



2025

TrailLink Unlimited 

Guides



**Lake Phalen  
Trail**  
*Minnesota*



## Lake Phalen Trail

Minnesota

*Lake Phalen Trail offers a 3-mile paved loop around a popular lake in St. Paul. The tree-dotted pathway offers views of the lake on one*



Lake Phalen Trail offers a 3-mile paved loop around a popular lake in St. Paul. The tree-dotted pathway offers views of the lake on one side and pleasant neighborhoods on the other. It is nestled within Phalen Regional Park, which provides parking, restrooms, picnic shelters, a beach, and fishing pier.

At its northern end, the trail connects to the [Gateway State Trail](#) and, at its southern end, to the [Bruce Vento Trail](#).



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# Lake Phalen Trail

Minnesota

**States:** Minnesota

**Counties:** Ramsey

Length: 3.2miles

**Trail end points:** Gateway State Trail to Bruce  
Vento Trail

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike,Inline

Skating,Fishing,Wheelchair

Accessible,Walking

## Parking & Trail Access

There are several parking lots available in Phalen Regional Park (1600 Phalen Drive). From downtown St. Paul: Take 35E north to Exit 110A for Wheelock Parkway/Larpenteur Avenue. Turn right on Wheelock Parkway and follow it about two miles east to Phalen Drive. Turn left on Phalen and travel north less than 500 feet to one of the park's parking lots. If it happens to be full, you can continue up Phalen Drive to reach the other parking lots.



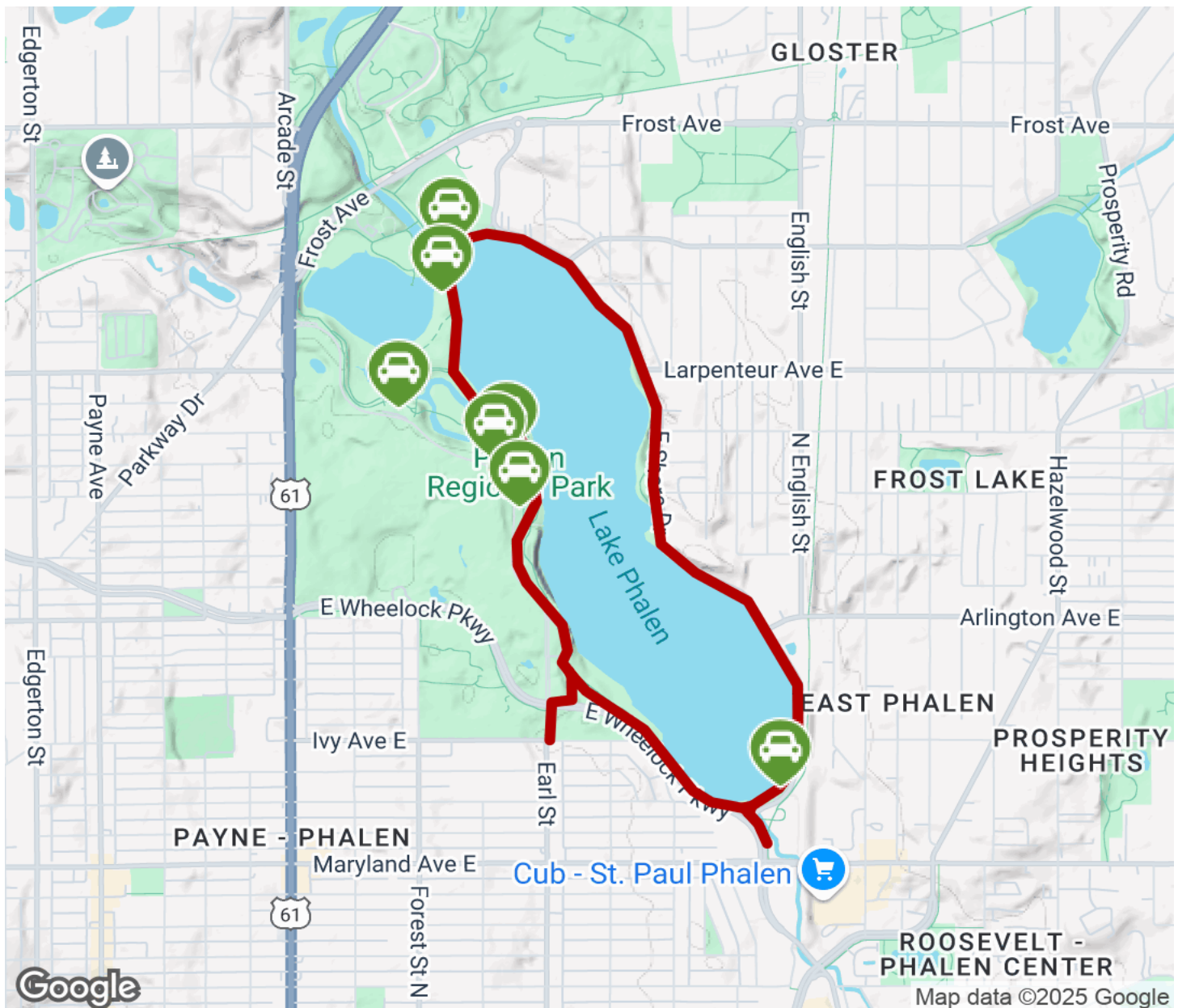
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# Lake Phalen Trail

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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