



2026

TrailLink Unlimited



Guides



**Douglas-  
Cascade Trail**  
*Minnesota*



## 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 [Arianna Celeste Macnamara Memorial Bridge](#) at the southern end of the trail to reach Cascade Lake Park and the [Cascade Creek Trail](#).



# Douglas-Cascade Trail

Minnesota

**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

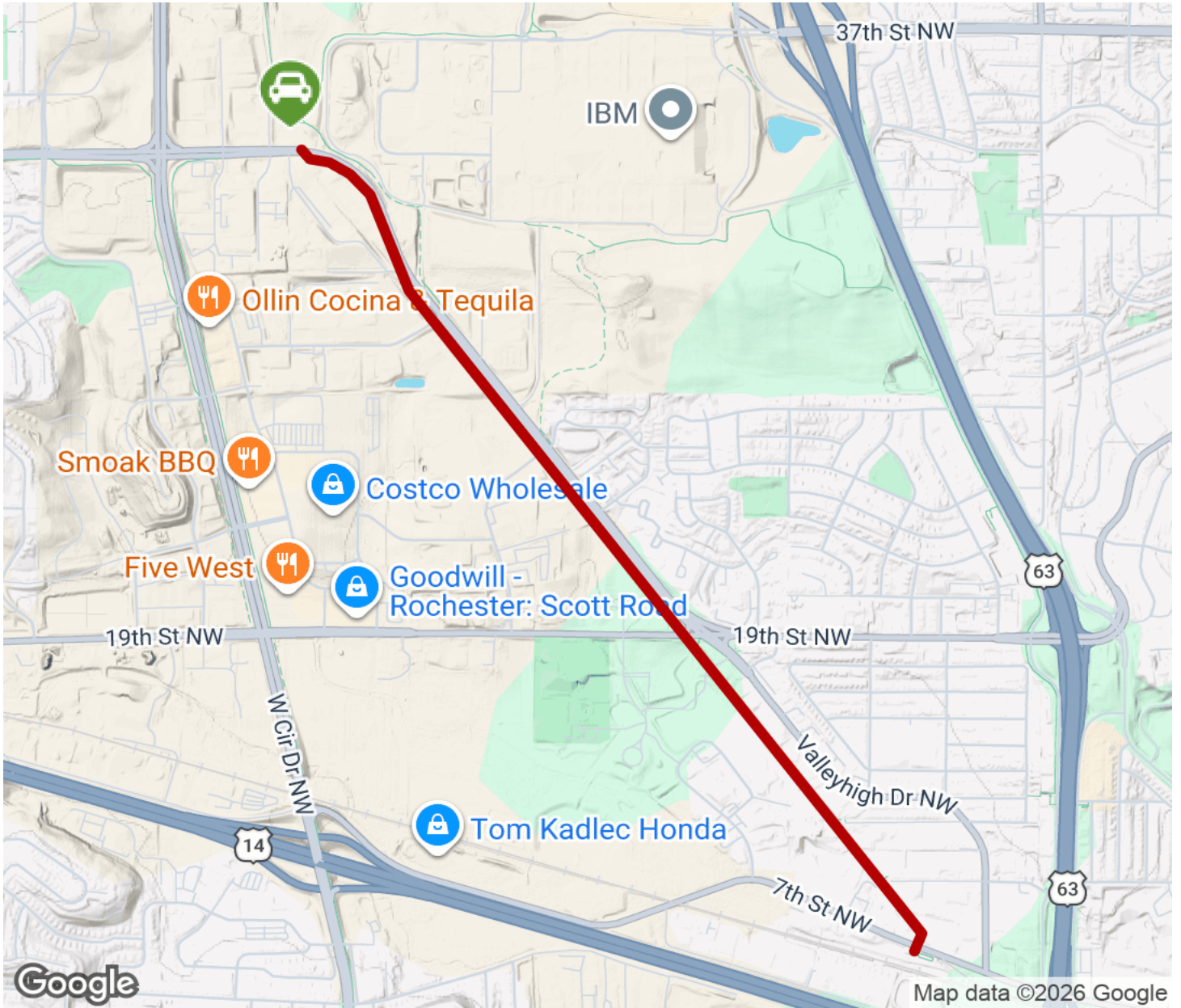
## Parking & Trail Access

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.



# Douglas-Cascade Trail

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**