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FOR IMMEDIATE RELEASE

Socially Distant and Amazing Cross-Country Ski Trails in Cook County, Minnesota

January 1, 2021 - Cook County, Minn. — Visit Cook County invites all levels of cross-country skiers to kickstart a much-anticipated new year by enjoying over 400km of trails throughout Cook County, Minnesota. With an average of 120 inches of annual snowfall in the stunning Superior National Forest, the opportunities for adventure are endless.

"Fresh air and exercise are essential to mental and physical wellness, as we've all learned this past year," said Linda Jurek, Visit Cook County Executive Director. She continued, "A cross-country ski adventure in Cook County is the perfect opportunity to get out and enjoy the season."

Five Great Reasons to Try Cross-Country Skiing This Year

1. It's affordable and fun!
2. View wildlife and nature up close
3. Endless adventure opportunities
4. Full body workout
5. Après ski

[Read our blog post to learn more.](#)

Whether you're an expert looking to stretch your legs and skills, a family hungry to get outside safely, or a couple looking for a romantic ski through the trees, the perfect cross-country ski adventure awaits in Cook County. The best part? With so much open space on the trails and ample lodging, you can remain as isolated as you need to be to feel safe.

Three Lesser-Traveled/COVID-Friendly Cross-Country Ski Trails in Cook County

- Norpine System, Lutsen Area – This stunning 58 +km network of trails surrounding Cascade River State Park has some of the state's best views.
- Central Gunflint Ski Trail System – Located in the heart of the snowbelt of the North Shore, it doesn't get more peaceful than 70 km of trails along the Gunflint Trail and BWCA.



- Banadad Trail System, Gunflint Trail – Ski to your heart's content on 43 beautiful kilometers in the Boundary Waters Canoe Area Wilderness.

View the [Cook County Ski Trail Map](#) and plan a trip north today.

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Visit Cook County, Minnesota

Visit Cook County encompasses the northeastern Minnesota communities of Lutsen, Tofte, Schroeder, Grand Marais, the Gunflint Trail and Grand Portage, commonly referred to as “the Arrowhead” and the “North Shore of Lake Superior”. Grand Marais, Minn., has earned several national accolades -- most recently it was named *USA Today's* [Best Midwestern Small Town](#), Outside Magazine's [The 16 Best Places to Live in the U.S. 2016](#), and Budget Travel's 2015 [Coolest Small Town in America](#). Rekindle your sense of adventure by exploring the Superior National Forest or paddling through the Boundary Waters Canoe Area Wilderness. Discover what makes the communities of Cook County, Minn. “Naturally Unforgettable.” Connect on social media using #donorthmn, Twitter [@CookCoVisitors](#), [Facebook](#), or Instagram [@donorthmn](#). Learn more at [www.visitcookcounty.com](#).