

# North Country National Scenic Trail

## Regional Overview



### About Us



**The North Country Trail** — 4600 miles stretched across seven states all made possible by the hard work of more than 800 volunteers each year. This is the Great Lakes, the Northwoods, the path of westward expansion — a footpath linking communities from New York to North Dakota.

While only a few have taken on the whole trail in one shot, thousands find their way onto a section of the NCT each year. Spring, summer, fall or winter, the vast geographic expanse the trail follows offers something for everyone year-round. Whether it's winter camping and snowshoeing, long-distance trail running or a quiet weekend with the grandkids, you can find what you're looking for on the North Country Trail. This trail can be rugged and welcoming, remote and festive. It's all right there for you to choose your own adventure.

Opportunities for a day, week, month or more abound on the trail. And for many of us, this starts near our own backyard, in our local community or in our home state.

Connect with us at [northcountrytrail.org](http://northcountrytrail.org)