

| 0.0 | $\bullet$ | Start of route |
| :---: | :---: | :--- |
| 0.3 | $\mathbf{\uparrow}$ | Continue onto SE 11th St |
| 0.5 | $\leftarrow$ | Left onto Norwood St |
| 0.5 | $\rightarrow$ | Right |
| 2.1 | $\leftarrow$ | Left onto Co Rd 117 |
| 2.5 | $\rightarrow$ | Right onto County Rd 45 |
| 4.6 | $\rightarrow$ | Right onto 100th St/43rd St |
| 5.1 | $\leftarrow$ | Left onto Forest Heights Dr <br> SW |
| 6.4 | $\rightarrow$ | Right onto Cook Wildlife Rd <br> SW |
| 8.6 | $\leftarrow$ | Left onto St Mathias Rd SW |
| 8.7 | $\rightarrow$ | Right onto 68th St SW |
| 9.6 | $\mathbf{\uparrow}$ | Continue straight onto 30th <br> Ave SW/70th Ave |
| 11.2 | $\rightarrow$ | Right onto 40th Ave SW/ <br> Wetherbee Rd |
| 12.4 | $\mathbf{\uparrow}$ | Continue onto Dnr Trail |

12.4 miles. $+229 /-252$ feet

| 21.8 | $\uparrow$ | Continue onto 132nd St SW |
| :---: | :---: | :--- |
| 22.3 | $\leftarrow$ | Left onto 11th Ave SW/Hardy <br> Lake Rd W |
| 23.2 | $\uparrow$ | Continue onto 111th Ave |
| 23.2 | $\uparrow$ | Continue onto 136th St SW |
| 25.8 | $\uparrow$ | Continue onto 21st Ave SW |
| 26.6 | $\leftarrow$ | Left onto 132nd St SW |
| 27.3 | $\rightarrow$ | Right onto River Ln SW |
| 27.8 | $\leftarrow$ | Left onto 130th St SW |
| 27.9 | $\rightarrow$ | Right onto 24th Ave SW/ <br> Town Hall Rd |
| 28.1 | $\leftarrow$ | Left onto MN-210 W |
| 28.3 | $\rightarrow$ | Right onto 25th Ave SW |
| 28.6 | $\leftarrow$ | Left onto Lower Sylvan Rd/ <br> Wilderness Dr SW |
| 28.8 | $\rightarrow$ | Right onto Lower Sylvan Rd <br> SW |

9.1 miles. +108/-98 feet

| 12.8 | $\mathbf{\Lambda}$ | Sharp left |
| :---: | :---: | :--- |
| 12.8 | $\leftarrow$ | Left onto Business 371, MN <br> 371 Business |
| 13.7 | $\leftarrow$ | Left |
| 14.3 | $\rightarrow$ | Right onto Anthony Road <br> Southwest |
| 15.0 | $\leftarrow$ | Left onto Crow Wing Heights <br> Drive |
| 15.0 | $\rightarrow$ | Right onto Missisippi River <br> Trail |
| 16.7 | $\mathbf{N}$ | Sharp right onto Missisippi <br> River Trail |
| 17.7 | $\leftarrow$ | Left |
| 18.0 | $\rightarrow$ | Right |
| 18.6 | $\leftarrow$ | Left |
| 19.0 | $\leftarrow$ | Left onto Mountain Ash Drive <br> South |
| 19.8 | $\rightarrow$ | Right onto Mapleton Road <br> South, CR 170 |

7.4 miles. $+138 /-141$ feet

| 31.3 | $\boldsymbol{\rightarrow}$ | Right onto Upper Sylvan <br> Road Southwest |
| :---: | :--- | :--- |
| 31.7 | $\mathbf{~}$ | Slight left onto Upper Sylvan <br> Road Southwest |
| 32.5 | $\mathbf{~}$ | Slight left onto Sylvan Road |
| 33.2 | $\leftarrow$ | Left onto County Highway <br> 18, CR 18 |
| 35.4 | $\boldsymbol{\rightarrow}$ | Right |
| 35.4 | $\leftarrow$ | Left |
| 35.6 | $\mathbf{~}$ | Sharp left |
| 36.1 | $\mathbf{N}$ | Sharp right |
| 36.2 | $\leftarrow$ | Left |
| 36.7 | $\boldsymbol{\rightarrow}$ | Right onto Pine Beach Drive |
| 36.8 | $\leftarrow$ | Left onto Timber Ridge Gull <br> Lake Drive, CR 77 |
| 37.4 | $\mathbf{\uparrow}$ | Continue onto County Rd 77 <br> SW |
| 40.5 | $\leftarrow$ | Left onto Pinewood Dr SW |

11.6 miles. $+401 /-390$ feet

| 42.9 | $\rightarrow$ | Right onto 100th St SW |
| :---: | :---: | :--- |
| 43.7 | $\leftarrow$ | Left onto Agate Lake Dr SW |
| 44.7 | $\mathbf{\uparrow}$ | Continue onto 21st Ave SW |
| 46.9 | $\rightarrow$ | Right onto Co 107 |
| 49.4 | $\rightarrow$ | Right onto Rainbow Rd |
| 50.3 | $\leftarrow$ | Left onto Ridge Rd |
| 52.2 | $\leftarrow$ | Left onto Ridge Road |
| 52.4 | $\rightarrow$ | Right onto County Road 29, <br> CR 29 |
| 54.9 | $\mathbf{M}$ | Sharp right onto Paul Bunyan <br> Trail |
| 57.1 | $\mathbf{\uparrow}$ | Continue straight to stay on <br> Paul Bunyan State Trail/Paul <br> Bunyan Trail <br> This is the 3rd rest stop. |
| 58.5 | $\mathbf{\uparrow}$ | Continue onto Paul Bunyan <br> State Trail |
| 72.7 | $\mathbf{\uparrow}$ | Pedestrian overpass |

32.2 miles. $+713 /-810$ feet

| 73.6 | $\rightarrow$ | Right to stay on Paul Bunyan <br> State Trail/Paul Bunyan Trail |
| :---: | :---: | :--- |
| 73.8 | $\leftarrow$ | Left onto W Laurel St |
| 74.4 | $\boldsymbol{\theta}$ | End of route |

