

## Trail Challenge Resources

### Hiking Trails

#### [Ice Age National Scenic Trail](#)

- **Description:** One of only 11 National Scenic Trails in the country, the Ice Age Trail is a 1,000-mile footpath contained entirely within the state of Wisconsin. Ancient glaciers carved the path through rocky terrain, open prairies, and peaceful forests. Now, day hikers, backpackers, and outdoor lovers of all ages rely on the Ice Age Trail for a place to unplug, relax, and enjoy nature.
- [Ice Age Trail Map](#)

#### [Interstate State Park, MN](#)

- **Description:** 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.
- [Interstate State Park Map](#)

#### [Interstate State Park, WI](#)

- **Description:** There are more than nine miles of hiking trails in the park that offer the walker many opportunities for viewing the spectacular scenery and natural attributes of the park. Guided hikes are offered during the summer months. Pets must be on a leash 8 feet or shorter at all times. Hiking trails vary in difficulty. Not all trails are surfaced; use caution on steep bluffs and near cliffs. Trail surfaces can become slippery when wet, leaf-covered or where there is loose gravel.
- [Interstate State Park Map](#)

#### [Kinnickinnic State Park, WI](#)

- **Description:** Kinnickinnic State Park offers about 9.2 miles of hiking trails winding through hills, woods and prairies.
- [Kinnickinnic State Park Map](#)

#### [Willow River State Park, WI](#)

- **Description:** The park has 13 miles of hiking trails that vary in difficulty. The most popular hiking trail destination is the Willow Falls and the scenic overlooks of the river valley.
- [Willow River State Park Map](#)

## **Mountain Biking Trails**

### [Woolly Mountain Biking Trail](#)

- **Description:** Riders will be thrilled with the variety of riding and landscapes that they experience in this 6ish mile loop There is a great mix of fast flowy and tight twisty singletrack that everyone will enjoy, including several technical rocky sections using rocks left behind by the last glacier that formed the beautiful St. Croix River Valley.
- [Woolly Trail Map](#)

## **Multi-use Trails (Cycling & Hiking)**

### [Afton State Park, MN](#)

- **Description:** Afton State Park was established in 1969 for visitors to experience unique natural features and enjoy outdoor recreation. Just forty minutes east of the Twin Cities, the park lies along bluffs overlooking the St. Croix River. Here you will see wildflowers and grasses in restored prairies that were once agricultural fields. Below, outcrops of limestone jut from the sides of deep, forested ravines that drop three hundred feet to the river. Make your way down to the water's edge and watch for wildlife. The park's diverse habitats make it a birdwatcher's haven with over 190 species, some of which are rare.
- [Afton State Park Map](#)

### [Browns Creek State Trail](#)

- **Description:** This beautiful trail is 5.9 miles long and connects the [Gateway State Trail](#) in the city of Grant to the St. Croix National Scenic Riverway in Stillwater. Situated on a former railroad grade, the trail is generally level and accessible to users of all abilities. The trail connects to local park and trail systems.
- [Trail Map](#)

### [Gandy Dancer State Trail](#)

- **Description:** The southern segment of the Gandy Dancer trail begins in St. Croix Falls, near Interstate State Park. The southern segment travels for 47 miles in Wisconsin through the communities of Centuria, Milltown, Luck, Frederic, Siren and Webster, ending in the town of Danbury at the Minnesota border. Here a 520-foot trestle crosses the St. Croix National Scenic Riverway into Minnesota. The level grade and limestone surface make this trail suitable for bicyclists, walkers and joggers. A [state trail pass](#) is required for bicycling.
- [Gandy Dancer State Trail Map](#)

### [Governor Knowles State Forest, WI](#)

- **Description:** Governor Knowles State Forest has a total of 40 miles of hiking trails that stretch the wild and scenic St. Croix River Valley. This trail system is split into two segments; the north segment is 23 miles long and the south segment is 17 miles long. Each trail meanders along the bluffs overlooking the St. Croix River and occasionally swings down onto the scenic wilderness area along banks of the river. Bicycles are allowed on all trails, except those signed closed. Trails are non-paved, off road and vary in difficulty. During the non-winter months, enjoy the Brandt Pines Recreational Trail System, located at 26001 Gile Road. Most of the northern hiking trails are open for bicycle use as well.
- [Governor Knowles State Forest Map](#)

### [Stower Seven Lakes State Trail](#)

- **Description:** The level grade and limestone surface make this trail suitable for bicyclists, walkers and joggers. Each bicyclist age 16 or older needs a Wisconsin [state trail pass](#) while using the trail. Built on a former railroad corridor, this 14-mile trail begins in Amery at Harriman Avenue, travels through the communities of Deronda, Wanderoos and Nye, ending about one mile from Dresser at 90th Avenue. The trail passes through maple and oak forests, wetlands, prairies and farmlands and past many picturesque lakes. The trail crosses between the North Twin and South Twin lakes in Amery, skirts the south end of Bear Trap Lake, the north end of Kinney lake and runs along Dwight, Horse and Lotus lakes near the western end.
- [Stower Seven Lakes State Trail Map](#)

### [Sunrise Prairie Regional Trail](#)

- **Description:** Sunrise Prairie Regional Trail is 26 Miles of paved, multi-use trails through Chisago and Washington Counties. The trail features a 10-foot-wide paved surface facilitating hikers, bicyclists and inline skaters during spring, summer and fall. The parallel unpaved portion is open to non-studded snowmobiles when there is sufficient snow and to horseback riders at all other times. Snowmobiles and horses are not allowed on the paved portion of the trail at any time. Parking areas and information kiosks are located adjacent to the trail at North Branch, Stacy and Wyoming. Parking is also available at the start of the trail in Hugo, as well as in downtown Forest Lake. This was the first regional trail in Chisago County opened in 1998 grand opening of the sunrise prairie trail Opens a New Window.
- [Sunrise Prairie Regional Trail Map](#)

### [Wild River State Park, MN](#)

- **Description:** Wild River State Park opened to the public in 1978, protecting natural, cultural and recreational resources along the St. Croix River. A large portion of the park (nearly 5,000 acres) was donated by the Northern States Power Company (Xcel Energy). The land was once home to Ojibwe and Dakota people before European settlers logged and farmed it. Today, the park's second-growth forest, oak savanna and prairie landscapes support diverse plant and wildlife species. Enjoy the park's thirty-five miles of trail or paddle along its eighteen miles of river shoreline. In winter, experience the quiet splendor of the valley on ski or snowshoe trails.
- [Wild River State Park Map](#)

### [William O'Brien State Park, MN](#)

- **Description:** This area has drawn people for centuries, including: Dakota and Ojibwe tribes utilizing local resources; European trappers drawn by the fur-trade industry; and lumberjacks seeking to harvest the "endless stands" of white pine. The era of timber harvesting began in 1839 and flourished until lumber companies had cleared the St. Croix River valley of pines. Local lumber baron William O'Brien bought much of the land owned by the lumber companies. In 1945, his daughter, Alice O'Brien, donated 180 acres to be developed as a state park in his memory. The park now protects 1,880 acres of prairie, oak savanna, river floodplain and hardwood forest.
- [William O'Brien State Park Map](#)

## **Water Trails**

### [Saint Croix National Scenic Riverway](#)

- The St. Croix and Namekagon rivers flow for over 200 miles as a national park. The maps at the link below will get you started on your paddling adventure!
- [Maps](#)

**For more information about these resources, please contact the St. Croix River Association at 715-483-3300 or email [info@scramail.com](mailto:info@scramail.com)**