

# FREE RESIDENT GUIDE

Mille Lacs & Aitkin  
Counties, MN

SCAN FOR DIGITAL  
COPY



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

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(320) 983-2455

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Ogilvie, MN 56358  
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@ 4 pm Lic#1414-024

**Happy Hour**  
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# TABLE OF CONTENTS

- 2 Local Area Events
- 4 Residential Services
- 6 Mille Lacs County History
- 7-8 Mille Lacs County Communities
- 10 Aitkin County History
- 11 Aitkin County Communities
- 12 Parks & Recreation
- 16 Local Area Attractions
- 18-19 Hunting Seasons
- 20-21 DNR License Centers
- 22-23 Fishing Seasons
- 30-31 Area Trails

Scan the QR Code to  
go to the county page.

Mille Lacs County



Aitkin County



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# Local Area Events

## FEBRUARY

"Fishing for Ducks" Ice Fishing Tournament | Garrison & Mille Lacs  
Justin Morneau Ice Fishing Classic | Mille Lacs  
Wheel House Warriors Fishing Tournament | Mille Lacs  
Hill City Lions Club Fishing Tournament | Aitkin  
Pearch & Pout | Mille Lacs  
Family Fun Night | Milaca

## MARCH

Garrison Winterfest

## APRIL

Hill City Fire Department Fish Fry | Hill City  
Taste of McGregor  
Area Wide Garage Sales | Hill City

## MAY

Open Water Fishing Tournament | Mille Lacs  
Minnesota Tournament & Trial (May-July) | Mille Lac  
Runnin in the Ruff | Milaca  
City Wide Garage Sales | Milaca

## JUNE

Foley Fun Days & 5K  
Artisan Festival & Rock 'N' Gem Show | Milaca  
Rum River Festival | Princeton  
Woodtick Races | Cuyuna  
Clean Up Day | Wahkon & Isle  
Onamia Days  
Community Art Show & Open Mic | Milaca  
Music in the Park | Milaca  
Borealis Brew Fest | McGregor

## JULY

Isle Days  
Aitkin County Fair | Aitkin  
Crosby - Ironton 4th of July Celebration  
4th of July Fireworks | Pease  
Fireworks | Princeton  
Garrison Play Days | Garrison  
4th of July Celebration | Area Wide  
Wahkon Fireworks

## JULY (Contd)

Rec-Fest | Milaca  
Mille Lacs Fun Run | Isle

## AUGUST

Summer Fest | Deerwood  
Mille Lacs County Fair | Princeton  
Riverboat Heritage Days | Aitkin  
Wahkon Days | Wahkon  
Fly-in Wild Rice Pancake Breakfast | Aitkin  
Bit & Bridle Saddle Club WSCA Show | Aitkin  
Friends of Don Sather 5K Event | McGregor  
Vintage Snowmobile Ride & Show | Isle  
Mille Lacs Band Annual Pow Wow | Onamia  
Milaca Muni Airport Fly In  
Movies in the Park | Milaca  
Homegrown Music Fest | Milaca  
Fall Classic Fun Shoot | Garrison  
Dump Run Quarter Marathon | Aitkin

## SEPTEMBER

Wild Rice Days | McGregor  
Olde Tyme Fall Festival | Isle

## OCTOBER

Oktoberfest | Aitkin, Deerwood  
Halloween Haunted House & Trick or Treat | Hill City

## NOVEMBER

World Famous Fish House Parade | Aitkin  
CommunityTree Lighting | Milaca  
Mac the Halls | Milaca  
Legion Auxiliary Craft Fair | Onamia  
Fall Feast | Onamia  
Light Up Princeton  
Taste of Christmas | Deerwood

## DECEMBER

Santa Coming to McGregor  
Luminary Walk for Mental Health Awareness | Princeton

*\*Events are subject to change*

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- \* All treaties honored as written
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Elk River, MN 55330

Learn more at [perm.org](http://perm.org)



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# Residential Services

## MILLE LACS COUNTY

|                                |                |
|--------------------------------|----------------|
| Administrative Services .....  | (320) 983-8218 |
| Assessor .....                 | 983-8311       |
| Attorney .....                 | 983-8305       |
| Auditor .....                  | 983-8302       |
| Court Administration .....     | 362-3200       |
| Emergency .....                | 911            |
| Extension .....                | 983-8317       |
| Family Services .....          | 983-8208       |
| Information Services .....     | 983-8276       |
| Land Services .....            | 983-8261       |
| Maintenance/Public Works ..... | 983-8437       |
| Probation .....                | 362-7011       |
| Public Health Nursing .....    | 983-8318       |
| Recorder .....                 | 983-8205       |
| Sheriff .....                  | 983-8250       |
| Surveyor .....                 | 983-8459       |
| Treasurer .....                | 983-8302       |
| Veteran Services .....         | 983-8208       |
| Zoning .....                   | 983-8296       |

## AITKIN COUNTY

|  |                |
|--|----------------|
| Administration .....                           | (218) 927-7276 |
| Assessor .....                                 | 927-7327       |
| Attorney .....                                 | 927-7347       |
| Auditor .....                                  | 927-7354       |
| County Surveyor .....                          | 927-7326       |
| Emergency .....                                | 911            |
| Environmental Services/Planning & Zoning ..... | 927-7342       |
| Extension/4H .....                             | 927-2538       |
| GIS .....                                      | 927-7391       |
| Health & Human Services .....                  | 927-7200       |
| Highway .....                                  | 927-3741       |
| Land & Parks .....                             | 927-7364       |
| License Center .....                           | 927-7057       |
| Maintenance/Facilities .....                   | 927-7363       |
| Probation/Corrections .....                    | 927-7281       |
| Recorder .....                                 | 927-7336       |
| Sheriff .....                                  | 927-7435       |
| Treasurer .....                                | 927-7325       |
| Veteran Services .....                         | 927-7320       |

