



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.



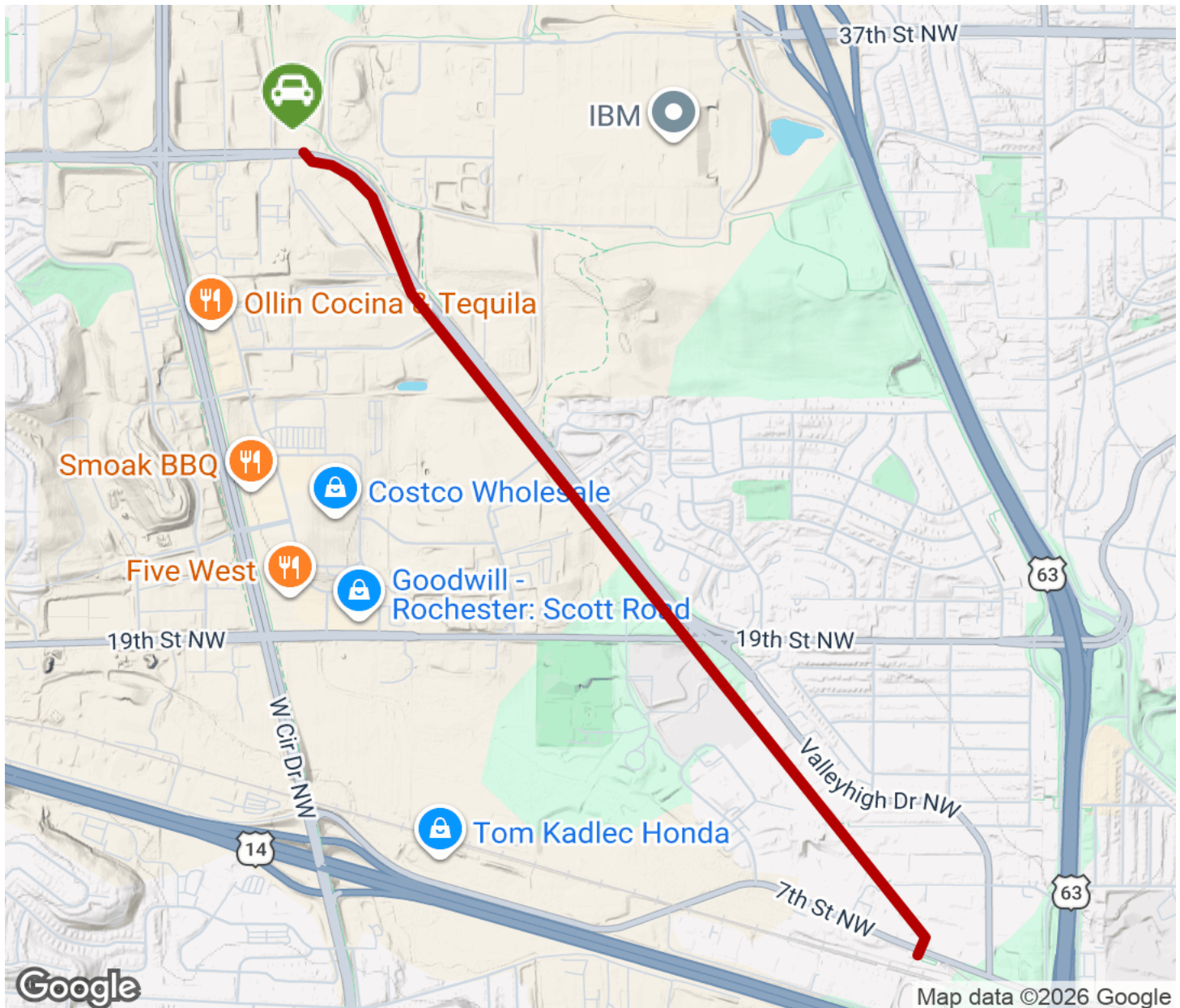
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Douglas-Cascade Trail

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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