



2026

TrailLink Unlimited



Guides



**Trout Brook
Regional Trail**
Minnesota



Trout Brook Regional Trail

Minnesota

The Trout Brook Regional Trail offers nearly 2 miles of paved pathway in the northern suburbs of St. Paul. It's comprised of two



Cayuga Street. On the other side of the street, travelers can visit Cayuga Park and connect to the [Gateway State Trail](#), which heads northeast for 18 miles to Pine Point Regional Park.

The Trout Brook Regional Trail offers nearly 2 miles of paved pathway in the northern suburbs of St. Paul. It's comprised of two disconnected sections with a short gap in the middle.

The northern segment of the trail begins just across the street from Roseville's Lake McCarrons County Park, where a fishing pier, boat launch, and beach are available. From there, the trail takes a short jaunt east, then heads south on a route largely buffered by trees that skirts around occasional ponds. The trail ends at Jackson Street in a residential neighborhood.

After the gap, the southern segment picks up in the Trout Nature Sanctuary; this 0.7-mile section follows a former railroad grade. It traverses the 42-acre park to its end at E.



Trout Brook Regional Trail

Minnesota

States: Minnesota

Counties: Ramsey

Length: 1.8miles

Trail end points: Rice St. and S. McCarron's
Blvd. to Trout Brook Nature Sanctuary

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline
Skating, Walking, Wheelchair Accessible

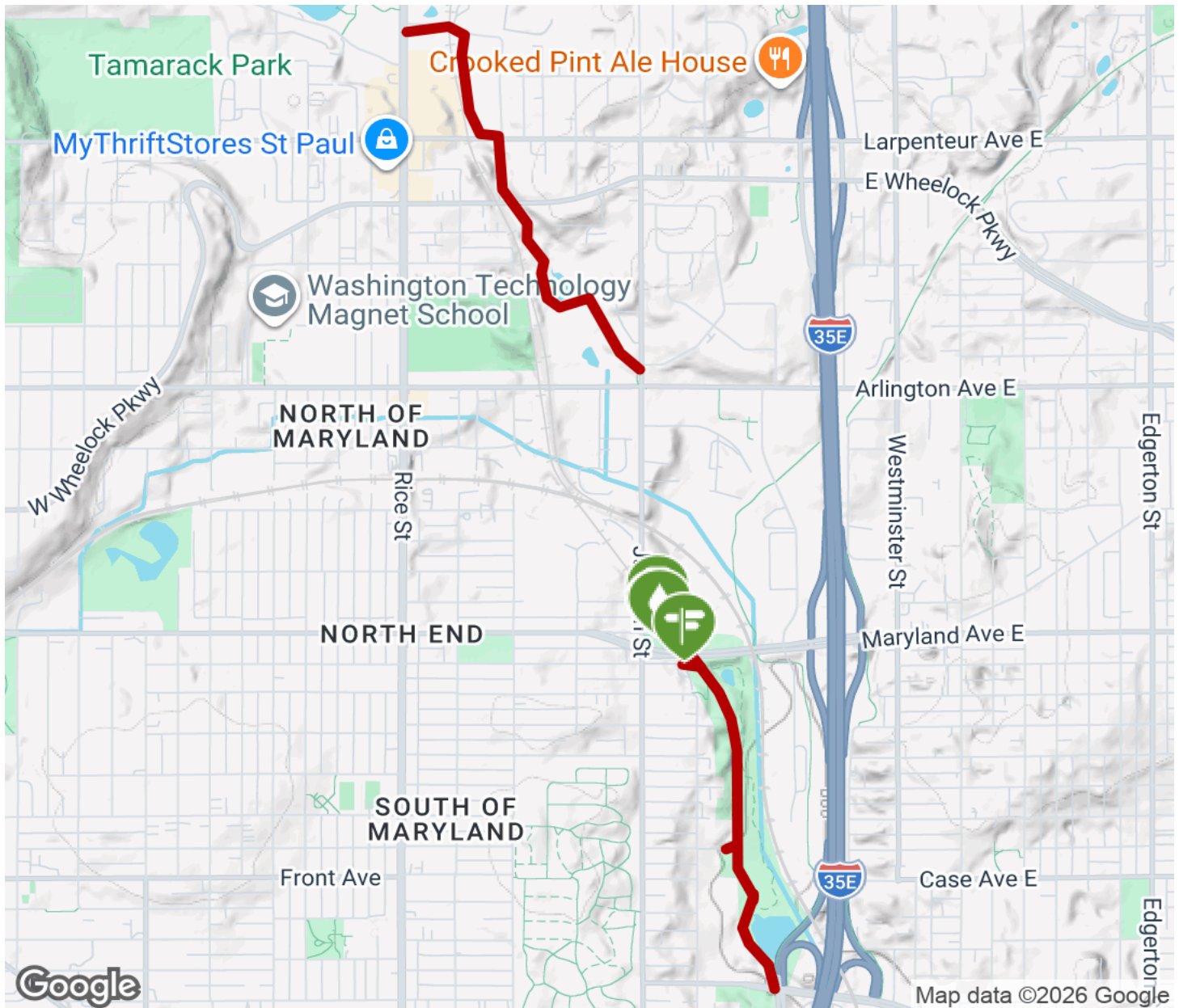
Parking & Trail Access

Parking and restrooms can be found near the north end of the trail in Lake McCarrons County Park (1795 North Rice St., Roseville) and at the north end of Trout Brook Nature Sanctuary (1200 Jackson St., St. Paul).



Trout Brook Regional Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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