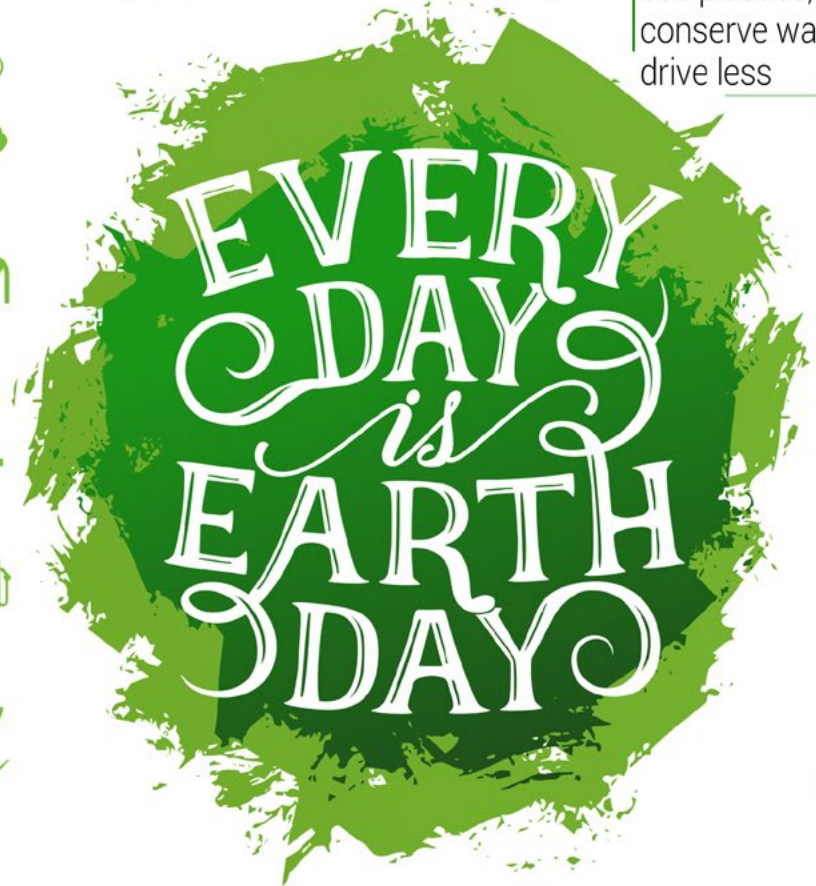


## GO GREEN

Reduce, Reuse,  
Recycle

reduce waste, reuse materials & recycle properly

Cut back on single-use plastics,  
conserve water,  
drive less



**Community/Home Gardens:** Really good at absorbing carbon dioxide. Cuts down on pesticides/fertilizers. Also benefits mental health and provides fresh food.

**Composting:** Decreases the amount of trash in landfills and reduces carbon emissions.

**Plant Trees:** Planting trees is a classic Earth Day activity.

**Local Food:** Buy local sustainable food.

**Clean-Up Events:** Organize or participate in local clean-up efforts.

**Upcycle Crafts:** Get creative by turning old items into new useful objects.







In 1855 the Mille Lacs Lake Indian Reservation was established by a treaty that set aside 61,000 acres for the Mille Lacs Band of Ojibwe. Within two years, Mille Lacs County was established from parts of Benton and Isanti Counties and townships were organized in 1858. The name Mille Lacs is French for “thousand lakes,” and the community of Milaca was selected as the county seat. As the railroad was constructed the area began to develop and settlers began to arrive to stake land claims. In 1900 the population of Mille Lacs County had reached 8,066 and the area continued to grow with the development of highways and businesses. Mille Lacs Lake, spanning over 200 square miles, has since become a popular destination for recreational enthusiasts as it is the second largest lake in Minnesota. Today Mille Lacs County is home to approximately 26,383 residents.

**BOCK** – pop. 110

**FORESTON** – pop. 539

**ISLE** – pop. 909

**MILACA (COUNTY SEAT)** – pop. 3,003

**ONAMIA** – pop. 907

**PEASE** – pop. 198

**PRINCETON** – pop. 4,763

**WAHKON** – pop. 209

*\*Populations are approximate.*

## BOCK

Located in Borgholm Township, Bock was first known as Tosca. The community was established by the Great Northern Railway Company in the late 1800s and Tosca was renamed Bock in honor of the Bock brothers from New Ulm who had constructed a mill. A post office was founded in 1892 with Coleman Bridgeman serving as the area’s first postmaster. In 1923 Bock was incorporated as a village and the area has continued to thrive. Today Bock is home to approximately 110 residents.

## FORESTON

Foreston was founded as a lumber town and the community was first named Bridgeman in 1882. A post office was established with Coleman Bridgeman serving as the first postmaster. The town was then renamed Foreston after the dense hardwoods found throughout the area and the community was incorporated as a village in 1889. Today Foreston is home to approximately 539 residents.

## ISLE

Isle was settled in 1891 as a port on Mille Lacs Lake and the community was named due to its close proximity to Malone Island. In 1894 Charley Malone established a general store and hotel, attracting new residents to the area. In 1896 Malone served as Isle’s first postmaster and in 1913 as the community’s first mayor. Churches and schools were constructed and the area continued to develop. Today Isle is home to approximately 909 residents.

## MILACA (COUNTY SEAT)

Milaca was first settled in the 1880s as a logging community and the area was originally recognized as Oak City. The first post office was established in 1883 and the streets were platted in 1892. Its name is derived from Mille Lacs Lake and Milaca was incorporated in 1897. The community was selected as the county seat in 1920 and has continued to grow. Today Milaca is home to approximately 3,003 residents.

## ONAMIA

Onamia was established by the Great Northern Railway Company in the late 1880s and its name was derived from nearby Lake Onamia. A post office was founded in 1898 and streets were platted by Oscar E. Garrison in 1901. In 1908 Onamia was incorporated as a village and the community has continued to thrive. Today Onamia is home to approximately 907 residents.

## PEASE

Located in Milo Township, Pease was settled in 1894. A hotel and sawmills were then constructed and the area continued to develop upon the arrival of the railroad in 1886. The community was incorporated as a village in 1923 and has continued to grow. Today Pease is home to approximately 198 residents.



## PRINCETON

Princeton was first settled in 1854 and named after John S. Prince, a St. Paul resident who assisted with platting the community's streets in 1855. A post office was established in 1867 and Princeton was incorporated as a village in 1877. As the railroad was constructed businesses were established including a potato factory and brickmaking plant. Princeton was selected as the original county seat where it remained until 1920 when it was moved to Milaca. Today Princeton is home to approximately 4,763 residents.

