



2025

## TrailLink Unlimited 🔯



Guides 🕫 🤝 😲









## Cascade Lake Trail

Minnesota



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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.





**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.







