

US Bicycle Route 45/45A/Mississippi River Trail in Minnesota

Turn-by-Turn Directions

Northbound (Iowa to Itasca State Park)

This document contains directions for both US Bicycle Routes 45 and 45A, also known as the Mississippi River Trail, and may be used in conjunction with the [Panel Maps](#). The main route is labeled as USBR 45; when alternate routing, labeled as USBR 45A, is also available, directions for both options are indented.

USBR 45: Iowa to La Crescent (Panel Maps 21-20)

- Left onto S 11th St (0.1 miles).
- Head north on Hwy 26 (21.1 miles).
- Right onto Hwy 16 (2.2 miles).
- Continue on [USBR 45](#) or [USBR 45A](#).

USBR 45: From La Crescent via US 61 (Panel Map 20)

- Right onto S Chestnut St (0.6 miles).
- Left onto Main St (0.1 miles).
- Sharp right onto S Chestnut St (0.1 miles).
- Continue straight onto trail (0.1 miles).
- Right onto US 14/US 61 (1.7 miles).
- Slight right onto trail along east side of US 14/US 61 (0.5 miles).
- Continue onto Secluded Rd/Old 61 Trail (2.4 miles).
- Right onto Riverview Dr (0.4 miles).
- Right onto Riverview Dr/Co Rd 12 (2.3 miles).
- Keep right onto ramp to US 14/ US 61 (0.2 miles).
- Merge onto US 14/US 61 (5 miles).
- Continue on [USBR 45](#).

USBR 45A: From La Crescent via Apple Blossom Scenic Byway (Panel Map 20)

- Right onto S Chestnut St (0.5 miles).
- Left up ramp onto Wagon Wheel Trail bicycle/pedestrian bridge (0.2 miles).
- Continue onto S 1st St (0 miles).
- Left onto S Walnut St (0 miles).
- Right onto S 1st Street (0.2 miles).
- Right onto S Elm St/Apple Blossom Scenic Dr/Co Rd 29 (0.9 miles).
- Continue onto Co Rd 29 (0.5 miles).
- Continue onto Co Rd 1 (7 miles).

- Left onto Co Rd 12 (1.9 miles).
- Right to stay on Co Rd 12 (1.6 miles).
- Right onto Co Rd 3 (4.3 miles).
- Left onto US 14/61 and rejoin [USBR 45](#).

USBR 45: Apple Blossom Scenic Byway to Hastings (Panel Maps 20-16)

- Continue on US 14/US 61 (7 miles).
- Left onto Old Homer Rd, then right onto Old Homer Rd/Co Rd 107 (0.5 miles).
- Continue onto Homer Rd/Co Rd 15 (3.2 miles).
- Keep right through the traffic circle onto Homer Rd/Co Rd 17 (0.7 miles).
- At the traffic circle, cross US 14/US 61, then turn left across Mankato Ave (0 miles).
- Right onto trail along west side of Mankato Ave (0.1 miles).
- Left onto Parks Ave (0.6 miles).
- Slight left onto Lake Winona Bike Path (0.1 miles).
- Left onto Lake Winona Bike Path (1.5 miles).
- Right onto Huff St (1 miles).
- Curve left onto Riverview Dr (1.5 miles).
- Sharp right onto Prairie Island Rd (4.8 miles).
- Sharp left onto Harbor Dr (0.3 miles).
- Sharp right onto Wenonah Rd (0.5 miles).
- Right onto Bridge St (0.6 miles).
- Right onto US 61 (14.1 miles).
- Right onto Co Rd 84 (8.3 miles).
- Right onto S Dodge St/Co Rd 18 (0.3 miles).
- Left onto Belvidere Ave/Co Rd 18 (0.5 miles).
- Right onto US 61 (1 miles).
- Right onto Co Rd 81 (0.1 miles).
- Left onto Co Rd 30 (4.1 miles).
- Right onto Washington Ave (0.3 miles).
- Curve left onto Lawrence Blvd E (0.5 miles).
- Sharp right onto Wabasha Riverfront Trail (0.2 miles).
- Keep right onto Lawrence Blvd W (0.2 miles).
- Curve left onto Church Ave, then cross Main St W and turn slight right onto trail (0.6 miles).
- Left onto Gambia Ave/Co Rd 64 (0.2 miles).
- Right onto Hiawatha Dr W/Co Rd 30 (0.2 miles).
- Right onto US 61 (12.6 miles).
- Right onto E Marion St (0.1 miles).
- Curve left onto Franklin St (0.2 miles).
- Right onto E Chestnut St (0 miles).
- Left onto N Park St (0.3 miles).
- Right onto Lake City River Walk Trail on north side of US 61 (1.7 miles).
- Left onto Hok Si La Park, then immediate right onto US 61/63 (13.2 miles).

