

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

Turn-by-Turn Directions

Southbound (Itasca State Park to Iowa)

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

- Head northwest on East Entrance Rd (1.2 miles).
- Sharp right onto E Entrance Dr/Co Rd 122 (0.1 miles).
- Right onto Itasca State Park Bike Trail (4.1 miles).
- Cross Main Park Dr and turn right onto Itasca State Park Bike Trail (1.4 miles).
- Right onto State Park Rd 39, then right onto Wilderness Dr/Co Rd 117 (0.2 miles).
- Left onto N Entrance Dr/Co Rd 122 (0.7 miles).
- Continue straight onto Co Rd 2 (6.4 miles).
- Right onto Co Rd 40 (2.2 miles).
- Continue on Hubbard Co Rd 9 (9.2 miles).
- Left onto 169th Ave/Co Rd 10 (2.9 miles).
- Continue on Becida Rd/Co Rd 7 (6.7 miles).
- At the traffic circle, take the first exit onto Division St W (1.5 miles).
- At the traffic circle, take the second exit onto 5th St NW (1.2 miles).
- Right onto Minnesota Ave NW (0.2 miles).
- Left onto 2nd St NW (0.2 miles).
- Cross Paul Bunyan Dr S and turn right onto trail along east side of road (0.8 miles).
- Left onto trail along north side of Lake Shore Dr NE (1.1 miles).
- Left onto Paul Bunyan State Trail (2 miles).
- Right onto Lakeside Dr NE, then immediate right onto Lake Ave NE/Co Rd 19 (0.9 miles).
- Sharp left onto Power Dam Rd NE/Co Rd 12 (6.3 miles).
- Right onto Swenson Rd NE/Co Rd 27 (2 miles).
- Left onto Roosevelt Rd SE/Co Rd 8 (5 miles).
- Continue onto 69th Ave NW/Co Rd 75 (0.3 miles).
- At Ma lingan Wolf Dr NW, cross 69th Ave NW/Co Rd 75 and continue onto trail along west side (0.7 miles).
- Before Little Wolf Rd NW/Co Rd 150, cross 69th Ave NW/Co Rd 75 and continue on trail along east side (1 miles).
- Curve left to stay on trail along north side of US 2 (1.5 miles).

- Continue straight onto Upper Cass Frontage Rd NW (0.3 miles).
- Right onto Aspen Ave (0 miles).
- Cross US 2 and enter trail along east side of Aspen Ave NW/Hwy 371 (0.4 miles).
- Continue on [USBR 45](#) or [USBR 45A](#)

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

- Left onto trail along north side of Railroad St NW (0.4 miles).
- Left onto Central Ave NW (0.1 miles).
- Right onto 1st St NE (0.1 miles).
- Left onto Spruce Ave NE (0 miles).
- Right onto 2nd St NE/Co Rd 206 (0.4 miles).
- Before US 2, turn right into driveway towards Migizi Trail (0.2 miles).
- Continue onto Migizi Trail (2.5 miles).
- Right onto US 2 (2.7 miles).
- Left onto Scenic Hwy NW/Co Rd 10 (2.4 miles).
- Right onto Forest Rt 2171/Co Rd 91 (1.4 miles).
- Slight right on Forest Rt 2167/Co Rd 54 (1.8 miles).
- Continue onto W Winnie Rd NW/Co Rd 91 (9.7 miles).
- Left onto trail along north side of US 2 (Construction 2023, use Hwy 2 until trail is completed) (2.8 miles).
- At 1st Ave W, slight right to continue onto US 2 (1.5 miles).
- Left onto Winnie Dam Rd NE/Co Rd 9 (11 miles).
- Right onto Hwy 46 (1.5 miles).
- Right onto Co Rd 39 (7.4 miles).
- Left onto US 2 (9.5 miles).
- Continue onto Main Ave/US 2 (0.5 miles).
- Continue onto US 2 (7.5 miles).
- Right onto Co Rd 11 (5.5 miles).
- Right onto Hwy 6 (1.6 miles).
- Left onto Co Rd 63 (7.2 miles).
- Right onto House Boat Lndg, then immediate left onto Tioga Trail (1.5 miles).
- Right onto Co Rd 76 (1.9 miles).
- At the traffic circle, take the third exit onto Golf Course Rd/Co Rd 23 (0.8 miles).
- Left onto SW 14th Ave (0.3 miles).
- Right onto SW 6th St (0.2 miles).
- At end of street, slight right onto trail (0.1 miles).
- Right onto trail along west side of SW 11th Ave (0 miles).
- Left onto trail along north side of Pine Ridge Rd (0.1 miles).
- Slight left onto trail (0.2 miles).
- Cross SW 7th Ave and turn left to continue on trail (0.3 miles).
- Right onto trail along south side of SW 4th St (0.4 miles). Continue onto SE 4th St (0.7 miles).
- Right onto River Rd/Co Rd 3 (18.5 miles).
- Continue onto Great River Rd/Co Rd 10 (35.4 miles).
- Left onto US 169 S (1.3 miles).

