

Welcome to the French Rapids Trail



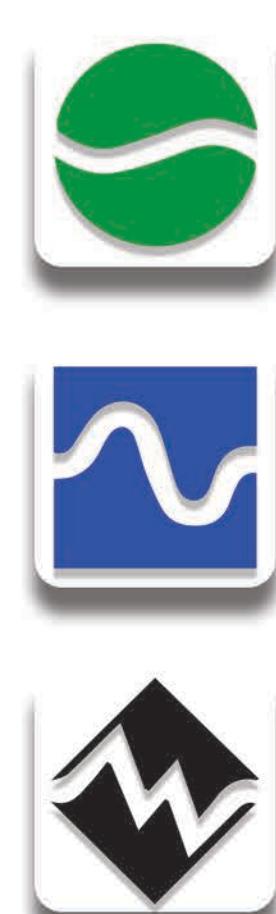
Welcome to one of the many cross country ski trails in Crow Wing County. We're glad you are out enjoying the trails. This poster provides helpful information for navigating trails, and protecting them for other users. Take a quick read and hit the trail.



Ski Pass required?

Skiers, take note! If you are 16 or older, you must have a Great MN Ski Pass to ski on groomed trails in Minnesota state parks or state forests, or on state or grant-in-aid trails.

There are several ski trails within Crow Wing County that require a ski pass.



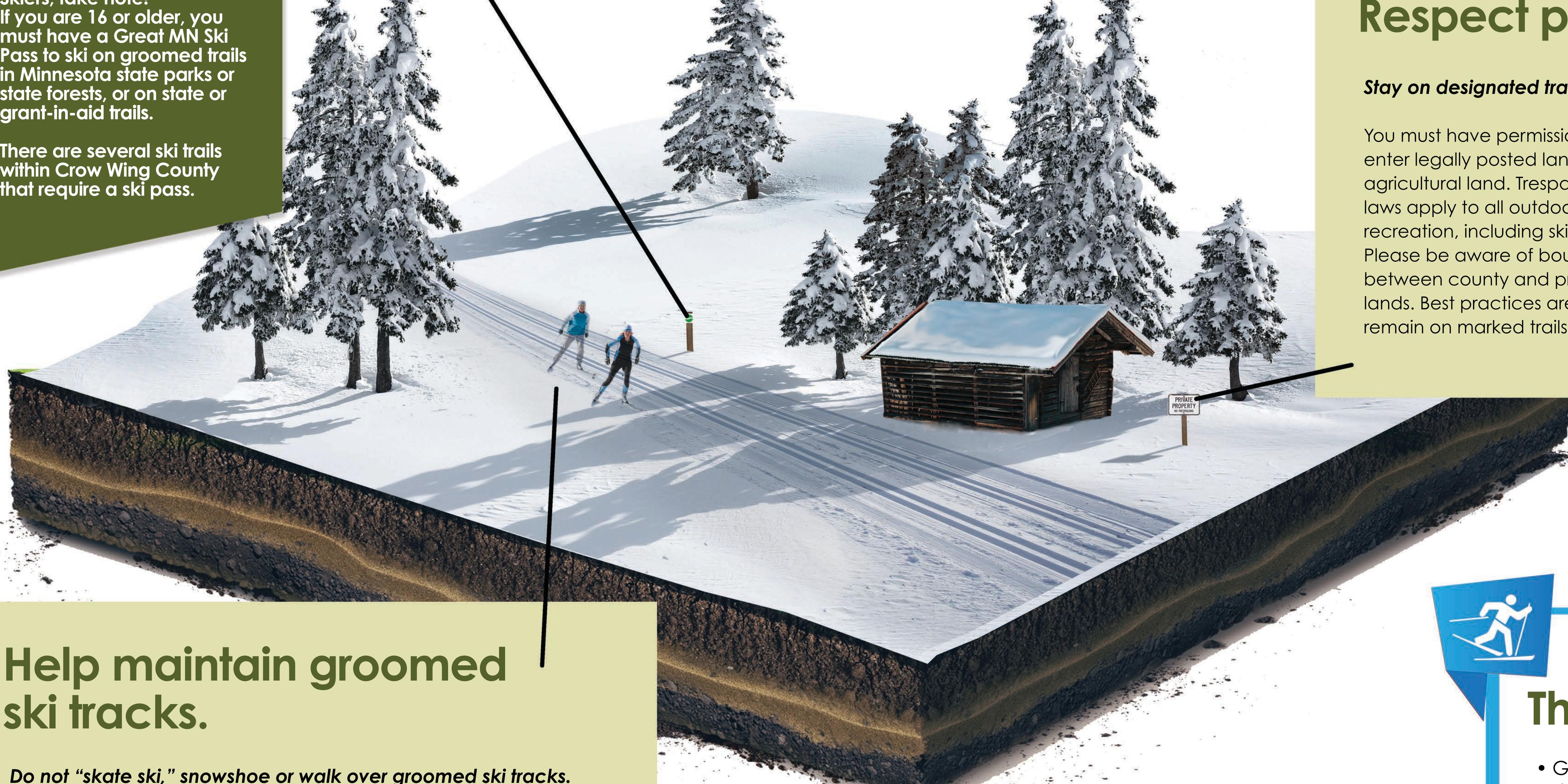
Ski to your skill level

Ski trails are rated by "Easy," "Intermediate," and "Difficult" trail markers.

Skiers should select trail options that best fit their skill levels. Ski trails are generally marked with either green "Easy," blue "Intermediate," or black "Difficult" trail markers.

Follow directional trail signs.

Many cross country ski trail systems have trails that are designed for one way travel. Be sure to follow directional trail signs.



Help maintain groomed ski tracks.

Do not "skate ski," snowshoe or walk over groomed ski tracks.

Be careful to keep the parallel grooved groomed ski tracks intact. Well-defined ski tracks are a joy to ski in, but snowshoe, foot traffic and even skate skiers can damage the tracks.

A word of caution regarding frostbite and hypothermia

There are several ways to avoid frostbite and hypothermia:

- Wear lots of layers of clothing.
- Keep clothing dry or bring an extra set.
- Bring high energy food with you and keep snacking.
- Drink lots of warm fluids.

Report violators and damage

Please report any damage or persons doing damage to the trails in Crow Wing County.

Contact Crow Wing County Land Services at 218-824-1010 or you can email us at: landservices@crowwing.us

This trail features:

- Groomed trails for classic and skate ski
- Primarily small pine trees
- Scenic views of the Mississippi River
- During summer and fall there are opportunities for hunting and hiking

