

## Trails along or near the Minnesota St. Croix Scenic Byway



### **Swedish Immigrant Trail**

Abandoned Railroad corridor along Highway proposed trail from Wyoming to Taylors Falls. The goal of the Swedish Immigrant Trail Project is to build and maintain a 20-mile, multi-use, hard surface trail that provides a safe route for recreation and alternative transportation, while interpreting and celebrating the Swedish immigrant history of Chisago County.

<http://www.traillink.com/project/swedish-immigrant-trail.aspx>

### **Sunrise Prairie Trail**

The Sunrise Prairie Trail runs north–south atop an abandoned right-of-way along a Burlington Northern Rail corridor, traversing residential neighborhoods in Forest Lake and North Branch, southern and northern terminus, respectively, with mostly farmland in the middle. The trail also runs through hardwood forests and crosses several wetland areas. Wildlife is abundant, and you may see grouse, whitetail deer, wild turkey and waterfowl, as well as native prairie and wildflowers.

<http://www.traillink.com/trail/sunrise-prairie-trail.aspx>

### **Hardwood Creek Trails**

The Hardwood Creek Regional Trail is actually two parallel trails running along US 61 in rural Washington County, Minnesota. The paved trail is open for biking, walking, running and inline skating, while the adjacent grass trail is for equestrian use in the summer and snowmobile use in the winter.

The entirety of the trail is located on an abandoned Burlington Northern rail line.

[http://www.traillink.com/trail/hardwood-creek-trail-\(sunrise-prairie-trail\).aspx](http://www.traillink.com/trail/hardwood-creek-trail-(sunrise-prairie-trail).aspx)

### **Lost Valley Prairie Scientific and Natural Area**

<http://www.dnr.state.mn.us/snas/detail.html?id=sna01041>

### **Afton to Lakeland Trail**

The Afton to Lakeland Trail links its namesake towns on the Minnesota side of the St. Croix River. The trail runs between Pike Avenue near the Afton City Hall and Hudson Rd./8th St. at Crocker Park in Lakeland. The flat trail parallels County Road 18 (once called Old Highway 95), passing through St. Mary's Point, Lake St. Croix Beach, Lake St. Croix and Lakeland Shores.

<http://www.traillink.com/trail/afton-to-lakeland-trail.aspx>

### **Afton State Park Trails:**

Self-guided .75-mile trail begins at the visitor center. Plus, there are 20 miles of hiking, 4 miles of paved bike trails and .6 miles of wheelchair accessible trails.

[http://www.dnr.state.mn.us/state\\_parks/afton/trails.html](http://www.dnr.state.mn.us/state_parks/afton/trails.html)

### **St. Croix Bluffs Regional Park:**

St. Croix Bluffs Regional Park contains four miles of hiking/walking trails through prairie, woods and the St. Croix River Valley. One mile of paved biking trails serves as a link from the park office to the campgrounds.

<http://www.co.washington.mn.us/index.aspx?nid=1362>

### **The St. Croix Savanna Scientific and Natural Area**

<http://www.dnr.state.mn.us/snas/detail.html?id=sna01061>

### **Stillwater Walking Trails**

- **Historic Fairview Cemetery**—lovely historic cemetery established in 1867. Multi-use route 0.8 miles on outside roads, 2 miles or more if walking interior path.
- **North Hill I**—hilly terrain and historical neighborhood, No sidewalks north of Wilkins Street Distance 2 miles.
- **North Hill II**—Hilly terrain distance 2 miles/double back.
- **McKusick Trail**—Gentle terrain and Lake McKusick. Nature trail is gravel benches along route.
- **Amundson Trail**—Quiet residential street connects to North Hill II trail, no sidewalks, distance 0.6 miles
- **Long Lake Trail**—Beautiful natural multi-use routes, Parking available during no school hours Distance 2 miles.
- **Historic Downtown Stillwater**—A short and simple walk designed for families and individuals. This route offers an even terrain, distance 1 mile.
- **The Determinator**—A more difficult and intense walk featuring hills, stairs and historic sites. Distance 3 miles.

