

## 6. Knowlton Creek Route



View of Knowlton Creek Glen near the e-bike trail, photo spot #1

**Highlights:** The beautiful glen in the pine forest of the e-bike trail. The beautiful meadow in the pine forest. The two awesome overlooks on the LSHT. The quiet hardwood forest on the LSHT spur trail.

**Parking and Directions:** From 35W take the **Grand Ave Exit** going west. Drive west on **Grand Ave.** until you see the **Spirit Mt. sign**. After parking in the Spirit Mt. Chalet lot, head up **Signs for LSHT on left and bike trail on right.**

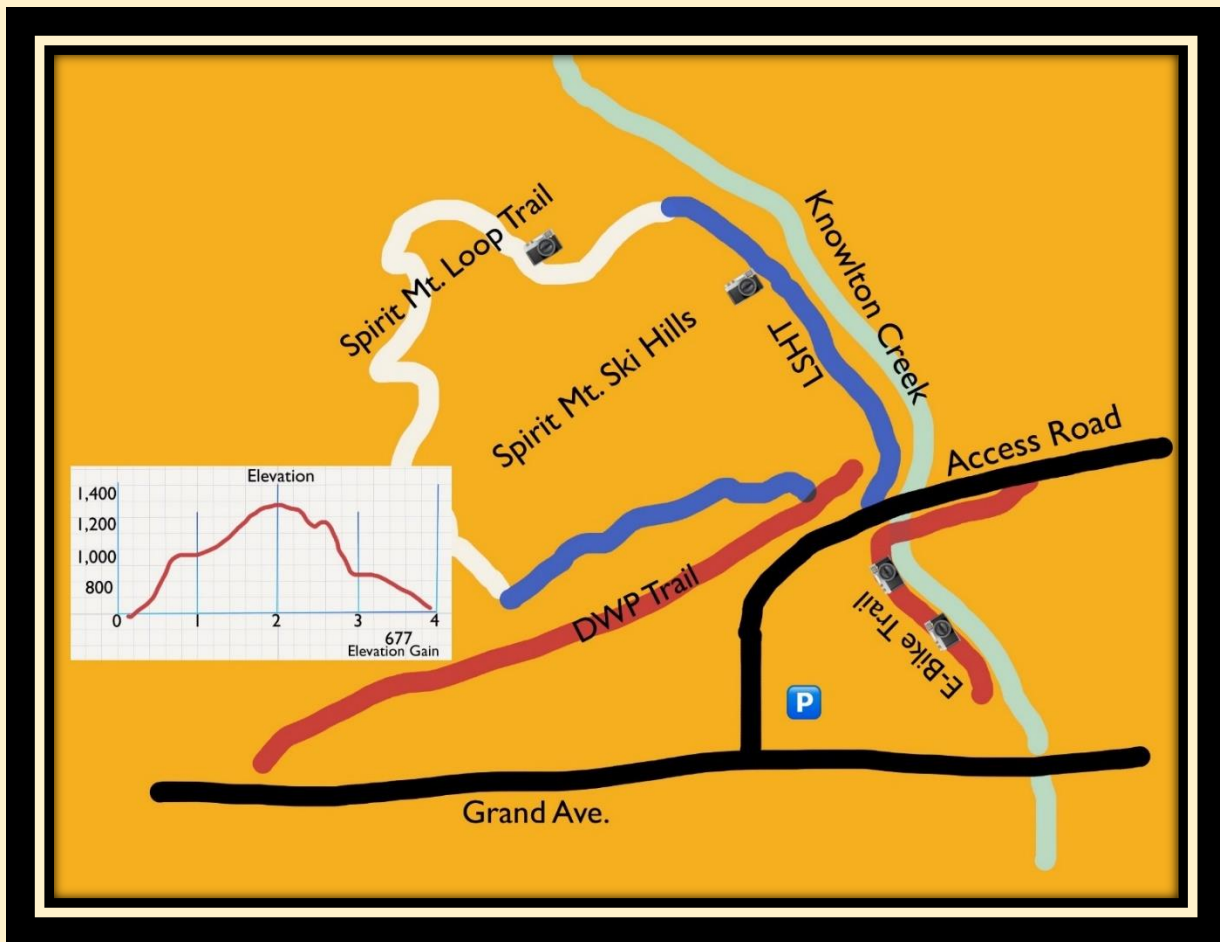
**Distance:** 3.5-mile loop

**Difficulty:** strenuous climb the first half of the trail. Roads, parking lots and tricky trail signs on LSHT spur trail.

