



2025

TrailLink Unlimited 

Guides



**Mississippi
River
Regional Trail
(Anoka)**
Minnesota



Mississippi River Regional Trail (Anoka)

Minnesota

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The Mississippi River Regional Trail in Anoka County stretches over 19 miles along the the east side of the river. The trail crosses the county from north to south, running through the communities of Ramsey, Anoka, Coon Rapids and Fridley.

The trail begins in Ramsey, paralleling Highway 169 through a mix of farmland and industrial areas. From there, the setting transitions to mainly residential. The trail branches into the Mississippi West Regional Park, where it traces the east bank of the river, which is buffered by trees and other vegetation. This is repeated throughout the journey, the trail running through more populated areas and then periodically escaping into quiet green spaces. The parks along the way act as trailheads and as sites of refreshment and rest, before continuing on

the rest of the journey.

The trail also connects to other regional trails: In Ramsey, it meets the [Central Anoka County Regional Trail](#) while at the Coon Rapids Dam Regional Park, it links up with the [Coon Creek Regional Trail](#). The Rum River Regional Trail intersects with the Mississippi River Regional Trail in Akin Riverside Park, Anoka. The [Rice Creek West Regional Trail](#) meanders along Rice Creek in Fridley. Finally, at the county line, trail users can extend their ride on Minneapolis' [Grand Rounds Scenic Byway](#) system.

The trail is mostly off-street, but there are significant on-street segments, in bike lanes, road shoulders and along low-stress residential streets.

The Mississippi Regional River Trail in Anoka County is part of a longer bike route tracing the river's journey from its headwaters in Itasca State Park, Minnesota to its mouth on the Gulf of Mexico.



Mississippi River Regional Trail (Anoka)

Minnesota

States: Minnesota

Counties: Anoka

Length: 19.2miles

Trail end points: Dayton Port Roadside Park (Ramsey) to Manomin Park (Fridley)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline Skating, Walking

Parking & Trail Access

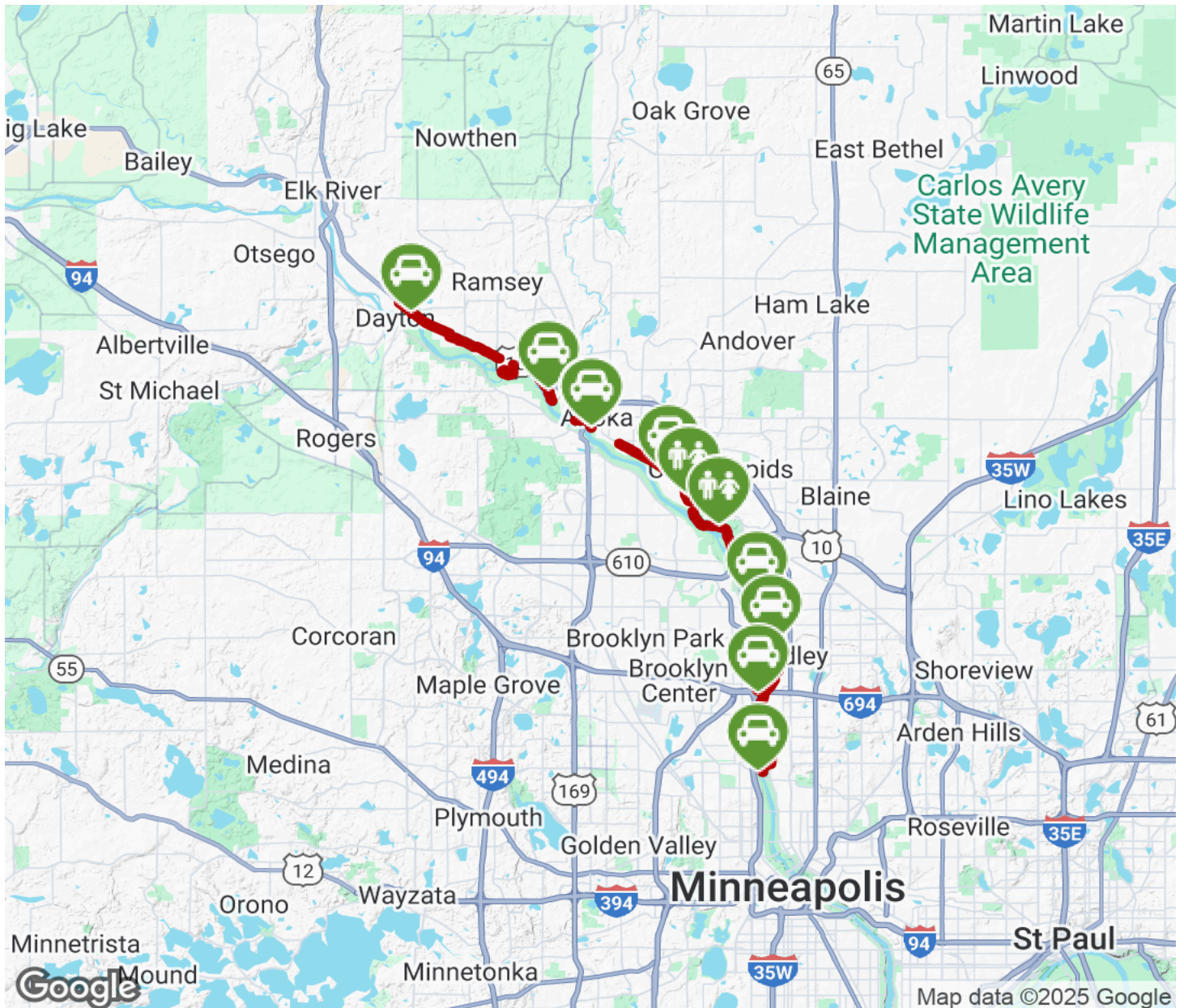
Parking options include:

- Dayton Port Roadside Park (9344 US-169, Ramsey)
- Mississippi River Community Park (2751 Cutters Grove Cir, Anoka)
- Akin River Park, at the boat launch (1515-1567 2nd Ave, Anoka)
- Coon Rapids Ice Center / Boulevard Park (11000 Crooked Lake Blvd NW, Coon Rapids)
- Riverside Park (2420 105th Ave NW, Coon Rapids)
- Mississippi River Dam parking at Coon Rapids Dam Regional Park (9750 Egret Blvd NW, Coon Rapids)
- Riverview Heights Park (along 79th Way NE, Fridley)
- Manomin Park (East River Road & Hartman Circle NE, Fridley)



Mississippi River Regional Trail (Anoka)

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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