<http://www.ci.stillwater.mn.us/vertical/Sites/%7B5BFEEF821-C140-4887-AEB5-99440411EEFD%7D/uploads/SteptOutBrochure.pdf>

### **William O'Brien State Park – Riverside Trail**

The Riverside Trail is a fully accessible 1.5-mile loop that begins in the lower park at the picnic grounds. It is self-guided with interpretive signs located along the trail. It is one of the most beautiful trails in the St. Croix valley with spaced rest areas and benches to enjoy spectacular views across the river.

[http://files.dnr.state.mn.us/destinations/state\\_parks/william\\_obrien/accessible\\_trail.pdf](http://files.dnr.state.mn.us/destinations/state_parks/william_obrien/accessible_trail.pdf)

### **Marine on St. Croix Loop**

Passing by William O'Brien State Park, this is a 5.99 mi Bike Ride in Marine On St Croix, MN. The Bike Ride has a total ascent of 98.43 ft and has a maximum elevation of 820.21 ft. This quiet little river town is the site of the first European settlement on the St. Croix River. Similar in size to Afton, it is nestled in a wooded valley 1 mile from scenic William O'Brien State Park. Originally founded as a lumber town, it has become a popular destination for cyclists touring the St. Croix valley. It's the perfect place to stop for a mid-ride break or to use as a starting point for exploring northern Washington and southern Chicago counties.

[http://www.trails.com/tcatalog\\_trail.aspx?trailid=BGM035-012](http://www.trails.com/tcatalog_trail.aspx?trailid=BGM035-012)

### **Falls Creek Scientific and Natural Area**

<http://www.dnr.state.mn.us/snas/detail.html?id=sna01057>

## **Franconia Bluffs Scientific and Natural Area:**

<http://www.dnr.state.mn.us/snas/detail.html?id=sna02045>

### **Gateway State Trail**

The Gateway State Trail is an 18 mile multiple use trail that runs from Pine Point Park, near Stillwater, to St. Paul and the State Capitol Complex. Gain access to the trail from Washington County Hwy 55 along the St. Croix Scenic Byway's *Stillwater to Marine and Scandia Historic Backway*. This paved trail passes through a cross-section of urban areas, parks, lakes, wetlands and fields, starting in Washington County. The Gateway also provides connections to many local and regional trails. Located on a former Soo Line Railroad grade, the trail is generally level and wheelchair accessible. Along the eastern 10 miles of the Gateway Trail from Pine Point Park to I-694, an adjacent unpaved trail is available for horseback riding, or carriage driving. During winter months the eastern portion between Pine Point Park and Highway 12 is groomed for classical cross-country skiing.

[http://www.dnr.state.mn.us/state\\_trails/gateway/index.html](http://www.dnr.state.mn.us/state_trails/gateway/index.html)

### **Gateway – Brown's Creek Trail**

The recently acquired 6.4 mile Brown's Creek Trail will connect with the Gateway Trail, enabling trail users to go from the St. Croix River (in downtown Stillwater) to the Mississippi River. The Gateway-Brown's Creek Trail is being developed as a multi-use trail providing biking, rollerblading, running, walking, horseback riding and cross-country skiing to trail users year round.

<http://gatewaybrowns creektrail.org/>

### **Pine Point Regional Park**

Pine Point Regional Park contains five miles of turf trails for hiking that meander through a mature pine forest. The Gateway Trail Head begins in Pine Point Regional Park

<http://www.co.washington.mn.us/index.aspx?nid=1362>

### **Interstate State Park to Taylors Falls Trail**

Interstate State Park near Taylors Falls has a small network of trails along the St. Croix River. One trail, the Railroad Trail, runs for 1.5 miles on the northwest side of US8/MN Hwy 95 somewhat removed from the river and among a densely forested canopy. The river trail follows closer to the river on the southeast side of US 8/MN Hwy 95; both begin at the boat rental area on Milltown Road (south end of the park) and end at the boat tour dock at the northeastern park boundary. Other trails within the park include:

- The **Sandstone Bluffs Trail** winds along walls of sandstone rock deposited 500-600 million years ago by an ancient sea. In most areas within the park, this soft rock was later worn away by the rushing waters of the glacial St. Croix River. This one mile trail is the most challenging of the four trails within the park, but the breathtaking view at its peak is well worth the uphill hike. 1 mile in length.
- **MN Hwy 95 Overlook**—Enjoy beautiful views of the St. Croix River at one of several overlooks along the **River Trail**. This 1.25 mile trail is a linear path between the glacial pothole area and the park's campground. The **River Trail** includes up and downhill hiking through wooded areas bordering the river, and offers glimpses of a variety of plants and wildlife along the way.