- Right onto Great River Rd/Co Rd 21 (6.6 miles).
- Left onto Osprey Ave/Co Rd 1 (2.1 miles).
- Left onto 410th Ave/Co Rd 1 (2.8 miles).
- Right onto 4th St NW/Co Rd 15 (0.6 miles).
- Continue onto Eagle St/Co Rd 15 (5.4 miles).
- Continue onto Co Rd 32 (2.9 miles).
- Right onto Co Rd 30 (4.9 miles).
- Left onto Co Rd 31 (3.8 miles).
- Right onto 8th St NE (0.3 miles).
- At 6th Ave NE, keep right onto Cuyuna Lakes State Trail (0.8 miles).
- Continue through underpass and then keep left on Cuyuna Lakes State Trail (5.2 miles).
- Left onto Rowe Rd, then right onto Co Rd 128 (0.2 miles).
- Left onto Co Rd 59 (1 miles).
- Right onto Hwy 210 (8.5 miles).
- Slight right to continue on trail along north side of Hwy 210 (0.7 miles).
- Keep left to continue onto Hwy 210 (0.8 miles).
- Left onto So 8th St (0.2 miles).
- Right onto Laurel St (0.5 miles).
- Cross E River Rd and turn left onto trail along west side (0.6 miles).
- Continue on [USBR 45](#).

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

- Continue south on Heartland State Trail along east side of Aspen Ave. (2.8 miles).
- Right onto Pike Bay Loop NW/Co Rd 146, then immediate left onto Heartland State Trail along west side of Hwy 371 (9.2 miles).
- Right onto Cove Dr NW (0.1 miles).
- Left onto Steamboat Loop NW/Co Rd 142 (1.8 miles).
- Left onto Heartland State Trail (5.4 miles).
- Left on Heartland State Trail and continue to Walker (1.9 miles).
- Continue on Heartland State Trail (6 miles).
- Cross 73rd Ave NW/Co Rd 87, then turn left onto Paul Bunyan State Trail and continue to Hackensack (16.7 miles).
- Continue on Paul Bunyan State Trail to Backus (7.8 miles),
- Continue on Paul Bunyan State Trail to Pine River (15.3 miles).
- Continue on Paul Bunyan State Trail to Pequot Lakes (3.2 miles),
- Continue on Paul Bunyan State Trail to Nisswa (6.1 miles),
- Continue on Paul Bunyan State Trail to Lake Hubert (2.1 miles),
- Continue on Paul Bunyan State Trail to Merrifield (4.9 miles),
- Continue on Paul Bunyan State Trail to Brainerd (9.8 miles).
- Left onto trail on north side of W Laurel St (0.3 miles).
- Right onto trail along west side of E River Rd intersection and rejoin [USBR 45](#).

