

Virtual American Birkebeiner at Sugar Hills recommended course

14 K – Prince Haakon course (one lap)

26 K – Kortelopet course (two laps – but without the C to B back to C spur)

43 K – American Birkebeiner course (three laps – plus once around the 1.5K Roller Coaster loop)

Directions for a 14 K course – rough sketch map on page 2

This is a figure eight shaped course with the trail south of Long Lake skied twice. Start on Snag then switch to Long Lake Loop at L. Continue with the Long Lake Loop and on your first pass after H (just before the downhill of the Finnish Run) take the shortcut over to A. From A head on up to Wolf Track Trail, Thunder Peak, Rajala Run and back to Long Lake and H. The second time you pass H take the left fork of the Finnish Run down and back to Parking lot.

From Parking lot, take the Snag Loop left to S – to N – to M – to L

At L, take the right fork and switch to the Long Lake Loop – to J – to I – to H

First pass after the short climb after H – stay right and take the shortcut to A (don't go down the Finnish run)

Continue from A – to C to B and back to C (Kortelopet skips this C to B back to C spur)

Continue from C to E – left at E for the Wolf Track Trail/ East Loop around to F

F – to G (with a pause to admire the view from Thunder Peak) – to R – to I – to H

Second pass after the short climb after H – stay left and take Finnish Run to S and back to parking lot

To complete the 43 K American Birkebeiner at Sugar Hills – after three 14 k laps, add a just once around the 1.5 K Roller Coaster mini loop as a victory/celebration loop.

Parking lot to the Roller Coaster to M – to N – to S and back to Parking lot. Congratulations 43 K !!!

Or just carry a GPS device and Ski until you are FINNISHED...



Paul Olson – Feb 18 ,2021

Sugar Hills Cross Country Ski Trails

Intermediate to Advanced Nordic Trails

TRAIL GUIDE
Two Way Trails shown as Gray

- Snag Loop - 3 Km
- Long Lake Loop - 5 Km
- Thunder Loop - 6.5 Km
- Wolf Track Trail - 1.7 Km
- Rajala Run (G - I) - 2.5 Km
- Sunset Rip (New) - 1.5 Km
- Sugar Brook Ungroomed J-K

Trail Features / Natural Features

THE GREAT MINNESOTA
SKI PASS

MN DNR Ski Pass Required
Purchase at 888-665-4236

0.5 1 Kilometers

ts, no walking or biking on ski trails
ng the winter ski season

Trails groomed & maintained
by the ALL VOLUNTEER
Northern Lights Nordic Ski Club
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