- **Angle Rock**—Enjoy a breathtaking view of the St. Croix River when you make the short walk to Angle Rock. At this point, the river makes a 90 degree turn and follows the path of an ancient rift. The rift was a series of large cracks that split the earth's crust 1.1 billion years ago. Lava spilled out of the rift and pooled over a large area from Canada, through Michigan, Wisconsin, eastern Minnesota, Iowa, Nebraska and Kansas. When the lava cooled and hardened, it became the basalt rock found throughout the park. Much later, the glacial St. Croix River rushed downstream and encountered the inactive rift in the basalt bedrock. It was easier for the river to wear through that crack, so it took a sharp curve to flow there.

<http://www.traillink.com/trail/interstate-state-park-to-taylors-falls-trail.aspx>

### **Wild River State Park**

More than 30 miles of hiking and cross country ski trails attract visitors to Wild River State Park. Opportunities exist for both novice and experienced trail users. About 14 miles of beginner trails, 16 miles of intermediate trails, and 3 miles of advanced trails await cross country skiers. Seventeen miles of trails are groomed for combined cross country and skate skiing. Twenty miles are available for horseback riding from May 1 – October 31. Lots of options exist for taking a short 10 minute jaunt or a longer three hour adventure.

The year-round heated trail center with modern restrooms and fireplaces provides a good starting location for your outing. Cross country ski and snowshoe rental is available here throughout the winter months. Adjacent to this building is the Vanished Forest Exhibit. Or, you may choose to start at the Visitor Center, which offers more information and exhibits. Trails include:

- **Mitigwaki Loop**—The Mitigwaki loop begins at the Visitor Center. This loop is just over one mile in length and goes through oak woods on the ridge above Dry Creek. A spur trail connects the Visitor Center with the Trail Center. "Mitigwaki" is an Ojibwe word for oak woods.
- **Amador Prairie Loops**—The Amador Prairie loops begin at the Trail Center. These loops will take you through a level open grassland with scattered oak islands. A one mile or two mile loop runs north of the trail center. Tall prairie grasses and wildflowers can be seen on these loops.
- **Old Logging Trail (Universal Trail)**—This fully accessible asphalt-surfaced trail includes the Old Logging Trail and part of the Mitigwaki Loop. It provides access for all non-motorized uses other than horseback riding and links the Trail Center, Visitor Center, picnic area and campground. This mostly-wooded trail is just under three miles in length. The Hiking Club route follows a part of this trail and the next:
- **River Trail**—This wooded trail provides access to the backpack campsite at Spring Creek and links up the picnic area with the river access. The river trail is 1 1/2 miles in length. A highlight on this trail is the Nevers Dam overlook and history display.
- **River Terrace Loop**—This wooded, scenic loop begins in the picnic area and is 1 1/2 miles in length. The trail provides access to the campground on the north end of the loop by climbing 164 winding steps. Excellent hike for spring wildflowers and birds. Winter hiking and snowshoe trail.
- **Dry Creek**—This secluded trail along a north-facing hillside lies on the south side of Dry Creek. A historic cement structure is located adjacent to this trail which is a scenic route off the Pioneer trail.

