

trail guide NORTH DAKOTA



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h Country Trails

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THE TRAILS

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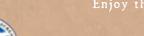
LEAVE NO TRACE

leave no trace

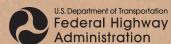
North Dakota's wide open spaces, beautiful scenery, and public lands support a variety of recreational trails. From short, self-guided nature trails found in many of North Dakota's state parks, to nationally recognized scenic and historic trails, **our state has it all**. This guide serves as a tool to help you choose which trail is best suited to your needs.

The guide is comprised of **18 trails**, all having their own unique characteristics. Whether you are a beginner or a skilled professional, **there is a trail for you**. In this trail guide, you will find locations, trail amenities, lengths and directions to the many national recreation trails of North Dakota. In addition, this trail guide provides a brief overview into the terrain, scenery and wildlife one can expect to encounter while using the trail. Contact information for each trail has been listed. Enjoy your time on the trails and thank you for taking the time to experience the beauty, opportunities, and wonders that North Dakota trails have to offer.

Enjoy the Trails!









North Dakota Parks & Recreation is a proud partner of the Leave No Trace Center for Outdoor Ethics (www.LNT.org).

We practice and support Leave No Trace skills and ethics and believe in the stewardship of America's public lands. Join us in our work to Leave No Trace by following these **7 simple principles:**

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

See page 22 for more on the 7 simple principles.





National Recreation Trails CELEBRATING AMERICA

National Recreation Trails embody the diversity that makes

America such a rich and fascinating country.

The National Trails System Act of 1968 authorized creation of a national trails system comprised of National Recreation Trails (NRTs), National Scenic Trails, National Historic Trails and Rail-Trails. NRTs are designated by the Secretary of Interior or Agriculture, recognizing trails of local, regional and national significance. Upon designation, NRTs become part of the National Trails System of pathways, trails, greenways and other routes that invite people to enjoy the great outdoors.

The NRT system provides trails for activities including hiking and bicycling, and also offers a number of water trails, motorized routes, snow tracks, greenways and equestrian paths. America has a diverse system of trails, stemming from cities and suburbs to deserts, waterways and high mountains.

More people than ever are using the National Trails System, sharing in nature's and each other's history and culture. Join in celebrating America through the National Recreation Trails! For more information, visit the National Recreation Trails website at www.americantrails.org/nationalrecreationtrails.

Arrowwood National Wildlife Refuge Leg of the Historic Fort Totten Trail

Jamestown 94

National Recreation Trail

directions

Located about **26** miles north of Jamestown. Travel north on **Highway 281** approximately 26 miles to Edmunds, turn east and travel 5.5 miles on 11th Street SE (County Road 44) to the headquarters road. Turn north to the headquarters.

contact

Refuge Manager, Arrowwood National Wildlife Refuge 7745 11th St. SE, Pingree, ND 58476 ph • 701.285.3341 web • www.fws.gov/arrowwood

length

• 9 miles

surface

• primary gravel, secondary compacted soil

grade

• average < 1%, maximum 9%

amenities

 boat launch, fire ring/grill, parking, trailer parking, picnic area, restrooms, non-potable water

description

Arrowwood National Wildlife Refuge was established in 1935 as a refuge and breeding ground for migratory birds and other wildlife. It is an important link in a chain of refuges extending from the prairie lands of the Canadian border to the Gulf of Mexico. The historic trail connects the former military posts of Ft. Seward near Jamestown, ND and Ft. Totten on the south shores of Devil's Lake. The trail provides quality wildlife-dependent recreational opportunities such as wildlife observation and wildlife photography.

Located along the James River in east central North Dakota, Arrowwood's 15,934 acres are made up of lakes, marshes, prairie grasslands, wooded coulees, and cultivated fields.

Arrowwood is managed primarily to attract waterfowl during migration periods, but also contains excellent habitat for ducks, geese, grebes, and shore birds, along with many other forms of wildlife.

