

## Mesabi Trail - Grand Rapids to Ely

Stretching from the Mississippi to the Boundary Waters (Grand Rapids to Ely), and with almost 135 miles of paved trail, the Mesabi Trail is like no other trail you have ever ridden!

Pedal past lakes, creeks and ponds, and by vast red pits left by old iron ore mines now filled with emerald green water. Pass through 28 communities, stop in at a local attraction to experience the history of the area, learn about our mining and logging legacies, enjoy the local cuisine...try a sarma, a pasty or some potica.

Built from old railway beds, old mining and logging roads, abandoned highway, and sometimes just blazing a trail through the woods to get to the next community, the Mesabi Trail is accessible from numerous entry points. Some of the highlights include pedaling across the tallest bridge in Minnesota just outside Virginia, and a three-quarter long floating bridge near Embarrass.

When completed, this well-mapped and well-maintained trail will traverse over 155 miles, making it one of the longest paved trails in the United States. Note, that we're still building on the east end of the trail, check our website for updates when planning your trip: [www.mesabitrail.com](http://www.mesabitrail.com)

Right: Minnesota's tallest bridge near Virginia, and below: trail bridge at Wynne Lake near Giants Ridge



1005 Discovery Drive  
Chisholm MN 218-254-7959



6329 Wynne Creek Drive  
Biwabik, MN 218-865-8016



23946 Tioga Beach Road  
Cohasset, MN 218-328-6225

To plan your biking trip, go to:



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DEPARTMENT OF IRON RANGE  
RESOURCES & REHABILITATION

# Pedal Mesabi

When visiting  
northeast Minnesota -  
bring your road bike  
AND your  
mountain bike!





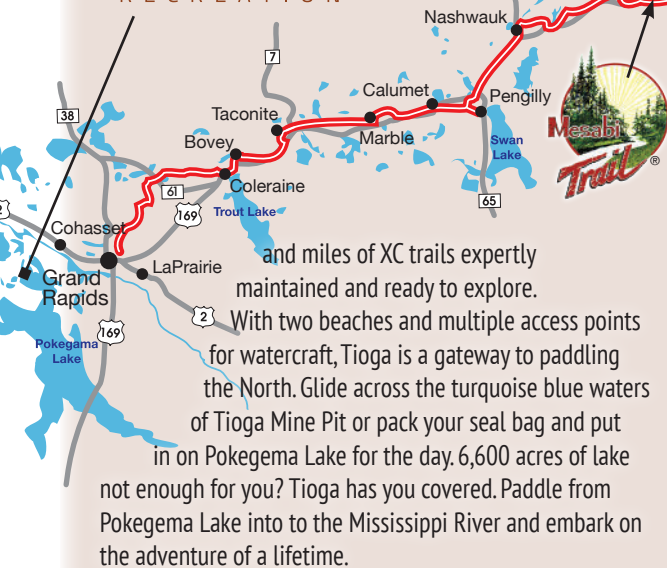
## Tioga Recreation Area - Cohasset

Tioga Recreation Area is northern Minnesota's next premier outdoor adventure destination. Five hundred wooded acres located on two of the region's most unique lakes features 30 miles of world-class, single-track mountain biking, snowshoe trails, beaches, and access to hundreds of miles of waterways. Every season is adventure season at Tioga.

In its heyday in the late 1950's, Tioga's No. 2 Mine shipped more than 3 million tons of iron ore. Tioga's mining days are long over, but the steep slopes and rocky outcroppings laid the groundwork for world-class mountain biking. More than 30 miles of professionally built single-track trails twist through the rock studded landscape, from family-friendly loops like Gurley Flynn to heart-pumping double blacks like Bloodstone. There are jump lines, skills tracks, tech trails, downhill flow trails, and miles



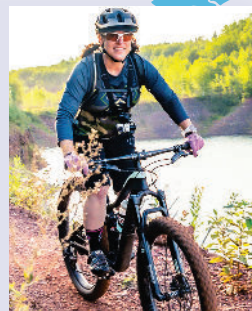
**TIOGA**  
RECREATION



and miles of XC trails expertly maintained and ready to explore. With two beaches and multiple access points for watercraft, Tioga is a gateway to paddling the North. Glide across the turquoise blue waters of Tioga Mine Pit or pack your seal bag and put in on Pokegama Lake for the day. 6,600 acres of lake not enough for you? Tioga has you covered. Paddle from Pokegama Lake into to the Mississippi River and embark on the adventure of a lifetime.