- **Pioneer Trail**—The Pioneer trail itself is just over two miles in length but is reached via a 3/4 mile access trail beginning at the Trail Center and running through oak woods, savanna, and a small prairie. The Pioneer trail runs along the edge of an open grassland area. This is a popular horse trail. The Meadow Vista backpack campsite is located adjacent to this trail.
- **Deer Creek Loop**—This three mile loop trail is reached via a 1/2 mile access from either the Visitor Center or the River Access. The trail crosses the scenic Deer Creek bridge and part of the trail is located along the historic Point Douglas to Superior Military Road (Old Military Road). The trail also provides access to Deer Creek and Buck Hill backpack campsites.
- **Sunrise Trail**—This trail extends north ten miles from the Trail Center to the Sunrise River. The trail crosses Amador prairie and passes through pine plantations, bottomland, and upland hardwood forests. Two Adirondack trail shelters are located along this trail.
- **Sunrise Loop**—The Sunrise Loop can be accessed from the Sunrise picnic area and river access parking lot. This rugged five mile loop crosses a large beaver dam area through bottomland hardwood forest and can be seasonally wet.
- **Goose Creek Loop**—This three mile loop provides access to the Goose Creek campsite. It goes through bottomland hardwood forest along the river and receives minimal summer trail maintenance due to difficult access and a high water table. Winter hiking and snowshoe trail.
- **Aspen Knob Loop**—This two mile trail begins at the Trail Center with access through an oak woods and scattered white pines adjacent to the park office. Steep hills and rugged terrain make this an expert skate ski loop. The trail provides access to Aspen Knob and Breezy Valley backpack campsites.
- **White Pine Ridge Trail**—This very scenic 1/2 mile loop trail is just south of the Pioneer Trail. A spectacular view of the river valley can be seen from the bench located at the top of the hill.

[http://www.dnr.state.mn.us/state\\_parks/wild\\_river/trails.html](http://www.dnr.state.mn.us/state_parks/wild_river/trails.html)

#### **Kettle River Scientific and Natural Area**

<http://www.dnr.state.mn.us/snass/detail.html?id=sna00950>

#### **Chengwatana State Forest:**

Recreational opportunities include hiking, snowmobiling, horseback riding and ATV trails.

[http://www.dnr.state.mn.us/state\\_forests/sft00012/index.html](http://www.dnr.state.mn.us/state_forests/sft00012/index.html)

#### **St. Croix State Forest:**

Recreational opportunities include hiking in the forest or accessing the Willard Munger State Trail, the Gandy Dancer Trail and the St. Croix State Forest OHV trails.

[http://www.dnr.state.mn.us/state\\_forests/sft00044/index.html](http://www.dnr.state.mn.us/state_forests/sft00044/index.html)

#### **Willard Munger State Trail (Two different segments along route)**

The **Matthew Lourey State Trail** honors the memory of a U.S. Army Chief Warrant Officer from Minnesota who lost his life in Operation Iraqi Freedom. This is an 80-mile natural surface trail used primarily for snowmobiling, horseback riding, hiking and mountain biking. This trail passes through remote forests linking St. Croix State Park with the Chengwatana, St. Croix and Nemadji State Forests. Some areas may be impassable in summer.

The 63 mile **Hinckley - Duluth segment** of the Willard Munger State Trail is completely paved, and extends between the cities of Hinckley, Willow River, Moose Lake, Barnum, Carlton, and Duluth. The trail passes near Banning State Park, through Finlayson, Willow River and General C.C. Andrews State Forest, and through the spectacular scenery of Jay Cooke State Park. The northeast portion of the trail provides scenic views of the St. Louis River and the twin ports of Duluth and Superior.

[http://www.dnr.state.mn.us/state\\_trails/willard\\_munger/index.html](http://www.dnr.state.mn.us/state_trails/willard_munger/index.html)

### **Gandy Dancer Trail** (Northern and Southern Sections):

This 98-mile, "interstate" trail crosses into Minnesota and then back again into Wisconsin on its way from St. Croix Falls to its connection with the Saunders State Trail just south of Superior. In Wisconsin the trail is maintained and managed by Polk, Burnett and Douglas counties. The Minnesota DNR manages the section of the Gandy Dancer trail in Minnesota. The 51-mile northern section between Superior and Danbury is primarily a snowmobile/ATV trail, while the 47-mile southern section between St. Croix Falls and Danbury offers a more traditional and leisurely rail-trail experience. The southern section has a well-maintained, crushed limestone surface and scenic views of northwestern Wisconsin.