- Left onto Hwy 292, then right onto 7th St E (1.6 miles).
- Right onto East Ave (0.4 miles).
- Continue onto Broad St (0.1 miles).
- Left onto Red Wing Riverfront Trail (0.5 miles).
- Left after the traffic circle to cross Levee Rd, then right onto Cannon Valley Trail along south side of Levee Rd (0.8 miles).
- Right onto trail along south side of W Main St (0.3 miles).
- Left onto trail along east side of N Bench St (0.1 miles).
- Right onto Hwy 61 (11.5 miles).
- Right onto Polk Ave/Hwy 316 (3.8 miles).
- At the traffic circle, take the second exit onto Red Wing Blvd/Hwy 316 (5.8 miles).
- Continue on [USBR 45](#) or [USBR 45A](#).

USBR 45: Hastings to Otsego via Inver Grove Heights, Downtown Saint Paul, Downtown Minneapolis, Champlin, and Dayton (Panel Maps 15-13)

- At the traffic circle, take the first exit onto Spiral Blvd (0.2 miles).
- Left onto Commerce Dr (0.4 miles).
- Cross 21st St E and continue straight onto Hasting city trail (0.3 miles).
- Cross E 18th St/Co Rd 291 and turn left onto trail along north side (0 miles).
- Right onto Hasting city trail along east side of Sumner St (0.6 miles).
- Go through parking lot and turn right onto Bailey St (0.1 miles).
- Cross 10th St E, then keep right onto Vermillion River Greenway trail along east side of Bailey St (0.5 miles).
- Right through parking lot and continue onto Mississippi River Greenway (1.4 miles).
- Continue on Mississippi River Greenway (1.4 miles).
- Left onto Mississippi River Greenway (8.8 miles).
- Keep right onto Mississippi River Greenway at Fahey Ave Trailhead (Construction 2024, see map for on-road detour) (2.3 miles).
- Continue straight onto Mississippi River Greenway (10.7 miles).
- Left onto Verderosa Ave (0.1 miles).
- Sharp right onto Verderosa Ave (0.1 miles).
- After the underpass, turn left onto ramp and continue across Wakota Bridge (0.8 miles).
- Left onto Maxwell Ave (0.5 miles).
- Curve right onto Bailey Rd (0.1 miles).
- Left onto Point Douglas Rd S (1.2 miles).
- At cul-de-sac, turn slight left onto trail (0.6 miles).
- Left onto Point Douglas Rd S (1.0 miles).
- See Inset Continue onto Battle Creek Park Entrance Rd (0.6 miles).
- At the parking lot turn left onto Fish Hatchery Trail (1.4 miles).
- Left onto Sam Morgan Regional Trail along south side of Warner Rd/Co Rd 36 (1.3 miles).
- Keep right onto Sam Morgan Regional Trail (6.8 miles).
- Cross Cosby Farm Rd then turn right onto Mississippi Gorge Regional Trail (2.6 miles).
- Pass under the bridge, then turn right to go up ramp to Ford Pkwy/Co Rd 42 (0 miles).