**Recommended for:** experienced hikers



Spirit Mountain Grand Ave. Entrance Sign



## The Route:

**Mile 1:** Head into the beautiful pine forests on the bike trail. The trail eventually brings you close to the highlighted **rock canyon**. Take time to head down to the creek for photos. Continue on to the **open meadow**, that is covered in wildflowers all summer and across the wooden bridge. Soon you see the access road above you and when it is easiest head up a path to the road. After you are on the road start looking for the LSHT signs up to your left.

Once on the LSHT, you head straight up the hill along Knowlton Creek. This is a beautiful forest area and there are many opportunities to head over to the creek and enjoy the boulder filled Knowlton Creek. About one-half a mile up the trail, you will see a sign that leads to your left to an overlook. This would be a great photo spot in fall. About three fourths of a mile up the hill you come across a huge valley. This is the Knowlton Creek valley.

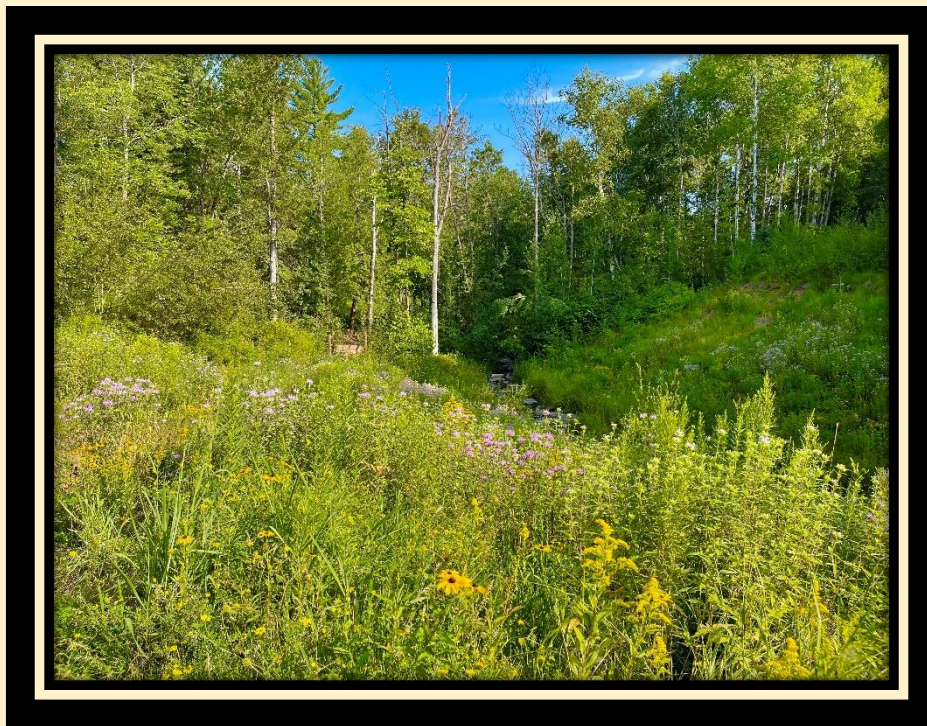
At just about the mile mark going up the hill, you come to a snowmobile trail. **Make sure you go straight across the road and then look to your left for the start of the LSHT spur trail (Spirit Mt. Loop Trail with white tree markings)**

**Mile 2:** At about another quarter mile you come to a parking lot. Head across the parking lot and you will see signs for the spur trail. Before you do that head up the gravel road to the top of the ski hill. **There is a beautiful panoramic view of St. Louis River Valley.** You will eventually come to the **West Skyline Blvd** and need to look across the road to see the stairs and sign for the LSHT spur trail. You soon come to another parking lot which you need to head to the right exit and cross the campground road. You are now into a beautiful hardwood forest which runs across the top of the hill and through the campground. You will come to the campground store, when open offers beverages and snacks. Continue to the left of the store and down the hill. You will end up on the campground road and through the camping sites. Follow the road until you get to the **blue biffy**. The trail heads downhill to the left of the biffy.

