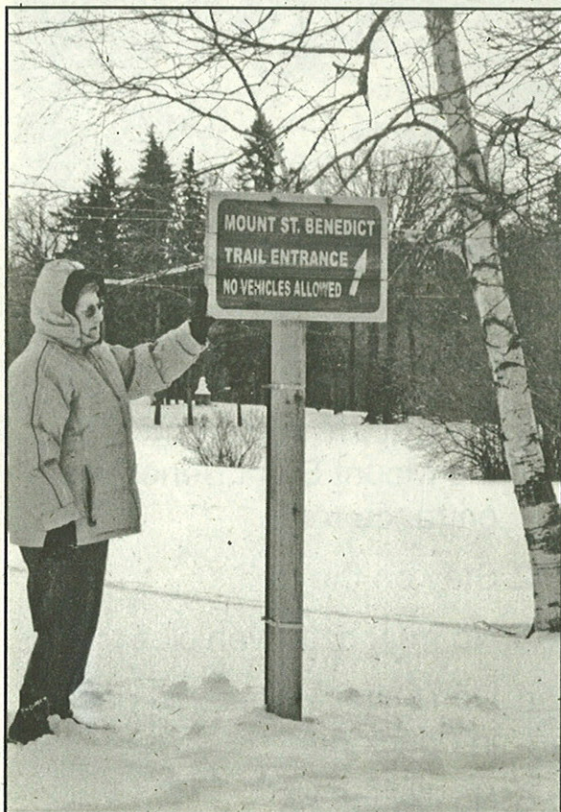


## Welcome

The sisters of Mount Saint Benedict have opened their private property to all who are interested in enjoying and preserving the natural beauty of the woods. They ask that you treat this natural resource with respect and abide by a few simple rules.



Cross-country ski packages available at the University of Minnesota, Crookston Student Center, (218) 281-8520.

### Trail Supporters:

1. City of Crookston Parks & Recreation Convention and Visitors Bureau
2. University of Minnesota, Crookston Outdoor Rental
3. Polk County Public Health-Wellness Works Events
4. Crookston Public Schools Pirate Cove and Ski Equipment
5. Trail Volunteers Remove blown down branches, mow, trim, groom, and patrol.

## Mount Saint Benedict Trail

620 Summit Avenue  
Crookston, Minnesota

*Located on the  
Red Lake River  
winding through 100 acres  
of forest in  
southeast Crookston*

### Directions:

#### From North and West

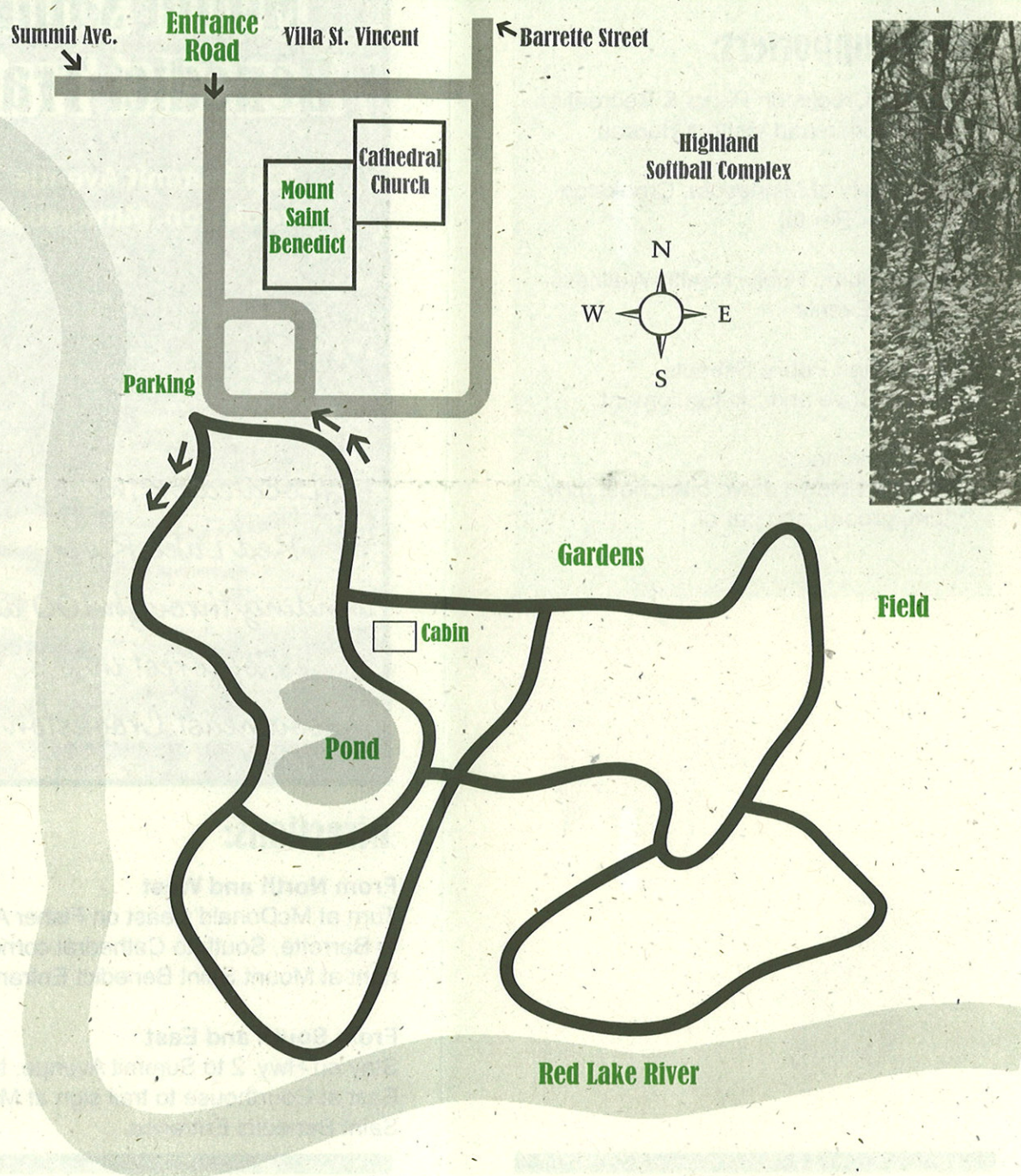
Turn at McDonald's east on Fisher Avenue to Barrette, South to Cathedral corner then right at Mount Saint Benedict Entrance.

#### From South and East

Stay on Hwy. 2 to Summit Avenue, turn East at Courthouse to trail sign at Mount Saint Benedict Entrance.



# Mount Saint Benedict Trail



## Trail Rules

1. Park at the south end of the Mount Saint Benedict entrance road.
2. Stay on the trail.
3. No motorized vehicles.
4. Don't litter - what you pack in / pack out.
5. No campfires.
6. Dogs must be under control at all times.

Total distance of all loops is about two miles.