- Right onto trail on north side of Ford Pkwy/Co Rd 42 bridge (0.3 miles).
- Right at end of bridge to go down ramp (0.1 miles).
- Right onto Mississippi Gorge/West River Parkway Trail (5.2 miles).
- Keep left at 35W Bridge Memorial onto Central Mississippi Riverfront Trail (1.9 miles).
- Right to stay on Central Mississippi Riverfront Trail (0.8 miles).
- Left onto N 22nd Ave (0.2 miles).
- Right onto N 2nd St (1.4 miles).
- Continue onto N Washington Ave N/Co Rd 152 (0.6 miles).
- Right onto Soo Ave N (0.2 miles).
- Slight left onto trail through North Mississippi Park (2.9 miles).
- Right onto Willow Ln (0.3 miles).
- Left onto 66th Ave N, then immediate right onto trail (1.2 miles).
- Continue onto W River Rd, then keep left to continue on trail along west side of W River Rd (2.9 miles).
- At James Ave, right to cross W River Rd and continue on trail along north side (2.5 miles).
- Right onto W River Rd/Co Rd 12 (1.2 miles).
- Right onto Riverview Entry N (0.1 miles).
- Left onto Mississippi Dr N (0.3 miles).
- Right onto Adair Ave N (0 miles).
- Curve left onto Mississippi Dr N (0.8 miles).
- At the cul-de-sac, slight right onto trail (0.1 miles).
- Continue onto River Shore Ln N (0.3 miles).
- Left onto 122nd Ave N (0 miles).
- Right onto Mississippi Dr N (0.2 miles).
- Curve left onto Pribble St N (0 miles).
- Curve right onto Frontage Rd (0.6 miles).
- Continue through parking lot, then left onto trail (0.2 miles).
- Right onto E River Pkwy (0.4 miles).
- Right onto trail (0.2 miles).
- Keep right on trail through underpass (0.1 miles).
- Right onto W River Pkwy (0.1 miles).
- Curve left onto Cartway Rd (0 miles).
- Cross Dayton Rd/Co Rd 12 then turn right onto trail along south side (1.1 miles).
- Left onto Dayton River Rd/Co Rd 12 (2.8 miles).
- Curve right onto Division St/Co Rd 12 (0.8 miles).
- Curve left onto Robinson St/Co Rd 12 (0.5 miles).
- Continue onto River Rd NE/Co Rd 42 (8.8 miles).
- Continue onto Parrish Ave NE/Co Rd 42 (0.8 miles).
- At the traffic circle, take the third exit onto 90th St NE/Co Rd 39 NE (0.5 miles).
- Continue on [USBR 45](#).

USBR 45A: Hastings to Otsego via Cottage Grove, South Saint Paul, Saint Paul, Minneapolis, Fridley, Coon Rapids, Anoka, Ramsey, and Elk River (Panel Maps 15-13)

- Left onto ramp towards bridge (0.2 miles).