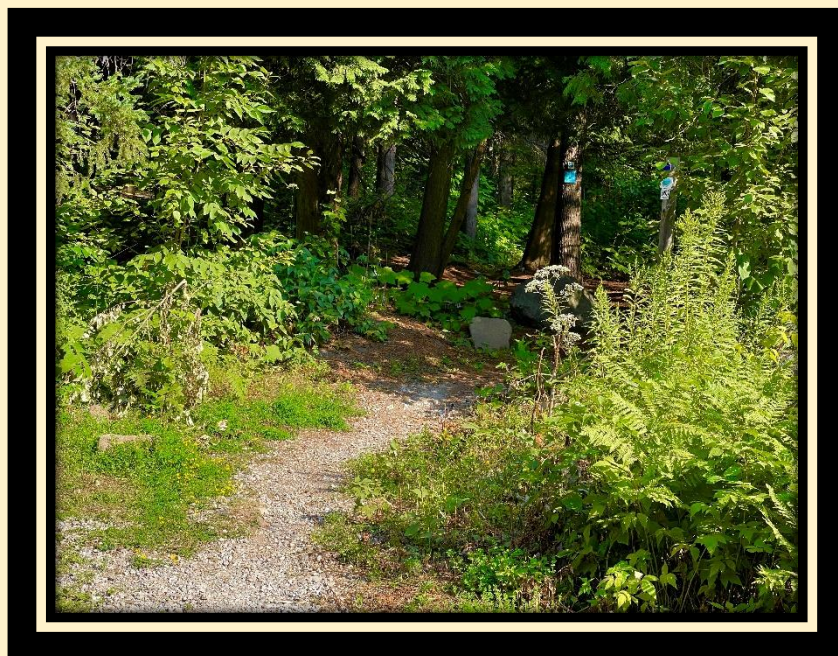
**Mile 3:** The trail heads downhill crossing a road and several bike trails (**watch for bikes**). Just before the three-mile mark you run into the intersection of the main LSHT. **Turn left and be sure to follow the blue tree markings.**

**Mile 4:** The last stretch of the trail is through mixed forest and crosses the DWP bike trail. Eventually, you see ski hills and finally the chalet. Head down past the chalet to your car.





**Wildflowers of the open meadow, photo spot #2**



**LSHT sign off of the Spirit Mt. access road**

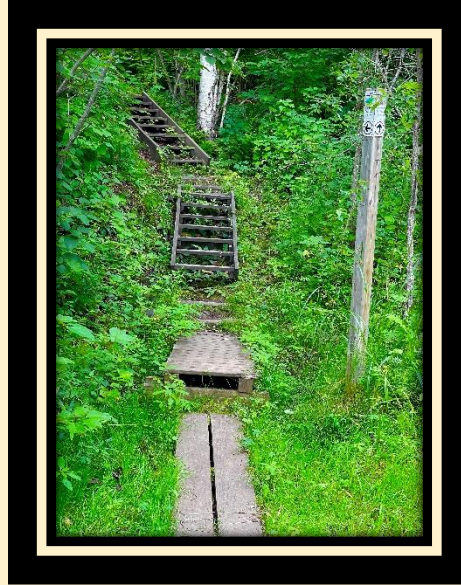




**LSHT overlook of St. Louis River, photo spot #3**



**View of St. Louis River Valley from the top of the ski hill, photo spot #4**



**Stairs across the Skyline Blvd.**



**Blue Biffy and trail sign**

**Extended Route:** When you get to the **DWP Trail**, instead of going east, **head west** as far as you want to go before turning around and heading for the Spirit Mt. chalet.

**Family Friendly Hike:** For a nice hike in the woods with family try the **Spirit Mt E-bike loop**. It is about a mile loop with some great places to explore the creek. If the Chalet is open, they have indoor toys and snacks available at the bar, restaurant.

## **After the hike:**

This is a very strenuous hike up to the top of the mountain, but the creek and overlooks are worth it. Head to the **Spirit Mt. Chalet** for a cold one or the **Tapa Keg** by the zoo if the Chalet is not open.

Strava Link

[JLKnowlton Creek Spirit Mt Loop | 3.4 mi Hiking Trail on Strava](#)