Alice Wetlands & Waterfowl Trail

National Recreation Trail



directions

From the town of Alice, North Dakota, travel 1 mile north to the intersection of **County Highway 38** and **County Highway 6**. At the intersection, turn east on **County Highway 6** and travel 2 miles. Travel north on the county gravel road approximately 100 feet and the entrance to the trail will be on the east side of the road.

contact

U.S. Fish & Wildlife Service
11515 River Road, Valley City, ND 58072

ph • 701.845.3466 web • www.fws.gov/arrowwood/valleycity_wmd

length

• 1.25 miles

rade

• average .02%, maximum .02%

surface

• primary crushed rock, compacted

amenities

• parking, interpretive signs

description

The Alice Waterfowl & Wetlands Trail is a 1½ mile long accessible trail complete with two parking lots. It's located on the Alice Waterfowl Production Area. The primary purpose of this trail is to provide physically challenged users the opportunity to hunt waterfowl. The trail contains three accessible blinds to be used for hunting waterfowl or observing wildlife. This trail would not have been possible without the hard work, dedication, and financial assistance of the Cass County Wildlife Club.

Cross Ranch Trails

National Recreation Trail



directions

Cross Ranch State Park is located **12** miles southeast of Hensler via paved roads, or **6** miles by gravel. For paved access roads, follow the brown park signs located on **Highway 200** or **Highway 25**.

contact

Cross Ranch State Park
1403 River Road, Center, ND 58530
ph • 701.794.3731 web • www.parkrec.nd.gov

ength

grade

• average 5%, maximum 30%

surface

• primary grass and vegetation, secondary concrete

menities

benches, boat launches, cabins, camping areas, fire rings, historical sites, parking, trailer picnic
areas, restrooms, RV hookups, showers, interpretive signs, cross country skiing, telephones,
trail access information, trail intersections, trailheads, trash disposal, visitor center, potable water

description

The Cross Ranch Trails, which opened in 1989, are a 15-mile trail system of interconnected loops that allow visitors the chance to travel through a diverse landscape sculpted by the Missouri River, at the heart of the Lewis & Clark National Historic Trail. The cottonwood-ash woodlands and mixed grass prairie provide many wildlife viewing opportunities, including the chance to see Bald Eagles, the endangered Least Tern, and the threatened Piping Plover. The trails are a result of a partnership between the North Dakota Parks and Recreation Department and The Nature Conservancy.

Fort Mandan Nature & History Trail

National Recreation Trail



directions

Two and one half miles west of the Lewis & Clark Interpretive Center on McLean County ${f Highway~17}$ at Washburn.

contact

Lewis & Clark Fort Mandan Foundation
P.O. Box 607, Washburn, ND 58577
ph • 877.462.8535 web • www.fortmandan.com

length

• 1.1 miles

surface

 primary soil with stabilizer, secondary concrete

grade

• average 0.5%, maximum 4.8%

amenities

 picnic shelters, visitor center with restrooms, Fort Mandan replica

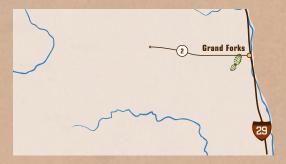
description

The Fort Mandan Nature & History Trail is located at the replica of Fort Mandan, Lewis & Clark's wintering post of 1804-05, along the Missouri River, west of Washburn, ND. The loop trail is comprised of fly-ash and cement, mixed to form a natural-looking, yet hard surface to accommodate wheelchair traffic. The trail guides walkers through the riparian forest of cottonwood trees, along the bank of the Missouri River.

Filled with wildlife including whitetail deer, pheasants, turkeys, Canadian Geese and Bald Eagles, the Nature Trail provides a pristine environment for those enjoying the Fort Mandan replica, which includes the Headwaters Fort Mandan Visitor Center and Fahlgren Park, with picnic shelters and a playground area. The trail is a partnership between the Lewis & Clark Fort Mandan Foundation and many donors, including members of the energy industry, ND National Guard, and ND Parks and Recreation.