## WAHKON

Tucked along Mille Lacs Lake's South Shore, Wahkon was the earliest settlement in the Mille Lacs Lake area, beginning its history in 1885. It was platted on the southeast shore of Mille Lacs Lake by the Soo Railroad Company near the site of the old town of Lawrence, once an American Indian trading post. Robert and Ben Briggs built a log cabin near the old site of the Soo Line Depot, acting as land surveyors as families began moving into the area. In 1907, with the coming of the railroad, the Wahkon town site was set up and in 1912 it was incorporated as a village. Wahkon was a typical "boom town" of the early days with American Indians, lumberjacks, ox and horse teams filling the town's streets. The town became a rail terminal and the docking point for large logging company steamers that transported logs from all points around the lake. Today Wahkon is home to approximately 209 residents.

- Lake Mille Lacs is the 2nd largest inland lake only after Red Lake (Beltrami County, MN) at 132,500 acres.
- "Mille Lacs" has a French translation of "thousand lakes". While the Native Ojibwe called the lake "Misi-zaaga'igan" and Dakota Natives referred to it as "Bde Wakhan".
- For its size, it's relatively shallow. Normal depths range between 20 to 38 feet, with its deepest point being 42 feet.
- Lake Mille Lacs lies within 3 Minnesota Counties. Mille Lacs, Aitkin and Crow Wing.
- Lake Mille Lacs has many smaller (less than an acre) islands throughout. Most are privately owned.
- 2 of Lake Mille Lacs islands are America's smallest designated National Wildlife refuge. The .57 acres encompass both Spirit & Hennepin Island.
- The island's surfaces are very rocky, making them perfect nesting spots for native threatened birds like the common tern, ring-billed gulls, double crested cormorants and herring gulls.
- There are several species of fish within Lake Mille Lacs, with walleye being the most popular. Other species include, but are not limited to, northern pike, muskie, jumbo perch, smallmouth bass, largemouth bass, black crappie, burbot and tullibee.
- Lake Mille Lacs is Minnesota's favorite fishing lake due to the fish's natural ability to reproduce. Billions of walleye eggs and fry are produced each year.
- This lake is absent of thermocline, which means the lake temperature does not fluctuate much at its deepest depths, making fish egg reproduction much more prevalent.

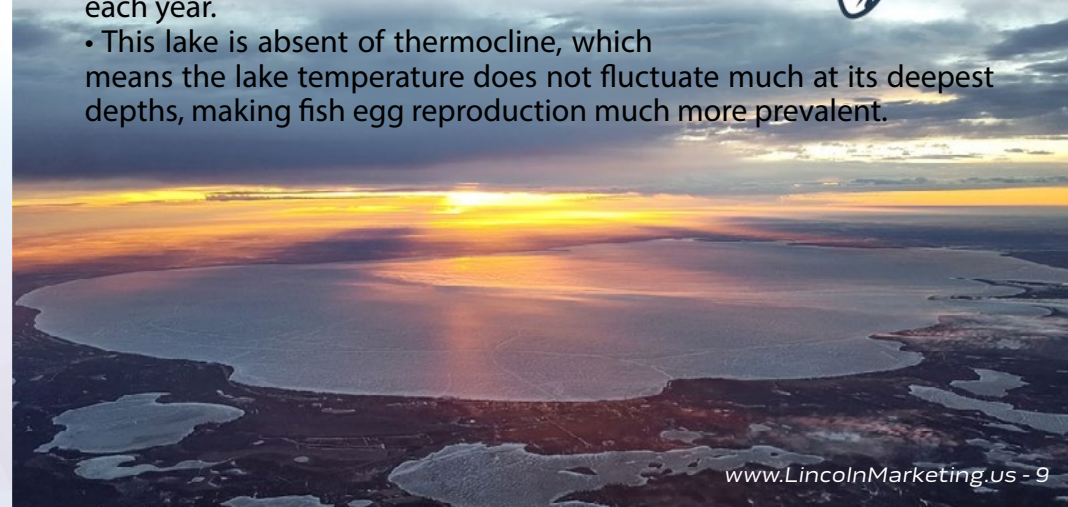


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Aitkin County was established in 1857 and organized in 1871. It was named in honor of William Alexander Aitkin, a local fur trader who traded with the Ojibwe Indians and worked for the American Fur Company. As railway lines were constructed from Duluth to Brainerd, the area began to grow dramatically. Settlers who were attracted to the ample natural resources arrived to stake land claims. Communities were formed near railway junctions and the city of Aitkin was selected as the county seat in 1872. In 1900 the population of Aitkin County was 6,743 and almost doubled by 1910. The multitude of lakes and scenic beauty now make this area a popular recreational destination. Today Aitkin County is home to approximately 15,646 residents.

**AITKIN (COUNTY SEAT)** – pop. 1,948

**HILL CITY** – pop. 610

**MCGRATH** – pop. 63

**MCGREGOR** – pop. 378

**PALISADE** – pop. 108

**TAMARACK** – pop. 54

*\*Populations are approximate.*

## AITKIN (COUNTY SEAT)

Aitkin was settled in 1870 as a railway station on the Great Northern Railway. The first settler was Nathaniel Tibbetts who arrived to the area in 1871 to stake land claims. Aitkin was then organized and named in honor of local fur trader William Alexander Aitkin. The community was selected as the county seat and a post office was established in 1872 with Tibbetts serving as the first postmaster. Aitkin was incorporated as a village in 1889 and has continued to develop. It is now recognized for its annual World Famous Fish House Parade showcasing fish houses from around the area. Today Aitkin is home to approximately 1,948 residents.

## HILL CITY

Originally home to loggers, Hill City was settled in 1900 and platted by the Hill City Realty Company. Early industry included manufacturing, lumbering and agriculture and a variety of businesses and hotels were established to meet the growing needs of the community. A post office was founded in 1901 and Hill City was incorporated as a village in 1911. Hill City's proximity to Hill Lake has made this area a popular destination for recreational enthusiasts and the community has continued to grow. Today Hill City is home to approximately 610 residents.

