



2025

TrailLink Unlimited 

Guides



**Paul Bunyan
State Trail**
Minnesota



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The Paul Bunyan State Trail, which stretches 119 miles from Bemidji to Brainerd, is one of the longest rail-trails in the country. The multiuse, fully paved trail is mainly for nonmotorized use; however, snowmobiles are permitted during winter.

About the Route

This rail-trail follows an inactive railroad corridor built in 1893 and last owned by Burlington Northern. The corridor passes through boreal forests, more than 20 lakes and 10 rivers/streams, and meadows sporting colorful wildflowers in spring. Trail users will also encounter wildlife along the way.

For those using the trail for the long haul, there are trail towns situated every 8-10 miles. Many of the towns have a long history in the railroad and timber industries, and, before that, American Indians of the Ojibwe and Dakota nations lived in the region.

The trail's newest segment, completed in 2014, extends the route 9 miles south on MN 371 to Crow Wing State Park, which offers camping in addition to Lake Bemidji State Park, which anchors the northern end of the route.

Along the trail there are also five bicycle repair stations at the following locations: Northland Arboretum parking lot and trailhead in Brainerd; Lake Bemidji State Park visitor center; Crow Wing State Park, near the trail start; Nisswa; and Pine River.

Connections

At the trail's northern end, the trail continues as the [Blue Ox Trail \(Voyageur Trail\)](#).

In Walker, trail users can connect to the [Shingobee Connection Trail](#) and the Heartland State Trail.



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Paul Bunyan State Trail

Minnesota

States: Minnesota

Counties: Beltrami, Cass, Crow Wing, Hubbard

Length: 121.7 miles

Trail end points: Birchmont Beach Rd.

(Bemidji) to Crow Wing State Park, 3124 State
Park Rd (Brainerd)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Fishing, Wheelchair

Accessible, Snowmobiling, Walking, Cross

Parking & Trail Access

The Paul Bunyan State Trail runs between Birchmont Beach Rd. (Bemidji) and Crow Wing State Park, 3124 State Park Rd (Brainerd).

Parking is available at:

- 102 Barclay Ave (Pine River)
- 31078 Government Dr (Pequot)
- 5442 City Hall St (Nissawa)

See [TrailLink Map](#) for all parking options and detailed directions.



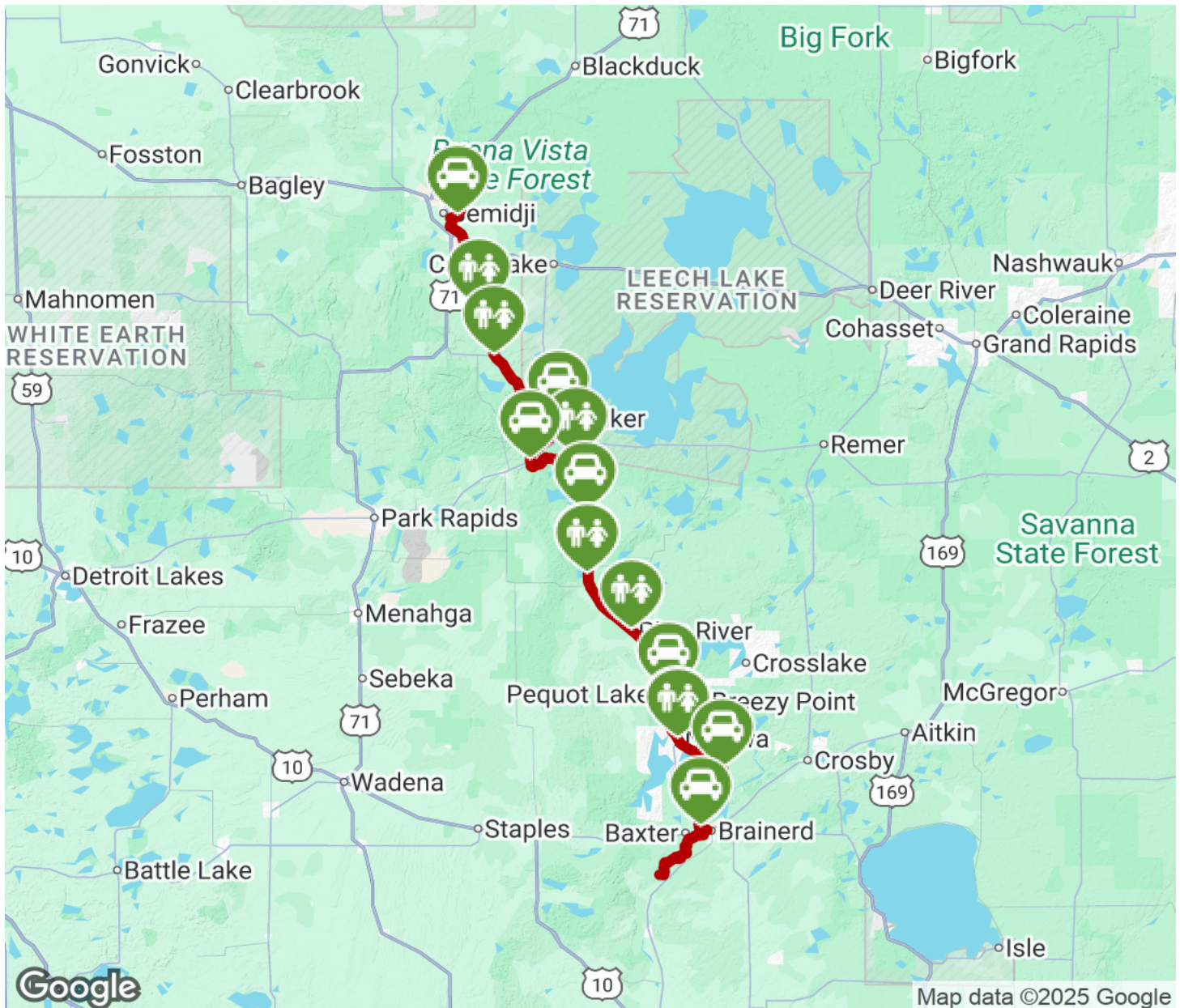
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Paul Bunyan State Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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