Grand Forks Greenway Trail

National Recreation Trail



directions

The Greenway Trail is located along the Red and Red Lake Rivers and is easily accessible by several access points throughout the system. Please consult a Greenway Trail map for further details of the access points.

contact

City of Grand Forks P.O. Box 5200, Grand Forks, ND 58206-5200 **ph** • 701.787.3756 **web** • www.grandforksgov.com/greenway

length

grade

average 2%, maximum 5%

surface

• primary asphalt, secondary concrete

amenities

• 20 miles

 benches, four boat launches, one campground, grills, parking, picnic areas, public shelters, restrooms, trailheads, fenced-off leash dog park, trash disposal, potable water, wildflower garden, basketball and tennis courts, sand volleyball, horseshoes

description

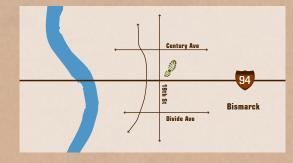
The Greenway Trail provides a unique opportunity for year-round outdoor recreation activities in an urban setting. Encompassing approximately 2,200 acres of natural open space located along the Red and Red Lake rivers in the heart of Grand Forks, North Dakota and East Grand Forks, Minnesota, the area is an outdoor enthusiast's dream. Several parks, campgrounds, golf courses, disc golf courses, trails, shore bank fishing sites, and winter activities provide year-round recreational opportunities.

The Greenway Trail offers users access to more than 43 miles of bicycle trails that wind throughout the two cities. The location of the Greenway provides the perfect setting for learning through a series of interpretive plaques located throughout the trail system. The plaques highlight the history, wildlife and geology of the Greater Grand Forks area. The trail, which is located in the Central Flyway, provides the perfect opportunity to view many different migratory or resident birds.

trail guide

Hay Creek Trail

National Recreation Trail



directions

A trailhead and parking lot are located at Fore Seasons Center. From **Century Ave**, take **19th St** south to Fore Seasons Center. From **Divide Ave**, take **19th St** north to Fore Seasons Center.

contact

Bismarck Parks and Recreation District 420 East Front Avenue, Bismarck, ND 58504 **ph** • 701.222.6455 **web** • www.bisparks.org

length

surface

grade

• 5.61 miles

primary asphalt

• average 5%, maximum 8.33%

amenities

 benches, parking, picnic areas, public shelters, restrooms, interpretive signs, telephones, trail access information, trail intersections, trailheads, trash disposal, potable water

description

The Hay Creek trail winds through a native creek area enhanced by environmental management practices, which preserve the natural stream bed and provide storm water management. The trail weaves through both residential and commercial developments in eastern Bismarck, as it is "connecting people to places" — the recreational trail development theme.

The Hay Creek Trail also allows users access to recreational, educational, and environmental experiences along its path. Following the Hay Creek Trail, users have access to: Pebble Creek Golf Course, a 9-hole, par 35 natural links course; the Fore Seasons Center which has a 31-station, indoor driving range serving as a center for golf, soccer, and football; the newly developed junior links course and practice area; Sleepy Hollow Arts; as well as a mountain bike trail, picnic shelter, playgrounds, and an outdoor wildlife learning center. The North Dakota Game and Fish Department's Outdoor Wildlife Learning Site provides youth with an experiential learning environment promoting a fishing pond and the wonders of the outdoors.

J. Clark Salyer Canoe Trail

National Recreation Trail



directions

The Office/Visitor Center is located southeast of **Lake Darling Dam** and can be reached by traveling on **Highway 52** to Foxholm, North Dakota and then north on **County Road 11** for 7 miles, or traveling on **Highway 83** north of Minot 18 miles and west 12 miles on **County Road 6**.

contact

US Fish and Wildlife Service 681 Salyer Road, Upham, ND 58789 **ph** • 701.768.2548 **web** • www.fws.gov/jclarksalyer

length

• 13 miles

amenities

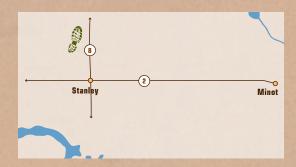
 restroom, water, and tables at Thompson Well (end of 5-mile route), docks at Thompson Well (5-mile route) and Lake Darling Dam (13-mile route)

description

Certified in 1981 as part of the National Trails System, the J. Clark Salyer Canoe Trail is North Dakota's only nationally recognized canoe trail and is located on the J. Clark Salyer National Wildlife Refuge. A 5-mile route (2 to 3 hours) or a 13-mile route (5 to 7 hours) can be taken along the Souris (Mouse) River. The trail is well marked with mile markers and three access points along the river. There are also foot trails, interpretive displays and a visitor center at the Refuge Headquarters.