## MCGRATH

Located in Williams Township, McGrath was settled in 1895 by loggers and first recognized as Elmwood. In 1907 James McGrath, a local lumberman, donated 40 acres for a village site and the community was renamed in his honor. In 1908 a post office was established and businesses soon followed. Today McGrath is home to approximately 63 residents.

## MCGREGOR

McGregor was settled in the late 1880s as a railway village along the Soo Line Trail. In 1890 a post office was established and the community began to grow. Businesses were established and McGregor was incorporated as a village in 1903. Today McGregor is home to approximately 378 residents.

## PALISADE

Located in Logan Township, Palisade was named by the Soo Line Railroad due to the tall ridge of the Mississippi River. A post office was established in 1910 and the area began to grow with the development of businesses. Today Palisade is home to approximately 108 residents.

## TAMARACK

Settled in 1874, Tamarack began as a railway village and its first post office was established in 1898. Its name is derived from the tamarack trees cleared for tracks by the Great Northern Railway Company throughout the area. Tamarack was incorporated as a village in 1921 and has continued to thrive. Today Tamarack is home to approximately 54 residents.



# Parks & Recreation

## **AITKIN COUNTY CAMPGROUND**

814 NW 4th Ave. | Aitkin

Located near the Mississippi River, the Aitkin County Campground features sites with electric hookups, boat launch and picnic areas. Call (218) 927-7364 for more information.

## **BERGLUND PARK CAMPGROUND**

510 Marconi St. | Palisade

Located near the Mississippi River, the Berglund Park Campground features sites with electric hookups, boat launch, handicap accessible fishing pier, picnic shelter and recreational trails. Call (218) 927-7364 for more information.

## **FATHER HENNEPIN STATE PARK**

41296 Fr. Hennepin Park Rd. | Isle

Located on 320 acres near Mille Lacs Lake, Father Hennepin State Park features primitive campsites, handicap accessible fishing pier, swimming beach, picnic areas, recreational trails and is home to several Albino deer. Call (320) 676-8763 for more information.

## **JACOBSON CAMPGROUND**

69136 Great River Rd. | Jacobson

Located near the Mississippi River, the Jacobson Campground features primitive sites, boat launch, picnic areas and recreational trails. Call (218) 927-7364 for more information.

## **LONG LAKE CONSERVATION CENTER**

28952 438TH Ln. | Palisade

Located south of Palisade, off of Nature Ave, Long Lake CC is an Aitkin County park and Environmental Learning Center offering miles of hiking trails, cross country ski trails, education programs, facility rental, and more. Call (218) 768-4653 for more information.

## **MILLE LACS KATHIO STATE PARK**

15066 Kathio State Park Rd. | Onamia

Located on 10,585 acres near Mille Lacs Lake, Mille Lacs Kathio State Park features primitive campsites, historical sites, an interpretive center, swimming beach, playground equipment, picnic areas and recreational trails. Call (320) 532-3523 for more information.

## **MILLE LACS WILDLIFE MANAGEMENT AREA**

29172 100th Ave. | Onamia

Located on 38,729 acres, the Mille Lacs Wildlife Management Area features primitive campsites and picnic areas. Visitors are allowed to cut fuelwood, trap minnows and furbearing animals, commercially harvest timber and hunt on public lands during designated times for a small fee. Call (320) 532-3537 for more information.

## **SNAKE RIVER CAMPGROUND**

10890 Hwy. 65 | McGrath

Located near the Snake River, the Snake River Campground features primitive sites, canoe launch, picnic areas and recreational trails. Call (218) 927-7364 for more information.

# The Best of Minnesota Outdoors

## *Hiking:*

*Superior Hiking Trail, Lake Superior  
Silver Creek Trail, Jay Cooke State Park  
North River Trail, Afton State Park  
Glacial Pothole Trail, Interstate State Park  
Sioux Hustler Trail, Superior National Forest*

## *Fishing:*

*Bass: Lake Vermilion, Tower  
Walleye: Leech Lake, Walker  
Muskellunge: Lake Oscar, Holmes City  
Northern Pike: Lake of the Woods, Warroad*

## *Golf Courses:*

*Interlachen, Edina • Spring Hill, Wayzata  
Hazeltine National, Chaska  
Giants Ridge Golf & Ski Resort, Biwabik  
The Wilderness at Fortune Bay, Tower*

## *Mountain Biking:*

*Cuyuna Lakes, Ironton • Lebanon Hills, Eagan  
Elm Creek Park, Champlin • Brewer Park, Duluth  
Spirit Mountain, Duluth • Piedmont, Duluth*

## *Skiing:*

*Lutsen Mountains, Lutsen • Afton Alps, Afton  
Elm Creek Winter Rec. Area, Maple Grove  
Powder Ridge Ski Area, Kimball  
Giants Ridge Golf & Ski Resort, Biwabik*



# 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



# SINGLETRACK MOUNTAIN BIKING



## HAVE FUN & BE RESPECTFUL:

Singletrack mountain biking is an exciting and rewarding activity.

Remember to enjoy the ride, take in the scenery, and respect nature. Stay positive, be patient with yourself as you learn and improve, and have fun exploring new trails and pushing your limits. **EXPERIENCE:** Singletrack trails are often more challenging than regular trails. It's important to have some experience and proficiency on your bike. **TRAIL DIFFICULTY RATING:** Singletrack trails are often graded on their difficulty level, usually using a color-coded system. Start with trails that match your skill level.

**TRAIL ETIQUETTE:** Respect other trail users, yield to uphill riders, and follow any posted signs or guidelines. Don't litter and stay on designated trails. **PROTECTIVE GEAR:** Wear appropriate gear, most important a helmet. Other helpful choices are gloves, knee and elbow pads, and sturdy shoes.

**BIKE MAINTENANCE:** Check tire pressure, brakes, gears, and suspension. Carry essential tools, such as a multi-tool, spare tube, and a pump, to handle any minor repairs or adjustments on the trail. **HYDRATION & NUTRITION:** Singletrack mountain biking can be physically demanding. Carry enough water and pack some energy-rich snacks.

**RIDE WITH A BUDDY:** It can make the experience more enjoyable, but it also enhances safety in case of any issues. **TRAIL RESEARCH:** Look for trail maps, reviews, and any relevant information about the area before heading out.

