



2026

TrailLink Unlimited 

Guides



**Bruce Vento
Regional Trail**
Minnesota



Bruce Vento Regional Trail

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The Bruce Vento Regional Trail is named in honor of Bruce Frank Vento, a member of the U.S. House of Representatives from 1977 until he died in 2000, representing Minnesota's fourth congressional district. Vento is recognized for his efforts to clean up the environment.

The regional trail, which runs for 8.3 miles, links the White Bear Lake area with the Bruce Vento Nature Sanctuary on the eastern edge of downtown Saint Paul, near the Mississippi River at the intersection of Commercial St and E. 4th St.

About the Route

The trail leaves off from its northern end along Buerkle

Road and heads south along the rail corridor. This section is primarily residential, with some sections briefly following along the roadside. The trail skirts Lake Phalen along a tree-lined corridor. It is difficult to see the lake from this angle, but trail users can hop on the nearby Lake Phalen Trail.

After passing through Eastside Heritage Park, the trail leaves its decidedly urban corridor as it heads south within the scenic ravine that cuts through Swede Hollow Park. Immediately south of Swede Hollow Park, the trail passes through the stone arches of the bridge known as the Seventh Street Improvement Arches. Built in 1884, it is considered one of the most important feats of engineering in Minnesota history and one of the few examples of this style of construction in the United States—not to mention the only one of its type in Minnesota. Locally quarried limestone was used for most of the stonework: The wing walls and abutments were carved from Saint Paul gray limestone, and buff-colored Kasota limestone came from quarries in the Minnesota River Valley.

The Bruce Vento Regional Trail comes to its southern endpoint shortly after this, located along 4th St. E in the Bruce Vento Nature Sanctuary.

Connections

In the Gladstone neighborhood, the trail connects to the [Gateway State Trail \(Willard Munger State Trail\)](#).

Trail users can connect to the [Lake Phalen Trail near Lake Phalen](#).

Just south of Lake Phalen, the Bruce Vento Regional Trail connects to the [Johnson Parkway Regional Trail](#).

At the southern end of the trail, the trail connects to the [Indian Mounds Trail](#).



Bruce Vento Regional Trail

Minnesota

States: Minnesota

Counties: Ramsey

Length: 8.3miles

Trail end points: Buerkle Road (White Bear Lake) to Bruce Vento Nature Sanctuary (St. Paul)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike,Inline

Skating,Walking,Wheelchair Accessible,Cross Country Skiing

Parking & Trail Access

The Bruce Vento Regional Trail runs between Buerkle Road (White Bear Lake) and Bruce Vento Nature Sanctuary (St. Paul).

Parking is available at:

- Harvest Park, 2561 N Barclay St (Maplewood)
- 520 Payne Ave (St. Paul)
- 588 E 7th St (St. Paul)

See [TrailLink Map](#) for all parking options and detailed directions.



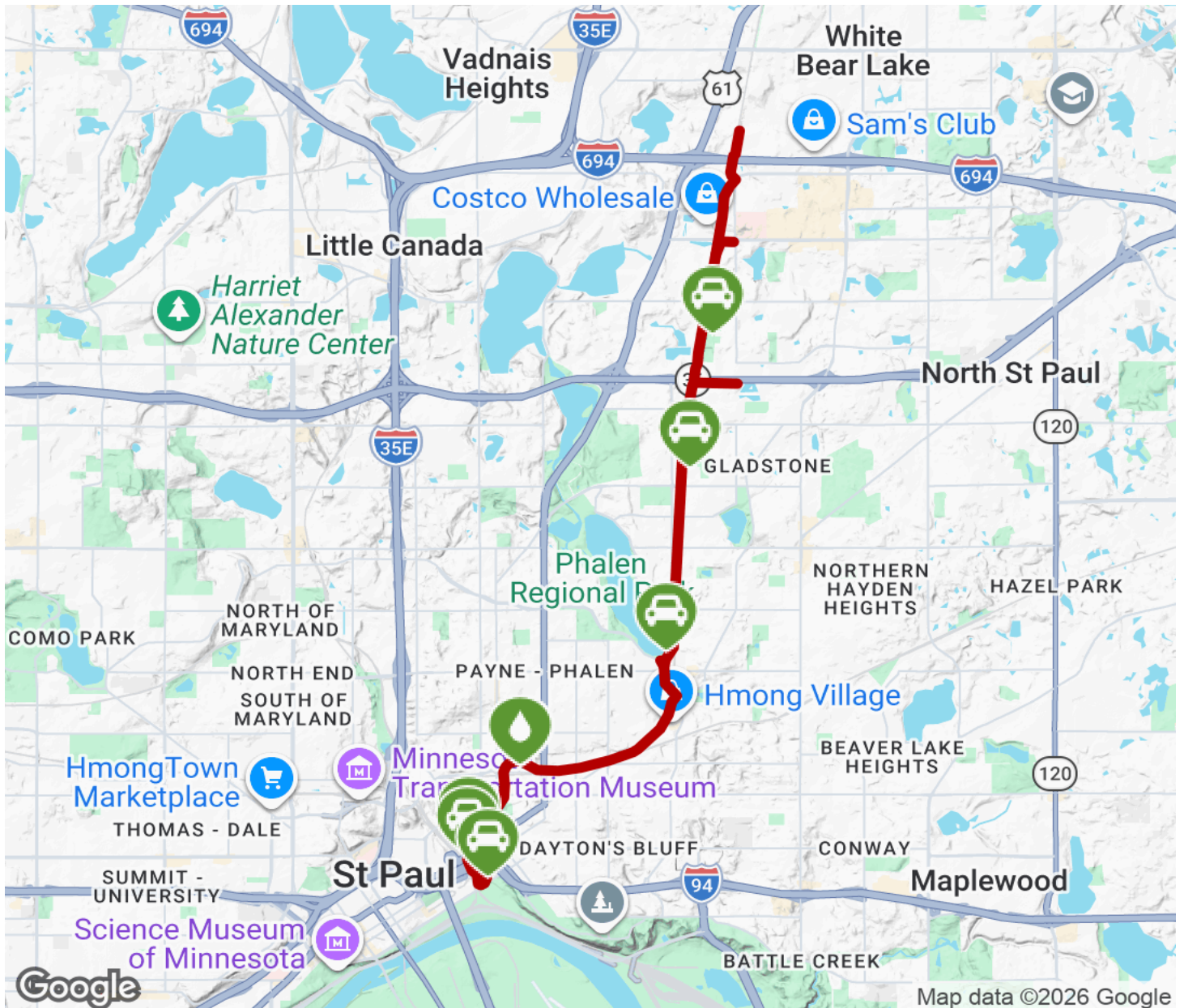
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Bruce Vento Regional Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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