MINNESOTA BICYCLE MAP

2019

DEPARTMENT OF TRANSPORTATION

Minnesota developed its U.S. Bicycle Routes by joining existing roads and trails to create continuous bicycle routes. Minnesota's routes offer segments suitable for all types of bicyclists, yet those riding an entire route must be capable of sharing the road with cars and trucks.

U.S. Bicycle Route 41, also known as the North Star Bicycle Route, connects St. Paul, Minnesota's Capital City, to Canada. Nearly half the route is on state or regional trails that link and wind through some of Minnesota's most beloved and popular locations, such as the Mississippi National River and Recreation Area, Grand Portage National Monument, Superior National Forest and nine state parks.

U.S. Bicycle Route 45, also known as the Mississippi River Trail (MRT), begins at the Mississippi Headwaters in Itasca State Park. The route closely follows the Mississippi River, which widens and passes through a changing landscape from pine forests to limestone bluffs, continuing to the Gulf of Mexico. Just over one quarter of the route is on state or regional trails.

Combined, U.S. Bicycle Routes 41 and 45 continuously connect two of the world's great water bodies, Lake Superior, the world's largest freshwater lake (by area) and the Mississippi River, the world's fourth longest river - all by bicycle.

Materials & Maps: mndot.gov/bike

BIKE LEGEND

U.S. BICYCLE ROUTE

FEDERAL, STATE, AND REGIONAL BIKE TRAILS

UNPAVED TRAIL — PAVED TRAIL

AVERAGE ANNUAL DAILY TRAFFIC

Number of Cars Expected During 24 hrs on an Average Day

Roadways with Unpaved Shoulders or with Paved Shoulders Less than 4 Feet		Roadways with Paved Shoulders 4 Feet or Greater
	0 - 750	
	751 - 2,500	
	2,501 - 10,000	
	Greater than 10,000	

GRAVEL ROADWAY

INTERSTATE / BICYCLES PROHIBITED

BICYCLES PROHIBITED

★ LEAGUE OF AMERICAN BICYCLIST'S MN BICYCLE FRIENDLY COMMUNITIES SM

As of June 2019

Gold: Minneapolis

Silver: Grand Marais, Hennepin County, Saint Paul

Bronze: Battle Lake, Bemidji, Brainerd, Crosby, Duluth, Edina, Fargo-Moorhead Metro, Fergus Falls, Frazee, Grand Rapids, Greater Grand Forks, Greater Mankato, Hutchinson, Jackson, Marshall, New Ulm, Richfield, Rochester, Saint Cloud, Saint Louis Park, Sartell, Walker, Willmar, Winona, Woodbury

Bicycle Friendly Community SM is a service mark of the League of American Bicyclists and is used with permission.

ROADWAY MARKERS: Interstate Highway; U.S. Route; State Highway; County Highway

CITY POPULATIONS: Unincorporated; Under 1,000; 1,000 to 4,999; 5,000 to 24,999; 25,000 to 49,999; 50,000 and Over; State Capital; Population symbols enclosed by ◇ indicate county seats

STATE FEATURES: State Historic Site; State Historic Marker; Scenic Overlook; State Park; State Recreation Area; State Wayside; State Park, State Recreation Area, or State Wayside; State Forest; Wildlife Management Area; Indian Reservation

NATIONAL FEATURES: U.S. National Monument; U.S. Port of Entry; National Park; National Forest; National Wildlife Refuge; Boundary Waters Canoe Area Wilderness