- Sharp right onto trail along east side of Hastings Rd S/US 61 bridge and continue across bridge (0.7 miles).
- Left onto Kings Cove Dr, then immediate right onto Hastings Rd S/US 61 (1.8 miles).
- Right onto Manning Ave S/Hwy 95 (1.1 miles).
- Left onto Lehigh Rd S (1 miles).
- Left onto 100th St S (1 miles).
- Left onto Kimbro Ave S (0.6 miles).
- Sharp right onto E Point Douglas Rd S (1.2 miles).
- At the traffic circle, take the third exit onto Innovation Rd/Keats Ave S/Co Rd 19 (0.9 miles).
- Sharp right onto 100th St S (1.4 miles).
- Right onto trail along west side of Jamaica Ave S (0.4 miles).
- Cross 95th St S and turn left onto trail along north side (1.4 miles).
- Left onto trail along east side of Hadley Ave S (0.5 miles).
- Left onto Hadley Ave S (0.3 miles).
- Curve right onto 103rd St S (0.5 miles).
- Right onto Grey Cloud Trail S (1.8 miles).
- Keep right onto Grey Cloud Island Dr S (1.2 miles).
- Right onto Pullman Ave (0.4 miles).
- Left onto Summit Ave (0.9 miles).
- Left onto Saint Paul Park Rd, then immediate right onto trail along north side of Summit Ave (0.2 miles).
- Left onto trail along south side of Hastings Ave/ Co Rd 38 (2 miles).
- Left to cross bridge over US 10/US 61 (0.3 miles).
- Left onto 7th Ave/Co Rd 38 (0.1 miles).
- Slight left onto 21st St/Co Rd 38 (0.2 miles).
- Right onto trail along east side of Maxwell Ave/Co Rd 38 (0.4 miles).
- Left onto trail along north side of I-494 to cross Wakota Bridge (0.8 miles).
- Go down ramp and turn sharp right onto Verderosa Ave (0.1 miles).
- Left onto Verderosa Ave (0.1 miles).
- Left onto Mississippi River Trail (2.8 miles).
- Right onto Robert Pira Regional Trail (3.1 miles).
- Left onto Lilydale Regional Trail (2.9 miles).
- Right onto Big Rivers Regional Trail (2.3 miles).
- Sharp right onto trail along south side of Sibley Memorial Hwy (0.1 miles).
- Cross Sibley Memorial Hwy and turn sharp left onto ramp (0.1 miles).
- Right onto trail along north side of Great River Rd/Hwy 62 and across Mendota Bridge (0.9 miles).
- Right down ramp onto trail (0.3 miles).
- Left onto Minnehaha Trail (1.5 miles).
- Continue onto trail through Minnehaha Park (1.4 miles).
- Right onto trail along south side of 46th Ave S and continue up ramp towards bridge (0.2 miles).
- Keep right onto trail along south side of Ford Pkwy bridge (0.3 miles).
- Right at end of bridge to stay on trail (0 miles).

- Cross S Mississippi River Blvd and turn right onto Mississippi Gorge/East River Parkway Trail (5.7 miles).
- Left onto E River Pkwy (0.2 miles).
- Slight left onto SE Pillsbury Dr (0.1 miles).
- Continue onto 14th Ave SE (0.2 miles).
- Left onto 5th St SE (0.4 miles).
- Keep left onto bridge over I-35W (0.2 miles).
- Slight left onto 5th St SE (0.2 miles).
- Left onto 6th Ave SE (0.3 miles).
- Cross Main St SE and turn right onto Central Mississippi Riverfront Trail along south side (0.6 miles).
- Left onto Merriam St (0.1 miles).
- Right onto E Island Ave (0.2 miles).
- Right onto trail after railroad tracks (0.5 miles).
- Cross driveway and turn right onto Mississippi East Bank Trail (0.9 miles).
- Left onto Marshall St NE/Co Rd 23 (1.2 miles).
- Keep left onto Marshall St NE/Co Rd 23 (0.4 miles).
- Left onto Saint Anthony Pkwy Regional Trail (0.5 miles).
- Sharp left onto Mississippi River Regional Trail (4.8 miles).
- Right onto Rice Creek Way (0.3 miles).
- Right onto trail along east side of E River Rd/Co Rd 1 (1.1 miles).
- Left onto Osborne Way NE (0.1 miles).
- Slight left onto 75th Way NE (0.1 miles).
- Keep right onto Alden Way NE (0.6 miles).
- After Bellaire Way, left through driveway onto Mississippi River Regional Trail (0.3 miles).
- Left onto Riverview Ter NE (0.5 miles).
- Right onto Kimball St NE (0.1 miles).
- Left onto Broad St NE (0 miles).
- Slight left onto trail (0.1 miles).
- Left onto Mississippi Blvd NW (0.6 miles).
- Cross 86th Ave NW and turn slight left onto trail (0.4 miles).
- Left though Hwy 610 underpass and continue on trail (0.2 miles).
- Keep left on trail (0.3 miles).
- Keep right on trail (0.9 miles).
- Right onto trail along west side of Egret Blvd NW (0.1 miles).
- Cross driveway and turn left onto trail (1.1 miles).
- Sharp left onto Mississippi Blvd NW (2 miles).
- Left onto trail along south side of Coon Rapids Blvd NW (0.4 miles).
- Left onto Pheasant Ridge Dr NW (0.2 miles).
- Curve right onto Mississippi River Dr NW (0.4 miles).
- Curve right onto Round Lake Blvd NW (0.2 miles).
- Left onto 115th Ave NW (0.2 miles). Slight right onto trail, then continue onto 115th Ave NW (0.3 miles).
- Keep left onto River Ln (0.1 miles).