"Gandy Dancer" is derived from the trail's former use as a railroad corridor. In the 1880s crews building and maintaining the corridor used tools manufactured by the Chicago-based Gandy Tool Company; crews often worked in unison to a vocal and mechanical beat, much like a well-rehearsed dance. Beginning in St. Croix Falls, the Gandy Dancer Trail travels north through the communities of Centuria, Milltown, Luck, Frederic, Lewis, Siren, Webster and Danbury.

Before heading down the trail, consider a side trip to Interstate State Park (just down the road from the Polk County Information Center), where you can marvel at the beauty of the St. Croix River and the unique glacial heritage of the area. Railroad buffs will enjoy the restored railroad depot and museum in Frederic.

<http://dnr.wi.gov/topic/parks/name/gandydancer/north.html> and

<http://www.traillink.com/trail/gandy-dancer-trail---southern-section.aspx>

### **Wisconsin Interstate State Park**

- **Eagle Peak Trail** (0.8-mile linear)—A trail to the highest point in the park overlooking the valley. Hike 120 feet in elevation from the Pines Group Camp up to Eagle Peak. Return from the Peak to the Group Camp or continue to the South Campground past a 1930s CCC traprock quarry. Unsurfaced; stone stairs; uneven and steep terrain.
- **Echo Canyon Trail** (0.7-mile loop)—Connects Summit Rock and Lake O' the Dalles Trails. After leaving the Summit the trail descends into Echo Canyon, an extinct riverbed carved by glacial meltwaters. The steep, rocky talus slope of the canyon walls cools the surrounding air. The trail intersects Lake O' the Dalles Trail on the north shore. Unsurfaced; stone stairs; uneven and steep terrain.
- **Horizon Rock Trail** (0.5-mile linear)—Route of the National Scenic Ice Age Trail; connects Pothole Trail to the Ice Age Center. The trail ascends from cool, damp creek bed up along a wooded bluff to high, dry Horizon Rock where prairie plants thrive. Named for its panoramic view of the river valley, Horizon Rock has a historic

- stone shelter from which to enjoy the view. Continue past the shelter to the Ice Age Center. Unsurfaced; stone stairs; uneven terrain; observation point from shelter.
- **Lake O' the Dalles Trail** (1.0-mile loop)—Wildlife viewing trail. Circles 23-acre Lake O' the Dalles, connects the Beach, River Bottoms Picnic Area and the Camp Interstate Shelter. Forty yards of the trail follows the park road where a bridge crosses Dalles Creek. Unsurfaced, stone stairs; accessible fishing pier, Beach House.
  - **Meadow Valley Trail** (0.3-mile linear)—Connects Horizon Rock Trail to the Beach parking area. Steep, switchback Talus Slope Trail descends the bluff below Horizon Rock Shelter to Meadow Valley Trail. Here the trail follows an extinct riverbed of glacial meltwaters now filled with ferns, mosses and wildflowers. Unsurfaced; stone stairs; uneven terrain.
  - **Pothole Trail** (0.4-mile loop)—One of Interstate's many hiking trails. The western terminus of the 1,200-mile National Scenic Ice Age Trail and the most geologically unique trail in the park. A short hike to scenic views of the Dalles of the St. Croix River gorge. Walk atop Old Man of the Dalles rock formation past world famous potholes formed by glacial meltwaters. Gravel surfaced; stone stairs; uneven terrain; observation deck and bench.
  - **Ravine Trail** (0.5-mile linear)—Connects Skyline Trail to the Beach parking area. The trail descends 260 feet in elevation from the rim of the valley through ferns and old growth forest to a stone shelter built in the 1930s. Unsurfaced; uneven and steep terrain; 40 wooden steps; shelter building.
  - **River Bluff Trail** (0.7-mile loop)—The trail intersects Lake O' the Dalles Trail on the north shore. From the lake the trail winds between canyon and pond up to the precipitous edge of the lower gorge. Near its end the trail descends 60 feet in elevation from bluff to River Bottoms Picnic Area. Unsurfaced; stone stairs, uneven and steep terrain.
  - **Silverbrook Trail** (1.2-mile linear)—Wildlife viewing trail. Hike through a variety of habitats to a remote area of the park rich in local history. The trail follows part of the original road from St. Croix Falls to Osceola. Pass by an abandoned copper mine to the grounds of Silverbrook Mansion and view 18-foot Silverbrook Falls. Unsurfaced; accessible; observation point and bench.
  - **Skyline Nature Trail** (0.75-mile loop)—The self-guided interpretive trail begins at the Ice Age Center. Interpretive labels describe the changing landscape of plant communities. Unsurfaced; accessible.
  - **Skyline Trail** (1.6-mile linear)—The longest trail in the park includes Skyline Nature Trail and part of the National Scenic Ice Age Trail; connects the Pines Group Camp to the Ice Age Center and intersects Ravine Trail. The trail climbs past rock-strewn ravines to the forested rim of the valley. Unsurfaced, uneven and steep terrain; wooden benches.
  - **Summit Rock Trail** (0.5-mile loop)—A trail to the highest point on the bluffs with spectacular views of the river gorge. At the intersection turn right through Canyon Valley to the Summit. View Old Man of the Dalles rock formation located high on the Wisconsin bluffs upriver from the Pothole Trail observation area. At the intersection past the Summit stay left to return to the trail head; to the right is Echo Canyon Trail. Unsurfaced; stone and wooden stairs; uneven and steep terrain; observation point.