**PACE YOURSELF:** Start at a comfortable pace and gradually increase your speed and difficulty level as you gain more experience and confidence.



# Area Attractions

## AITKIN COUNTY HISTORICAL SOCIETY & TRAIN DEPOT

20 Pacific St. | Aitkin | (218) 927-3348

## AITKIN LANES

104 NE 4th St. | Aitkin | (218) 927-6701

## DECORSA VINEYARD & FARM WINERY

40306 Torchlight Rd. | Isle | (320) 676-8823

## FIDDESTIX GOLF COURSE

1081 395th St. | Isle | (320) 676-3636

## GRAND CASINO MILLE LACS

777 Grand Ave. | Onamia | (320) 532-7777

## GRAND MAKWA CINEMA

16550 Ataage Dr. | Onamia | (320) 532-3923

## HEARTLAND HOCKEY CAMP

24921 Arena Dr. | Deerwood | (218) 527-4604

## ISLE BOWL AND PIZZA

365 3rd Ave. South | Isle | (320) 676-8880

## JAQUES ART CENTER

121 NW 2nd St. | Aitkin | (218) 927-2363

## MAC'S TWIN BAY RESORT

43469 Vista Rd. | Isle | (320) 676-8709

## MCGREGOR LANES

9 N Maddy St. | McGregor | (218) 768-2345

## MILLE LACS HUNTING LODGE

8659 340th St. | Onamia | (320) 532-3384

## MILLE LACS INDIAN MUSEUM & TRADING POST

43411 Oodena Dr. | Onamia | (320) 532-3632

## MILACA AREA HISTORICAL SOCIETY & MILACA MUSEUM

145 South Central Ave | Milaca | (320) 982-1212

## MINNESOTA NATIONAL GOLF COURSE

23247 480th St. | McGregor | (218) 426-4444

## NORTHWOOD HILLS GOLF COURSE

18217 Captive Lake Rd. | Garrison | (320) 692-4325

## PAUL BUNYAN LAND/THIS OLD FARM

17553 State Hwy. 18 | Brainerd | (218) 764-2524

## PRINCETON SPEEDWAY

1400 S 3rd St. | Princeton | (612) 735-5843

## RIALTO THEATRE

220 N Minnesota Ave. | Aitkin | (218) 927-2824

## RIPPLE RIVER GALLERY

27591 Partridge Ave. | Aitkin | (218) 678-2575

## ROLLING HILLS ARABIANS & FARM TOURS

18339 407th St. | Onamia | (320) 630-8438

## TRADITIONS AT CUYUNA FALLS MINI GOLF

24228 Hwy. 210 | Deerwood | (218) 534-9250

## WEALTHWOOD ROD & GUN CLUB

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# 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.

## OPENERS

09/23/23 Take a Kid Hunting Weekend - Statewide  
09/23/23 Waterfowl - Statewide  
11/4/23 Deer - Firearms - Statewide

## HUNTING

### Bear

08/11/23 Bear baiting start date Permit areas & no-quota area  
09/1/23 - 10/15/23 Bear Permit areas & no-quota area

### Deer

09/16/23 - 12/31/23 - Archery Statewide  
10/19/23 - 10/22/23 - Early Antlerless  
10/19/23 - 10/22/23 - Youth Statewide  
11/4/23 - 11/19/23 - Firearm (Season A) 100 Series permit areas  
11/4/23 - 11/12/23 - Firearm (Season A) 200 & 300 Series permit areas  
11/18/23 - 11/26/23 - Firearm (Season B) 300 Series permit areas  
11/25/23 - 12/10/23 - Muzzleloader - Statewide

### Badger

10/14/23 - 03/15/24 North furbearer zone  
10/21/23 - 03/15/24 South furbearer zone

### Bobcat

12/16/23 - 01/21/24  
North of I-94 and U.S. Highway 10

### Fox, Gray & Red

10/14/23 - 03/15/24 North furbearer zone  
12/23/23 - 03/15/24 South furbearer zone

### Opossum

10/14/23 - 03/15/24 North furbearer zone  
10/21/23 - 03/15/24 South furbearer zone

### Rabbit

09/16/23 - 02/28/24 Rabbit, Jack - Statewide  
09/16/23 - 02/28/24 Rabbit, Cottontail & Snowshoe Hare - Statewide

### Raccoon

10/14/23 - 03/15/24 North furbearer zone  
10/21/23 - 03/15/24 South furbearer zone

### Squirrel, Gray & Fox

09/16/23 - 02/29/24 Statewide

### Grouse

09/16/23 - 11/29/23 Sharp-Tailed - Northwest zone  
09/16/23 - 01/1/24 Ruffed & Spruce - Statewide

### Pheasant

10/14/23 - 01/1/24 Ring-Necked - Statewide

### Wild Turkey

02/10/23 WMA lottery deadline  
04/12/23 - 05/31/23 - Youth - Statewide  
04/12/23 - 05/31/23 - Archery - Statewide  
04/12/23 - 04/18/23 - A season - Statewide  
04/19/23 - 04/25/23 - B season - Statewide  
04/26/23 - 05/2/23 - C season - Statewide  
05/3/23 - 05/9/23 - D season - Statewide  
05/10/23 - 05/16/23 - E season - Statewide  
05/17/23 - 05/31/23 - F season - Statewide  
09/30/23 - 10/29/23 - Fall - Statewide

## TRAPPING

### Badger

10/14/23 - 03/15/24 North furbearer zone  
10/21/23 - 03/15/24 South furbearer zone

### Bobcat

12/16/23 - 01/21/24 North of I-94 and U.S. Highway 10

### Fox

10/14/23 - 03/15/24 Gray & Red - North furbearer zone  
12/23/23 - 03/15/24 Gray & Red - South furbearer zone

### Opossum

10/14/23 - 03/15/24 North furbearer zone  
10/21/23 - 03/15/24 South furbearer zone

### Rabbit

09/16/23 - 02/28/24 Rabbit, Jack - Statewide  
09/16/23 - 02/28/24 Rabbit, Cottontail & Snowshoe Hare - Statewide

### Raccoon

10/14/23 - 03/15/24 North furbearer zone  
10/21/23 - 03/15/24 South furbearer zone

### Squirrel

09/16/23 - 02/29/24 Gray & Fox Statewide

\*Check the MN DNR website for updates.