- Curve right onto Queens Ln (0.2 miles).
- Left onto Oakwood Dr (0.7 miles).
- Right onto 3rd Ave (0.1 miles).
- Left onto Oakwood Dr (0.3 miles).
- After Washington St, left onto Mississippi River Regional Trail (0.4 miles).
- Left on bridge across river (0.1 miles).
- Left onto Ferry St/US 169 (0.1 miles).
- Right onto Benton St (1.3 miles).
- At cul-de-sac, slight left onto Mississippi River Regional Trail (0.9 miles).
- Left onto Rivlyn Ave NW (0.1 miles).
- Right onto Tungsten St NW (0.1 miles).
- Left onto Riverdale Dr NW (0.8 miles).
- Left onto Riverdale Dr NW (0.6 miles).
- Curve right onto Ramsey Blvd NW/Co Rd 56 (0.8 miles).
- Cross Bunker Lake Blvd and turn left onto trail along north side of Bunker Lake Blvd/Co Rd 116 (1.8 miles).
- Cross Puma St NW and turn right onto trail along west side (0.5 miles).
- Cross Alpine Dr NW and turn left onto trail along north side (0.4 miles).
- Sharp right onto Lake Itasca Trail (2.4 miles).
- Left onto 167th Ln NW (0.1 miles).
- Left onto 167th Ln NW (0.3 miles).
- Left onto 167th Ln NW (0.4 miles).
- Curve right onto Andrie St NW (0.2 miles).
- Curve right onto Baugh St NW (0.1 miles).
- Left onto 169th Ave NW (0.1 miles).
- Right onto Driscoll St NW (0.4 miles).
- Left onto 173rd Ave NW, then right onto Driscoll St NW (0.3 miles).
- Left onto 176th Ave NW (0.1 miles).
- Right onto Eaton St NW (0.4 miles).
- Left onto Ermine Blvd NW (0.6 miles).
- Left onto 181st Ave NW/Co Rd 22 (0.9 miles).
- At the traffic circle, take second exit onto 181st Ave NW (1.3 miles).
- Continue onto Main St NW (0.7 miles).
- Left onto Parrish Ave NE/Co Rd 42 (1.5 miles).
- At the traffic circle, take the third exit onto 90th St NE/Co Rd 39 NE and rejoin [USBR 45](#).

USBR 45: Otsego to St Cloud (Panel Maps 13-11)

- At the traffic circle, take the second exit to continue on 90th St NE/Co Rd 39 NE (8.8 miles).
- Continue onto Riverview Dr (0.8 miles).
- Right onto Hart Blvd (0.3 miles).
- Right onto trail along north side of Broadway St E/Co Rd 75 (0.1 miles).
- Continue onto Hart Blvd (0.2 miles).
- Right onto trail (0.3 miles).
- Right onto River St E (0.7 miles).

- Right onto trail at East Bridge Park (0.2 miles).
- Keep right onto trail along north side of Front St (0.1 miles).
- Right onto Front St (0.1 miles).
- Curve left onto Linn St (0.1 miles).
- Right onto River St W (0.6 miles).
- Continue onto Sandy Ln (0.2 miles).
- Right onto Otter Creek Rd (0.1 miles).
- Left onto River St W (1 miles).
- Right onto Montissippi County Park Trail (0.1 miles).
- Left onto Montissippi County Park Trail (1 miles).
- Right onto W Broadway/Co Rd 75 (11.8 miles).
- Right onto Main St NW, then immediate left onto trail along west side of Co Rd 75 (0.5 miles).
- Cross Hwy 24 and continue on trail (1.2 miles).
- Right onto Co Rd 75 (5 miles).
- Right on Co Rd 75 (1.8 miles).
- Right onto Roosevelt Rd/Co Rd 75 (0.7 miles).
- Right onto 43rd St S (0.1 miles).
- Cross Clearwater Rd then turn left onto Beaver Island Regional Trail (4 miles).
- Right onto 1st Ave S (0.3 miles). Left onto 8th St S (0.3 miles).
- Continue on [USBR 45](#) or [USBR 45A](#).

