Here is a list of distances between shelters on the Arrowhead State Trail

- ~9 miles- Start in I-Falls to Shelter#1
- 11.14 miles- From Hwy 53 to Shelter #2
- 6.73 miles- Shelter #2 to Gateway Store (Checkpoint 1) 35.45 miles from start.
- 12.74 miles-Gateway Store to Shelter #3
- 9.14 miles- Shelter #3 to #4
- 12.13 miles- Shelter #4 to MelGeorges Elephant Lake (Checkpoint 2) 70 miles from start.
- About 2 miles from MelGeorges to Shelter #5
- 13.9 miles MelGeorges to Shelter #6 Near Myrtle Lake
- 11.92 miles Shelter #6 to #7 Elbow Lake
- 12.93 miles Shelter#7 to #8 Wakemup hill (Skipulk Checkpoint is about 10mi from Shelter #7)
- about 2.5 miles Shelter #8 to road crossing near Crescent Bar
- ~24 miles Shelter #8 to Fortune Bay Finish and 65 miles total from Melgeorges checkpoint to the finish.
- Shelter #9 lies about halfway between Shelter #8 and finish.