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

- Right onto trail along north side of W College Dr (0.8 miles).
- Before Highland Scenic Dr cross W College Dr and turn right onto Paul Bunyan State Trail along south side of College Rd (1.1 miles).
- Cross Hwy 371 and turn left onto Paul Bunyan State Trail along west side (3.4 miles).
- Sharp left to go up ramp to Mississippi River Bridge and continue across bridge (0.2 miles).
- Go down ramp and turn left to continue on Paul Bunyan State Trail (6 miles).
- Left onto State Pk Rd/Co Rd 27 (0.7 miles).
- Right onto Hwy 371 (11.3 miles).
- Right onto 243rd St (0 miles).
- Left onto Co Rd 284 (1.1 miles).
- Continue onto Haven Rd/Co Rd 76 (6 miles).
- Right onto Riverwood Dr (2.7 miles).
- Left onto Riverwood Dr (0.3 miles).
- Right onto trail on west side of Haven Rd/Co Rd 76 (0.7 miles).
- Right onto 13th Ave NE (0.1 miles).
- Left onto Riverview Dr (0.3 miles).
- Right onto 1st St NE (0.7 miles).
- Right onto 1st Ave NE (0.2 miles).
- Right onto Broadway E/Hwy 27 (0.3 miles).
- Left onto Lindbergh Dr SW/Co Rd 52 (11.6 miles).
- Continue onto Co Rd 25 (1.6 miles).
- Left onto Co Rd 21 (4.2 miles).
- Continue onto Co Rd 1 (2.2 miles).
- Sharp left on Xenia Rd then continue onto 125th St NW/Co Rd 2 (1.9 miles).
- Slight left on Main St W/Co Rd 2 (0.3 miles).
- Right onto 1st Ave W/Co Rd 55 (0.2 miles).
- Continue onto River Rd NE/Co Rd 55 (9.3 miles).
- Right onto Benton Dr N/Co Rd 33 (2 miles).
- Right onto Cottonwood Ave, then left onto Garden Ave (0.1 miles).
- At the end of the street, continue straight onto Oxcart Trail (0.5 miles).
- Continue onto River Ave N (1.2 miles).
- Continue on [USBR 45](#) or [USBR 45A](#).

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

- Before the bridge, slight right onto trail (0.1 miles).
- Left to go up ramp to bridge (0.1 miles).
- Left onto trail along east side of 9th Ave N and continue across bridge (0.2 miles).
- Continue along trail along east side of 9th Ave N (0.4 miles).
- Left onto 6th Ave N (0.6 miles).
- Left onto 12th St N (0.1 miles).
- Curve right onto 5th Ave N (0.6 miles).

- Keep left onto trail along east side of 5th Ave N (0.1 miles).
- Left onto River Walk Trail (0.4 miles).
- Keep right to go up ramp (0.1 miles).
- Left onto 3rd Ave S (0.5 miles).
- Right onto 6th St S (0.1 miles).
- Left onto 5th Ave S (0.2 miles).
- Left onto 8th St S (0.3 miles).
- Continue on [USBR 45](#).

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

- Continue southeast on River Ave N (1 miles).
- Left onto 12th St S (0.1 miles).
- Right onto Broadway Ave S (0.2 miles).
- Continue onto Riverside Dr NE (0.7 miles).
- Curve left onto Riverside Dr, then right onto 2nd Ave NE (0.1 miles).
- Right onto Riverside Dr SE (1 miles).
- Left onto 13th St SE (0.1 miles).
- Right onto Kilian Blvd SE (0.2 miles).
- Right onto University Dr SE (0.6 miles).
- At the traffic circle, take the first exit onto 5th Ave S (0.1 miles).
- Turn right onto 8th St S to rejoin [USBR 45](#).

