



2025

TrailLink Unlimited 

Guides   



**Superior
Hiking Trail**
Minnesota



Superior Hiking Trail

Minnesota

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The Superior Hiking Trail is a long distance footpath modeled after the Appalachian Trail that follows the shore of Lake Superior in northeastern Minnesota. The trail is 1,750 feet above sea level and more than 1,000 feet above Lake Superior. The trail is characterized by ascents to rock outcroppings and cliffs, and descents into numerous river and creek valleys crossed by attractive and functional bridges. Panoramic overlooks of Lake Superior, the Sawtooth Mountains and inland woodlands, lakes and rivers are abundant along the length of the trail. At many points, the trail follows rivers and creeks, often for distances of a mile or more, showcasing waterfalls and rapids, bends and deep gorges where thousands of years of rushing water has cut into layers of ancient volcanic rock.



Superior Hiking Trail

Minnesota

States: Minnesota

Counties: Cook, Lake, St. Louis

Length: 310 miles

Trail end points: Canadian Border to Two Harbors

Trail surfaces: Dirt

Trail category: Greenway/Non-RT

Trail activities: Walking

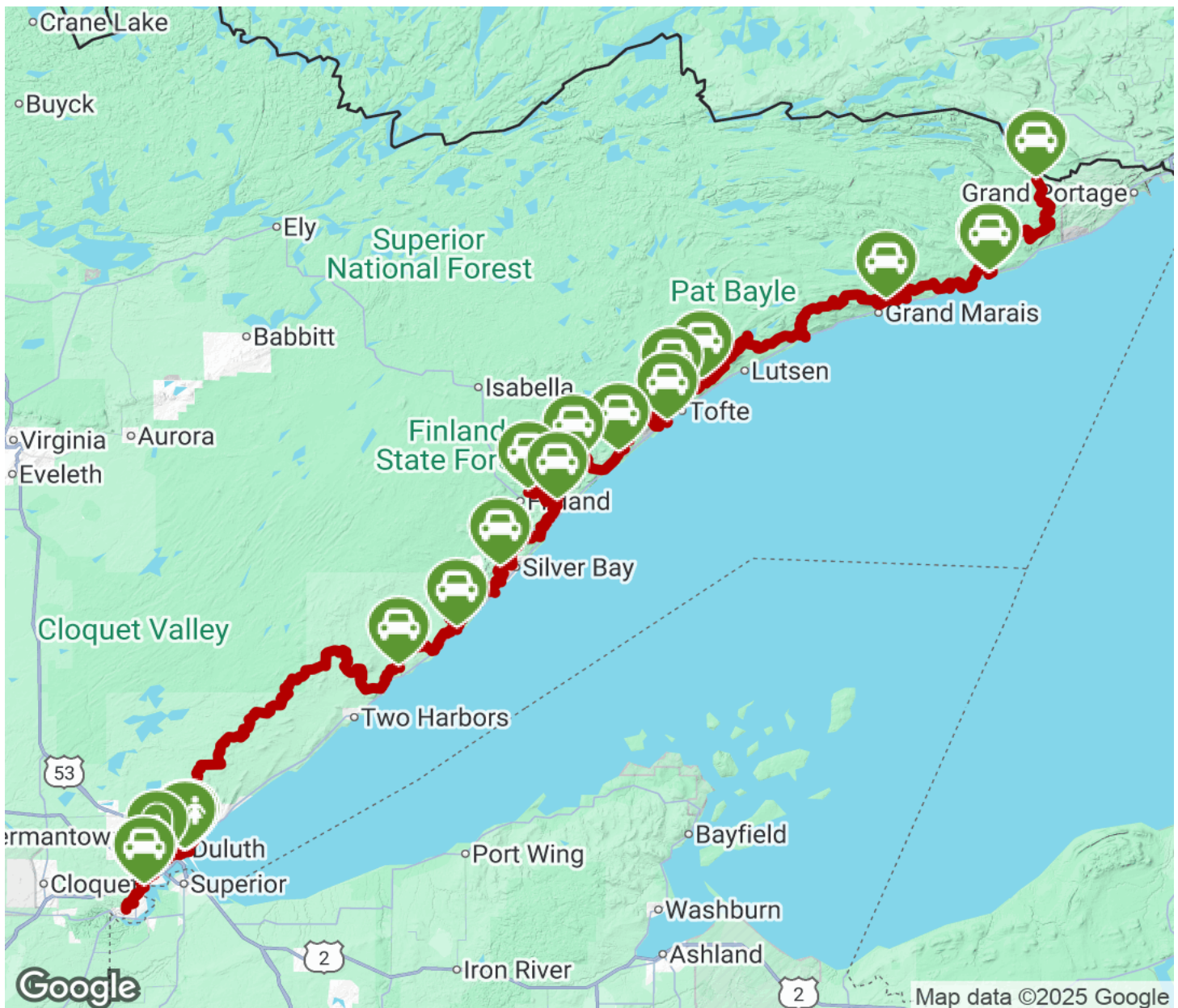
Parking & Trail Access

See the comprehensive trail website.



Superior Hiking Trail

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com