<https://www.dnr.state.mn.us>

or scan the QR code







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Or visit one of the ELS agents available throughout the area:

## AITKIN

### AITKIN COUNTY LICENSE CENTER

307 NW 2nd St. UNIT 108 | Aitkin | (218) 927-7057

### BEARTOOTH HARDWARE INC

150 Southgate Dr. | Aitkin | (218) 429-0222

### BILL'S SPORTSMAN SERVICE INC

649 NE 2nd St. | Aitkin | (218) 927-2552

### DENNY'S LAKEVIEW INN

33592 300th Pl. | Aitkin | (218) 549-3580

### FARM ISLAND STORE

29037 Hwy. 169 | Aitkin | (218) 927-3791

### HOLIDAY STATION STORE (#452)

1 S Minnesota Ave. | Aitkin | (218) 927-6403

### MALMO MARKET

32060 220th St. | Aitkin | (218) 684-2295

### THE GLEN STORE & GRILL

31993 280th St. | Aitkin | (320) 684-2229

## HILL CITY

### ROADSIDE MARKET

PO Box 10 | Hill City | (218) 697-2373

### SUNNY'S

PO Box 10 | 101 E Hwy. 200 | Hill City | (218) 697-2306

## ISLE

### BOONES FINE GUNS

535 E Superior St. | Isle | (320) 676-3030

### FEDERATED COOPS

925 S Hwy. 47 | Isle | (320) 676-3865

### JOHNSON'S PORTSIDE

42099 Hwy. 47 | Isle | (320) 676-3811

### TRAILSIDE

750 Hwy. 47 S | Isle | (320) 676-3746

## MCGRATH

### 1865 ROADSIDE CONVENIENCE

14072 State Hwy. 65 | McGrath | (320) 674-4460

## MCGREGOR

### EASTLAKE CONVENIENCE

36040 Hwy. 65 | McGregor | (218) 768-3344

### HOLIDAY STATION STORE (#453)

200 Hwy. 210 W | McGregor | (218) 768-4444

### MCGREGOR OIL

257 W Hwy. 210 | McGregor | (218) 768-2055

### MINI MART #6

46026 State Hwy. 65 | McGregor | (218) 426-3382

### SATHER'S STORE

47952 Hwy. 65 | McGregor | (218) 426-3255

## MILACA

### HOLIDAY STATION STORE (#171)

405 S Central Ave. | Milaca | (320) 983-2544

### HOLIDAY MILACA (#4064)

410 SE 10th Ave. | Milaca | (320) 983-6771

### PRINCE BAIT & MARINE, INC.

19196 Hwy. 169 | Milaca | (320) 983-6344

### PRINCE GUN SHOP

19184 Hwy. 169 | Milaca | (320) 983-3006

## ONAMIA

### CASEY'S GENERAL STORE (#3781)

500 Roosevelt Rd. | Onamia | (320) 532-1000

### GATEWAY ONE STOP

34952 Hwy. 169 | Onamia | (320) 532-3787

### MILLE LACS SUPERSTOP

38668 US HWY. 169 | Onamia | (320) 738-1402

### REEDS MILLE LACS OUTPOST

38556 Hwy. 169 | Onamia | (320) 532-7333

## PALISADE

### PALISADE ONE STOP

307 Main St. | Palisade | (218) 845-2156

## PRINCETON

### HOLIDAY STATION STORE (#17)

308 S Rum River Dr. | Princeton | (763) 389-5717

### MARV'S TRUE VALUE

31620 125th St. | Princeton | (763) 389-3201

## PRINCETON (Contd)

### PRINCETON ONE STOP

509 N 19th Ave. N | Princeton | (763) 389-9984

### WALMART SUPERCENTER (#3102)

300 21st Ave. N | Princeton | (763) 389-7821

## WAHKON

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# Fishing seasons

## OPENERS

- Stream trout opener - 04/15/23
- Walleye, sauger and northern pike opener - 05/13/23
- Muskellunge opener - 06/03/23

## INLAND WATERS

**Walleye and Sauge** 5/13/23 - 2/25/24  
6 combined, not more than one walleye over 20"

### Northeast zone

**Northern Pike** 5/13/23 - 2/25/24  
Angling: 2 (not more than 1 over 40" in possession. All from 30-40" must be immediately released).

**Northern Pike** 11/15/23 - 2/25/24  
Darkhouse spearing: 2 (Not more than 1 over 26").

### North-central zone

**Northern Pike** 5/13/23 - 2/25/24  
Angling: 10 (not more than 2 over 26". All from 22-26" must be immediately released).

**Northern Pike** 11/15/23 - 2/25/24  
Darkhouse spearing: 10 (only 1 between 22-26" and 1 over 26"; or, only 2 over 26").

### Southern zone

**Northern Pike** 5/13/23 - 2/25/24  
Angling: 2 (Minimum size 24").

**Northern Pike** 11/15/23 - 2/25/24  
Darkhouse spearing: 2 (Minimum size 24").

**Muskellunge** 6/3/23 - 12/1/23  
1, minimum size 54"

**Largemouth and smallmouth bass in the Northeast zone, north and east of US Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County.**

5/13/23 - 2/25/24 6 combined

## Largemouth and smallmouth bass in the rest of the state

5/13/23 - 5/26/23, Catch-and-release only

### Largemouth and Smallmouth Bass

5/27/23 - 9/10/23 6 combined

**Largemouth Bass** 9/11/23 - 2/25/24 6

**Smallmouth Bass** 9/11/23 - 2/25/24

Catch-and-release only

**Crappie** Continuous 10

**Sunfish** Continuous 20

**Rock Bass** Continuous 30

**White Bass** Continuous 30

**Channel Catfish** Continuous 5 in combination with Flathead Catfish, only 1 fish over 24"

**Flathead Catfish** 4/1/23 - 11/30/23  
2, only 1 fish over 24" in combination with Channel Catfish

### Perch

Continuous 20 daily and 40 in possession

**Bullhead** Continuous 100

**Whitefish, Cisco, and Burbot** Continuous, No limit (Exception: On Leech Lake Indian Reservation whitefish limit 25 and cisco limit 50).