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

- Right onto 1st Ave S (0.3 miles).
- Left into driveway of St Cloud Hydro Dam, then continue onto Beaver Island Regional Trail (2.5 miles).
- Cross 33rd St S and turn left to continue on Beaver Island Regional Trail (1.5 miles).
- Right onto 43rd St S (0.1 miles).
- Left onto Roosevelt Rd/Co Rd 75 (0.7 miles).
- Left onto Co Rd 75 (1.8 miles).
- Left onto Opportunity Dr/Co Rd 75 (4.9 miles).
- At 27th Ave E, slight left onto trail along north side of Co Rd 75 (1.7 miles).
- Right onto Main St, then immediate left onto Co Rd 75 (12.1 miles).
- Left onto Montissippi County Park Rd (0.2 miles).
- Right onto Montissippi County Park Trail (0.4 miles).
- Left onto River St W (1 miles).
- Right onto Otter Creek Rd (0.1 miles).
- Left onto Sandy Ln (0.2 miles).
- Continue onto River St W (0.6 miles).
- Left onto Linn St (0.1 miles).
- Right onto Front St (0.1 miles).
- At Locust St, slight left onto trail (0.1 miles).
- Keep left onto trail through park (0.2 miles).

- Left at bicycle cut-through onto River St E (0.7 miles).
- Before parking lot, left onto trail (0.3 miles).
- Left onto Hart Blvd (0.2 miles).
- At bend in road, continue straight onto trail along north side of Broadway St E/Co Rd 75 (0.1 miles).
- Left onto Hart Blvd (0.3 miles).
- Left onto Riverview Dr/Co Rd 39 NE (3.2 miles).
- Continue onto 95th St NE/Co Rd 39 NE (6.4 miles).
- At traffic circle, take second exit onto 90th St NE/Co Rd 39 NE (0.5 miles).
- Continue on [USBR 45](#) or [USBR 45A](#).

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

- At traffic circle, take first exit onto Parrish Ave NE/Co Rd 42 (0.7 miles).
- Curve left onto River Rd NE/Co Rd 42 (2.8 miles).
- Continue onto Robinson St/Co Rd 12 (0.5 miles).
- Right onto Division St/Co Rd 12 (0.3 miles).
- Keep left onto Dayton River Rd/Co Rd 12 (5.7 miles).
- At S Diamond Lake Rd, slight right onto trail along west side of Dayton Rd/Co Rd 12 (1.1 miles).
- Left onto Cartway Rd, then curve right onto W River Pkwy (0.2 miles).
- At Colburn St N, left onto trail (0.3 miles).
- Left onto E River Pkwy (0.4 miles).
- Left on trail along north side of W River Rd (0.2 miles).
- Right through parking lot (0.1 miles).
- Continue onto Frontage Rd (0.5 miles).
- Curve left onto Pribble St N, then curve right onto Mississippi Dr N (0.2 miles).
- Left onto 122nd Ave N, then right onto River Shore Ln N (0.3 miles).
- At cul-de-sac, continue onto trail (0.1 miles).
- Continue onto Mississippi Dr N (0.9 miles).
- Left onto Mississippi Dr N (0.3 miles).
- Right onto Riverview Entry N (0.1 miles).
- Left onto W River Rd/Co Rd 12 (1.2 miles).
- At 109 Ave N, slight left onto trail along east side of W River Rd (2.4 miles).
- At James Ave N, cross West River Rd and continue on trail along south side (3 miles).
- After 75th Ave N turn left onto W River Rd (0 miles).
- At cul-de-sac, continue onto trail (1.2 miles).
- Left onto 66th Ave N, then immediate right onto Willow Ln N (0.3 miles).
- At cul-de-sac, turn left onto trail (2.9 miles).
- Slight right onto Soo Ave (0.2 miles).
- Left onto Washington Ave N/Co Rd 152 (0.6 miles).
- Left onto 2nd St N (1.4 miles).
- Left onto 22nd Ave N (0.2 miles).
- At end of street, right onto trail along east side of W River Rd N (0.6 miles).