USBR 45: St Cloud south of river (Panel Map 11)

- Right onto 5th Ave S (0.2 miles).
- Right onto 6th St S (0.1 miles).
- Left onto 3rd Ave S (0.5 miles).
- Right down ramp onto River Walk Trail (0.3 miles).
- Keep right on trail under 1st St N (0.2 miles).
- Right onto trail along east side of 5th Ave N (0.1 miles).
- Right onto 5th Ave N (0.6 miles).
- Slight left onto 12th St N (0.1 miles).
- Right onto 6th Ave N (0.6 miles).
- Right onto trail along east side of 9th Ave N (0.7 miles).
- Right to go down ramp (0.1 miles).
- Right onto trail, then right onto trail (0.1 miles).
- Slight left onto River Ave N (1.2 miles).
- Continue on [USBR 45](#).

USBR 45A: St Cloud north of river (Panel Map 11)

- Left onto 5th Ave S (0.1 miles).
- At the traffic circle, take the 3rd exit onto University Dr S (0.6 miles).
- Left onto Kilian Blvd SE (0.2 miles).
- Left onto 13th St SE (0.1 miles).
- Right onto Riverside Dr SE (0.5 miles).

- Left to stay on Riverside Dr SE (0.5 miles).
- Continue onto 2nd Ave NE (0.2 miles).
- Left after railroad tracks onto Riverside Dr NE (0.1 miles).
- Right onto Riverside Dr NE (0.9 miles).
- Left onto 12th St S (0.1 miles).
- 12th St S turns right and becomes River Ave S (1 miles).
- Continue on River Ave N (1.2 miles) and rejoin [USBR 45](#)

USBR 45: St Cloud to Brainerd (Panel Maps 11-9)

- Continue onto Oxcart Trail (0.5 miles).
- Continue onto Garden Ave (0.1 miles).
- Right on Cottonwood Ave across railroad tracks, then left onto Benton Dr/Co Rd 33 (0.7 miles).
- Continue onto 1st Ave NE/Co Rd 33 (1.3 miles).
- Left onto NE River Rd/Co Rd 55 (9.3 miles).
- Continue onto 1st Ave W/Co Rd 55 (0.2 miles).
- Left onto Main St W/Co Rd 2 (0.3 miles).
- Continue onto 125th St NW/Co Rd 2 (1.9 miles).
- Right onto Co Rd 1 (2.2 miles).
- Continue onto Co Rd 21 (4.2 miles).
- Keep right onto Co Rd 25 (1.6 miles).
- Continue onto Co Rd 52 (10.3 miles). {
- Continue onto Lindbergh Dr S/Co Rd 52 (1.4 miles).
- Right onto Broadway W/Hwy 27 (0.3 miles).
- Left onto 1st Ave NE (0.2 miles).
- Left onto 1st St NE (0.7 miles).
- Left onto Riverview Dr (0.3 miles).
- Right onto 13th Ave NE (0.1 miles).
- Left onto trail along west side of Haven Rd/Co Rd 76 (0.7 miles).
- Left onto Riverwood Dr (2.9 miles).
- Right onto Riverwood Dr (0.1 miles).
- Left onto Haven Rd/Co Rd 76 (4.5 miles).
- Continue onto Co Rd 284 (1.1 miles).
- Right onto 243rd St (0.1 miles).
- Left onto Hwy 371 N (11.2 miles).
- Left onto N Koering Rd (0.2 miles).
- Continue onto State Pk Rd/Co Rd 27 (0.7 miles).
- Right onto Paul Bunyan State Trail (6 miles).
- Go up ramp to bridge and continue across bridge (0.2 miles).
- Right to go down ramp, then keep right onto Paul Bunyan State Trail (3.4 miles).
- Right onto Paul Bunyan State Trail (1.1 miles).
- Left to cross W College Dr, then immediate right onto Paul Bunyan State Trail along north side (0.8 miles).
- Left onto Paul Bunyan State Trail along west side of E River Rd (0.6 miles).