**Smelt** Continuous No limit

Including Lake Superior and St. Louis River

### Lake and Shovelnose Sturgeon

3/1/23 - 4/14/23

Catch-and-release only, no tag needed  
Including Lake Superior and St. Louis River

### Lake and Shovelnose Sturgeon

6/16/23 - 4/14/24

Catch-and-release only, no tag needed

**Paddlefish** No open season

**Longnose and Shortnose Gar**

Continuous 10 combined

## FREE FISHING

### Take a kid fishing weekend

June 9-11, 2023

Minnesotans 16 or older who take a child 15 or younger fishing don't need a license.

\*Contact the MN DNR for specific zone information/dates by calling: 1 (888) 646-6367 or [www.dnr.state.mn.us](http://www.dnr.state.mn.us) or scan the QR code



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# ICE FISHING

*Find the Perfect Spot*



- Trying to figure out where to drill your fishing holes can be tough. A couple ways to make this easier is to buy a map that shows the contour and depth of the lake or look online for a suitable map.
- Before drilling holes, check your map or online for areas with drop-offs, sandbars, mounds of rocks or weed lines. If the first spot you chose to drill holes is not producing any fish, don't sit there and wait. Drill new holes at a new location to find the fish. You may not have to move far, just try new holes at different depths. It's not easy moving all your gear around while drilling holes, but if you want to catch fish you have to find them.
- Early in the ice fishing season, the fish will tend to stay in shallower waters. Later in the season the fish will move to deeper waters. At the end of the season, the fish will start to move into shallower waters again.
- Walleye, sauger and perch tend to hang out near the bottom. Northern pike stay off the bottom while they are in shallow water and stay near the bottom when in deeper waters. Panfish will be at different depths depending on what they are eating. Trout don't sit around: they will be at random depths and areas in the search of food. If you have a fish finder it will make it a lot easier to judge the fish type and depth to set the bait.

# ICE SAFETY GUIDELINES:



## Did you know?

- Ice always forms unevenly. It can be 2 feet thick in one spot, and just a few inches thick a couple feet away.
- The most dangerous ice is formed over flowing water. It's especially dangerous near streams, culverts and bridges. Also, the faster the water is running, usually means the weaker the ice will be.
- Snow insulates the ice and slows the freezing process. The added weight of the snow reduces the strength of the ice. Also, ice that is closer to shore is usually weaker than ice farther out.
- Cracking and rumbling ice isn't always bad. The ice expands and contracts as the temperature rises and falls.
- Fish and birds/wildlife can also effect the ice. Schools of fish can bring warm water from the bottom of lakes, and open holes in seemingly thick ice.
- **ALWAYS BE CAUTIOUS WHEN YOU ARE ON ICE!**





# 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.

# MINNESOTA

## Bike Service Stations

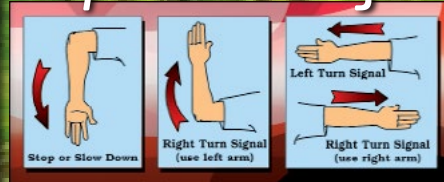




# Be Aware of your Surroundings

- 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.

## Bicycle Hand Signals



# 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 Safety

- 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.

## 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.



**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/ATV's on county roads or state highways.



# Aitkin County Trails

# Mille Lacs County Trails




- Airport Locator
- Bicycle Trail/Route
- Snowmobile Trail
- ATV Trail



# Health Benefits of Physical Activity

## Major Research Findings

from the Center for Disease Control and Prevention

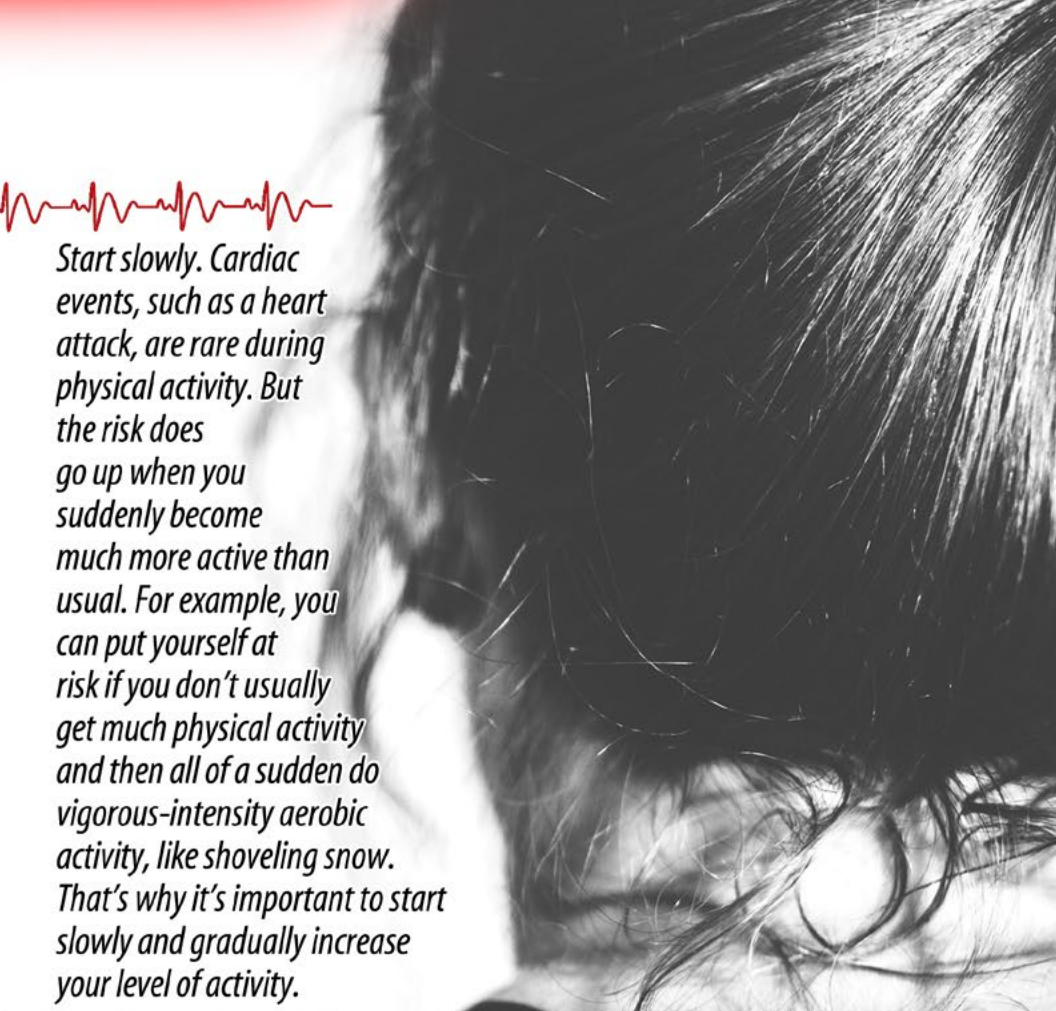
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- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.
  - Some physical activity is better than none.
  - For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
  - Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity. Additional benefits occur with more physical activity.
  - Both aerobic and muscle-strengthening physical activity are beneficial.
  - Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
  - The health benefits of physical activity occur for people with chronic conditions or disabilities.
  - The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.