Lostwood Refuge Prairie Hiking Trail

National Recreation Trail



directions

Lostwood National Wildlife Reserve is located in northwest North Dakota. The refuge headquarters are **20 miles north of Stanley, ND**. The Prairie Hiking Trail can be found along the auto-tour route and is open annually from early May through September. See a refuge brochure for further details, available at the refuge headquarters.

contact

US Fish and Wildlife Service 8315 Hwy 8, Kenmare, ND 58746 **ph** • 701.848.2722 **web** • www.fws.gov/lostwood

length

grade

- 7.5 miles
- average 15%, maximum 45%

surface

 approximately 3 miles gravel, (access road and auto-tour route)
 the remainder is grass prairie trail

amenities

 parking, restrooms, directional signs, trail access information, telephones, visitor center, potable water

description

The Lostwood Refuge Prairie Hiking Trail is located within the Lostwood National Wildlife Refuge (NWR) in northwestern North Dakota. The trail is open for hiking from early May through September. It provides a scenic view of the Missouri Coteau, a distinctive landscape of rolling hills and wetlands shaped by glaciers.

The Prairie Hiking Trail offers excellent birding opportunities. The refuge is home to over 215 bird species, including a wide variety of shorebird species such as American Avocets, Willets, and Marbled Godwits. The refuge contains one of the highest known populations of Sharp-Tailed Grouse in the United States, with one of Lostwood's 40 leks (sharp-tail dancing/breeding grounds) being located along the Prairie Hiking Trail. The best time for viewing grouse on the lek is in early May one half hour before, to 1 hour after, sunrise.

The Lostwood Refuge is also home to many mammal species, including coyote, white-tailed deer, and Richardon's Ground Squirrel.

🧷 Old Oak Munch's Wildwood Lostwood & Coulee Sullys Hill J. Clark Salyer Greenway 🦜 North Ft. Mandan Country Wetlands Cross Washburn Maah Ranch Daah Hey Hay Creek Scout's Trail Arrowwood Roughrider & Lewis & Clark trail guide National National National **Recreation Trail Historic Trail**

TIPS FOR THE TRAILS



Plan Ahead and Prepare

 Learn the regulations for the area you will visit, and prepare for extreme weather, hazards and emergencies.

Travel and Camp on Durable Surfaces

• Established trails and campsites, rock, gravel, dry grasses and snow are excellent traveling and camping surfaces.

Dispose of Waste Properly

 Clear campsite and rest areas of trash and spilled foods. Properly dispose of hygienic and cleaning products, litter and waste.

Leave What You Find

• Preserve the past by not disturbing historic structures, artifacts, rocks, plants and other natural objects.

Minimize Campfire Impacts

• Use a lightweight stove for cooking and established fire amenities where permitted. Keep fires small and put them out completely.

Respect Wildlife

• Observe wildlife from a distance and never feed the animals. Protect wildlife and food by storing rations and trash securely.

Be Considerate of Other Visitors

• Yield to other trail users, be courteous and protect the quality of their experience. Let nature's sound prevail by using quiet voices.







directions

The trail runs from Sully Creek State Park **south of Medora**, north along the Little Missouri River, ending at the **North Unit of Theodore Roosevelt National Park**.

contact

USDA Forest Service 161 21st West, Dickinson, ND 58601

ph • 701.225.5151 web • www.fs.fed.us/r1/dakotaprairie • www.mdhta.com

length

grade

miles

• average 8%, maximum 20%

surface

 primary soil, secondary crushed rock, compacted

menities

 camping areas, corrals/hitching rails, fire rings, historical sites, parking, trailer parking areas, picnic areas, resorts/ranches, restrooms, interpretive signs, directional trail access information, trail intersections, trailheads, non-potable water

description

The term "Maah-Daah-Hey" comes from the Mandan Indian language meaning "Grandfather" and the trail symbol of a "Turtle" comes from the Lakota Indian's symbolic meaning of long life and patience. Construction of the 96-mile long Maah-Daah-Hey Trail began in 1995 and was finished in 1999 in accordance with a three-partner effort between the North Dakota State Parks and Recreation Department, Theodore Roosevelt National Park (TRNP) and the United States Forest Service (FS).