- Sharp left on trail before Plymouth Ave and continue under Plymouth Ave bridge (0.1 miles).
- Right onto trail (0.1 miles).
- Left onto Central Mississippi Riverfront Trail (1.9 miles).
- After I-35W underpass, keep left onto Mississippi Gorge/West River Parkway Trail (5.2 miles).
- At Minnehaha Park, left onto trail towards Ford Pkwy, then left onto trail along north side of Ford Pkwy bridge (0.3 miles).
- At end of bridge, left down ramp, then cross Mississippi River Blvd and turn left onto Mississippi Gorge Regional Trail (1 miles).
- At Hidden Falls Dr, keep left onto upper trail (1.3 miles).
- At Gannon Rd, continue onto Sam Morgan Regional Trail (8.3 miles).
- Cross N Fish Hatchery Rd and turn right onto Fish Hatchery Trail (1.4 miles).
- Right onto Battle Creek Park Entrance Rd (0.6 miles).
- Continue onto Point Douglas Rd S (1 miles).
- At Highwood Ave E continue onto trail (0.6 miles).
- At cul-de-sac, continue onto Point Douglas Rd S (1.2 miles).
- Right onto Bailey Rd/Co Rd 18 (0.2 miles).
- Continue onto Maxwell Ave (0.5 miles).
- Right onto trail along north side of I-494 entrance ramp and continue across Wakota Bridge (0.7 miles).
- Sharp right down ramp (0.1 miles).
- Sharp right onto Verderosa Ave (0.1 miles).
- Left onto Verderosa Ave, then keep left (0 miles).
- Right onto Mississippi River Greenway (2.5 miles).
- Right onto Mississippi River Greenway (18.8 miles).
- Continue onto Mississippi River Greenway (Construction 2024, see map for on-road detour) (2.3 miles).
- Continue onto Mississippi River Greenway (3.9 miles).
- Keep right onto Mississippi River Greenway (6.3 miles).
- Continue on [USBR 45](#).

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

- At traffic circle, take third exit onto Parrish Ave NE/CR 42 (1.4 miles).
- Right onto Main St NW (0.7 miles).
- Continue onto Co Rd 12/181st Ave NW (1.3 miles).
- At traffic circle, take second exit to continue on 181st Ave NW (0.9 miles).
- Right onto Ermine Blvd NW (0.6 miles).
- Right onto Eaton St NW (0.4 miles).
- Left onto 176th Ave NW (0.1 miles).
- Right onto Driscoll St NW (0.3 miles).
- Left onto 173rd Ave NW, then right onto Driscoll St NW (0.4 miles).
- Left onto 169th Ave NW (0.1 miles).
- Right onto Baugh St NW (0.6 miles).