### Guidelines for Adults

- For substantial health benefits, you should do at least 2.5hrs a week of moderate-intensity, or 1.25hrs a week of vigorous-intensity aerobic activity, or a combination of the two activities. Aerobic activity should be performed in episodes of at least 10 minutes, and should be done throughout the week.
- For even better health benefits, adults should increase their aerobic physical activity to 5hrs a week of moderate-intensity, or 2.5hrs a week of vigorous-intensity aerobic physical activity, or a combination of the two activities.

### Guidelines for Children and Adolescents

- Children and adolescents should do an hour or more of physical activity daily.
- Aerobic: Most of the hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.
- Muscle-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.



*Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.*

## Intensity Examples

### Moderate Intensity

- Walking briskly (3 mph or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10mph
- Tennis (doubles)
- Ballroom dancing
- General gardening

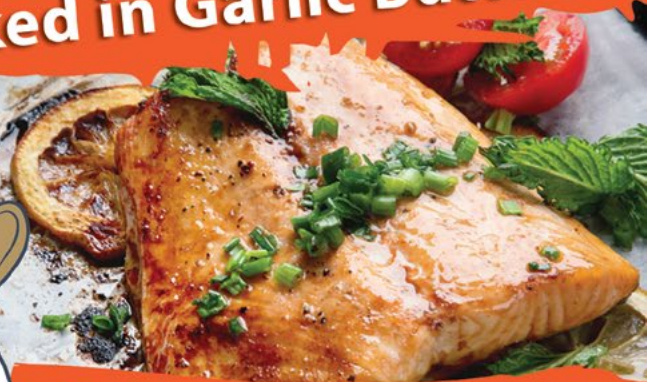
### Vigorous Intensity

- Race walking, jogging, running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10mph or faster
  - Jumping rope
  - Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack



# Tilapia

## Baked in Garlic Butter



Simple meal with a *Gourmet* Feel

### INGREDIENTS

4 tilapia fillets  
4 cloves garlic, minced  
4 tablespoons butter, melted  
Salt and pepper, to taste  
Fresh parsley, chopped  
(optional)

### INSTRUCTIONS

- 1 Preheat your oven to 375°F (190°C).
- 2 Pat the tilapia fillets dry with paper towels and place them in a baking dish.
- 3 In a small bowl, mix together the minced garlic and melted butter.
- 4 Pour the garlic butter mixture over the tilapia fillets, making sure they are well coated.
- 5 Season the fillets with salt and pepper to taste.
- 6 Bake the tilapia in the preheated oven for 12-15 minutes or until the fish is cooked through and flakes easily with a fork.
- 7 Sprinkle chopped parsley over the top of the cooked tilapia, if desired.
- 8 Serve the tilapia fillets hot, with your favorite side dishes.

PREP: 35 MIN • TOTAL: 50 MIN

Enjoy your delicious  
and healthy tilapia  
baked in garlic butter!



### BARBECUE DO'S:

- use proper barbecue equipment and tools, such as a grill, tongs, and spatulas.
- preheat your grill before placing any food on it.
- marinate your meat before cooking to enhance the flavor.
- keep a close eye on your food while grilling to prevent overcooking or burning.
- use a meat thermometer to ensure that your meat is cooked to the correct internal temperature.
- let your meat rest for a few minutes before slicing or serving to allow the juices to redistribute.
- keep your grill and utensils clean to prevent any foodborne illness.

### BARBECUE DON'TS:

- use lighter fluid to start your grill. Instead, use a chimney starter or electric starter.
- overcrowd your grill. Leave enough space between the pieces of meat to ensure even cooking.
- use a fork to flip your meat. Piercing the meat can cause it to lose its juices and become dry.
- baste your meat with sugary sauces too early in the cooking process, as it can burn and create a bitter taste.
- leave cooked meat out in the sun for too long, as it can spoil quickly.
- assume that meat is fully cooked by its color. Always use a meat thermometer to check the internal temperature.
- leave your grill unattended while it's still hot. Always make sure to properly cool it down before leaving it.





Shop • Dine  
Play • Stay

LOCALLY

# Travel

Choosing the  
*perfect*  
destination

What is your dream vacation? Do you want to lay on the beach, hike a mountain or explore a city? Questions like these are a good starting point to decide on where to go. Do research on some different areas and activities that may interest you and any others that you are traveling with to identify the most suitable vacation area.

How long do you plan on being gone? Don't try to go too far or jam in to many activities if you don't have the time. Leave some free time in your schedule to accommodate any unforeseen changes during the trip.

Depending on what type of climate you are wanting to vacation in, plan your trip for an appropriate time of the year in that area. Also watch out for peak seasons at some popular vacation destinations. At these times prices may be higher with larger crowds.

## Check:

- Know what and how about the area you are heading to
- Check the local climate to see if it is suitable for you
- Pack the appropriate clothing and supplies you will need for your trip
- Have a backup plan in case of any of these at the opportunity
- Let friends or family know about your trip

## Protect:

- Make sure the food and drinks in the area are safe to consume
- Protect your skin from the sun and insects
- Don't drink any water unless you are sure it is safe
- Shop on your own local with a local business when you get back



...and  
support the  
community you live in!