

Free

# Area Guide



## Itasca County, Minnesota

- Hunting Seasons
- Fishing Seasons
- Recreation Trails
- DNR License Centers
- Residential Services
- Local Attractions
- Parks & Rec. Info
- Area History
- Local Events



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Itasca County



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# LOCAL AREA EVENTS

## January

5 & Under Spiel at Itasca Curling Club | Grand Rapids  
Junior Spiel at Itasca Curling Club | Grand Rapids  
MacRostie 1st Friday Artist Reception (Monthly) | Grand Rapids

## February

Caddyshack Spiel | Grand Rapids  
Fat Forest Fourteen (Fat Tire Bike Race) | Grand Rapids  
Grand Rapids Annual Open House Indoor Boat Show  
Jacobson Classic Snowmobile Ride | Grand Rapids

## March

Jaycee's Home, Sport & Travel Show | Grand Rapids  
NMBA Home and Cabin Show | Grand Rapids  
Polar Bear Plunge | Grand Rapids  
Last Chance Bonspiel | Hibbing, Grand Rapids

## April

Arrowhead Home & Builders Show | Duluth  
Children's Fair | Grand Rapids  
Easter Egg Hunt | Throughout Iron Range  
Homegrown Music Festival | Duluth  
Iron Range Earth Fest

## May

Duluth Dylan Fest  
Grand Rapids Farmer's Market (May-Oct, Wed & Sat)  
Itasca Symphony Orchestra | Grand Rapids

## June

Bigfork Wilderness Days | Grand Rapids  
DQ Cruise Night (Thursdays in Summer) | Grand Rapids  
First Friday Show-N-Shine Art Walk | Grand Rapids  
Grandma's Marathon | Duluth  
Festival Rialto | Grand Rapids  
Judy Garland Festival | Grand Rapids  
National Trails Day | Park Rapids  
United Way Day of Action | Deer River  
Midnight Sun Grand Traverse | Duluth

## July

4th of July Parade | Nashwauk, Keewatin, Grand Rapids  
Art Fair | Grand Rapids  
Weekend of Wheels | Grand Rapids  
Deer River Bar-b-Que and Brew Fest  
Deer River Wild Rice Festival  
MacRostie Art Center Downtown Art Fair | Grand Rapids  
Northstar Stampede Rodeo | Effie  
Park Rapids 4th of July Parade and Fireworks  
Park Rapids MN Headwaters ProRodeo & Xtreme Bulls  
Pokegama Lake Fireworks | Grand Rapids  
Timberman Triathlon | Cohasset  
Two-Town Ten Trillion Nanometer Race | Nashwauk  
Weekend Of Wheels Car Show | Grand Rapids

## August

Bayfront Blues Festival | Duluth  
Brewhouse Triathlon | Duluth  
Itasca County Fair | Grand Rapids  
Spirit Valley Days | Duluth  
Tall Timber Days | Grand Rapids  
Northshore Dragon Boat Festival | Duluth

## September

Bargains are Great on Hwy 38 Garage Sales | Grand Rapids  
Bovey Farmer's Days  
Duluth Oktoberfest  
Fall Fun Days | Grand Rapids  
Grandma's Oktoberfest Celebration | Duluth  
Grand Rapids Riverfest  
Klocktoberfest - Klockow Brewing Co. | Grand Rapids  
Lumberjack Mile & 5K | Grand Rapids

## October

Duluth Trunk-or-Treat  
Halloween Trick-or-Treat | Throughout Iron Range

## November - December

The Craft Show at Timberlake | Grand Rapids  
Snowflake Bazaar | Grand Rapids  
Star of the North Hockey Tournament (Nov-Feb) | Grand Rapids

*\*Events are subject to change*

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## ITASCA COUNTY

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Assessor .....	327-2861
Attorney .....	327-2867
Auditor/Treasurer .....	327-2860
Court Administration .....	327-2870
Emergency .....	911
Extension Service .....	327-7486
Health & Human Services .....	327-2941
Land Department .....	327-2855
Parks Department .....	327-7393
Probation/Parole .....	327-2869
Recorder .....	327-2856
Sheriff .....	326-3477
Soil & Water Conservation .....	326-5573
Solid Waste .....	327-2857
Surveying & Mapping .....	327-2854
Transportation/Highway Engineer .....	327-2853
Veterans Services .....	327-2858

## GRAND RAPIDS

Administration .....	(218) 326-7600
Airport .....	326-0893
Civic Center/Parks & Recreation .....	326-2500
Community Development .....	326-7601
Engineering .....	326-7601
Finance .....	326-7615
Fire Department .....	326-7638
GIS .....	326-7498
Library .....	326-7640
Police Department .....	326-3464
Public Works .....	326-7481
Public Utilities .....	326-7024

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*I*tasca County was originally inhabited by Indians and later fur trappers, until loggers were attracted to the white pines in the area in 1829. By 1872, over 17 lumber camps had been established and more followed. As lumbermen needed supplies, stopping places such as Grand Rapids were built throughout the area which often included a hotel, saloon, general store and warehouse. In 1874 a post office was established in Grand Rapids by Lowe Seavey and by 1880, the Iron Range was full of loggers. Settlers began arriving and a school house was built in 1887 in Grand Rapids. In 1890 the Winnipeg Railroad line reached the Grand Rapids area and roads were improved, causing the county to boom. After incorporation in 1891, Grand Rapids successfully battled LaPrairie for the county seat. By 1900 Itasca County had a population of 4,573. Today Itasca County is home to approximately 45,058 residents.

**BIGFORK** – pop. 443

**BOVEY** – pop. 665

**CALUMET** – pop. 355

**COHASSET** – pop. 2,541

**COLERAINE** – pop. 1,008

**DEER RIVER** – pop. 918

**EFFIE** – pop. 85

**GRAND RAPIDS** (County Seat) – pop. 8,743

**KEEWATIN** – pop. 1,070

**LA PRAIRIE** – pop. 593

**MARBLE** – pop. 672

**NASHWAUK** – pop. 915

**SQUAW LAKE** – pop. 94

**TACONITE** – pop. 293

**WARBA** – pop. 176

**ZEMPLE** – pop. 93

*\*Populations are approximate.*

## **BIGFORK**

Loggers, fur traders and trappers were the first to develop the area known as Bigfork. The first settler, Damase Neveaux, claimed land and built a log cabin near the Big Fork River in 1892. As a result, the community was named after the Big Fork River. The first post office was established in 1902 and incorporation followed in 1907. Today Bigfork is home to approximately 443 residents.

## **BOVEY**

Located in Arbo Township, Bovey was developed as a logging site and many locals were involved in the mining industry. Erick Johnson opened the first store in 1903. A year later he established the post office and the community was platted on 40 acres of forested land. Incorporation soon followed. Today Bovey is home to approximately 665 residents.

## **CALUMET**

Calumet was first settled by loggers and miners in 1880. The area was named after Indian peace pipes. As the Hill Mine was established, Calumet became an official community. A general store, hardware store, blacksmith shop, women's clothing store, cigar factory, butcher shop, ice house, livery barn, public sauna and 14 saloons were opened by 1900. In 1908 a post office was established and Calumet was incorporated in 1909. Today Calumet is home to approximately 355 residents.