This area is full of unique geological formations and cultural resources. Native Americans used the area for annual hunting trips from the surrounding prairie. The MDH Trail passes by Theodore Roosevelt's Elkhorn Ranch site on the Little Missouri River as well as General Sully's Trail and the CCC Historical Site. Since its inception, the Maah-Daah-Hey Trail has become recognized as a premier non-motorized trail and has been featured in many national publications.

Munch's Coulee Hiking Trail

National Recreation Trail



directions

Approximately 5.5 miles south of Kenmare on the Des Lacs National Wildlife Refuge Scenic Backway.

contact

Des Lacs NWR

P.O. Box 578, Kenmare, ND 58746

ph • 701.385.4046 web • www.fws.gov/jclarksalver/deslacs

length

grade

• 1 mile

• average 1%, maximum 20%

surface

 primary grass or vegetation, secondary soil with stabilizer

amenities

 benches, parking, trailer parking area, trail access information, trailheads

description

The bottom portion of Munch's Coulee Hiking Trail is in the draw where excellent bird watching opportunities abound. There is a small pool of water within comfortable viewing distance from the first bench, where turtle and duck broods can regularly be found in the spring. The mowed trail then climbs up the side of the draw to the upland prairie - one of the best places on the refuge to view native wildflowers as well as upland birds.

The upland portion of the trail then returns to the parking area, allowing visitors a spectacular view of the lake and marsh. The bottom portion of the trail is hard surfaced and is intended to be accessible to all. Four benches provide resting areas along the top and bottom of the trail. Munch's Coulee is an excellent area for school groups as it is located on a road easily navigated by buses, has ample parking, and includes most of the habitats found on the refuge within the area.

trail guide

Old Oak Trail

National Recreation Trail



directions

The trailhead is located at the warming house facility. Old Oak Interpretive Trail brochures are available in the warming house and at the main office during business hours.

contact

Lake Metigoshe State Park #2 Lake Metigoshe State Park, Bottineau, ND 58318-4648

ph • 701.263.4651 **web** • www.parkrec.nd.gov

length

• 3 miles

rolling, moderate and some challenging areas

surface

• natural turf surface (grass and soil)

amenities

 picnic areas, fire rings, potable water, cabins, ski and snowshoe rental, canoe rental, RV hookups, modern and primitive camping areas, boat launches, directional signs, fishing docks, restrooms, telephone, interpretive programming

description

Certified in 1976 as a National Recreation Trail, Old Oak, located at Lake Metigoshe State Park, became North Dakota's first nationally recognized trail. The 3-mile nature trail winds through the aspen, birch, and oak forests of the Turtle Mountains along the Canada-US border. Interpretive markers are placed along the trail with a corresponding brochure to identify natural wonders. The trail can be used for hiking, snow shoeing and cross-country skiing. There is also a geocache located along this trail as well as others in the park.

Roughrider OHV Trail

National Recreation Trail



directions

The trailhead is located at the Fort Rice Campground located along **Highway 1806**, approximately **20 miles south** of Fort Abraham Lincoln State Park

contact

North Dakota Parks and Recreation 1600 E. Century Avenue, Suite #3, Bismarck, ND 58503 ph • 701.328.5357 web • www.parkrec.nd.gov

length

• 16.5 miles

• flat to moderate slope on culvert crossings

surface

• dirt, gravel, some water crossings, average width is 50 - 55 inches

grade

amenities

 AT CAMPGROUND: picnic area, fire rings, potable water, parking, RV hookups, camping areas, directional signs, telephone and restrooms

description

The Roughrider OHV Trail is a railroad bed converted into a trail for off-highway vehicle (OHV) use all year long. It is a 16.5 mile trail which winds along the scenic Missouri River. There are many areas to pull off and rest and/or take in the views.

Scout's Trail

National Recreation Trail



directions

7 miles south of Mandan on Highway 1806, located within Fort Abraham Lincoln State Park.

contact

Fort Abraham Lincoln State Park 4480 Fort Lincoln Road, Mandan, ND 58554 **ph** • 701.667.6340 **web** • www.parkrec.nd.gov

ength

grade

average 8%, maximum 12%

surface

compacted soil

amenities

• 4.6 miles

 cabin, camping area, corral/hitching rail, fire ring/grill, parking, trailer parking, picnic area, public shelter, restrooms, RV hookup, showers, trash disposal, visitor center, potable and non-potable water

description

The Scout's Trail is located within Fort Abraham Lincoln State Park. The park is home to the Fort Abraham Lincoln Calvary and Infantry posts, as well as the Custer House. Interpretive opportunities abound for Native American culture, military history, the geology of the Missouri and Heart rivers, native prairie, wildlife, and transportation on the Missouri. The Lewis and Clark Expedition camped in this area on October 20, 1804 and their journal referenced the abandoned Mandan "On-a-Slant Village", which is located within the park.

