls Bridge” and continues up passing over open stands of pine and rocky ledges before connecting back to *North Star Run*. Coming down hill in the opposite direction, watch for the sharp left coming onto Troll’s Bridge.

**HUG-A-TREE** – This trail begins above “Troll’s Bridge” and offers a long, moderate climb to junction with the *Coxey Pond Trail*. This long uphill climb provides a good downhill run when going the opposite direction.

**COXEY POND TRAIL** – This is an old logging road that has fairly gradual hills. It will lead to Coxey Pond and beyond, and connects with several other trails along the way.

**LOST LAKES TRAIL** - This trail offers a long downhill through stands of pine, threads between the Lost Lakes, and eventually arrives at Coxey Pond. The trail leaves Coxey Pond on the south shore before coming to the narrows between Coxey Pond’s two ‘ponds’. **Warning:** Ice conditions are often poor in the narrows.

**BOG TRAIL and KORB CREEK TRAILS** – These trails are relatively easy but use caution along the creek as snow and ice conditions may pose some difficulty and danger. Watch for playful otters in this area.

**SLIM LAKE TRAIL** - This trail has several **MORE DIFFICULT** sections before meeting with a short connector trail to the *Moose Horn Loops* and eventually Slim Lake. Hills, pine stands, and spruce bogs can be found along the route.

**BURNTSIDE LAKE LOOP** – Leaving Slim Lake, this trail follows the portage trail and road to Burntside Lake and back to the trailhead. Be careful of automobile traffic at North Arm Road crossing. Check on ice and slush conditions before venturing on to the lakes.

#### **MOST DIFFICULT**

**THE GRIZ** – Offers short but steep hills.

**OLE LAKE LOOP** – This scenic trail follows pine ridges, has many steep hills, both up and down, and is a challenge to all who venture on it. The last portion is relatively flat due to its location on an old logging road. Please ski this loop counter-clockwise.

**CUMMINGS LAKE TRAIL** – This is a difficult trail that follows the path of the old fire trail used many years ago. The trail arrive at a campsite on the NE edge of Cummings Lake, then travels on the ice down the E edge of the lake to *Bog and Korb Creek Trails*.

**DRUID PINES** – This trail is most difficult when traveling in a clockwise direction. Recommended direction of travel is from Slim Lake, up past the Old Druid White Pines, and then continuing on to either Keneu Lake or *Barren Ridge Loop*.

**SLIM – KENEU – HOOK - LITTLE RICE - SLIM LAKES LOOP** – These lakes provide the wilderness lake skiing experience which can be magnificent. Check with local users concerning ice and slush conditions on the lakes. The portion of the trail on the south end of Slim Lake that leads up to the *Druid Pines Trail* is usually well-packed and usable even when the rest of the lakes are slushy. Trail locations on the lakes have been chosen to avoid bad ice; however, ice conditions may change rapidly in early or late season or during warm weather. Always be alert for possible bad ice when crossing any lake.