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## FOR IMMEDIATE RELEASE

### Cross Country Skiing and Hygge are a Match Made in Winter Heaven

**February 1, 2022** - Cook County, Minn. — Celebrate **Hygge**, the Danish concept of celebrating life's simple pleasures, in Minnesota's Arrowhead region this season. Long, exhilarating days exploring over 400km of expertly groomed trails followed by cozy, fireside evenings with a warm beverage are the epitome of Hygge.

"Hygge is about celebrating what's truly important to you. Community. Togetherness. Slowing down and reconnecting. Cook County provides the perfect backdrop for all things Hygge," said Linda Jurek, Visit Cook County Executive Director. "We've long enjoyed the benefits of cross country skiing in Cook County, and we invite all visitors to give it a try. You won't be disappointed!"

Cook County has already surpassed the snow fall totals from the entire 2021 season, making the stunning Superior National Forest a great destination for winter adventure in 2022. Come in February and March, the trails truly transform into an epic winter wonderland. Our large network of trails is meticulously groomed all season long, creating optimal conditions for the perfect ski.

#### Our Favorite Ways to Enjoy Hygge

- 1. Long evenings spent with people you love**  
The sun goes down early, but the nights stretch long when you're conversing by a crackling fire.
- 2. Indulge in comfort food**  
Warm mashed potatoes or a tater tot hotdish. Fresh apple pie or a pot roast with all the fixings. Enjoy every bite!
- 3. Enjoy warm beverages**  
A mug of cocoa, mulled wine or spiced cider is the best way to warm up after a day on the trails. Pro tip: pack a thermos for a pick-me-up while you ski.
- 4. Engage Your Creativity**  
Needlework, writing, puzzles. Painting, drawing, woodworking. How you keep your hands busy is up to you! We guarantee you'll find peace and serenity in the process.



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#### 5. Share Your Favorite Stories

The art of storytelling is as important today as it's ever been. This is how we pass down our legacy to the next generation. What do you want your family and friends to remember forever?

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](#).