## **COHASSET**

Located in Bass Brook Township, Cohasset was named after an Indian word for pine trees. In 1892 a post office was established and the community was incorporated in 1902. Minnesota Power, one of Minnesota's largest electrical production operations, is located here. Today Cohasset is home to approximately 2,541 residents.

## COLERAINE

Settled by miners and loggers, Coleraine was named after Thomas F. Cole, a prominent figure in the northern iron mines. The community was developed in 1904 by John Campbell Greenway as an Oliver Mining town. In 1906 a post office was established and by 1909 Coleraine was incorporated. Today Coleraine is home to approximately 1,008 residents.

## DEER RIVER

Settled by fur traders and loggers, Deer River was established in 1894. As the community developed, Deer River was known as a booming lumberjack town. With the arrival of the railroad in 1898, the population dramatically increased. Roads, sidewalks and businesses were then built to accommodate the growing needs of the community. Today Deer River is home to approximately 918 residents.

## EFFIE

As the Minneapolis and Rainy River Railway arrived to the area, development in Effie began. The first post office was established by Eva R. Wenaus in 1903 and named the community after her daughter, Effie Wenaus. Today Effie is home to approximately 85 residents.

## GRAND RAPIDS (County Seat)

Logging camps and trading posts were the first buildings in the area known as Grand Rapids. In 1872 the Potter Company General Store was built and the post office was established in 1874. Named after the Mississippi rapids, Grand Rapids was first incorporated as a village in 1891. A year later the community successfully battled LaPrairie for the county seat. In 1957 Grand Rapids was incorporated as a city. The Blandin Paper Company, internationally recognized for making the lightest weight coated paper ever produced, is located here. Today Grand Rapids is home to approximately 8,743 residents.

## KEEWATIN

In 1904 large deposits of iron ore were discovered and settlement of Keewatin began. The area is named after an Indian word meaning "north wind." As a slow growing community, development in Keewatin did not begin until the Great Northern Railroad arrived in 1909. Today Keewatin is home to approximately 1,070 residents.

## LA PRAIRIE

Located in Grand Rapids Township, LaPrairie developed as a logging community. The area was first known as Neal's Landing after Neal Carr, changed to Nealsville, renamed Saginaw and finally deemed LaPrairie. In 1890 the railroad arrived, the first post office was established and LaPrairie was incorporated. Today LaPrairie is home to approximately 593 residents.

## MARBLE

Albert F. Gross built the first homestead in the area known as Marble in 1888, who founded the Gross-Marble Mining Company. The community was then platted by the Oliver Mining Company in 1908 and the post office was soon established. Today Marble is home to approximately 672 residents.

## NASHWAUK

The first mining community in Iron Range, Nashwauk was platted in 1902 with incorporation soon following. As the community developed, many families began to arrive and the population of Nashwauk grew dramatically from 220 in 1902 to 2,080 in 1920. Today Nashwauk is home to approximately 915 residents.

## SQUAW LAKE

Located in Max Township, Squaw Lake was developed as a trade center on the Great Northern Railway. The first post office was established in 1923 and Squaw Lake was incorporated in 1940. Today Squaw Lake is home to approximately 94 residents.

## TACONITE

Taconite was platted by the Oliver Mining Company and is the location of the earliest iron mining experimentation. The first post office was established in 1906 and the community was incorporated in 1909. Today Taconite is home to approximately 293 residents.

## WARBA

Developed as a logging community, Warba is named after an Indian word "Waiba" meaning "white swan" or "resting place." Located in Feeley Township, Warba's first post office was established in 1901 and platted in 1904 by Thomas J. Feeley. Today Warba is home to approximately 176 residents.

## ZEMPLE

Zemple was named after R. T. Zempel, who owned most of the land in the area and became the first village president. The city was officially organized in 1911 and the main industry was lumber. Logs were floated down the Mississippi River to the planing mill, veneer mill and box mill that all ended up burning down in later years. In the early 1900's the population was over 300 residents, today the population is around 93 residents.



**Boating safety is critical for anyone who operates a boat or spends time on the water. Here are some general boating safety tips to keep in mind:**

• **Wear a life jacket:** Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved. • **Know the weather:** Check the weather forecast before you go boating and keep an eye on changing conditions. If you notice darkening clouds, rough winds or sudden drops in temperature, get off the water. • **Use navigation aids:** Use navigation aids like buoys and beacons to help you navigate safely. • **Maintain your boat:** Keep your boat well-maintained and in good working condition. Make sure all safety equipment is in good condition and functioning properly. • **Avoid alcohol:** Do not drink alcohol while operating a boat. It is illegal and increases the likelihood of accidents. • **Watch your speed:** Observe speed limits and maintain a safe speed based on conditions. Remember, slower speeds may be necessary in crowded areas or in inclement weather. • **Be aware of other boats:** Watch for other boats and be aware of their movements. Always assume other boaters may not see you. • **Know the rules:** Learn and follow boating safety laws and regulations. This includes rules for navigation, safety equipment, and right-of-way. • **File a float plan:** Always let someone know where you are going and when you plan to return. File a float plan with a trusted person or a marina. • **Take a boating safety course:** Consider taking a boating safety course to improve your skills and knowledge.



**By following these general boating safety tips, you can reduce the likelihood of accidents and enjoy a safe and enjoyable time on the water.**

# YOUR Help is NEEDED!

Do  
**NOT**  
Transport  
Invasive:  
• Fish  
• Invertebrates  
• Aquatic Plants



## CLEAN. DRAIN. DISPOSE.

### KNOW THE LAW! YOU MAY NOT...

- TRANSPORT WATERCRAFT WITHOUT REMOVING THE DRAIN PLUG.
- ARRIVE AT LAKE ACCESS WITH DRAIN PLUG IN PLACE.
- TRANSPORT AQUATIC PLANTS, ZEBRA MUSSELS, OR OTHER PROHIBITED SPECIES ON ANY ROADWAY.
- LAUNCH A WATERCRAFT WITH PROHIBITED SPECIES ATTACHED.
- TRANSPORT WATER FROM LAKES OR RIVERS.
- RELEASE BAIT INTO THE WATER.



# So, You have decided to get a pet...

## NOW WHAT??

**Commitment and Time:** Owning a pet is a long-term commitment. Before bringing a pet home, consider your lifestyle and ensure you have enough time to spend with your pet. Dogs, cats, and many other animals require attention, exercise, and mental stimulation.

**Choose the Right Pet for Your Lifestyle:** Different pets have varying needs, temperaments, and activity levels. Research and select a pet that fits well with your lifestyle, living situation, and family dynamics. Whether you choose a dog, cat, bird, fish, or any other animal, make sure you can provide for its specific needs.

**Proper Nutrition:** Feed your pet a balanced and nutritious diet suitable for their species and age. Consult with a veterinarian to determine the best food options for your pet's health and well-being.

**Regular Exercise:** Most pets need regular physical activity to stay healthy and happy. Engage in playtime and exercise with your pet daily, as it helps prevent obesity and provides mental stimulation.

**Routine Veterinary Care:** Schedule regular check-ups with a veterinarian to monitor your pet's health, get necessary vaccinations, and address any concerns. Early detection of health issues can often lead to better outcomes.

**Spaying/Neutering:** Consider spaying or neutering your pet if you don't plan on breeding. This helps control the pet population and can have health benefits for your pet.

