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FOR IMMEDIATE RELEASE

Explore Cook County by Cross Country Ski this February

February 1, 2023 - Cook County, Minn. — Visit Cook County invites skiers of all ages to explore over 400km of groomed trails throughout the region. While you're here, take time to enjoy **Hygge**, the Danish concept of celebrating life's simple pleasures. Work up a sweat by day on the trails, and spend your cozy evenings by the fire.

"February is an incredible month to get outdoors, and cross country skiing is a fun and approachable way to explore Cook County's incredible trail network," said Linda Jurek, Visit Cook County Executive Director. "While you're in Cook County, we invite you to celebrate Hygge with us during our annual [Hygge Festival](#), and check out our spectacular [Fireplace Tour](#). Enjoy a little relaxation. You deserve it!"

It's been a snowy season in Cook County, with snowfall totals reaching over 95'. Meticulous trail grooming and maintenance ensures spectacular conditions through the end of March on all 400 km of cross-country trails in Cook County.

Get Berkie-Ready on These Incredible Cross Country Ski Trails

1. **Central Gunflint Ski Trials**

Located midway up the Gunflint Trail, this trail system is maintained by two resorts, Bearskin Lodge and Golden Eagle Lodge. Explore over 70km of beautiful, groomed trails through the woods and wilderness. All trails are tracked for traditional skiing, with large portions groomed for skate skiing.

2. **Upper Gunflint Ski Trail System**

This privately maintained 70km trail system meanders through heavily-wooded rolling hills along Gunflint Lake, offering stunning views of Canada. With dramatic elevation changes, these trails are best suited for intermediate to advanced skiers, but there is plenty of terrain for beginners to explore here as well.

3. **Sugarbush Trail System - Oberg Mountain Area Trails**

These beautiful and well-maintained trails meander around Oberg Mountain, with spectacular views and trails for every skill level. There are three distinct trailheads for the 65km system: Onion River/Oberg Mountain, Britton Peak and Moose Fence. Ski one or ski them all!



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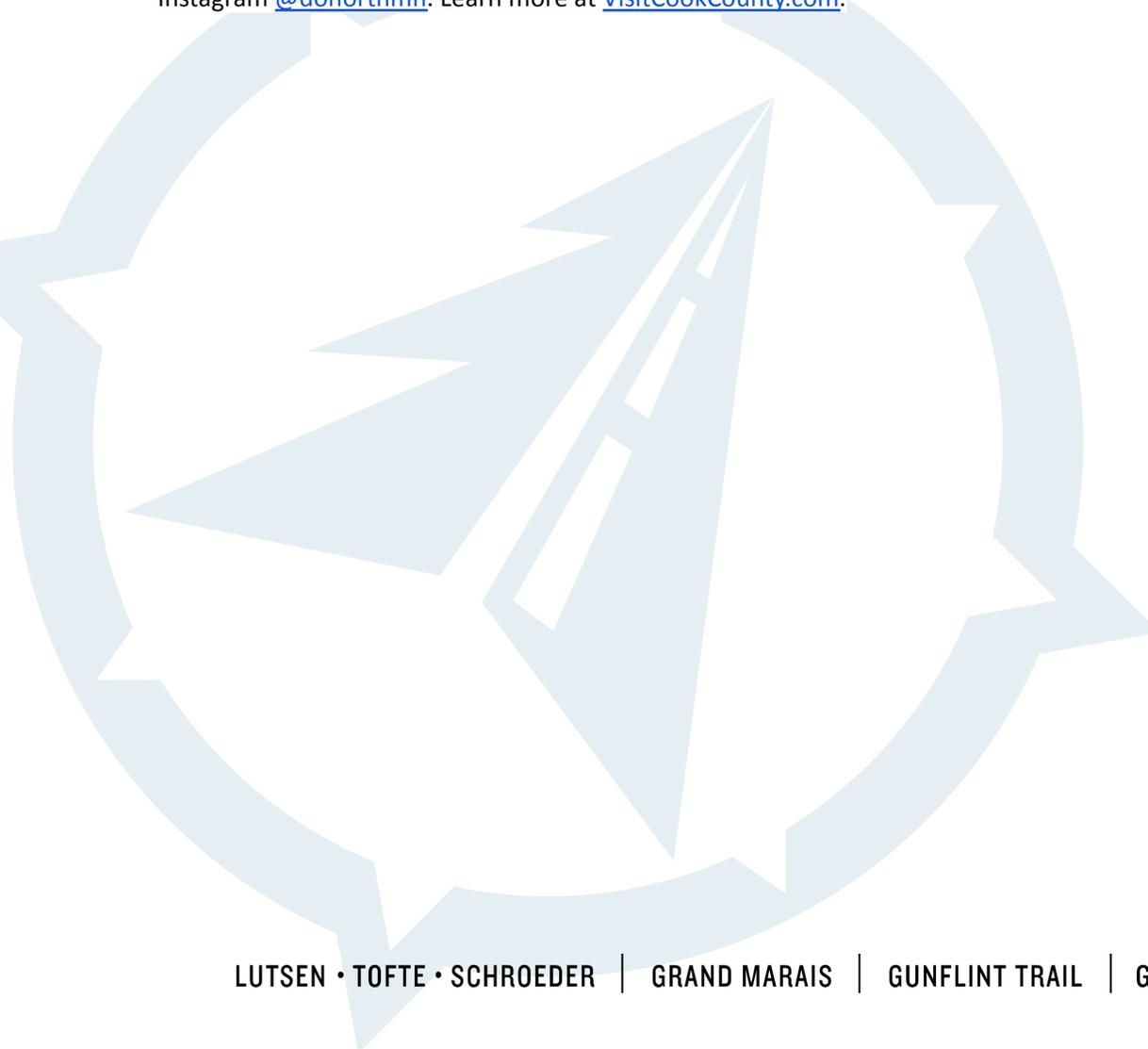
Head up to Cook County for a cross country ski getaway! Browse trail conditions in [Lutsen and Tofte](#), [Grand Marais](#) and the [Gunflint Trail](#) for updated grooming reports, insight from fellow skiers and ideas on where to start your next cross country ski adventure.

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](#) and Outside Magazine’s [The 16 Best Places to Live in the U.S. 2016](#). 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 [VisitCookCounty.com](#).



LUTSEN • TOFTE • SCHROEDER | GRAND MARAIS | GUNFLINT TRAIL | GRAND PORTAGE