<http://dnr.wi.gov/topic/parks/name/interstate/>

### **St. Croix Freefall - Interstate Park to Dresser, WI**

This is one spectacular ride that will have you wondering why Wisconsin is called "America's Dairyland" — the "Midwest Mountain State" might be more appropriate. Geologists believe that millions of years ago there were mountains here that were taller than the Rockies. What remains are ridges of those mountains, with significant enough elevation change to provide spectacular views and plenty of challenges for all bicyclists. Take some time to explore the park, where roads cut through the dense forest and lead to a secluded lake and the banks of the river. Wildlife, particularly deer, are abundant in the park as well as along the route; keep your eyes open for the white tails. The park alone is worthy of its own bike ride, with more than 5 miles of paved roads and 200 feet of elevation gain and loss through spectacular and rugged scenery within its boundaries. Things to see: Interstate Park, several lakes, grand vistas, St. Croix Falls.

[http://www.trails.com/tcatalog\\_trail.aspx?trailid=BGM026-014](http://www.trails.com/tcatalog_trail.aspx?trailid=BGM026-014)

### **Trails of St. Croix Falls, WI**

- Gaylord Nelson Riverwalk
- Gandy Dancer Trail
- Interlink Trail
- Indianhead Trail
- Ladder Tank Trail
- Huff-it Trail
- Mindy Creek Trail
- Pothole Trail
- Riegel Park Trail
- River Bluff Trail
- Wert Trails (in process)
- Zillmer Trail

[http://www.co.polk.wi.us/landinfo/pdfs/GeneralMaps/SCF\\_Trails\\_Map\\_Phase2\\_V3.pdf](http://www.co.polk.wi.us/landinfo/pdfs/GeneralMaps/SCF_Trails_Map_Phase2_V3.pdf)

### **Farms, Forest and River Loop:**

This scenic ride starts in the small valley town of Taylors Falls, which sits at the head of the highest and steepest cliffs along the St. Croix River. Many years ago this section of river became known as the Dalles of the St. Croix. Some of the lava cliffs in this Midwest gorge tower as high as 200 feet over the river, while in places the water depth reaches 100 feet. Settled in 1838, the town became an important lumbering center during its early years. Besides being an historic river town, Taylors Falls sits between two state parks and is a popular destination for rock climbers and canoeists. Almost any road from town climbs steeply—except for the one that you'll ride on this loop. It's a long climb out of the valley, yet several level stretches make it more pleasant than a continual ascent.