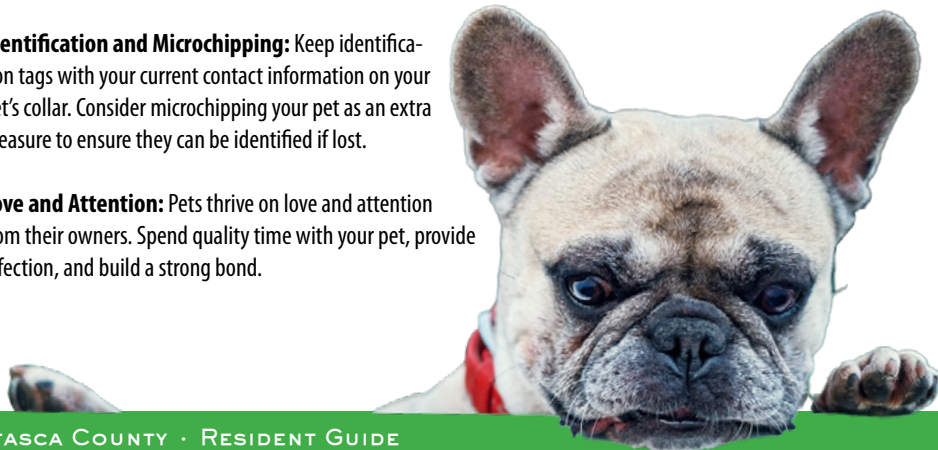
**Training and Socialization:** Properly train your pet to follow basic commands and have good manners. Socialize them with other animals and people from a young age to prevent behavioral issues later on.

**Provide a Safe Environment:** Ensure that your home and yard are safe for your pet. Remove hazards, keep toxic substances out of reach, and provide appropriate shelter from extreme weather conditions.

**Grooming:** Regular grooming is essential for most pets. Brush their fur, trim nails, and clean their ears as needed to keep them comfortable and healthy.

**Identification and Microchipping:** Keep identification tags with your current contact information on your pet's collar. Consider microchipping your pet as an extra measure to ensure they can be identified if lost.

**Love and Attention:** Pets thrive on love and attention from their owners. Spend quality time with your pet, provide affection, and build a strong bond.



**Respect and Understanding:** Learn to understand your pet's body language and behavior. Respect their boundaries and feelings, and avoid forcing them into uncomfortable situations.

**Patience and Forgiveness:** Pets, especially young ones, can be mischievous or have accidents. Be patient with them during the training process and forgive any mistakes they make along the way.

**Emergency Preparedness:** Have a plan in place for emergencies, including natural disasters. Know how to evacuate with your pet safely if needed.

**If you have just rescued / adopted a new fur baby, please it is important to remember the 3-3-3 RULE:**

### 3 Days:

In the first 3 days being in its new home, they will be feeling overwhelmed, scared & unsure of what is going on. They may also be uncomfortable being "themselves", and may not want to eat or drink. They may want to "shut down" or hide under a bed or in a crate, and they will test boundaries.

### 3 Weeks:

At this point, they may be a lot more comfortable & settling in. Learning a new routine can be overwhelming, so please be patient. By now they may have figured out the new environment & accepted that this may be their FURever home. Their personality traits will start to show, as well as any behavior issue that may be present.

### 3 Months:

For most fur babies, 3 months is enough time to finally be comfortable and begin to build trust and a true bond. A sense of security may be present & a set routine will help this process.

Please know that this is not the rule with every rescued or adopted pet, as some may need 6 months to a year to adjust & adapt, depending on MANY factors. Age of animal, what type of an environment did they come from?

## DOG PARKS

### Grand Rapids Dog Park

7th Ave. SE & Hwy. 2 |

Grand Rapids |

(218) 326-2500





### **ALDER POND TRAIL**

6HC6+37, Grand Rapids

Located on 6 miles of aspen and hardwood forest, the Alder Pond Trail was developed as hunting trails and is open for hiking, biking and cross-country skiing.

### **AMERICAN LEGION MEMORIAL PARK**

Hwy 38, 14th St NW, Grand Rapids  
(218) 326-2500

The park features a baseball field, lighted cross country ski trails, biking trails, hiking trails, IRA Civic Center, conifer field, Cody Siem Memorial skateboard park, picnic and park area, horseshoe pits, bocce ball courts, outdoor rinks and a warming house.

### **AMEN LAKE TRAIL**

Located on 4.5 miles of the Chippewa National Forest, the Amen Lake Trail is open for hiking, biking and cross-country skiing.

### **BASS LAKE COUNTY PARK**

63010 Bass Lake Park Rd, Effie

Located on 663 acres of spruce, aspen, cedar and red and white pines, Bass Lake County Park features multi use trails for hiking, horseback riding and biking. Facilities include 29 camp sites and five tent sites with picnic tables, fire grates, tent pad and/or camper slots, lakeshore access and a public beach.

### **BEAR HEAD LAKE STATE PARK**

9301 Bear Head State

Park Road, Ely  
(218) 235-2520

Located 15 miles southeast of Tower, Bear Head Lake State Park features wildlife viewing opportunities, nature trails, camping sites, canoe areas and swimming areas.

### **BIG RIDGE TRAIL**

24263 Co Rd 560, Pengilly

Located on 6 miles of forest near Swan Lake, the Big Ridge Trail is open for hiking, biking and cross-country skiing.

### **DRUMBEATER ISLAND NATURAL AREA**

Located on 17 acres of island within Pokegama Lake, Drumbeater Island Natural Area was developed to provide a wildlife habitat and undeveloped lakeshore for fish.

### **FURLONG FAMILY MEMORIAL PARK**

Located on 8 acres of Norway pines, Furlong Family Memorial Park was donated in memory of John Furlong and features carry-in access to Loon Lake.

### **GRUSSENDORF PARK**

528 SW 8th Ave, Grand Rapids,  
(218) 326-2500

Located at 8th Avenue and 6th Street SW, Grand Rapids, MN. The park includes a playground, picnic/park area, tennis courts, softball field, basketball court, outdoor hockey rink and warming house.

### **GUNN PARK**

4680 MN-38, Grand Rapids, (218) 327-2855

Located on 50 acres of spruce, aspen and red and white pines, Gunn Park was developed by the Blandin Paper Company in the 1960s. Facilities include a reservable open-air pavilion with picnic tables, playground equipment, a fishing pier and ballfields.

### **LOST CREEK PARK**

NW 4th Ave, Grand Rapids, (218) 326-2500

Located at 4th Avenue and 8th Street NW, Grand Rapids, MN. The park offers a playground, picnic area, park area with a creek running through.

### **MAPLEWOOD PARK**

1400 SE 4th Ave, Grand Rapids

Located at 5th Avenue and 14th Street SE, Grand Rapids, MN. Park has a playground, picnic and park area

### **PORTAGE PARK**

(218) 328-6225

Located at 25570 Katherine Ave, Cohasset, MN. The park has a beach, picnic area and fishing pier.

### **STONEY RIDGE TRAIL**

53645 MN-65, Bigfork, (218) 327-7347

Located on 6 miles of aspen and hardwood forest, the Stoney Ridge Trail was developed as hunting trails and is open for hiking, biking and cross-country skiing.