- Left onto Andrie St NW (0.2 miles).
- Left onto 167th Ln NW (0.8 miles).
- Right onto Lake Itasca Trail (0.4 miles).
- Right onto Lake Itasca Trail (2 miles).
- Sharp left onto trail along north side of Alpine Dr NW (0.4 miles).
- Right onto trail along west side of Puma St NW (0.5 miles).
- Left onto trail along north side of Bunker Lake Blvd (1.8 miles).
- Right onto Ramsey Blvd NW/Co Rd 56 (0.8 miles).
- Curve left onto Riverdale Dr NW (0.6 miles).
- Right onto Riverdale Dr NW (0.8 miles).
- Right onto Tungsten St NW (0.1 miles).
- Left onto Rivlyn Ave NW (0.1 miles).
- Right onto Mississippi River Regional Trail (0.6 miles).
- Left onto Mississippi River Regional Trail after parking lot (0.3 miles).
- At cul-de-sac continue onto Benton St (1.3 miles).
- Left onto Ferry St/US 169 (0.1 miles).
- Right to cross Ferry St and continue across bridge (0 miles).
- Right onto Mississippi River Regional Trail (0.4 miles).
- Right onto 2nd Ave (0.1 miles).
- Continue onto Oakwood Dr (0.3 miles).
- Right onto 3rd Ave (0.1 miles).
- Left onto Oakwood Dr (0.7 miles).
- Right onto Queens Ln (0.2 miles).
- Curve left onto River Ln (0.1 miles).
- Right onto 9th Ave/115th Ave NW (0.3 miles).
- Left onto trail, then continue onto 115th Ave NW (0.2 miles).
- Right onto Round Lake Blvd NW (0.1 miles).
- Curve left onto Mississippi Dr NW (0.4 miles).
- Curve left onto Pheasant Ridge Dr NW (0.2 miles).
- Right onto Mississippi River Regional Trail (0.4 miles).
- Right onto Mississippi Blvd NW (2 miles).
- Sharp right onto trail through Coon Rapids Dam Regional Park (1.1 miles).
- Right onto trail along west side of Egret Blvd NW (0.1 miles).
- Left onto trail along south side of parking lot (0.4 miles).
- Keep right onto Mississippi River Regional Trail (1.4 miles).
- Right onto Mississippi Blvd NW (0.6 miles).
- Right after Palm St NW onto Mississippi River Regional Trail (0.1 miles).
- Right onto Broad Ave NW (0.1 miles).
- Right onto Kimball St NE (0.1 miles).
- Left onto Riverview Ter NE (0.5 miles).
- Right onto Mississippi River Regional Trail (0.3 miles).
- Left onto Bellaire Way NE, then right onto Alden Way NE (0.5 miles).
- Slight right onto 75th Way NE (0.1 miles).
- Slight right onto Osborne Way NE (0.1 miles).

- Cross E River Rd/CR 1 then turn right onto trail along north side (1.1 miles).
- Left onto Rice Creek Way NE (0.3 miles).
- Left onto Mississippi River Regional Trail (4.8 miles).
- Right onto St. Anthony Pkwy Regional Trail (0.5 miles).
- Right onto Marshall St NE/Co Rd 23 (1.6 miles).
- Right onto Mississippi East Bank Trail (0.9 miles).
- Left onto trail through Boom Island Park (0.5 miles).
- Left onto E Island Ave (0.2 miles).
- Left onto Merriam St (0.1 miles).
- Right onto Central Mississippi Riverfront Trail (0.6 miles).
- Left onto 6th Ave SE (0.3 miles).
- Right onto SE 5th St (0.2 miles).
- Left across bridge over I-35W (0.1 miles).
- Left onto 5th St SE (0.4 miles).
- Right onto SE 14th Ave (0.2 miles).
- Continue onto E River Pkwy (0.1 miles).
- Keep right onto Mississippi Gorge/East River Parkway Trail (5.7 miles).
- Left across Mississippi River Blvd to go up ramp to Ford Pkwy/Co Rd 42 (0 miles).
- Left onto trail along north side of Ford Pkwy/Co Rd 42 and continue across bridge (0.3 miles).
- Keep left at end of bridge onto trail through Minnehaha Park (1.7 miles).
- Continue onto Minnehaha Trail (1.5 miles).
- Sharp right onto trail towards Mendota Bridge/Hwy 55/Hwy 62 (0.3 miles).
- Left onto trail along north side of Mendota Bridge/MN 55/MN 62 (0.7 miles).
- Left at end of bridge to go down ramp (0.1 miles).
- Sharp right to cross Sibley Memorial Hwy, then immediate right onto trail (0.1 miles).
- Sharp left onto Big Rivers Regional Trail (2.3 miles).
- Left onto Lilydale Regional Trail (2.9 miles).
- Right onto Robert Piram Regional Trail along north side of Plato Blvd (3.1 miles).
- Continue onto Dakota County Mississippi River Greenway (3.4 miles).
- Right after the I-494 underpass onto Verderosa Ave, then keep right (0.1 miles).
- Sharp left onto trail along north side of I-494 entrance ramp and continue across Wakota Bridge (0.8 miles).
- Right onto Maxwell Ave/Co Rd 38 (0.5 miles).
- Slight right onto 7th Ave/Co Rd 38 (0.1 miles).
- Right to cross bridge over US 10/US 61 (0.4 miles).
- Right onto trail along west side of Hastings Ave/Co Rd 38 (2 miles).
- Right onto trail along north side of 70th St S/Summit Ave/Co Rd 22 (0.2 miles).
- At St Paul Park Rd, continue onto Summit Ave (0.9 miles).
- Right onto Pullman Ave (0.4 miles).
- Left onto 3rd St (becomes Grey Cloud Island Dr.) (1.2 miles).
- Left onto Grey Cloud Tr S (1.7 miles).
- Left onto 103rd St S (0.5 miles).
- Curve left onto Hadley Ave S (0.3 miles).

