



2026

TrailLink Unlimited



Guides



Medicine Lake Regional Trail

Minnesota



Medicine Lake Regional Trail

Minnesota

Medicine Lake Regional Trail offers a plethora of experiences along its nearly 16-mile length. Kicking off in the Elm Creek Park



Medicine Lake Regional Trail offers a plethora of experiences along its nearly 16-mile length. Kicking off in the Elm Creek Park Reserve in the north, the trail cuts a swath through the Maple Grove suburb of Minneapolis, passing shady hardwood groves and reedy marsh on the way to Fish Lake. Continuing southward, the trail before it enters the French Lake Regional Park and then moves to hug the eastern shoreline of Medicine Lake, offering panoramic views of the water. It terminates by intersecting with the [Luce Line Regional Trail](#), another part of the extensive Three Rivers Park District's regional trail system. Medicine Lake Regional Trail offers a quick and quiet escape in a suburban setting with rich, varied scenery. Bridges and tunnels provide crossings across major roadways, making for comfortable biking for families with children.



Medicine Lake Regional Trail

Minnesota

States: Minnesota

Counties: Hennepin

Length: 15.64 miles

Trail end points: South End of Elm Creek Park Reserve off of James Deane Parkway (Maple Grove) to 13 Avenue N and S. Shore Drive west of US 169 (Plymouth)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline Skating, Walking

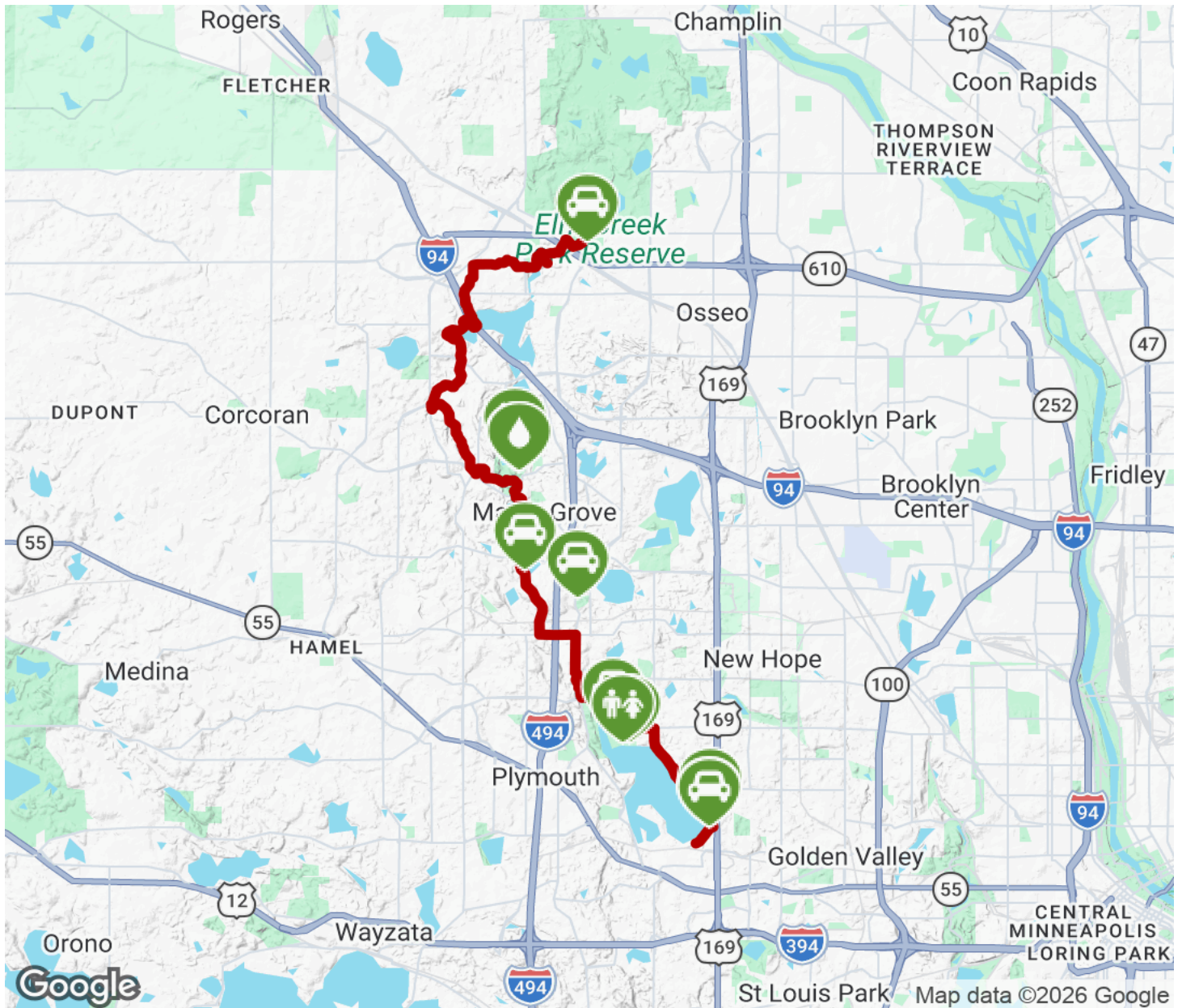
Parking & Trail Access

There is parking available in Elm Creek Park Reserve (12400 James Deane Parkway, Maple Grove) near the northern trailhead at CR 81 and Elm Creek Boulevard. At the opposite end of the trail, West Medicine Lake Park (1920 W. Medicine Lake Drive Plymouth) has both parking and beachside amenities including picnic shelters, restrooms and drinking fountains. Remember to make your way to the eastern shoreline however, to get onto the Medicine Lake Regional Trail.



Medicine Lake Regional Trail

Minnesota



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)