



2024

TrailLink Unlimited



Guides



## Cascade Lake Trail

*Minnesota*



## Cascade Lake Trail

Minnesota

*Offering a pleasant path along the southern side of Cascade Lake, the Cascade Lake Trail allows cyclists and pedestrians to explore*



Offering a pleasant path along the southern side of Cascade Lake, the Cascade Lake Trail allows cyclists and pedestrians to explore the grounds around the lakeshore and Cascade Lake Park, home to a number of athletic fields and recreation space. The trail serves as an extension of the [Cascade Creek Trail](#), which connects to several other trails in the area trail network and also leads into part of downtown Rochester. In a city known for its medical facilities and research, the Cascade Lake Trail helps provide another means of getting in some exercise and staying healthy.



# Cascade Lake Trail

*Minnesota*

**States:** Minnesota

**Counties:** Olmsted

Length: 1.4miles

**Trail end points:** Mohn Park to Cascade Creek  
Trail

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike, Inline Skating, Walking

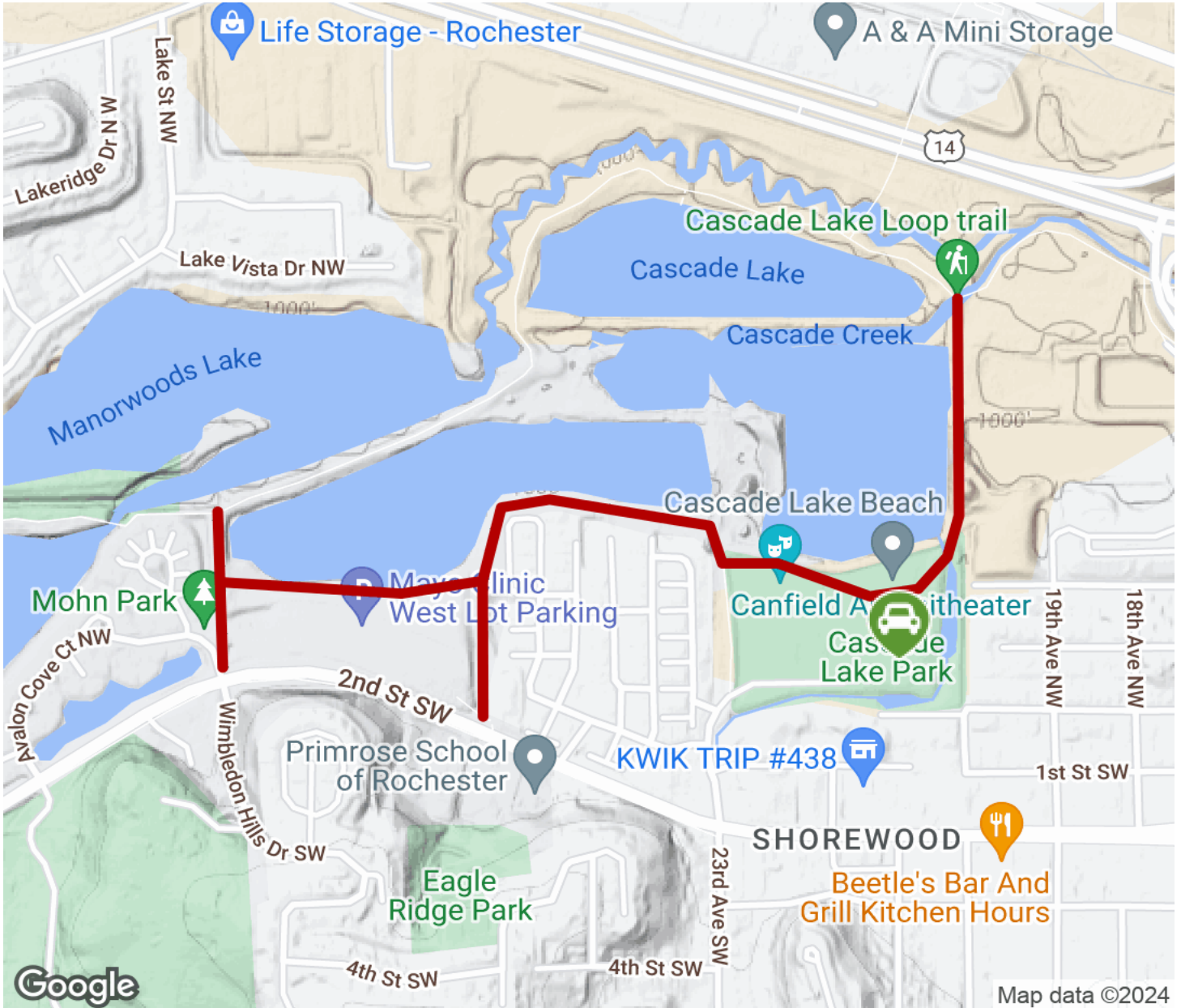
## Parking & Trail Access

Parking is available at Cascade Lake Park, located at 88 23rd Avenue SW in Rochester.



# Cascade Lake Trail

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**