- Keep right after 100th St S onto trail along east side of Hadley Ave S (0.5 miles).
- Cross 95th St S at the traffic circle and turn right onto trail along north side (1.4 miles).
- Right onto trail along west side of Jamaica Ave S (0.4 miles).
- Left onto 100th St S (0.6 miles).
- Sharp left onto Innovation Rd/Co Rd 19A (0.8 miles).
- At the traffic circle, take the first exit onto E Point Douglas Rd S (1.2 miles).
- Sharp left onto Kimbro Ave S (0.6 miles).
- Right onto 100th St S (1 miles).
- Right onto Lehigh Rd S (1 miles).
- Right onto Manning Ave S/Hwy 95 (1.1 miles).
- Left onto US 10/US 61 (1.9 miles).
- Right onto Spiral View Loop (0.5 miles).
- Sharp left onto trail along east side of Hastings Rd S/US 61 and continue across bridge (0.6 miles).
- Sharp left to go down ramp (0.2 miles).
- Right onto Mississippi River Greenway to rejoin [USBR 45](#).

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

- Continue on Mississippi River Greenway (0.3 miles)
- Keep right onto Mississippi River Greenway through parking lot (0.1 miles).
- Left onto Vermillion River Greenway (0.5 miles).
- Keep right to continue onto Bailey St (0.1 miles).
- Left onto Hasting city trail (0.6 miles).
- Left onto Hasting city trail along north side of E 18th St/Co Rd 291 (0 miles).
- Right to cross E 18th St/Co Rd 291 and continue on Hasting city trail (0.3 miles).
- Cross 21st St E onto Commerce Dr (0.3 miles).
- Right onto Spiral Blvd (0.2 miles).
- Left onto Red Wing Blvd/Hwy 316 (5.8 miles).
- Curve right onto Polk Ave/Hwy 316 (3.8 miles).
- At the traffic circle, take the third exit onto US 61 (11.5 miles).
- Left to cross US 61 and continue on Cannon Valley Trail along east side of N Bench St (0.1 miles).
- Right onto trail along south side of W Main St (0.3 miles).
- Left to cross W Main St and continue on trail along east side of Withers Harbor Dr (0.8 miles).
- Left before the traffic circle to cross Levee Rd, then right onto Red Wing Riverfront Trail (0.5 miles).
- Right onto Broad St after the parking lot (0.1 miles).
- Continue onto West Ave (0.4 miles).
- Left onto 7th St W (1.6 miles).
- After Nymphara Ln at Hwy 292 turn left, then immediate right onto US 61/US 63 (13.2 miles).
- Left at Hok Si La Park and immediate right onto Hok Si La Trail (0.7 miles).
- Cross Central Point Rd to continue on River Walk trail along east side of N Lakeshore Dr (0.9 miles).
- Continue onto N Park St (0.4 miles).
- Right onto E Chestnut St (0.1 miles).
- Left onto Franklin St (0.2 miles).

