



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 liquids.

PROTECT OUR TRAILS!

YOU CAN HELP

www.crowwing.gov

Please report any damage, downed trees, or persons doing damage to the trails.

CROW WING COUNTY MINNESOTA

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

French Rapids Trail

17098 County Road 142, Brainerd

CROW WING COUNTY MINNESOTA

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 brochure provides helpful information for navigating trails and protecting them for other users. Take a quick read and hit the trail.



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.



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.

Respect private property!

ASK FIRST!



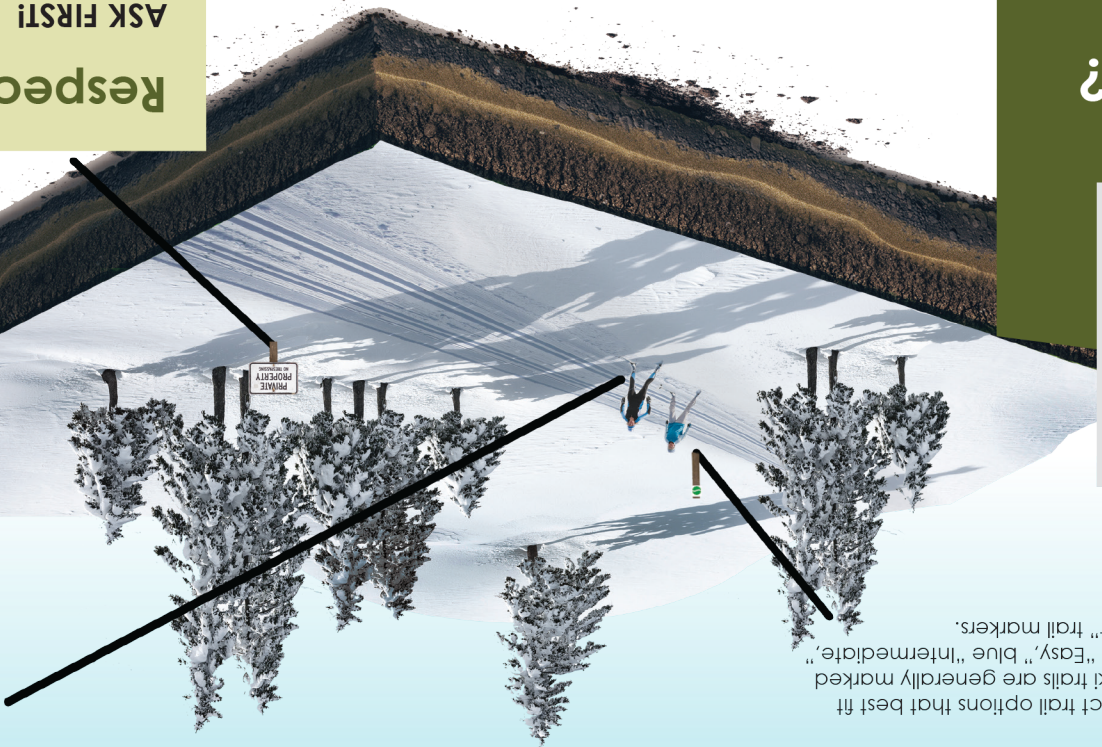
You must have permission to enter legally posted land or agricultural land. Trespassing laws apply to all outdoor recreation, including skiers. Please be aware of boundaries between county and private lands. Best practices are to remain on marked trails.

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



Help maintain groomed ski tracks.
Do not "skate ski," snowshoe, or walk over groomed ski tracks. Be careful to keep the parallel groomed grooves intact. Well-defined ski tracks are a joy to ski in, but snowshoe, foot traffic and even skate skiers can damage the tracks.

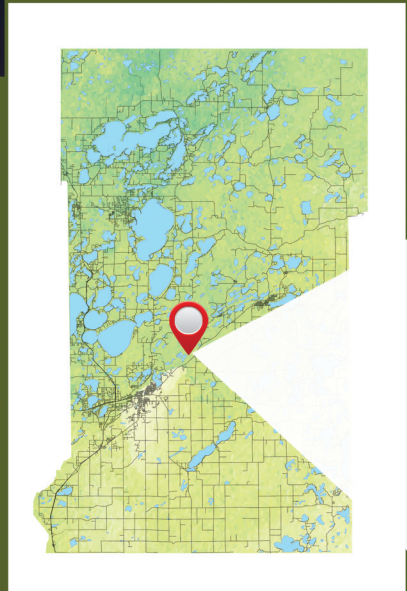




FRENCH RAPIDS TRAIL

9.5 KM (5.9 MILES)

"Minnesota's Favorite Place"



TRAIL MAP LEGEND

..... TRAILHEAD

..... PUBLIC BOAT ACCESS

..... PARKING

..... ROAD

..... TRAIL

..... TRAIL MARKER

..... SNOWMOBILE TRAIL