

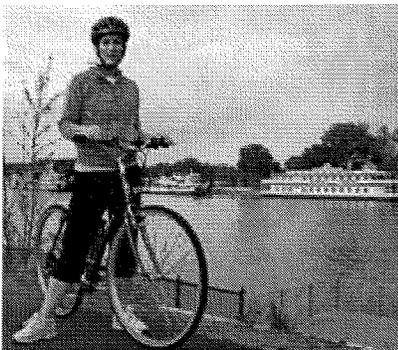
National Park Service
U.S. Department of the Interior



Mississippi National River and Recreation Area Mississippi River Trail

NPS Trail Guide

Riverside trails within the Mississippi National River and Recreation Area are a small part of a much larger system of bicycle routes that follow the Mississippi from Lake Itasca to the Gulf of Mexico. The **Mississippi River Trail (MRT)** stretches 3,000 miles through 10 states. Sometimes, the trail is on roads and streets, sometimes atop levees, and in other sections, the route is an off road trail for bicyclers and walkers only. Somewhere along the Mississippi, you can find a route to meet any purpose.



In Minnesota, the Department of Transportation (**DOT**) is leading the effort to identify and sign the trail from Lake Itasca to the southern border of the state. The grand opening of the first signed portion of the trail happened on June 6, 2009. The DOT has published a **signage plan** of the MRT in the metro area. This map identifies the streets and trails the MRT signage is set to be installed from Ramsey and Dayton on the north end of the Mississippi National River and Recreation Area to the south end of the park at Hastings. The DOT's **Share The Road** website is an excellent way to learn about safe bicycling and the

dangers of the road.

The National Park Service has also published a **guide to riverside trails** within the park. This guide is designed to help users identify the locations of water fountains, restrooms, parking lots and other points of interest along the route.

The Mississippi River Trail is sponsored by **MRT, Inc.** This organization focuses on identifying and signing the route and encouraging use through all 10 states. They are also a major fundraiser for the development of new trails and partnerships.

National Park Service
U.S. Department of the Interior



Mississippi National River and Recreation Area

Biking

⇒ Places to Go

Mississippi River Trail

Ride a portion of the 3,000 mile long bicycle trail that follows the entire Mississippi River.
more...

Coon Rapids Dam

Egret Boulevard, Coon Rapids, MN 55433

The Anoka County Park System contains miles upon miles of paved, limestone aggregate and natural surface trails. Enjoy the trail system year-round! Paved trails are designed for bicycling, rollerblading, jogging, and hiking. A ribbon of maintained paved trailway connects Coon Rapids Dam Regional Park in Brooklyn Park to Elm Creek Park Reserve in Maple Grove (North Hennepin Trail Corridor is 5.7 miles).

more...

Crosby Farm Regional Park

2595 Crosby Farm Rd. Saint Paul, MN 55116

Crosby Farm offers seperated, paved paths for both pedestrians and bikers. Located near the confluence of the Minnesota and Mississippi River, the park offers a four miles of path on the Mississippi River bottoms.

more...

Fort Snelling State Park

101 Snelling Lake Road, St. Paul, MN 55111

Fort Snelling State Park offers 18 miles of cross-country skiing trails, 18 miles of hiking trails, 5 miles of biking trails, golf and canoe rentals, picnicking, fishing, boating, and swimming. There is also the nearby Fort Snelling Golf Course.

more...

Hidden Falls Regional Park

Mississippi River Blvd St Paul, MN 55116

Beginning seven miles north of the confluence of the Mississippi and Minnesota River, the park offers paved biking and hiking trails, picnicking facilities and great opportunities a multitude of birds.