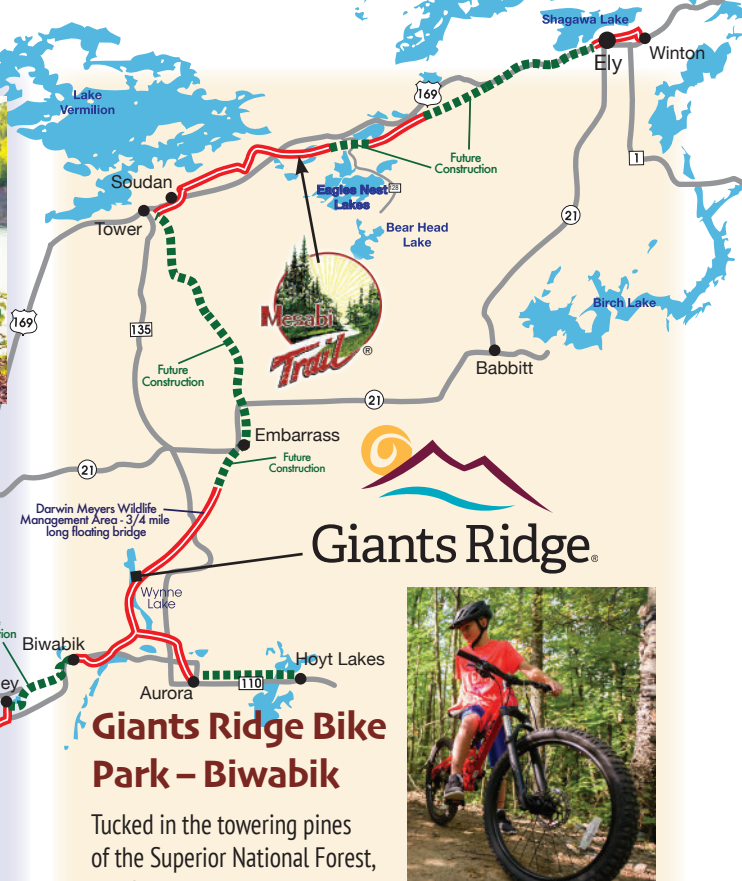
## Redhead Mountain Bike Park - Chisholm

Come discover the new world-class Redhead Mountain Bike Park at the Minnesota Discovery Center (MDC) in Chisholm, MN. Carved from the walls of an abandoned 400-foot deep water-filled mine pit, Redhead offers outdoor enthusiast an oasis of fun year-round. Redhead has something for everyone – with nearly 25 miles of hand crafted, purpose built mountain bike trails already on the ground and more on the way. Difficulty ranges from beginner (easy) to expert level with a wide array of terrain features and options for riders to test out their skills. Redhead MTB Park also allows hiking, trail



running, and dogs on designated trails marked with corresponding symbols. Redhead visitors can enjoy the water as well! Rent a kayak, canoe, or SUP board, and explore the park from the water with Redhead beach coming in 2021! The Minnesota Discovery Center is the museum of the Iron Range and the new home for the Redhead Mountain Bike Park. MDC is the largest museum & cultural center north of the Twin Cities, housing a museum and research center, a gorgeous 660-acre historic park, a private historic trolley, and much more! MDC's summer and winter entrance serves as the trailhead facility for the Redhead MTB Park. Visitors can enjoy free access to parking, indoor and outdoor restrooms, the Miner's Daughter Gift Shop (bike accessories sold here), and The Rustic Pig Restaurant, offering Redhead visitors a delicious full food and beverage menu, including their chef-inspired signature cocktails!

Mesabi Trail entry is located at the MN Discovery Center  
[www.mndiscoverycenter.com](http://www.mndiscoverycenter.com)



## Giants Ridge Bike Park – Biwabik

Tucked in the towering pines of the Superior National Forest, the Giants Ridge Bike Park is the largest lift-served mountain bike park in the Midwest.

Upon completion, the Giants Ridge Bike Park will features 10 purpose-built gravity (downhill) mountain bike trails for riders of varying abilities. Additionally, nearly 10 miles of cross-country mountain bike trails will spin off from the Bike Park, providing for a variety in outdoor bike adventures.

Golfers from all over travel to Giants Ridge to play two nationally-recognized golf courses. Guests can also ride up the chairlift to experience one of the six hiking trails on-site or take in the mountain views from the 18-hole disc golf course.

After a full day on the course or trails, there's no better spot to be than on the patio of the Wacootah Grille overlooking Lake Mine, or nestled in the Main Chalet-based Burnt Onion Kitchen & Brews for a craft beer or bite to eat.

Mountain Bike rental is available on site. Lodging, dining, shopping, and other year-round seasonal adventure await mountain biking enthusiasts at Giants Ridge.

Mesabi Trail entry point is located at Giants Ridge  
[www.giantsridge.com](http://www.giantsridge.com)

