



2026

TrailLink Unlimited 

Guides



**Cascade
Creek Trail**
Minnesota



Cascade Creek Trail

Minnesota

Linking some of Rochester's most popular parks and recreation sites, the Cascade Creek Trail follows its namesake creek for over



of the lake to reach the Arianna Celeste Macnamara Memorial Bridge, which links the park with the beginning of the [Douglas-Cascade rail-trail](#).

On the eastern edge of the lake, the trail heads under the highway along the creek, with a short sidewalk segment along 4th Street helping to fill in the gap before the trail resumes across 16th Avenue. Passing through a series of city parks and residential neighborhoods, the trail continues along the pleasant natural corridor formed by the creek, coming to an end where the creek meets the South Fork of the Zumbro River - a trail continues north along the river via a bridge over Broadway Avenue.

Linking some of Rochester's most popular parks and recreation sites, the Cascade Creek Trail follows its namesake creek for over three miles, from Manorwoods Lake and Cascade Lake in the west, to the creek's terminus at the Zumbro River. The trail is paved and well-maintained, with ample streetlamps lighting the way as it passes through the heart of Rochester, making it a useful and popular means for cyclists and pedestrians to get around the city and get in some outdoor exercise.

The trail begins in the west on the wooded grounds of Mohn Park, and travels east along a narrow strip of land between Manorwoods Lake and Cascade Lake. Trail users can turn south to continue on the Cascade Lake Trail, which loops around the southern half of the lake through Cascade Lake Park, or continue along the northern edge



Cascade Creek Trail

Minnesota

States: Minnesota

Counties: Olmsted

Length: 3.6miles

Trail end points: Lachencrest Ln NW to 3rd Ave. NW

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline Skating,Walking

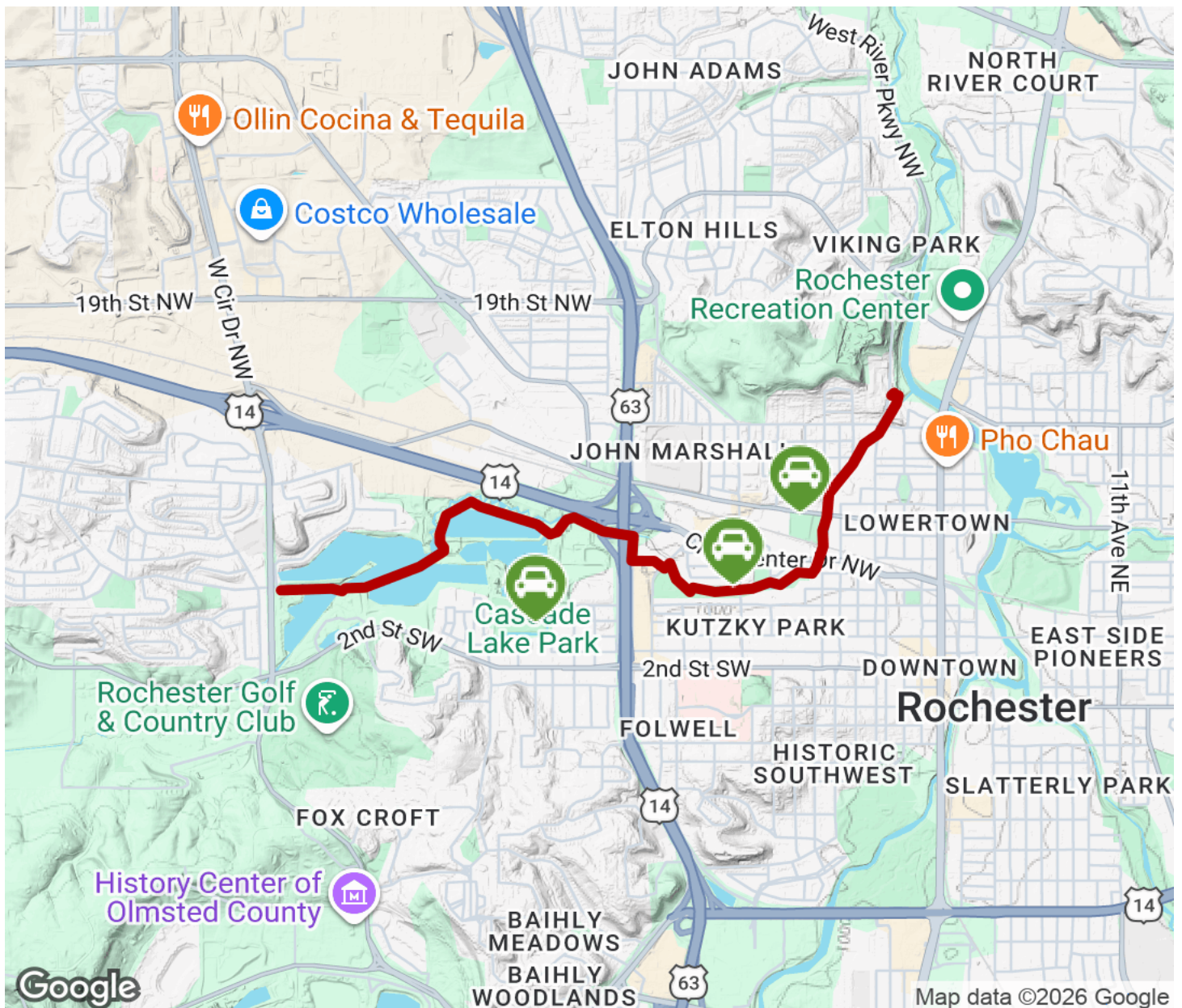
Parking & Trail Access

Parking is available along the trail at Cooke Park (722 7th St. NW), Kutzky Park (213 13th Ave. NW), and at Cascade Lake Park (88 23rd Avenue SW).



Cascade Creek Trail

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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