This trail will connect to the 37 mile paved trail system of Bismarck and Mandan. Interpretation is one of the main components of the visitors' experience at the park, with a series of interpretive signs, guided tours, living history displays and special events.

Sullys Hill Nature Trail

National Recreation Trail



directions

Located on the south shore of Devils Lake on Highway 57.

contact

US Fish and Wildlife Service, Devils Lake Wetland Management District P.O. Box 286, Fort Totten, ND 58335

ph • 701.766.4272 web • www.fws.gov/sullyshill

length

grade

- 1.5 miles
- average 1% with an area of 9%, and a maximum of 47% going up a staircase

amenities

• benches, parking, trailer parking, restrooms, visitor center, potable water

surface

 mixture of paved, wood chips, compacted soil and wood

description

The Sullys Hill Nature Trail is a scenic loop trail which gives the visitor a unique chance to walk through numerous ecosystems not usually found together in North Dakota. With a visitation of approximately 60,000 a year, Sullys Hill provides an incredibly diverse and vibrant sampling of North Dakota's natural wonders. From the trail, the visitor has a chance to see wildlife, birds, wetlands, woodlands, native grasslands and Devils Lake (the largest natural lake in North Dakota).

In 1904, Sullys Hill National Game Preserve was set aside by President Theodore Roosevelt. The Preserve is 1,674 acres and is comprised of a big game unit, as well as a separate hay unit. The wooded, glacial moraine hills and native grasslands of Sullys Hill are a unique setting in North Dakota. Sullys Hill is one of only four refuges nationwide which are managed by the US Fish and Wildlife Service to preserve American bison. Visitors can also observe elk, white-tailed deer, and wild turkeys.

Washburn Discovery Trail

National Recreation Trail



directions

At the intersection of US Highway 83 and ND 200A, Washburn.

contact

Washburn Area CVB P.O. Box 607, Washburn, ND 58577

ph • 888.462.8530 **web** • www.fortmandan.com

• 2.2 miles

grade

average 2.26%, maximum 8.3%

primary concrete

• modern interpretive center with 24-hour rest area facilities, interpretive signs and benches

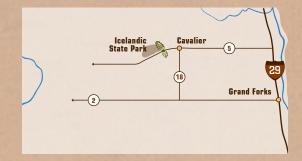
The 2.2 mile Washburn Discovery Trail begins in Harmony Park at the North Dakota Lewis & Clark Interpretive Center, a certified Lewis & Clark National Historic Trail site. The concrete trail proceeds to Washburn's Riverside Park, taking in vistas of the Missouri River along the way. Historic sites abound throughout the route, including North Dakota's first coal fired power plant, the last operating ferry boat on the river in ND, the historic Washburn Landing, and the Soo Line Railroad.

The entire trail is marked with interpretive signs at points of interest, and provides ample benches, along with many other walking/hiking amenities. A variety of partnerships, including the City of Washburn, the Lewis & Clark Fort Mandan Foundation and the Washburn Area Convention & Visitors Bureau are making this new trail (opened in 2005) a popular feature for locals and tourists alike.

trail guide

Wild Wood

National Recreation Trail



directions

Icelandic State Park is located 5 miles west of Cavalier ND on Highway 5.

contact

Icelandic State Park
13571 Hwy 5, Cavalier, ND 58220
ph • 701.265.4561 web • www.parkrec.nd.gov

length

surface

• 1.25 miles

· natural surface

grade

• moderate grade at trailhead, remainder of trail is level with small inclines

amenities

 picnic areas, fire rings, potable water, cabins, parking, RV hookups, camping areas, boat launches, directional signs, trail access information, visitor centers, benches, public shelters, restrooms, telephones

description

The Wild Wood Trail is located in Gunlogson Nature Preserve, North Dakota's first Nature Preserve. Across its 94-acre expanse, many rare species of birds, fish, and plants can be seen in their woodland/wetland community. Trail guide and educational information posts explain the sites along the trail.