- Continue on [USBR 45](#) or [USBR 45A](#).

USBR 45: Brainerd to Cass Lake on road (Panel Maps 2-9)

- Right onto Laurel St (0.5 miles).
- Left onto S 8th St (0.2 miles).
- Right onto Washington St/Hwy 210 (0.8 miles).
- Left to cross NE Washington St/Hwy 210, then right onto trail along north side (0.8 miles).
- At 13th Ave NE, turn right to cross NE Washington St/Hwy 210 and turn left (8.5 miles).
- Left onto Co Rd 59 (1 miles).
- Right onto Co Rd 128 (0.7 miles).
- Left onto Rowe Rd, then right onto Cuyuna Lakes State Trail (5.1 miles).
- Keep left onto Cuyuna Lakes State Trail along north side of 8th St NE (0.4 miles).
- Continue onto 8th St NE (0.3 miles).
- Left onto Co Rd 31 (3.8 miles).
- Right onto Co Rd 30 (4.9 miles).
- Left onto Co Rd 32 (2.9 miles).
- Continue onto Eagle St/Co Rd 15 (5.4 miles).
- Continue onto 4th St NW/Co Rd 15 (becomes 410th Ave) (0.6 miles).
- Left onto Minnesota Ave NW/Co Rd 1 (2.8 miles).
- Right onto Osprey Ave/Co Rd 1 (2 miles).
- Right onto Co Rd 21 (6.6 miles).
- Left onto US 169 (1.3 miles).
- Right onto Great River Rd/Co Rd 10 (35.2 miles).
- Continue onto River Rd/Co Rd 3 (18.2 miles).
- Left onto SE 4th St (0.7 miles).
- Keep left onto trail along south side of SW 4th St (0.4 miles).
- Left onto trail at SW 6th Ave (0.2 miles).
- Right across SW 7th Ave onto trail (0.2 miles).
- Slight right onto trail along north side of Pine Ridge Dr (0.1 miles).
- Cross 11th Ave SW and turn right onto trail along west side (0 miles).
- Left onto trail (0.1 miles).
- Left onto SW 6th St (0.2 miles).
- Left onto SW 14th Ave (0.3 miles).
- Right onto Golf Course Rd/Co Rd 23 (0.8 miles).
- At the traffic circle, keep right onto Co Rd 76 (1.9 miles).
- Left onto Tioga Trail along south side of Co Rd 63 (1.5 miles).
- Right onto House Boat Lndg, then left onto Co Rd 63 (7.2 miles).
- Right onto Hwy 6 (1.6 miles).
- Left onto Co Rd 11 (5.5 miles).
- Left onto US 2 (7 miles).
- Continue on Main Ave/US 2 (7.4 miles).
- Continue on US 2 (1.5 miles).
- Right onto Co Rd 39 (7.4 miles).
- Left onto Hwy 46 (1.5 miles).

- Left onto Winnie Dam Rd NE/Co Rd 9 (11 miles).
- Right onto US 2 (1.5 miles).
- Keep right at 1st Ave onto trail along north side of US 2 (Construction 2023, use Hwy 2 until trail is completed) (2.8 miles).
- Right onto W Winnie Rd NE/Co Rd 91 (9.7 miles).
- Continue on Forest Rt 2167/Co Rd 54 (1.4 miles).
- Slight left on Forest Rt 2171/Co Rd 91 (1.8 miles).
- Left onto Scenic Hwy NW/Co Rd 10 (2.4 miles).
- Right onto US 2 (2.8 miles).
- Left onto Migizi Trail (2.7 miles).
- Left onto 2nd St NE/Co Rd 206 (0.4 miles).
- Left onto Spruce Ave NE (0.1 miles).
- Right onto 1st St NE (0.1 miles).
- Keep left onto 1st St NE (0.1 miles).
- Left onto Central Ave NW, then right onto trail along north side of Railroad St NW (0.4 miles).
- Continue on [USBR 45](#).

