



116 West HWY 61
P.O. Box 1330
Grand Marais, MN 55604
218.387.2788
VisitCookCounty.com

Contact: Linda Jurek, Visit Cook County
(218) 387-2788 ext.101
linda@visitcookcounty.com

FOR IMMEDIATE RELEASE

Try Something New in 2022 – Cross Country Ski in Cook County, Minnesota

January 1, 2022 - Cook County, Minn. – Welcome to the new year! Visit Cook County invites all cross country skiers – both those new to the sport and seasoned skiers – to enjoy every moment of winter out on the trails. With an average of 120 inches of annual snowfall and over 400 km of trails in the county, the opportunities for adventure are endless. Over the last two weeks, Cook County has received more than 20" of fresh snow with more on the way!

"The start of a new year is the perfect opportunity to expand your boundaries and try new things," said Linda Jurek, Visit Cook County Executive Director. She continued, "Whether you've set a resolution surrounding health and wellness or are looking for new adventures, we invite you to explore Cook County via cross country ski."

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.](#)

Three Lesser-Traveled 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* 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 www.visitcookcounty.com.



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