



2025

TrailLink Unlimited 

Guides



**Lake Phalen
Trail**
Minnesota



Lake Phalen Trail

Minnesota

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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](#).



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



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, Fishing, Inline Skating, Walking, Wheelchair Accessible

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.



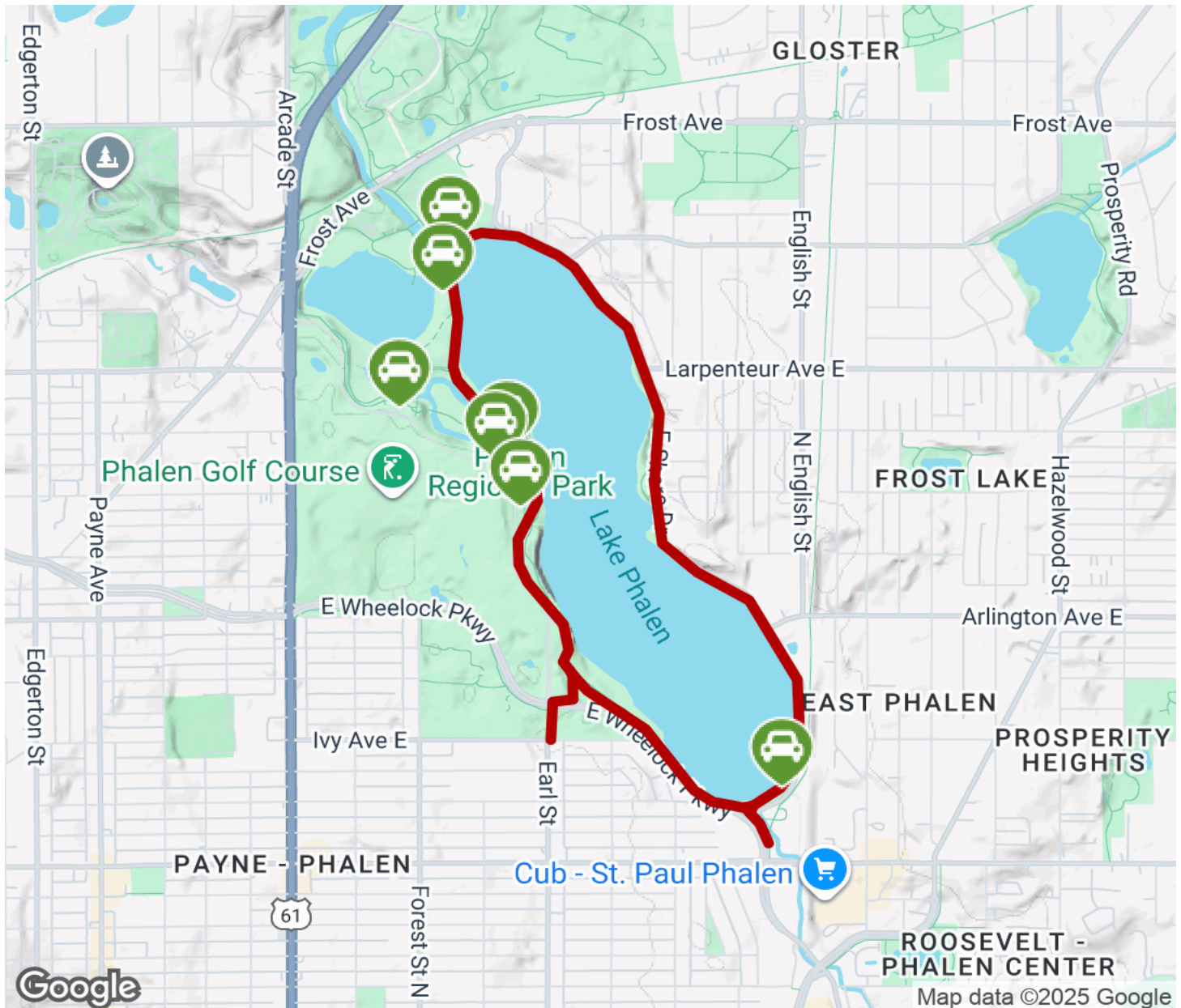
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Lake Phalen Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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