USBR 45A: Brainerd to Cass Lake via Paul Bunyan/Heartland State Trail (Panel Maps 24-22 and 3-2)

- Left onto Paul Bunyan State Trail along north side of Laurel St (0.3 miles).
- Cross Northwest 4th St and turn right onto Paul Bunyan Trail (0.1 miles).
- Keep left onto Paul Bunyan State Trail and continue to Merrifield (9.8 miles).
- Continue on Paul Bunyan State Trail to Lake Hubert (4.9 miles),
- Continue on Paul Bunyan State Trail to Nisswa (2.2 miles),
- Continue on Paul Bunyan State Trail to Pequot Lakes (6.1 miles),
- Continue on Paul Bunyan State Trail to Jenkins (3.2 miles),
- Continue on Paul Bunyan State Trail to Pine River (6 miles).
- Continue on Paul Bunyan State Trail to Backus (9.2 miles),
- Continue on Paul Bunyan State Trail to Hackensack (7.9 miles).
- Continue on Paul Bunyan State Trail (16.6 miles).
- Right onto Heartland State Trail and continue to Walker (6 miles).
- Continue on Heartland State Trail (1.9 miles).
- Right onto Heartland State Trail (5.4 miles).
- Right onto Steamboat Loop NW/Co Rd 142 (1.8 miles).
- Right onto Cove Dr NW (0.2 miles).
- Left onto Heartland State Trail (9.2 miles).
- Right onto 148th St NW, then cross Hwy 371 and turn left onto Heartland State Trail to Cass Lake (2.8 miles).
- Continue straight onto Heartland State Trail to rejoin [USBR 45](#).

USBR 45: Cass Lake to Itasca State Park (Panel Maps 2-1)

- Right onto Heartland State Trail along east side of Aspen Ave NW/Hwy 371 (0.3 miles).

- Cross US 2 and continue onto Aspen Ave NW (0 miles).
- Left onto Upper Cass Frontage Rd NW (0.3 miles).
- Continue onto trail along north side of US 2 (1.5 miles).
- Curve right onto trail along east side of 69th Ave NW/Co Rd 75 (1 miles).
- At 164th St NW/Co Rd 60, cross 69th Ave NW/Co Rd 75 and continue on trail along west side (0.7 miles).
- At Ma lingan Wolf Rd NW, continue onto 69th Ave NW (0.3 miles).
- Continue onto Roosevelt Rd SE (5 miles).
- Right onto Swenson Rd NE/Co Rd 27 (2 miles).
- Left onto Power Dam Rd NE/Co Rd 12 (6.3 miles).
- Right onto Lake Ave NE/Co Rd 19 (0.9 miles).
- Left onto Lakeside Dr NE, then left onto Paul Bunyan State Trail (3 miles).
- Right onto Paul Bunyan State Trail along north side of Lake Shore Dr NE (0.1 miles).
- Right onto Paul Bunyan Trail along north side of Paul Bunyan Dr S/Hwy 197 (0.8 miles).
- Left onto 2nd St NW (0.2 miles).
- Right onto Minnesota Ave NW (0.2 miles).
- Left onto 5th St NW/Co Rd 7 (1.2 miles).
- At the traffic circle, take the second exit onto Division St W/Co Rd 7 (1.5 miles).
- At the traffic circle, take the third exit onto Becida Rd SW/Co Rd 7 (8.6 miles).
- Continue onto 169th Ave/Co Rd 10 (1 miles).
- Right onto Co Rd 9 (9.3 miles).
- Continue onto Co Rd 40 (2.1 miles).
- Left onto Co Rd 2 (6.4 miles).
- Continue onto N Entrance Dr/Co Rd 122 (0.7 miles).
- Right onto Wilderness Dr/Co Rd 117 (0.2 miles).
- Left onto State Park Rd 39, then left onto Itasca State Park Bike Trail (1.4 miles).
- Left onto Itasca State Park Bike Trail (4.1 miles).
- Left onto E Entrance Rd (0.1 miles).
- Slight left onto E Entrance Rd (1.1 miles).
- Route ends at Co Rd 48/Hwy 200 intersection.