

The North Country Trail around Bad Medicine Lake

The North Country National Scenic Trail is a footpath stretching over 4,800 miles from central Vermont to central North Dakota. It is the longest of the eleven National Scenic Trails authorized by Congress and is administered by the National Parks Service.

Locally, the trail happens to run just to the North and West of Bad Medicine Lake.

The North Country Trail Association (NCTA) is a membership organization of trail enthusiasts from 37 Chapters and Affiliates that work throughout their local communities to support the North Country National Scenic Trail. This trail-wide coalition of volunteers and partners helps to develop, maintain, protect and promote the North Country National Scenic Trail as the premier hiking path across the northern tier of the United States.

The Laurentian Lakes Chapter of the NCTA maintains over 60 miles of the trail through Becker and Clearwater Counties using only volunteers and donations. We currently have about 125 chapter members and a small subgroup of them maintain the trail using mowers, chainsaws, hedge clippers, pruners, snowblowers and the many hours of walking it takes to cover our section. We are always looking for more help so please consider offering some of your time. With a little coordination, you could host a family outing or social gathering as a trail maintenance event that could be great for everyone! We could help you make any day or time fit into your schedule whether it is one person or a group.

Our chapter is named after the Laurentian Divide, a north-south divide separating the waters of the northern midwestern United States from the waters of eastern and southern Canada either flowing north to the Hudson Bay or south to the Gulf of Mexico. The section of our trail from Tamarac to Long Lost Lake follows the divide.

The trail in our local area crosses the Hubbel Pond Wildlife Management Area, the Tamarac National Wildlife Refuge, Becker County Forest, the Greenwater Lake Scientific and Natural Area, the White Earth State Forest and Itasca State Park as it winds through the forest and prairie fields and around lakes, rivers and ponds. Historical points of interest include old railroad beds used for logging, evidence of the first settlers, work of the Civilian Conservation Corps (CCC), life of the Ojibwa, the headwaters of the Mississippi River.

You can learn more about the trail and join the Laurentian Lakes Chapter at northcountrytrail.org. To volunteer for local trail work contact one of our Bad Medicine Lake area crew coordinators, Chuck Church and Jim Eisele, or email us at LLC@northcountrytrail.org.

Robert Becklund, President
Laurentian Lakes Chapter