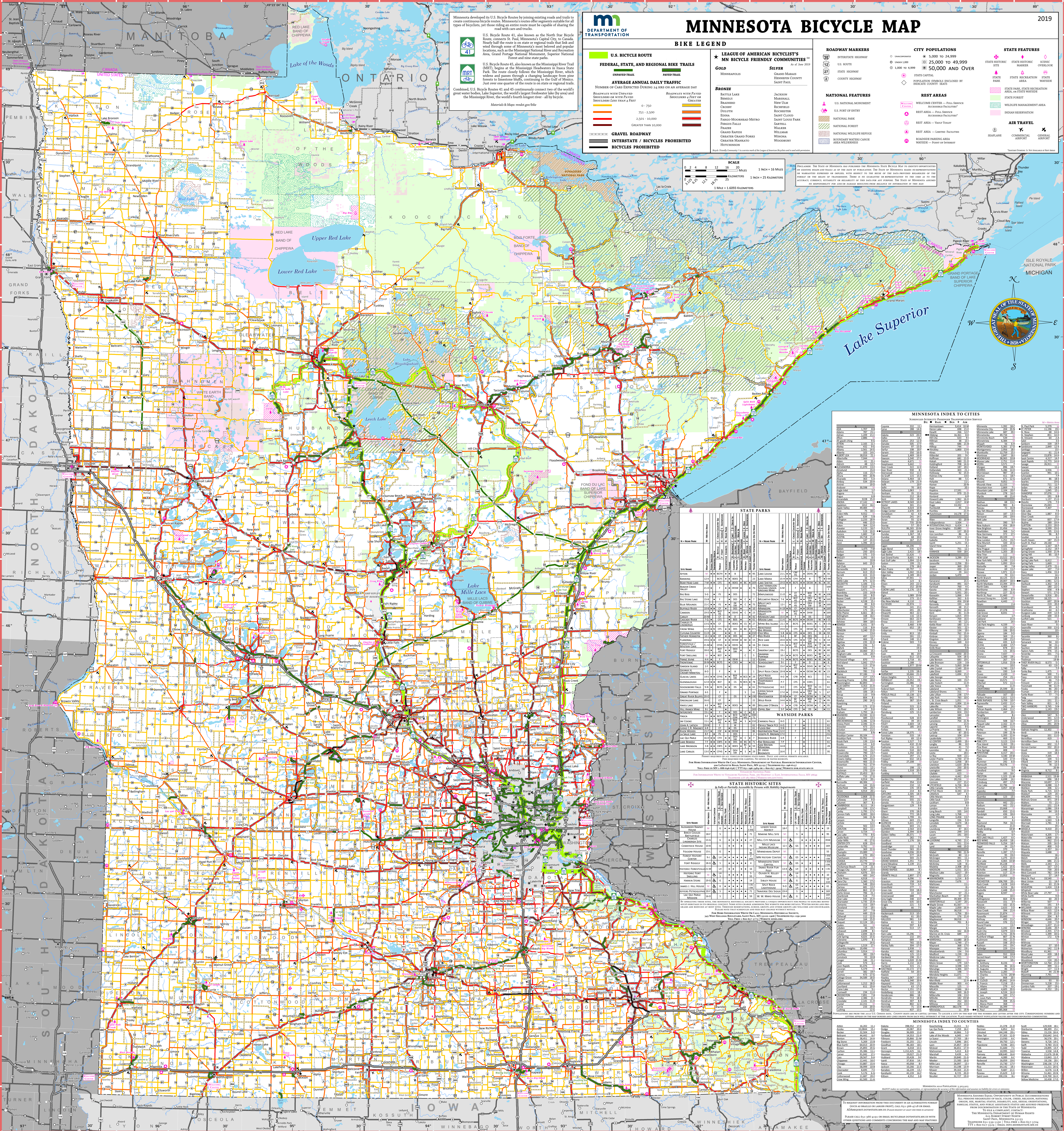
REST AREAS: Welcome Center — Full Service Accessible Facilities*; Rest Area — Full Service Accessible Facilities*; Rest Area — Vault Toilet; Rest Area — Limited Facilities; Roadside Parking Area Wayside — Point of Interest

AIR TRAVEL: Seaplane; Commercial Airport; General Airport

*Sanitary Dumping Is Not Available at Rest Areas

SCALE: 1 Inch = 16 Miles; 1 Inch = 25 Kilometers; 1 Mile = 1.6093 Kilometers

Disclaimer: The State of Minnesota has published the Minnesota State Bicycle Map to identify opportunities on existing roads and trails as of the date of publication. The State of Minnesota makes no representations or warranties expressed or implied, with respect to the reuse of the data provided herewith, regardless of the format or the means of transmission. There is no guarantee or representation to the user as to the accuracy, currency, suitability or reliability of this data for any purpose. The State of Minnesota assumes no responsibility for loss or damage resulting from reliance on information in this map.



STATE PARKS

Permit required on all vehicles entering state parks. Daily and annual permits available. Fees required for camping. No sewer or water hookups.

