



NORTH DAKOTA TRAILS TOUR



At 144 miles, the biggest, baddest and longest multi-use trail in North Dakota is the [Maah Daah Hey Trail](#) stretching from near Amidon through the North Dakota Badlands almost to Watford City. While that receives much of the attention from hikers, bikers and horseback riders, it's only one of many trails across the state designed for a quick hike or ride or even several days on the route.



Maah Daah Hey Trail

Explore the Badlands as Theodore Roosevelt did on horseback or foot or jump on your modern boneshaker for what the International Mountain Biking Association deemed an Epic Ride. Hiking and horseback riding is allowed anywhere but bikers are limited to paved roads within [Theodore Roosevelt National Park](#). However, feeder trails like the Buffalo Gap Trail off the [Maah Daah Hey](#) bypass areas of the park without taking away any of the scenic wonders. Trails are clearly marked and wildlife like bison, wild horses, deer, eagles, bighorn sheep and prairie dogs are plentiful. And please, don't try to pet the bison or the prairie dogs. [Bike rentals and shuttles](#) are available in Medora.



North Country National Scenic Trail

[This segment of the 4,600-mile trail](#) from New Hampshire to North Dakota is the longest of the 11 trail segments at roughly 400 miles from Abercrombie to Pick City. Much of the trail is off-road but there is road walking as well.



North Dakota State Parks

Hundreds of miles of trails crisscross North Dakota's [19 state parks and designated recreation areas](#) and Lewis and Clark Interpretive Center. Hikers and bikers — and horseback riders at Little Missouri and Sully Creek state parks — have a wide array of trails to pick from, each offering scenic and wildlife viewing, but no two are alike. Others offer canoe and kayak rentals for those following water trails.

Beaver Lake State Park — 5.34 miles.
Relaxing prairie location perfect for leisurely walks.

Cross Ranch State Park — 12 miles.
Wooded area on the banks of the Missouri River is teeming with wildlife. Excellent for winter cross-country skiing.

Fort Abraham Lincoln State Park — 14 miles. See where history comes alive with trails throughout the fort, up the bluffs to the blockhouses overlooking the Missouri River and through On-A-Slant Indian Village.

Fort Ransom State Park — 15.5 miles.
The Sheyenne River is perfect for kayaking and canoeing within the heavily wooded park. Horseback riding and cross-country skiing also are popular. A short segment of the North Country Trail can be found here.

Fort Stevenson State Park — 9.5 miles.
On the shores of Lake Sakakawea, the park has a wide variety of trails and equipment rentals.

Grahams Island State Park — 2 miles.
Trails lead through the heavily wooded park surrounded by Devils Lake. Hike with your gear to any spot for excellent fishing.

Icelandic State Park — 4 miles. Trails lead to the Gunlogson Nature Preserve and run along Lake Renwick.



Lake Metigoshe State Park — 20 miles. On the Canadian border, trails through a system of lakes are excellent for hiking, biking, cross-country skiing and snowmobiling.

Lake Sakakawea State Park — 5 miles. On the shore of Lake Sakakawea, trails lead to and from camping areas and swim beach.

Lewis and Clark State Park — 8 miles. Self-guided nature trails provide a close look at the ruggedly beautiful park near the west end of Lake Sakakawea. Canoes, kayaks and paddleboards for rent.

Little Missouri State Park — 45 miles. Bring your horse, or just a sense of adventure to the park in the Badlands above the Little Missouri River. Corrals are available to those wanting to ride horse rather than hike.

Sully Creek State Park — 144 miles (Maah Daah Hey Trail). Minutes from Medora but miles away from the crowds. Maah Daah Hey Trail access point.

Turtle River State Park — 14 miles. Trails wind through the wooded valley and forested hills. Hiking, biking and cross-country skiing are encouraged.

National Wildlife Refuges

North Dakota has more wildlife refuges (63) than any other state. Add to that a vast number of wildlife management areas, state forests and grasslands, you have the makings of one of the top birding destinations in the world. Birds of many different feathers flock together along the trails here. Find out more in our [Watchable Wildlife suggested itinerary](#).