### **VETERAN'S PARK**

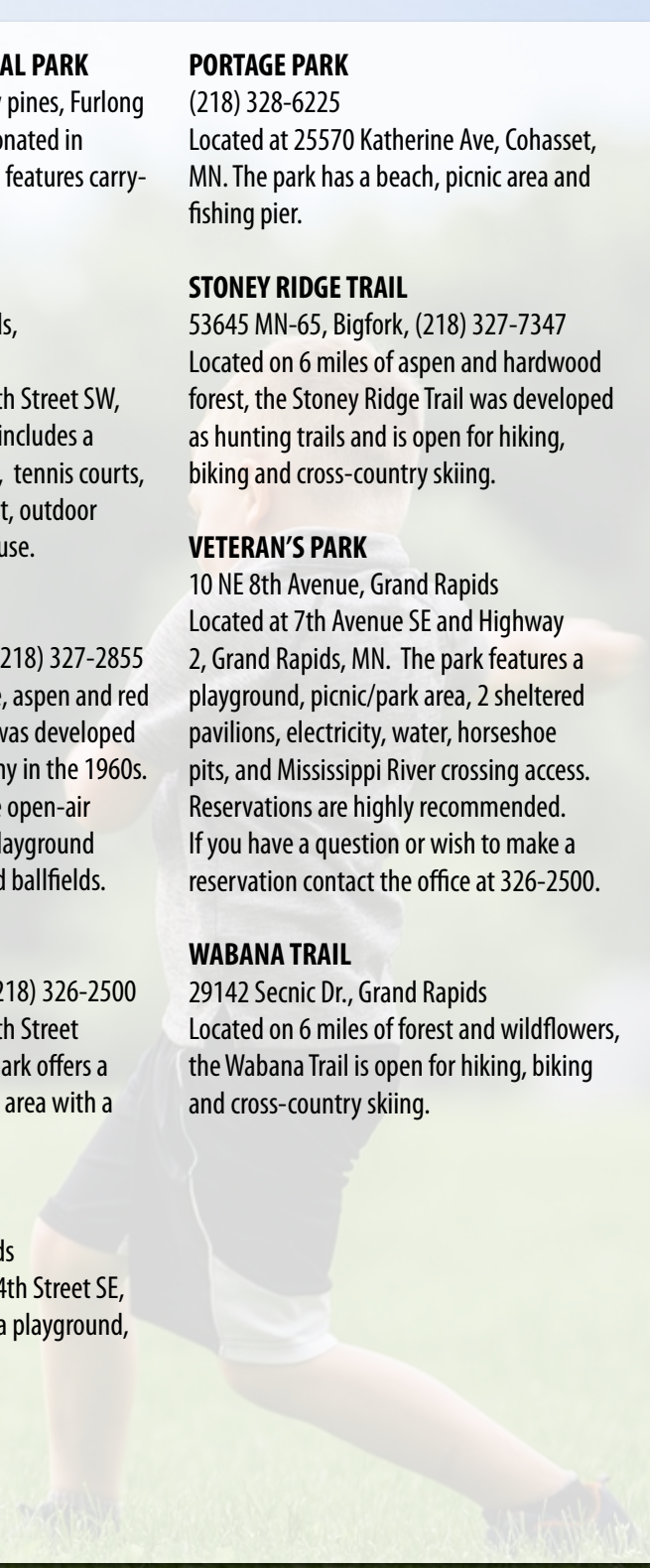
10 NE 8th Avenue, Grand Rapids

Located at 7th Avenue SE and Highway 2, Grand Rapids, MN. The park features a playground, picnic/park area, 2 sheltered pavilions, electricity, water, horseshoe pits, and Mississippi River crossing access. Reservations are highly recommended. If you have a question or wish to make a reservation contact the office at 326-2500.

### **WABANA TRAIL**

29142 Secnic Dr., Grand Rapids

Located on 6 miles of forest and wildflowers, the Wabana Trail is open for hiking, biking and cross-country skiing.



# AREA ATTRACTIONS



## ADVENTURE ZONE

329 Lake Ave. S | Duluth | (218) 740-4000

## ANNABELLA'S ANTIQUE MALL

407 2nd St | Bovey | (218) 245-2055

## BLANDIN PAPER CO. TOURS

450 NW 3rd St. | Grand Rapids | (218) 327-6200

## BLUEBERRY BOWL

44919 Golf Course Rd. | Deer River | (218) 246-8048

## BOWSTRING SHORES RESORT

49231 Co. Rd. 173 | Deer River | (218) 832-3101

## CHILDREN'S DISCOVERY MUSEUM

2727 S Pokegama Ave. | Grand Rapids | (218) 326-1900



## CINEMA 6

8426 Enterprise Dr. S | Mountain Iron | (218) 741-6954

## COMET THEATER

102 River St. S | Cook | (218) 666-5814

## DEPOT - ST. LOUIS COUNTY HERITAGE & ARTS CENTER

506 Michigan St. W | Duluth | (218) 733-7571

## DULUTH CHILDREN'S MUSEUM

2125 W Superior St | Duluth | (218) 733-7543

## DULUTH PLAYHOUSE & PLAYGROUND

211 East Superior Street | Duluth | (218) 733-7555

## EAGLE RIDGE GOLF CLUB

1 Green Way | Coleraine | (218) 245-2217

## ELY GOLF CLUB

901 Central Ave. S | Ely | (218) 365-5932

## ESCAPE ROOM

201 N Pokegama Ave. | Grand Rapids | (218) 326-6431

## FOND-DU-LUTH CASINO

129 Superior St. E | Duluth | (218) 720-5100

## FOREST HISTORY CENTER

2609 County Rd. 76 | Grand Rapids | (218) 327-4482

## GOLF ON THE EDGE

59851 County Rd. 261 | Bigfork | (218) 743-3626

## GRAND RAPIDS AREA LIBRARY

140 NE 2nd St. | Grand Rapids | (218) 326-7640

## GRAND RAPIDS GUN CLUB

723 Peterson Rd | Grand Rapids | (218) 326-3348

## GRAND RAPIDS SPEEDWAY

1336 Fairgrounds Rd. | Grand Rapids | (218) 326-4437

## GREAT LAKES AQUARIUM

353 Harbor Dr. | Duluth | (218) 740-3474

## GREAT RIVER RANCH

15152 W Winnie Rd NE | Bena | (218) 591-7487

## GREYHOUND BUS MUSEUM

1201 Greyhound Blvd. | Hibbing | (218) 263-5814

## INTERNATIONAL WOLF CENTER

1396 Hwy. 169 | Ely | (218) 365-4695

## ITASCA COUNTY FAIR GROUNDS

1336 Fairgrounds Rd. | Grand Rapids

## JUDY GARLAND MUSEUM

2727 S Pokegama Ave. | Grand Rapids | (218) 327-9276

## LAKE SUPERIOR MARITIME VISITOR CENTER

600 Canal Park Dr. | Duluth | (218) 788-6430

## LAKE SUPERIOR RAILROAD MUSEUM

506 W Michigan St. | Duluth | (218) 727-8025

## LAKE SUPERIOR ZOOLOGICAL GARDENS & ZOO

7210 Fremont St. | Duluth | (218) 730-4500

## LAKE VERMILION-SOUDAN UNDERGROUND MINE STATE PARK

Summer entrance: 1302 McKinley Park Rd. | Soudan  
Winter entrance: 1379 Stuntz Bay Rd. | Soudan | (218) 300-7000