For More Information Write Or Call: Minnesota Department of Natural Resources Information Center, 500 LaFayette Road, Saint Paul, MN 55155 | Telephone 651-296-6157

Toll-Free in MN 1-888-646-6367 | TTY 651-296-5484 or 1-800-657-3929 | Website dnr.state.mn.us

Voyageurs National Park: For Information Write to Voyageurs National Park, 360 Highway 11 East, International Falls, MN 56649 Telephone 218-283-6600 | Website nps.gov/voya

WAYSIDE PARKS

STATE HISTORIC SITES

& Fully or Partially Accessible by Persons with Mobility Impairments

By operating these sites, the Minnesota Historical Society provides a unique opportunity for people to explore Minnesota's heritage in its original context. Some sites charge admission; See website for more details. Winter hours and programs are reduced at most sites. Through reservations, school groups and other groups are welcome and encouraged. Please note that schedules and fees may change without notice.

For More Information Write Or Call: Minnesota Historical Society, 345 West Kellogg Boulevard, Saint Paul, MN 55102-1906 | Telephone 651-259-3000 Toll-Free 1-800-657-3773 | Website mnhs.org

MINNESOTA INDEX TO CITIES

Scheduled Intercity Passenger Transportation Service By: ■ Rail ● Bus ★ Air

M = Metro Area

Populations are from the 2010 U.S. Census data. County seats are in capital letters. To locate a city on the map use the number and letter after the city. Corresponding numbers and letters appear on the map border and lines drawn from each will intersect at the location. Place names without population values are unincorporated communities.

MINNESOTA INDEX TO COUNTIES

Aitkin	16,202	11-J
Anoka	33,0844	15-J
Becker	32,504	9-D
Beltrami	44,442	6-F
Benton	38,451	14-H
Big Stone	5,269	15-B
Blue Earth	64,013	20-H
Brown	25,893	19-G
Carlton	35,386	11-L
Carver	91,042	17-I
Cass	28,567	9-H
Chippewa	12,441	16-E
Chisago	53,887	15-K
Clay	58,999	10-B
Clearwater	8,695	7-E
Cook	5,176	6-Q
Cottonwood	11,687	20-E
Crow Wing	62,500	11-H
Dakota	398,552	17-K
Dodge	20,087	20-K
Douglas	36,009	13-E
Faribault	14,553	21-H
Fillmore	20,866	21-M
Freeborn	31,255	21-J
Goodhue	46,183	18-L
Grant	6,018	13-C
Hennepin	1,152,425	16-J
Houston	19,027	21-O
Hubbard	20,428	9-F
Isanti	37,816	14-J
Itasca	45,058	8-I
Jackson	10,266	21-E
Kanabec	16,239	13-J
Kandiyohi	42,239	16-F
Kittson	4,552	3-B
Koochiching	13,311	5-I
Lac Qui Parle	7,259	16-C
Lake	10,866	7-O
Lake of the Woods	4,045	4-F
Le Sueur	27,703	18-I
Lincoln	5,896	18-C
Lyon	25,857	19-D
Mcleod	36,651	17-H
Mahnomen	5,413	8-D
Marshall	9,439	4-C
Martin	20,840	21-G
Meeker	23,300	16-G
Mille Lacs	26,097	13-I
Morrison	33,198	13-H
Mower	39,163	21-K
Muray	8,725	20-D
Nicollet	32,727	19-H
Nobles	21,378	21-D
Norman	6,852	8-C
Olmsted	144,248	20-L
Otter Tail	57,303	12-D
Pennington	13,930	6-C
Pine	39,750	12-L
Pipestone	9,596	20-C
Polk	31,600	7-C
Pope	10,995	14-E
Ramsey	508,640	16-K
Red Lake	4,089	6-C
Redwood	16,059	19-E
Renville	15,730	17-F
Rice	64,142	19-J
Rock	9,687	21-C
Roseau	15,629	3-D
Saint Louis	200,226	8-L
Scott	129,928	18-J
Sherburne	88,499	15-I
Sibley	15,226	18-H
Stearns	150,642	14-G
Steele	36,576	20-J
Stevens	9,726	14-C
Swift	9,783	15-D
Todd	24,895	13-F
Traverse	3,558	14-B
Wabasha	21,676	19-M
Wadena	13,843	11-F
Waseca	19,136	20-I
Washington	238,136	17-K
Watonwan	11,211	20-G
Wilkin	6,576	11-B
Winona	51,461	20-N
Wright	124,700	16-H
Yellow Medicine	10,438	17-D

Minnesota 2010 Population: 5,303,925

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Please call 651-366-4191 or email bicyclemap.dot@state.mn.us with other questions and comments concerning the map and map features

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