



2025

## TrailLink Unlimited 🔯

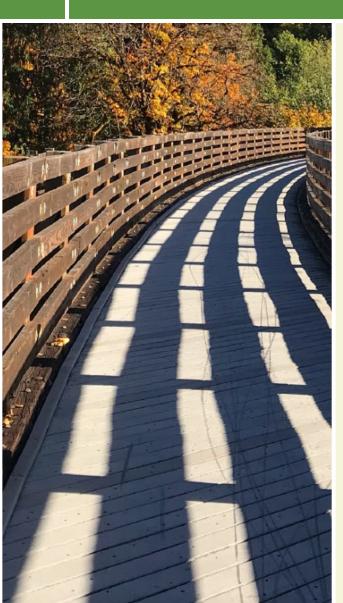


Guides 🕫 🤝









Douglas-Cascade Trail Minnesota



The Douglas-Cascade Trail extends 2 miles southeast towards downtown Rochester from the southern terminus of the Douglas



The Douglas-Cascade Trail extends 2 miles southeast towards downtown Rochester from the southern terminus of the Douglas State Trail. The paved trail, a portion of which follows the former Chicago Great Western Railroad, runs through an urban landscape. For a more picturesque setting, you can take the <u>Arianna Celeste Macnamara Memorial Bridge</u> at the southern end of the trail to reach Cascade Lake Park and the <u>Cascade Creek Trail</u>.





**States:** Minnesota **Counties:** Olmsted Length: 2miles

Trail end points: Valleyhigh Dr. NW and Prow

Ln. NW to 7th St. NW

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Walking

## Parking & Trail Access

The trailhead at the southern terminus of the Douglas State Trail provides parking and restrooms. From US Highway 52, take the CSAH 22 (55th Street) exit; take CSAH 22 approximately 2 miles to County Road 4 (Valleyhigh Drive); go east on Valleyhigh Drive about 0.3 miles to reach the trailhead.



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