



2025

TrailLink Unlimited 

Guides



Essex Park Trail

Minnesota



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The Essex Park Trail is a short, paved trail that connects neighborhoods in northern Rochester with the verdant grounds of Essex Park, home to playgrounds and plenty of open recreation space. The trail makes for an ideal spot for dog-walkers and joggers, and can serve as a neighborhood shortcut to the start of the [Zumbro North Trail](#), which follows the course of the river into downtown Rochester. A small, forested creek provides some scenic accompaniment along the way.



TrailLink
by Rails-to-Trails Conservancy

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Essex Park Trail

Minnesota

States: Minnesota

Counties: Olmsted

Length: 1.1miles

Trail end points: 50th St. NW to Essex Park

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline Skating,Walking

Parking & Trail Access

Parking is available in Essex Park, located at 5455 W River Road NW.



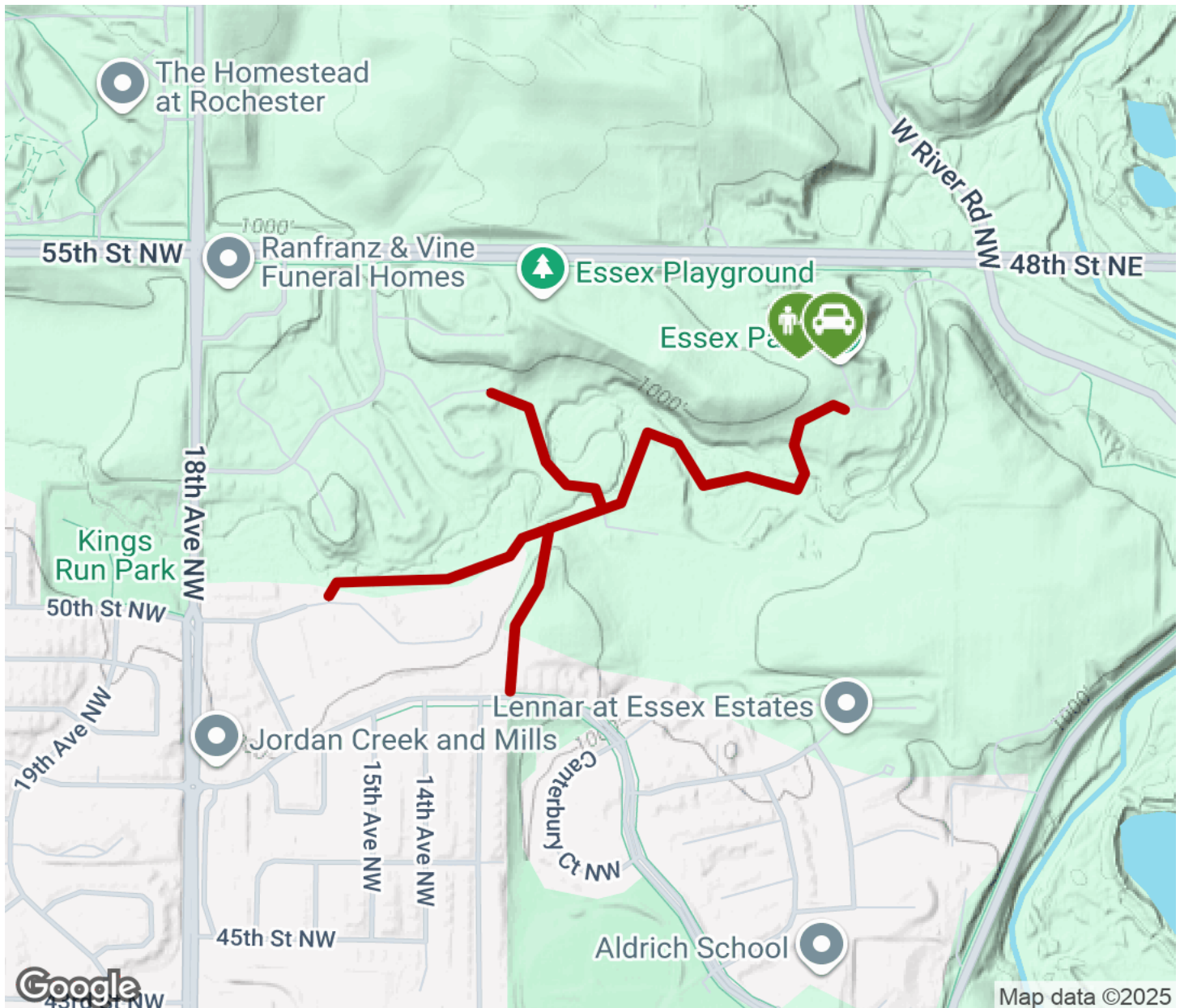
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Essex Park Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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