## MACROSTIE ART CENTER

405 1st Ave. NW | Grand Rapids | (218) 326-2697

## MANN'S CINEMA 8

113 SE 21st St. | Grand Rapids | (218) 326-5440

## MARCUS LAKES CINEMA

4351 Stebner Rd. | Hermantown | (218) 729-0334

## MINNESOTA MUSEUM OF MINING

701 Lake St. W | Chisholm | (218) 254-5543

## NORTH AMERICAN BEAR CENTER

1926 Hwy. 169 | Ely | (218) 365-7879

## OLD CENTRAL SCHOOL

10 NW 5th St. | Grand Rapids | (218) 326-9607

## PAULUCCI SPACE THEATRE

1502 23rd St. E | Hibbing | (218) 403-9204

## PHEASANTS PLUS HUNTING PRESERVE

14897 Sago #4 | Warba | (218) 492-4450

## POKEGAMA GOLF CLUB

3910 Golf Course Rd. | Grand Rapids | (218) 326-3444

## SPIRIT OF THE WILDERNESS

2030 E Sheridan St. | Ely | (218) 365-3149

## SUGARBROOKE GOLF CLUB

37584 Otis Lane | Cohasset | (218) 327-1462

## THE REIF CENTER

720 NW Conifer Dr. | Grand Rapids | (218) 327-5780

## THUNDER ALLEY XL & BIG THUNDER MINI GOLF

1401 US Hwy. 169 | Grand Rapids | (218) 326-5950

## TWEED MUSEUM OF ART

1201 Ordean Ct. | Duluth | (218) 726-8222

## UNITED STATES HOCKEY HALL OF FAME

801 Hat Trick Ave. | Eveleth | (218) 744-5167



## VIRGINIA AREA HISTORICAL SOCIETY

800 N 9th Ave. W | Virginia | (218) 741-1136

## WILLIAM A IRVIN MUSEUM

350 Harbor Dr. | Duluth | (218) 722-7876

## YMCA

400 River Rd. | Grand Rapids | (218) 327-1161

*\*Some locations may have seasonal hours.*



# HUNTING SEASONS

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas/dates:

Online: [www.dnr.state.mn.us](http://www.dnr.state.mn.us), Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

## HUNTING

### Bear

08/16/24 Baiting start date - Permit areas & no-quota area  
09/1/24 - 10/13/24 Permit areas & no-quota area

### Deer

09/14/24 - 12/31/24 Archery - Statewide  
10/17/24 - 10/20/24 Early Antlerless  
10/17/24 - 10/20/24 Youth - Statewide  
11/9/24 - 11/24/24 Firearm (Season A) 100 Series permit areas  
11/9/24 - 11/17/24 Firearm (Season A) 200 & 300 Series permit areas  
11/23/24 - 12/1/24 Firearm (Season B) 300 Series permit areas  
11/30/24 - 12/15/24 Muzzleloader - Statewide

### Badger

10/19/24 - 03/16/25 North furbearer zone  
10/26/24 - 03/16/25 South furbearer zone

### Bobcat

12/14/24 - 01/19/25  
North of I-94 & U.S. Highway 10



### Fox, Gray & Red

10/19/24 - 03/15/25 North furbearer zone  
10/19/24 - 03/15/25 South furbearer zone

### Opossum

10/19/24 - 03/15/25 North furbearer zone  
10/19/24 - 03/15/25 South furbearer zone

### Rabbit

09/14/24 - 02/28/25 Jack - Statewide  
09/14/24 - 02/28/25 Cottontail & Snowshoe Hare - Statewide

### Raccoon

10/19/24 - 03/15/25 North furbearer zone  
10/19/24 - 03/15/25 South furbearer zone

### Squirrel, Gray & Fox

09/14/24 - 02/28/25 Gray & Fox - Statewide

### Grouse

09/14/24 - 01/1/25 Ruffed & Spruce - Statewide  
09/21/24 - 12/4/24 Sharp-Tailed - Northwest zone

### Pheasant

10/12/24 - 01/1/25 Ring-Necked - Statewide

### Wild Turkey

04/17/24 - 05/31/24 Spring - Youth - Statewide  
04/17/24 - 05/31/24 Spring - Archery - Statewide  
04/17/24 - 04/23/24 Spring - A season - Statewide  
04/24/24 - 04/30/24 Spring - B season - Statewide  
05/1/24 - 05/7/24 Spring - C season - Statewide  
05/8/24 - 05/14/24 Spring - D season - Statewide  
05/15/24 - 05/21/24 Spring - E season - Statewide  
05/22/24 - 05/31/24 Spring - F season - Statewide  
09/28/24 - 10/27/24 Fall - Statewide

## TRAPPING

### Badger

10/19/24 - 03/16/25 North furbearer zone  
10/26/24 - 03/16/25 South furbearer zone

### Bobcat

12/14/24 - 01/19/25 North of I-94 & U.S. Highway 10

### Fox

10/19/24 - 03/15/25 Gray & Red - North furbearer zone  
10/19/24 - 03/15/25 Gray & Red - South furbearer zone

### Opossum

10/19/24 - 03/15/25 North furbearer zone  
10/19/24 - 03/15/25 South furbearer zone

### Rabbit

09/14/24 - 02/28/25 Jack - Statewide  
09/14/24 - 02/28/25 Cottontail & Snowshoe Hare - Statewide

### Raccoon

10/19/24 - 03/15/25 North furbearer zone  
10/19/24 - 03/15/25 South furbearer zone

### Squirrel

09/14/24 - 02/28/25 Gray & Fox - Statewide



\*Check the MN DNR website for updates.  
<https://www.dnr.state.mn.us>  
or scan the QR code



You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online [www.dnr.state.mn.us](http://www.dnr.state.mn.us), Toll Free: 1 (888) 646-6367  
Or visit one of the ELS agents available throughout the area:

## **BIG FORK**

### **ANTLER LAKE STORE**

51761 SCENIC HWY | BIG FORK | (218) 245-2369

### **LITTLE TURTLE LAKE STORE**

49926 STATE HWY 6 | BIG FORK | (218) 832-3131

### **TWO RIVERS CENEX**

406 N MAIN AVE | BIG FORK | (218) 743-3777

## **BOVEY**

### **BALSAM STORE**

41050 SCENIC HWY 7 | BOVEY | (218) 245-2285

### **HOLLYWOOD BAIT**

54 COUNTY RD 10 | BOVEY | (218) 259-1848

### **PETRICH'S STORE INC**

34438 SCENIC HWY | BOVEY | (218) 245-1310

### **RON'S KORNER MARKET**

7896 HWY 169 | BOVEY | (218) 247-7351

## **COHASSET**

### **CASEY'S GENERAL STORE #3471**

15 US HWY 2 W | COHASSET | (218) 328-5189

### **RIVER RAT**

38480 US HWY 2 | COHASSET  
| (218) 328-6171

## **DEER RIVER**

### **BOWEN LODGE INC**

58485 BOWENS RD  
| DEER RIVER |  
(800) 331-8925

## **BURGGRAF'S ACE HARDWARE**

108 MAIN AVE E | DEER RIVER | (218) 246-8628

## **EAGLE NEST LODGE**

58671 EAGLE NEST RD | DEER RIVER | (218) 246-8701

## **FREDS BAIT**

363 MAIN AVE W | DEER RIVER | (218) 246-8710

## **HOLIDAY STATIONSTORE #194**

208 MAIN AVE E | DEER RIVER | (218) 246-2700

## **WILLIAM'S NARROWS RESORT**

43465 WILLIAMS NARROWS RD | DEER RIVER |  
(218) 246-8703

## **WINNIE TRADING POST**

38499 STATE HWY 46 | DEER RIVER | (218) 398-1225

## **EFFIE**

### **EFFIE COUNTRY SERVICE**

101 SE HWY 38 | EFFIE | (218) 743-3616

## **GOODLAND**

### **FRED'S STORE**

19517 COUNTY RD 560 | GOODLAND | (218) 492-4477

## **GRAND RAPIDS**

### **38 OUTPOST INC**

34322 COUNTY ROAD 233 | GRAND RAPIDS |  
(218) 327-0214

### **63 FUEL STOP**

35 COUNTY RD 63 | GRAND RAPIDS | (218) 326-9230

## **BURGGRAF'S ACE HARDWARE**

1115 E HWY 169 | GRAND RAPIDS | (218) 326-8594

## **GLEN'S ARMY NAVY**

701 NW 4TH ST | GRAND RAPIDS | (218) 326-1201

## **GOD'S COUNTRY OUTFITTERS**

29755 STATE HWY 38 | GRAND RAPIDS |  
(218) 326-9866

## **HOLIDAY STATIONSTORE #162**

202 NE 4TH ST | GRAND RAPIDS | (218) 326-4204

## **HOLIDAY STATIONSTORE #248**

920 S POKEGAMA AVE | GRAND RAPIDS | (218) 326-1092

## **L & M SUPPLY**

1400 SOUTH POKEGAMA AVE | GRAND RAPIDS |  
(218) 326-2926

## **EDWARDS LUCKY SEVEN GENERAL STORE**

1515 NW 4TH ST | GRAND RAPIDS | (218) 326-0515

## **POKEGAMA LAKE STORE**

19457 S US HWY 169 | GRAND RAPIDS | (218) 326-9390

## **THOUSAND LAKES SPORTING GOODS**

331 NW 4TH ST | GRAND RAPIDS | (218) 999-5992

## **WALMART SUPERCENTER #1609**

100 SE 29TH ST | GRAND RAPIDS | (218) 326-9682

## **KEEWATIN**

### **KEEWATIN SINCLAIR**

210 N 1ST AVE | KEEWATIN | (218) 741-3103

## **MARCELL**

### **FRONTIER SPORTS**

48919 STATE HWY 38 | MARCELL | (218) 832-3901

## **SPIDER LAKE RESORT**

43859 SPIDER LAKE RESORT RD | MARCELL |  
(218) 326-8286

## **NASHWAUK**

### **K-M CORNER STORE**

36971 STATE HIGHWAY 65 | NASHWAUK | (218)  
885-2472

## **LUCKY SEVEN GENERAL STORE**

121 1ST ST | NASHWAUK | (218) 741-9634

## **SINCLAIR EXPRESS MART**

830 1ST ST | NASHWAUK | (218) 885-1772

## **PENGILLY**

### **SWAN LAKE SINCLAIR**

31277 HWY 65 | PENGILLY | (218) 885-3806

## **THE GREAT OUTDOORS BOTTLE SHOP & BAIT**

16207 LAKE ST | PENGILLY | (218) 208-2117

## **SPRING LAKE**

### **ANCHOR INN RESORT**

55960 COUNTY RD 4 | SPRING LAKE |  
(218) 659-2718

## **SQUAW LAKE**

### **DIXON LAKE RESORT**

49442 DIXON LAKE RESORT RD | SQUAW LAKE |  
(218) 659-4612

## **MAX MINI STORE INC**

50758 STATE HWY 46 | SQUAW LAKE |  
(218) 659-4235

## **SWAN RIVER**

### **LUCKY SEVEN SWAN RIVER #24**

16282 US HWY 2 | SWAN RIVER | (218) 492-4451

## **WIRT**

### **SURE GAME WILDERNESS RESORT**

52385 CO RD 31 | WIRT | (218) 659-2740



# FISHING SEASONS

## INLAND WATERS

### Lake Trout

12/30/23 - 03/31/24

Lakes entirely within the BWCA

### Lake Trout

01/13/24 - 03/31/24

Lakes partially or completely outside the BWCA

### Bullhead

03/01/24 - 02/28/25

### Burbot (eelpout)

03/01/24 - 02/28/25

### Channel Catfish

03/01/24 - 02/28/25

### Cisco (tullibee), whitefish

03/01/24 - 02/28/25

### Crappie

03/01/24 - 02/28/25

### Gar

03/01/24 - 02/28/25

### Other

03/01/24 - 02/28/25

### Perch

03/01/24 - 02/28/25

### Rock Bass

03/01/24 - 02/28/25

### Smelt

03/01/24 - 02/28/25

### Sunfish

03/01/24 - 02/28/25

### White Bass

03/01/24 - 02/28/25

### Flathead Catfish

04/01/24 - 11/30/24

### Largemouth Bass

05/11/24 - 02/23/25

Northeastern Minnesota

### Northern Pike

05/11/24 - 02/23/25

### Sauger

05/11/24 - 02/23/25

### Smallmouth Bass

05/11/24 - 02/23/25

Northeastern Minnesota

### Walleye

05/11/24 - 02/23/25

### Largemouth Bass

05/25/24 - 02/28/25,

Statewide except the northeast

### Smallmouth Bass

05/25/24 - 09/08/24,

Statewide except the northeast

### Sturgeon - catch-and-release

06/16/24 - 04/14/25

### Smallmouth Bass - catch-and-release

09/09/24 - 02/23/25,

Statewide except the northeast

*\*Contact the MN DNR for specific zone information/ dates:*

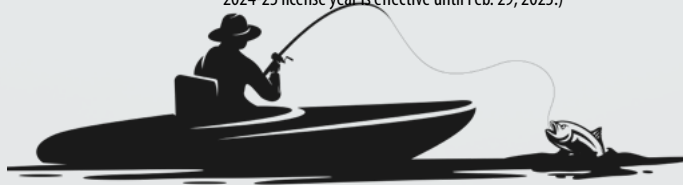
1 (888) 646-6367

[www.dnr.state.mn.us](http://www.dnr.state.mn.us)

scan the QR code



(Fishing licenses are effective from March 1 to the last day of February of the following year. A fishing license for the current 2024-25 license year is effective until Feb. 29, 2025.)



Full Bar, Signature Burger Smashers, Fresh Cut Fries, Pizzas, Appetizers

Open at 11am  
Thurs, Fri, Sat, Sun.



