



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.



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



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.



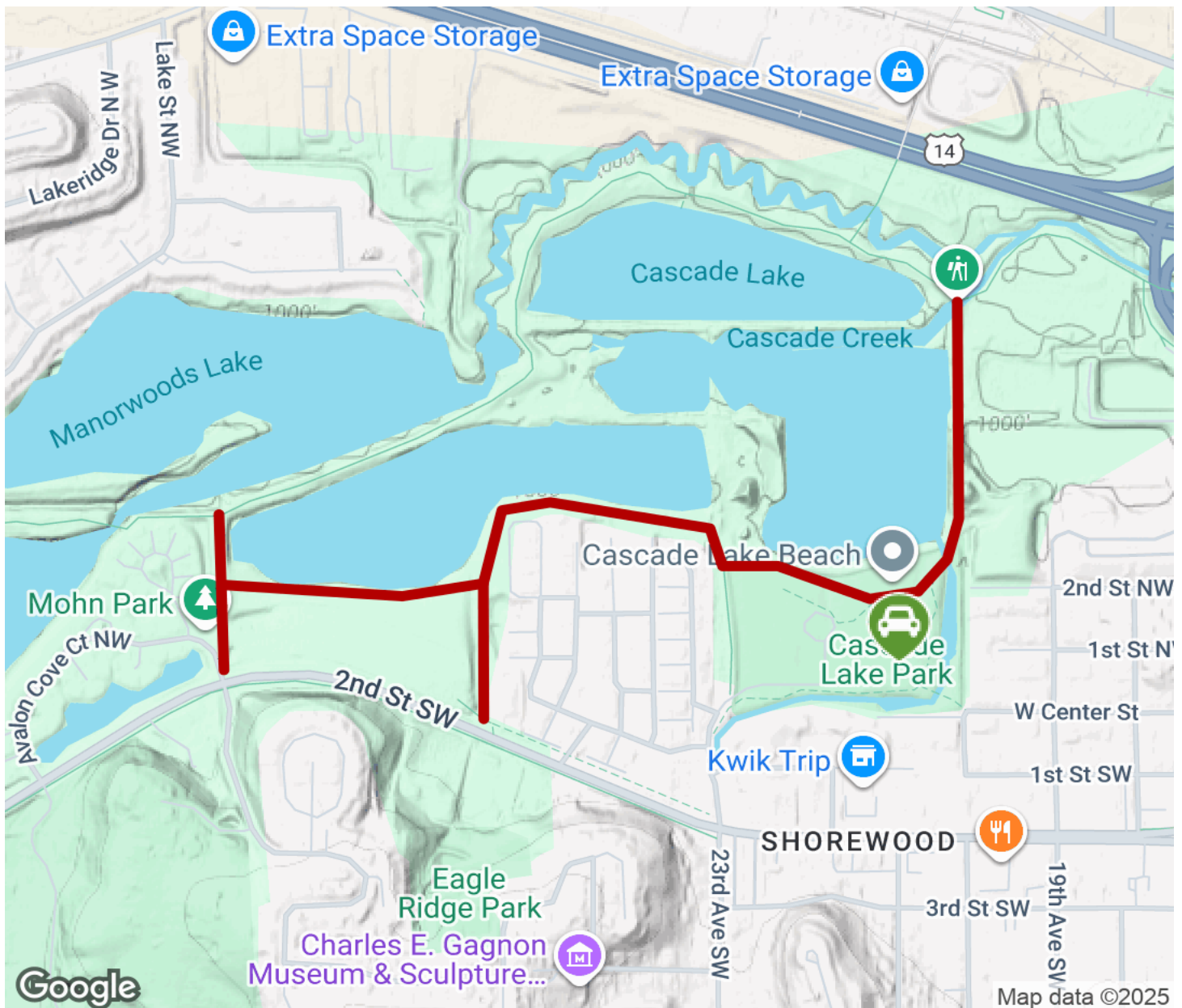
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Cascade Lake Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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