

Voyageurs National Park

National Park Service
U.S. Department of the Interior



Hike to

Voyageurs
National
Park

Health




Hike to Health Trails



Trail Key

1. Little American Island
2. Oberholtzer Trail
3. Ethno-botanical Garden Trail
4. Black Bay Trail System
5. Locator Lake Trail
6. Echo Bay Trail
7. Kab-Ash Trail System
8. Blind Ash Bay Trail
9. Kabetogama Forest Overlook
10. Beaver Pond Overlook
11. Voyageurs Forest Overlook
12. Anderson Bay Overlook Trail
13. Beast Lake Trail
14. Cruiser Lake Trail System
15. Rainy Lake Recreation Trail
16. Tilson Connector Ski Trail
17. Sullivan Bay Snowshoe Trail

Most accessible by:

-  = Rainy Lake Visitor Center
-  = Kabetogama Lake Visitor Center
-  = Ash River Visitor Center

The faster, farther, and more frequently you walk, the greater the benefits. Regular brisk exercise can help you:

- Maintain a healthy weight.
- Prevent or manage various conditions, including heart disease, high blood pressure and Type 2 Diabetes.
- Strengthen your bones.
- Lift your mood.
- Improve your balance and coordination.



Voyageurs National Park is proud to partner with Rainy Lake Medical Center to bring you the Hike to Health: Trails Passport Program. This program encourages a

healthy lifestyle while exploring Minnesota's National Park. It is free and available for all ages.

To get started, visit one of the park's three visitor centers to pick up a passport and trail map. Each park trail has a designated endurance level and a raised trail marker. Once the raised marker has been located, make a rubbing in your Trails Passport to signal you have completed the trail. Upon completion of a series of trails bring your Trails Passport in to one of the park visitor centers to receive a special stamp and recognition.

There are even snow trails to help you beat the winter blues. It is amazing what a little walk in the park will do!



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