Lewis & Clark National Historic Trail National Historic Trail



Retrace Lewis & Clark's travel route through North Dakota with a trip on North Dakota's scenic highways 1804 and 1806. These 300-mile long drives on the east and west sides of the Missouri River take travelers into the past. The trail follows Lewis & Clark's journey west through North Dakota in 1804-1805, and on their return trip in 1806.

Interpretive signs have been placed at different sites along the route to better acquaint visitors with the legacy of the Lewis and Clark Expedition in North Dakota. This National Historic Trail passes through a total of 11 states, stretching from St. Louis, Missouri to the Pacific Ocean.

The U.S. Corps of Discovery, better known as the Lewis & Clark Expedition, spent more time in North Dakota than in any other state on their journey. The expedition entered present-day North Dakota on October 14, 1804. Traveling upstream on the Missouri, Lewis and Clark noted in their journals a great variety and abundance of wildlife including antelope, bears, deer, elk, and buffalo.

In November of 1804, they established a wintering fort near the Knife River Indian Villages, and named it Fort Mandan. At Knife River, the expedition met and hired a French Canadian trader, Toussaint Charbonneau, to act as an interpreter during their journey west. Charbonneau, his wife Sakakawea and young son Jean Baptiste, accompanied the expedition when they left the fort on April 7, 1805.

Their return trip in 1806 through North Dakota from the Pacific was a short one. Aided by wind and current, they spent only ten days passing through the state for a second time.

For more information, please visit the National Park Service, Lewis & Clark National Historic Trail website, www.nps.gov/lecl.

• 300 miles in North Dakota

• located along Highways 1804 and 1806, along the Missouri River

North Country National Scenic Trail National Scenic Trail

The North Country Trail (NCT), which will one day stretch more than 4,600 miles from Crown Point in eastern New York to Lake Sakakawea in western North Dakota, is the longest of the eight National Scenic Trails authorized by Congress. Like its sister trails, it was designed to provide peaceful recreational opportunities in some of America's outstanding landscapes.

The NCT is administered by the National Park Service, managed by federal, state, and local agencies, and built and maintained primarily by the volunteers of the North Country Trail Association (NCTA) and its partners.

Passing through the seven states of New York, Pennsylvania, Ohio, Michigan, Wisconsin, Minnesota and North Dakota, the NCT connects more than 160 public land units—including parks, forests, scenic attractions, wildlife refuges, game areas, and historic sites. The list includes 10 National Forest areas, including the Sheyenne National Grassland in North Dakota, and four areas of the National Park Service. Other federal facilities along the NCT include two National Wildlife

Refuges (Minnesota's Tamarac and North Dakota's Audubon), two Bureau of Reclamation projects (North Dakota's Garrison Diversion Unit's New Rockford and McCluskey Canals), and six Army Corps of Engineer impoundments (Baldhill Dam at Lake Ashtabula, North Dakota: Tom Jenkins Dam and Burr Oak Lake, William H. Harsha Lake / East Fork Lake. Ohio; Tionesta Lake, the Kinzua Dam, and Allegheny Reservoir, Pennsylvania).

Nationally, the NCT also threads its way through 57 state parks and state historic areas, 47 state forests, 22 state game areas, seven state water conservation districts and at least 10 county forests and parks. Several hundred miles of trail will eventually cross private land thanks to owners who have granted property easements.

Existing and new sections of the NCT are generally limited to foot travel, including hiking, snowshoeing and cross-country skiing. Other non-motorized uses, such as bicycling and horseback riding are generally limited to areas specifically designed to withstand such use.

For more information, please visit www.northcountrytrail.org or the National Park Service, North Country NST website www.nps.gov/noco. Toll Free • 1-866-HIKE-NCT

- 475 miles in North Dakota
- various access points along route





The North Dakota Parks and Recreation Department's facilities, programs, and employment opportunities are open to all, regardless of age, sex, race, color, disability, religion, national origin or political affiliation. Contact us if you need an accommodation for a disability, or for an alternate format of this publication, at 701-328-5357 or Relay North Dakota TTY Service 800-366-6888.