Read more at Trails.com: [Farms, Forest, and River Loop | Taylors Falls Minnesota Road Bike Rides | Trails.com](http://www.trails.com/tcatalog_trail.aspx?trailid=BGM035-016#ixzz2YHPcWw00) [http://www.trails.com/tcatalog\\_trail.aspx?trailid=BGM035-016#ixzz2YHPcWw00](http://www.trails.com/tcatalog_trail.aspx?trailid=BGM035-016#ixzz2YHPcWw00)

### **Stardig's Co-Motion Cruise:**

This cruise starts in Osceola, Wisconsin, named in honor of a Seminole Indian chief. The route takes advantage of the valley's landscape as it travels counterclockwise. For the first 16 miles you will enjoy the lush scenery as you pass through the rolling farmland. Circling



to the east, you will soon cruise down along the Apple River to a town established in the 1850s with a working trout farm. As you travel north, you will encounter your first of two major climbs. At the top of the first hill, pick up your cadence a bit as you enjoy several true Wisconsin rollers. As you meander from one scenic lake to another, you will soon hit that second wall. Here at the top of this ridge you will have a great view of the St. Croix River valley before descending to a town known for its traprock and downhill skiing. Now back in the valley, enjoy a few more rollers as you cruise back to the park in Osceola. In Osceola visit the restored Soo Line Depot where the Osceola & St. Croix Valley Railway offers train rides along the St. Croix River.

Read more at Trails.com: [Stardig's Co-Motion Cruise | Osceola Wisconsin Road Bike Rides | Trails.com](http://www.trails.com/tcatalog_trail.aspx?trailId=BGM064-012#ixzz2YHQKs6v) [http://www.trails.com/tcatalog\\_trail.aspx?trailId=BGM064-012#ixzz2YHQKs6v](http://www.trails.com/tcatalog_trail.aspx?trailId=BGM064-012#ixzz2YHQKs6v)

### **Ice Age Trail – St. Croix Falls Segment**

The St. Croix River valley was formed when the glacial lobe in the area retreated. Meltwater created Glacial Lake Duluth. Then giant floods drained the lake and cut the valley through billion-year-old volcanic basalt bedrock. The seven-mile St. Croix Falls segment, starting from the north, begins just off River Rd with a hike along the scenic shoreline of the St. Croix River—stay close to the riverbank. After 0.5 miles the Trail crosses bridgeless Big Rock Creek, which can be crossed on steppingstones. It may require a ford during high water runoff. In another mile the Trail passes a primitive shoreline campsite, part of the St. Croix National Scenic Riverway, and is on a first come, first served basis. The Trail leaves the river shoreline and exits through Lions Park, with a picnic area, water and restrooms. The segment continues across STH-87 from Lion's Park in the Wert Family Nature Preserve for 0.2 miles, then onto the Mindy Creek section of the segment via an old logging road. The Trail veers south as it enters woods and climbs through forest. Cross rock steppingstones just above the site of an old Homestead Dam. The Trail finishes its ascent at a short spur trail to the right, which leads to a scenic vista looking west over the St. Croix River....for more details on how to hike the remainder of the St. Croix Falls segment to the western terminus of the 1000-mile long Ice Age Trail at Wisconsin Interstate State Park, link to *Ice Age Trail Polk and Burnett Counties Map 17d* on this page, the Ice Age Trail Alliance, or Wisconsin Department of Natural Resources Ice Age Trail websites: <http://indianhead.iceagetrail.org/hike-the-chapter> and <http://dnr.wi.gov/topic/parks/name/iceagetrail/index.html>

To reach the Ice Age Trail western terminus in Interstate State Park by car: From St. Croix Falls at the intersection of US 8 and WI Hwy 35, take WI Hwy 35 south for 0.6 miles. Turn west, enter Interstate State Park and follow park roads 1.5 miles to the Pothole Trail parking area. Additional parking at the Interpretive Center in Interstate State Park.

**This is a representative listing of some of the most important trails along or near the St. Croix Scenic Byway. Other trails may have been omitted. Check out the following links and site-specific links for current updates; and remember that most local and State parks and natural areas also have trails. Additional Sources:**

<http://www.trails.com>

<http://www.scout.me/bike-paths-and-trails>

[http://files.dnr.state.mn.us/recreation/biking/bike\\_riding\\_opportunities.pdf](http://files.dnr.state.mn.us/recreation/biking/bike_riding_opportunities.pdf)