Welcome

VISITOR TIPS
• Wear good hiking shoes (not flip-flops).
• There are cliffs, keep small children close.
• Cliff jumping and swimming are prohibited.
• Please stay on trails.
• In an emergency call 911.
• Chicago County’s non-emergency sheriff’s number: 651-257-4100.

ONLY HAVE AN HOUR?
• Park by the visitor center and head to the Glacial Potholes Area, an experience not to be missed.
• Peer into the world’s deepest explored pothole, walk down into the Bake Oven Pothole, and explore potholes of all sizes along the river gorge.

ABOUT THE PARK
Interstate State Park includes 293 acres of diverse plant and wildlife habitat. Established in 1895, it protects a unique landscape and globally-significant geology along the St. Croix River. A billion years ago, dark basalt rock formed here when lava escaped from a crack in the earth’s crust. Just ten thousand years ago, water from melting glaciers carved the river valley. Within that water were fast moving whirlpools of swirling sand and water that wore deep holes into the rock. Today, we call these holes glacial potholes and you can see more than 400 examples of them at the park.

Walk along cliffs of ancient lava.

TRAIL HIGHLIGHTS

Glacial Potholes Area
Asphalt • Bare rock • Gravel • Short stairs
Explore the unique glacial potholes, walk on top of ancient lava, and walk down stairs into the Bake Oven Pothole. How many of the potholes can you find?

River Trail
Bare rock • Gravel • Short stairs • Up and downhill trail
Visit scenic overlooks of the St. Croix River and watch for great blue herons, turkey vultures and bald eagles.

Railroad Trail
Gravel • Some stairs • Eastern mile is flat
Walk the route of the old Northern Pacific Railroad and view sandstone cliffs formed on top of the older basalt.

Sandstone Bluffs Trail
Packed dirt • Over 200 stairs • Steep • Switchbacks
Enjoy spring wildflowers, a small intermittent waterfall, and a stunning overlook of the valley.

MORE TO EXPLORE AT THE PARK
• Join a free naturalist program.
• Look for a geocache.
• Borrow GPS units or fishing equipment from park office.
• Rent a canoe or kayak and paddle the St. Croix River.

MORE INFORMATION
CURIOUS ABOUT THE ST. CROIX RIVER STATE WATER TRAIL? GO TO MNDNR.GOV/WATERTRAILS/STCROIXRIVER

Minnesota Department of Natural Resources
Information Center
500 Lafayette Rd.
St. Paul, MN 55155-4040
888-646-6367
mndnr.gov/parks

The Minnesota Department of Natural Resources is an Equal Opportunity Employer.
This information may be available in alternative format upon request.

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INTERSTATE STATE PARK

FACILITIES AND FEATURES
• 37 semi-modern campsites (22 with electricity)
• Trailer sanitation station, flush toilets, and showers
• Primitive group camp (capacity 100)
• Nature Store
• Picnic area with 2 shelters (1 open, 1 enclosed) and 175 tables
• Canoe rental
• Drive-in water access
• 4 miles of hiking trail
• Visitor center

VISITOR FAVORITES
• Canoeing and canoe rental
• Rock climbing
• Excursion boats
• Hiking
• Dalles of the St. Croix
• Glacial potholes

LOOKING FOR MORE INFORMATION?
The DNR has mapped the state showing federal, state and county lands with their recreational facilities. Public Recreation Information Maps (PRIM) are available for purchase from the DNR gift shop, DNR regional offices, Minnesota state parks and major sporting and map stores. Check it out - you'll be glad you did.

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Directions to MN Interstate State Park
FREE VEHICLE PERMIT FORM  
Disabled Veteran, Military Personnel on Leave,  
K-12 School Sanctioned Activities

<table>
<thead>
<tr>
<th>Applicant Name (First, M.I., Last)</th>
<th>Drivers License Number</th>
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<tr>
<th>Address (No. &amp; Street, Box, City, State, Zip), Phone #, and School Name (if applicable)</th>
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<tr>
<th>Applicant Signature</th>
<th>Date (Month, Day, Year)</th>
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1. **Active Duty or within 90 Days Following Active Duty:**  
The person listed on this form is exempt from the requirement of a state park permit after providing proof that they are serving in active military in any branch or unit of the United States armed forces and is stationed outside Minnesota, during the period of active service and for 90 days immediately thereafter by providing park staff with a copy of their current military orders.  

- Daily Permit  

Or

2. **Disabled Veteran**  
The person listed on this form is a Veteran with a total (100%) and permanent service-connected disability (as determined by the US Department of Veterans Affairs).  

- Regular Annual Permit (Issued to vehicles owned by Veteran)  
- Motorcycle Annual Permit (Issued to motorcycles owned by Veteran)  

- Daily Permit (Issued to any vehicle not owned by the Veteran, but being used to transport the Veteran into a Minnesota state park or recreation area.)

Or

3. **K-12 School Sanctioned Activities**  
The vehicle is transporting K-12 students to a state park for school-sanctioned activities.  

- Daily Permit

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**DO NOT WRITE BELOW THIS LINE - FOR DNR USE ONLY**

<table>
<thead>
<tr>
<th>Permit Number</th>
<th>Issued at: (Park Location)</th>
<th>Signature of Employee Issuing Permit</th>
<th>Date Issued</th>
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Retain in park files for audit purposes.