



2026

TrailLink Unlimited



Guides



South Frontage Bike Path

Minnesota



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Minnesota

Connecting neighborhoods and trails in southern Rochester with the important Cascade Creek Trail corridor, the South Frontage



Connecting neighborhoods and trails in southern Rochester with the important [Cascade Creek Trail](#) corridor, the South Frontage Bike Path serves a key role in the off-road transportation network, providing a welcome alternative to the nearby highway for cyclists and pedestrians. The path itself is little more than a wide, asphalt sidewalk, with a notable incline on the southern half of the trail, but the tall sound barrier helps to isolate the trail from the cars whizzing by to the east, and the smooth pavement makes it ideal for a quick ride or stroll.

Trail users can continue along the sidewalk south of the trail to link up with the [Salem Road Bike Path](#), or use the northern end of the trail to connect into Cascade Lake Park or head east towards downtown Rochester via the Cascade Creek Trail.



South Frontage Bike Path

Minnesota

States: Minnesota

Counties: Olmsted

Length: 1miles

Trail end points: 6th St. SW to Cascade Creek
Trail

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline Skating, Walking

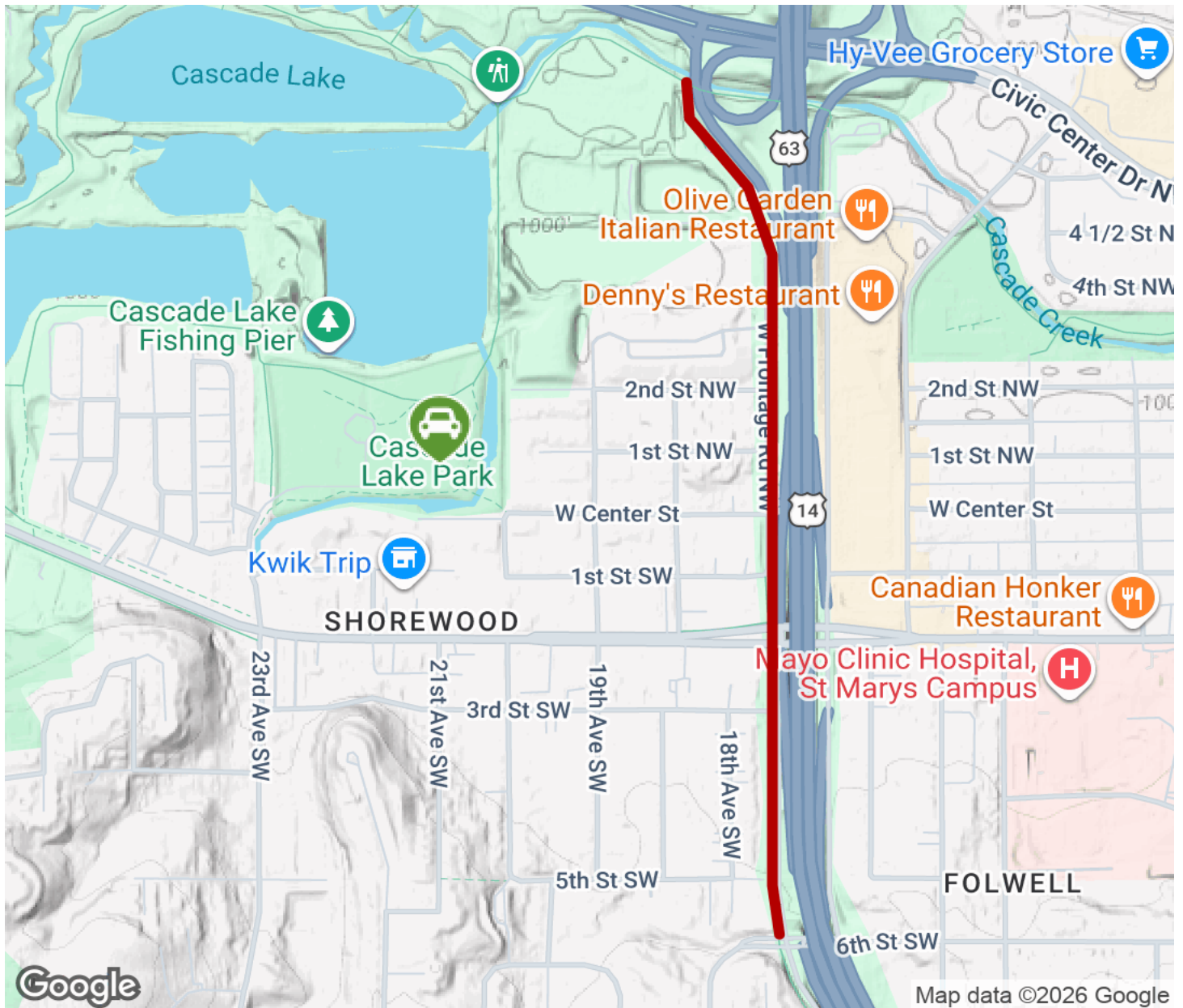
Parking & Trail Access

Parking is available nearby within Cascade Lake Park, located at 88 23rd Avenue SW.



South Frontage Bike Path

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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