



2026

TrailLink Unlimited 

Guides



**Minnehaha
Trail**
Minnesota



Minnehaha Trail

Minnesota

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Minnehaha Trail connects two popular parks in the Twin Cities as it follows Minnehaha Creek through a corridor that is a mix of woodland and open areas. It is sometimes referred to as Minnehaha Creek Trail.

About the Route

At the trail's southern end, in Saint Paul, is Fort Snelling State Park, which offers many recreational opportunities, including canoeing, swimming, and fishing, as well as trails for hiking, biking, and cross-country skiing. At the trail's northern end in Minneapolis, is the 53-foot Minnehaha Falls, one of the city's most stunning, must-see natural features. The surrounding Minnehaha Falls Regional Park is also beautiful, with limestone bluffs and river overlooks.

As the trail exits the Minnehaha Falls park, it follows a wooded corridor along the bluff line above the Mississippi River, offering frequent views of the channel below. It comes into Fort Snelling State Park just north of the visitor center and blends into the Snelling Lake Trail, one of many trails that weave through the park. The Minnehaha Trail ends at the park's south entrance.

Two Nice Ride bike-rental stations are located along this trail: one near the Coldwater Spring section of the trail at Minnehaha Falls and one at the visitor center in Fort Snelling State Park.

Connections

The northern end of the Minnehaha Trail is within blocks of three major trails: the [Grand Rounds Scenic Byway System](#), the [Hiawatha LRT Trail](#) and the [West River Parkway Trail](#).

Yet another trail spur at the south end of the Minnehaha Falls Regional Park segment of the trail crosses the MN 55 bridge into Mendota, where trail users can pick up the [Big Rivers Regional Trail](#).



Minnehaha Trail

Minnesota

States: Minnesota

Counties: Hennepin

Length: 5miles

Trail end points: East Minnehaha Parkway (St. Paul) to Post Rd. (St. Paul)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike,Inline

Skating,Walking,Wheelchair Accessible,Cross
Country Skiing

Parking & Trail Access

The Minnehaha Trail runs between East Minnehaha Parkway (St. Paul), where parking is available, and Post Rd. (St. Paul).

Parking is available at:

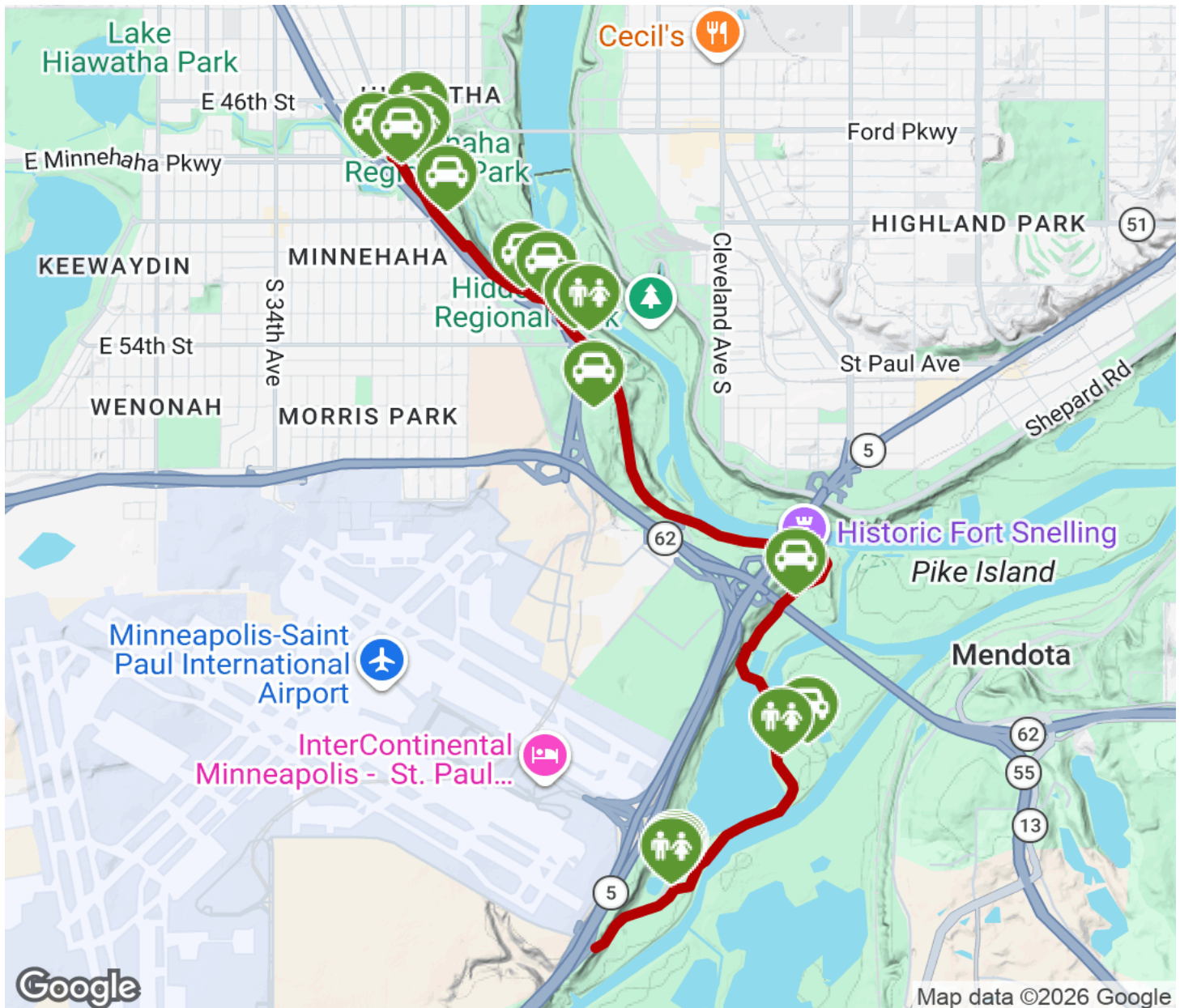
- 150 Snelling Lake Rd. (St. Paul)
- 5601 Minnehaha Park Dr. S (St. Paul)

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



Minnehaha Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com