**218-999-5009**

Hwy 2 & Dove Lane, Blackberry MN

Dart Boards & Pool Tables

## SWAN RIVER RED EYE

SALOON & EATERY

Hwy. 65 & Hwy. 2

Swan River, MN

**218-492-4512**

- Daily food specials
- Broasted Chicken, Thursday thru Sunday 4-8
- Fish Friday 4-8

*Half pound, hand pattied burgers, fresh, never frozen*



Meat Raffle every Thursday at 6pm  
Dart Boards • Corn Hole  
Outside Patio Seating

On & Off Sale Liquor

Hours: Mon, Tue, Wed 4pm - 9pm  
Thur, Fri, Sat, Sun 11am - 10pm



# RANGE BOTTLE GAS COMPANY

SCOTT PETERSON, OWNER

803 Cole St.

PO Box 157, Coleraine, MN 55722

**(218) 245-3870**

# ITASCA COUNTY VETERANS SERVICE OFFICE

**(218) 327-2858**

## Available Benefits:

### FEDERAL:

- Burial Benefits
- Dependents' & Survivors' Benefits
- Disability Benefits
- Education Benefits
- Health Care
- Home Loans
- Life Insurance
- Vocational Rehabilitation

### STATE:

- Bronze Star Markers
- Clothing Allowance\*\*
- Dental/Optical Program\*\*
- Education Benefits\*\*
- Emergency Medical\*\*
- Guardianship Program
- License Plate Program
- Soldier's Assistance Program\*\*
- Veterans Cemetery
- Veterans' Homes\*\*
- Veterans Preference



## Minnesota Service C.O.R.E.

Family, financial, addiction and in-home counseling along with debt management and disability services are provided by C.O.R.E.

**410 - 2nd Ave NE**  
**Grand Rapids, MN • 55744**



# NORTH ITASCA ELECTRIC

OWNED BY THOSE WE SERVE

## Appliances

- Washers
- Dryers
- Refrigerators
- Freezers
- Water Heaters
- Electrical Supplies

## Heating Equipment

- Plenum Heaters
- Electric Boilers
- Steffes Heating Equipment

## Programs

- ETS Storage Water & Space Heating
- Dual Fuel Space Heating

## Rebates

- Appliances
- Storage Heat
- Air Source Heat Pumps
- Other HVAC Equipment
- Commercial

301 Main Ave, P.O. Box 227, Bigfork, MN 56628

For more information, call 218-743-3131 or 800-762-4048

[www.northitascaelectric.com](http://www.northitascaelectric.com)

# Health Benefits of the Outdoors



**Spending time in nature offers numerous benefits for physical, mental, and emotional well-being.**

**Stress Reduction:** Nature has a calming effect on the mind and body, helping to reduce stress levels. The peaceful surroundings, fresh air, and natural beauty can lower cortisol levels, decrease heart rate, and promote relaxation.

**Improved Mental Health:** Being in nature is associated with improved mood and mental health. Studies have shown that spending time outdoors can reduce symptoms of anxiety, depression, and other mental health disorders. Nature provides a sense of tranquility and perspective, which can help alleviate negative thoughts and emotions.

**Increased Physical Activity:** Nature encourages physical activity, whether it's hiking, biking, walking, or simply exploring outdoor spaces. Engaging in outdoor activities promotes exercise, which is essential for maintaining physical health and fitness. Additionally, being in nature often involves exposure to sunlight, which helps the body produce vitamin D and supports overall well-being.

**Enhanced Creativity & Cognitive Function:** Nature stimulates creativity and cognitive function. Research suggests that spending time in natural environments can improve problem-solving skills, boost creativity, and enhance concentration and focus. Nature provides a rich sensory experience that activates different parts of the brain, fostering cognitive development and innovation.

**Connection with the Environment:** Spending time in nature fosters a deeper connection with the environment and promotes environmental stewardship. When people experience the beauty and wonder of nature firsthand, they are more likely to develop a sense of appreciation and respect for the natural world. This connection can lead to greater awareness of environmental issues and a desire to protect and preserve natural habitats for future generations.

**Overall, being in nature offers a multitude of benefits for both physical and mental well-being, making it essential for maintaining a healthy and balanced lifestyle.**

# FIREWOOD



**Burn it where you get it!**

Invasive pests like the Emerald Ash Borer and Gypsy Moth have devastated millions of trees in the United States. Where these pests come from, the population stays in control because they have natural predators. The United States does not have these natural predators so the populations have the chance to grow to extreme numbers.



**Emerald Ash Borer**

**Gypsy Moth Caterpillar**

## Preventing the Spread

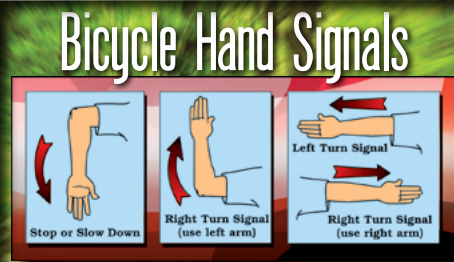
- Buy local firewood.
- Burn all firewood completely at each destination.
- Move only Certified firewood out of a quarantine county or across state boundaries.
- Use firewood from nearby sources to heat your home or cabin.
- Tell your friends and family about the importance of not moving firewood.
- Don't move hardwood firewood out of a quarantine county, unless it is state or USDA certified.
- Don't move opened firewood bundles.
- Don't move firewood long distances to or from your lake home or cabin.

# Invasive Pests are a Problem!



# Be Aware of your Surroundings

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.



## Drink lots of Water!



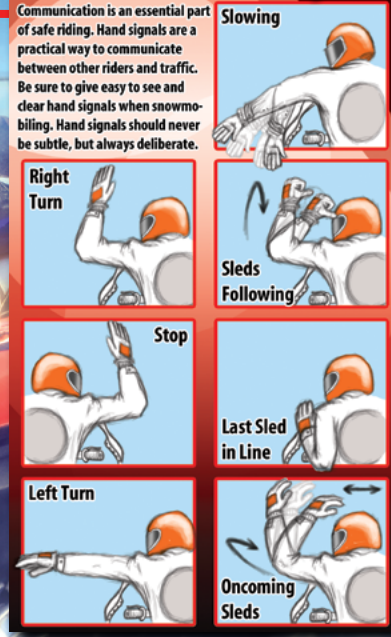
# Know Your ATV

## Read the owner's manual

and know your vehicle thoroughly. • Check your vehicle before you ride. • Wear protective equipment and clothing. • Don't lend your vehicle to unskilled riders. • Supervise young or inexperienced riders. • Never carry a passenger on vehicles meant for one rider. • Do not operate under the influence of drugs or alcohol. • Drive at speeds that are appropriate to trail conditions. • Stay to the right on trails. • Stay away from thin ice, open water and wetlands • Know the weather forecast. • Make sure headlights and taillights work properly. • Maintain safe distances between other riders. • Reduce your speed when riding at night. • Yield to other motor vehicles and trail users. • Young or beginning riders are encouraged to take a safety training course.

## Snowmobile Hand Signals

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic. Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.



