**LAKE METIGOSHE STATE PARK**

- Non-Motorized Multi-Use Trail
- Old Oak National Recreation Trail
- Peace Garden Snowmobile Trail (3.5 miles in park)
- Park Boundary
- Roads
- Bridge

**FACILITIES**
- Trailhead
- Office
- Gift Shop
- Parking
- Playground
- Dog Park
- Amphitheater
- Point of Interest
- Picnic Shelter
- Picnic Area
- Comfort Station
- Vault Toilet
- Trailer Dump Station
- Campground
- Tent Campground
- Cabin
- Yurt
- Domes & Dining Hall
- Boat Ramp
- Fishing Dock
- Canoe/Kayak Access
- Swim Beach
- Electric Vehicle Charging Station

**Your Site #**

- Belcourt
- Rolla
- Dunseith
- Minot
- Rolla
- Bottineau

**Directions**
- Canada
- United States

**Distances**
- Hemicick Point Trail 0.57
- Hemerick Point Trail 0.5
- Old Oak Trail 0.5
- Osprey Trail 1.4 miles to Bottineau Park Entrance
- Lake Road 0.09
- Lake Metigoshe Hiking/Biking Trail 0.07
- Eagle Loop 1.22
- Tenderfoot Loop 0.77
- Beaver Loop 1.93
- Coyote Loop 1.42
- Deer Loop 1.69
- Canada/United States 3.1

**Inset Maps**
- Inset A: North Star (left)
- Inset B: South Hill (middle)
- Inset C: Masonic Island (right)
MUST SEE & DO

- Rent a canoe or kayak and explore the water trail on School Section Lake. If you are feeling adventurous, take the portage over to Eramosh Lake, which is located partially in the United States and partially in Canada.
- Download the free geocaching app, hit the trails and find several geocaches located within the park.
- Explore 14 miles of multi-use trails nestled in the scenic Turtle Mountains.
- Lake Metigoshe State Park hosts events all year round, including fall and winter Wild Outdoor Women events, day camps for kids and Halloween in July. Come for the day or make it a weekend by camping or renting a cabin.

MORE TO EXPLORE

- Explore the Old Oak Trail, North Dakota’s first National Recreation Trail. Built by the Youth Conservation Corps (YCC) in 1974, it was dedicated by Governor Arthur Link in 1976. This self-guided interpretive trail is approximately three miles in length and takes about two hours to hike. Interpretive brochures are available at the trailhead or at the park office.
- While Lake Eramosh and School Section Lake are great for paddling recreation, Lake Metigoshe is great for swimming, boating and fishing.
- The diverse habitat of the area makes for great bird watching. Thirty-seven of the over 174 birds that can be observed at the park are on the Natural Heritage Program’s state rare species list.

VISITING IN WINTER

- The park has an extensive winter trail system. Trails are groomed for cross-country skiing and packed for snowshoeing and biking. Snowshoes, kicksleds, skis and cross-country skis can be rented at the warming house near the Hemerick Trail.
- Ice fishing is a popular winter activity on Lake Metigoshe. Anglers can find species including northern pike, bluegills, crappies, walleyes and perch.
- Bring a sled and enjoy the park sledding hill located near the warming house.