- Right onto E Marion St (0.1 miles).
- Left onto S Lakeshore Dr/US 61 (12.7 miles).
- Left onto Hiawatha Dr W/Co Rd 30 (0.2 miles).
- Left onto Gambia Ave/Co Rd 64 (0.1 miles).
- Right onto trail (0.6 miles).
- Continue onto Church Ave, then curve right onto Lawrence Blvd W (0.2 miles).
- After underpass at Walnut Ave continue onto trail (0.1 miles).
- Left onto Lawrence Blvd E (0.5 miles).
- Curve right onto Washington Ave (0.1 miles).
- Left onto Washington Ave (0.2 miles).
- Left onto Hiawatha Dr E/Co Rd 30 (1.8 miles).
- Continue onto Co Rd 30 (2.3 miles).
- Right onto Co Rd 81 (0.1 miles).
- Left onto US 61 (1 miles).
- Left onto Belvidere Ave/Co Rd 18 (0.5 miles).
- Right onto S Dodge St/Co Rd 18 (0.3 miles).
- Left onto Co Rd 84 (8.3 miles).
- Left onto US 61 (14.1 miles).
- Left onto Bridge St/Hwy 248 (0.6 miles).
- Left onto Wenonah Rd (0.4 miles).
- Sharp left onto Harbor Dr (1.3 miles).
- Continue onto Prairie Island Rd (3.7 miles).
- Left onto Riverview Dr (1.5 miles).
- Curve right onto Huff St (1 miles).
- Left onto Lake Winona Bike Path (1.5 miles).
- Right across bridge to stay on Lake Winona Bike Path (0.1 miles).
- Slight right onto Parks Ave (0.6 miles).
- Right onto trail along west side of Mankato Ave (0.1 miles).
- Cross US 14/US 61 at the traffic circle, then merge onto Mankato Ave/Homer Rd (0.7 miles).
- At the traffic circle, take the second exit onto Homer Rd/Co Rd 15 (0.4 miles).
- Continue onto Old Homer Rd/Co Rd 15 (3.2 miles).
- Left on Old Homer Rd, then right onto US 14/US 61 (7.1 miles).
- Continue on [USBR 45](#) or [USBR 45A](#).

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

- Continue on US 14/US 61 (4.7 miles)
- Take the exit toward I-90 W/Dakota (0.3 miles).
- Left onto Co Rd 101 (0.1 miles).
- Right onto River St/Co Rd 12 (2.3 miles).
- Left onto Riverview Dr (0.4 miles).
- Slight left onto Secluded Rd/Old 61 Trail (2.4 miles).
- Right onto River Access Rd and continue on trail through underpass (0.1 miles).
- Left to continue on trail (0.3 miles).

- Merge onto US 14/Hwy 61 (2 miles).
- Take the exit on the right onto N Chestnut St (0.1 miles).
- Right onto Main St (0.1 miles).
- Left onto N Walnut Street (0.1 miles).
- Right onto S 1st St (0.2 miles).
- Left onto S Elm St/Apple Blossom Dr (0.7 miles).
- Continue on [USBR 45](#).

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

- Right onto Apple Blossom Scenic Dr/Co Rd 3 (4.3 miles).
- Left onto Co Rd 12 (1.6 miles).
- Left onto Co Rd 12 (1.9 miles).
- Sharp right onto Co Rd 1 (7.4 miles).
- Continue onto Co Rd 29 (0.5 miles).
- Continue onto N Elm St (1 miles).
- Continue onto S Elm St/Apple Blossom Dr (0.7 miles) and rejoin [USBR 45](#).

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

- Left onto S 11th St (0.1 miles).
- Right onto S Oak St (0.2 miles).
- Left onto S 14th St, then right onto Hwy 16 (1.7 miles).
- Left onto Hwy 26 (21.1 miles).
- Route ends at Iowa border north of New Albin.