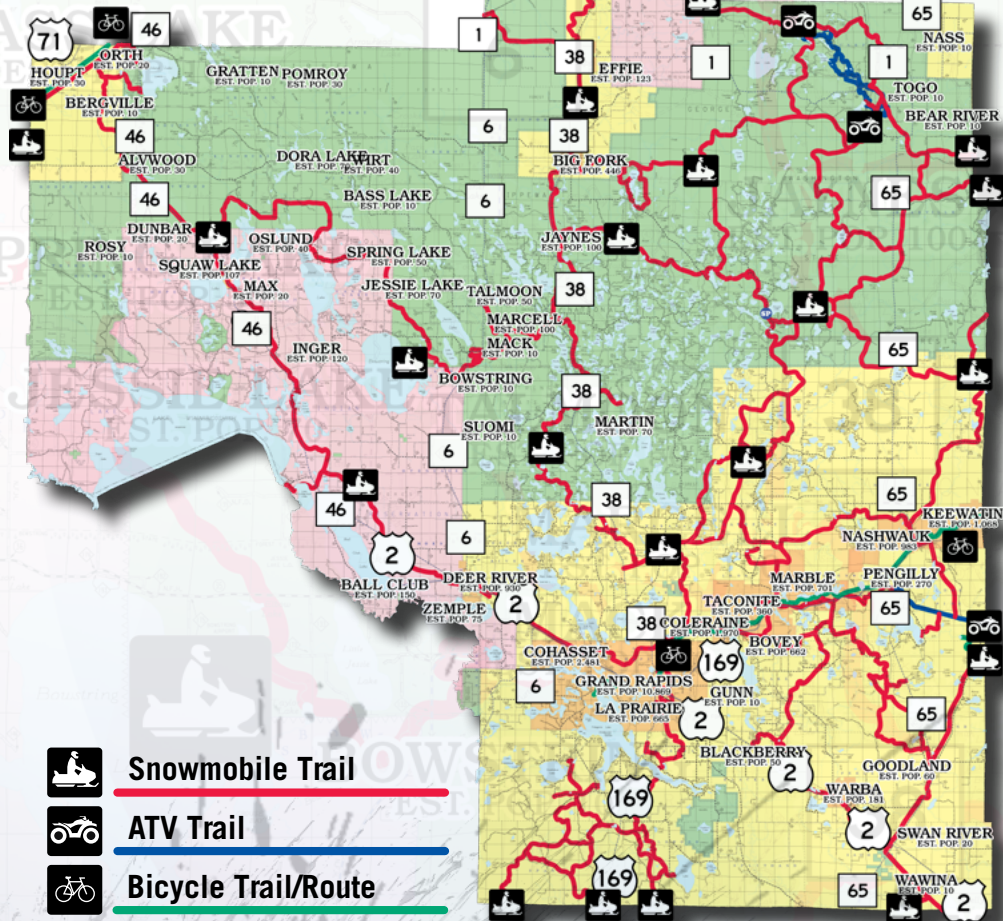
- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy system. Never ride off alone.
- Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.
- Wear sensible, protective clothing designed for operating a snowmobile.
- Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.
- Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.
- Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
- Know the weather forecast, especially the ice and snow conditions.
- Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.
- Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.
- Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

**PRIVATE PROPERTY**  
**NO TRESPASSING**

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATVs on county roads or state highways.

# LOCAL AREA TRAILS

## Itasca County



## Grand Rapids



Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also a cheap sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.

# Disc Golf





## Heating & Air Conditioning

Taking care of all your heating and cooling needs since 2004

### 24/7 Emergency Service

Thank you for the last 20 years of partnering with us, we look forward to the next 20 years!

Complementary in-home consultations.

### We service and install:

- Mini Splits
- Forced Air Furnaces
- Boilers/ Combi-Boilers
- Heat Pumps
- Air Conditioners
- Wall Furnaces
- Garage Heaters
- Water Heaters
- Geothermal Systems
- Generators
- PTAC Units
- And more!

**218-326-5015**  
**asapheatinggrandrapids.com**



# JUDY GARLAND MUSEUM

Visit the museum and childhood home of Hollywood golden-age starlet Judy Garland! Born Frances Ethel Gumm in our very own town of Grand Rapids, Garland lived her first four years in the modest house on Pokegama Avenue. The home has been renovated to accurately resemble its appearance as it was when screen legends -The Gumm Sisters- took their first steps. Having a successful career until her tragic passing at age 47, Garland was immortalized through her best-known performance at age 16: Dorothy Gale in 1939's *The Wizard of Oz*.



The Judy Garland Museum is located in the larger complex right next door. Stroll through the grounds down a real-life Yellow Brick Road where you'll see original relics from her career, such as *The Wizard of Oz's* Emerald City carriage. Numerous awards Garland collected are displayed throughout. Events take place on the grounds, such as the annual Wizard of Oz Festival, attended by a record-breaking 1,093 costumed visitors in 2014.



### CHILDREN'S DISCOVERY MUSEUM

Afterwards, tour the Children's Discovery Museum, located on the same plot. Children take part in interactive learning sessions to gain knowledge on dinosaurs, nature, weather, and more! Also hosts creative art stations, animal displays, group activities for school trips, and special events.



(218) 327-9276

2727 S Pokegama Ave, Grand Rapids  
 judygarlandmuseum.com • cdmkids.org



# CREAMY *Dill* CHICKEN



Simple *meal* with a *Gourmet* Feel

## INSTRUCTIONS

- 1 Season the chicken breasts with salt and pepper on both sides.
- 2 Heat the olive oil and butter in a large skillet over medium-high heat.
- 3 Add the chicken breasts to the skillet and cook for 6-7 minutes on each side, until browned and cooked through. Remove the chicken from the skillet and set aside.
- 4 Pour the chicken broth into the skillet and use a spatula to scrape up any browned bits from the bottom of the pan.
- 5 Stir in the heavy cream, Dijon mustard, and dried dill weed. Bring the mixture to a simmer and cook for 2-3 minutes, stirring frequently, until the sauce has thickened.
- 6 Return the chicken breasts to the skillet and spoon the sauce over the top. Allow the chicken to cook in the sauce for an additional 1-2 minutes, until the chicken is heated through.
- 7 Sprinkle chopped fresh parsley over the top of the chicken before serving.

*Enjoy your delicious  
creamy dill chicken!*

PREP: 7 MIN • TOTAL: 30 MIN

Send in  
YOUR Favorite  
Recipe

For a chance to  
be published in our  
next guide!

[info@lincolnmarketing.us](mailto:info@lincolnmarketing.us)



# CROSS COUNTRY SKIING

Cross country skiing is a great way to stay in shape throughout winter. It provides an excellent aerobic exercise while also strengthening your legs, arms and core muscles. During a classic cross country skiing adventure you can burn around 600 calories per hour while traveling at around 3mph. On top of the health benefits, it's fun to do and lets you get outside to enjoy the snowy months.

There are two main types of cross country skiing, classic and skate. Classic is more traditional and involves pushing off each ski parallel to one another. Skate skiing requires pushing off each ski in a V pattern like ice-skating.

If you are just learning, you may want to start off on some of the easier trails in your area. These trails tend to be maintained better and have smaller hills.

Before investing money into equipment, check your area for trails with a rental shop. That way you can give it a try to see if it is a winter activity you enjoy.



Skate Style



Classic Style

## BECOME A MEMBER...

And Support Mining History!



The Museum of the Iron Range.

660-acre historic campus, trolley, museum, mini golf, dining, entertainment, exhibits, demonstrators, concerts, and so much more!

### MEMBERSHIP

PAYS FOR ITSELF IN AS LITTLE AS TWO VISITS!

#### Membership Rewards

- Free unlimited general admission all year round\*
- Be the first to know of upcoming events
- Receive a 10% discount in the museum gift shop
- Reduced rates on trolley tickets & discounted trolley charters for larger groups
- Discounted 19-hole mini golf
- All the memories you can make!
- Special event discounts\*



### OPEN YEAR-ROUND

The Minnesota Discovery Center belongs to you - the people of the Iron Range. By becoming a member or donating, you're helping preserve and promote our unique history and culture. Now more than ever, museums and nonprofits are needed to ensure our history lives on for generations to come.

[MNDISCOVERYCENTER.COM](http://MNDISCOVERYCENTER.COM)

218-254-7959 | [info@mndiscoverycenter.com](mailto:info@mndiscoverycenter.com)