



WILD RIVER STATE PARK

TRAIL GUIDE



Over 30 miles of hiking and cross-country ski trails attract visitors to Wild River State Park. Opportunities exist for both novice and experienced trail users. Approximately 19 total miles of trails await cross-country skiers. Fifteen miles of trails are groomed and tracked for classic skiing with 6 miles groomed for skate skiing. Twenty miles are available for horseback riding from May 1 – October 31. Many options exist for taking a short 10 minute jaunt or a longer three hour adventure.

The year-round, heated trail center with modern restrooms and fireplaces provides a good starting location for your outing. Cross-country ski and snowshoe rental is available here throughout the winter months. Near this building is the Vanished Forest Exhibit. Or, you may choose to start at the Visitor Center, which offers more information and exhibits.

*When looking at a “You Are Here” sign (located at all trail junctions), you are facing north to assist you with orientation while out on the trails. Distances on trail maps are in miles. Permitted trail uses are listed at trail accesses and junctions. Unless otherwise posted, no hiking or snowshoeing is allowed on groomed ski trails. Trail users are reminded to be prepared for changing weather conditions and to pack out what you pack in. Horseback riders must remain on designated trails at all times. *Trail miles are approximate.*

Easy Trails

Mitigwaki Loop (1 mile)



The Mitigwaki Loop begins at the Visitor Center. This loop goes through oak woods on the ridge above Dry Creek. A spur trail connects the Visitor Center with the Trail Center. “Mitigwaki” is an Ojibwe word for oak woods.

Amik’s Pond Loop (1 mile)



The Amik’s Pond loop begins at the Visitor Center. This loop takes you down to the river and to the boat landing. View the wetland wildlife along the trail including the beaver lodges in the ponds. “Amik” is the Ojibwe word for beaver.

Amador Prairie Loops (1 or 2 mile loops)



The Amador Prairie loops begin at the Trail Center. These sandy surfaced loops are shared with horses and will take you through a level open grassland with scattered oak islands. Tall prairie grasses and wildflowers can be seen on these loops.

Old Logging Trail (Universal Trail) (3 miles)



This fully accessible asphalt-surfaced trail includes the Old Logging Trail and part of the Mitigwaki Loop. It provides access for all non-motorized uses other than horseback riding and links the Trail Center, Visitor Center, picnic area and campground. This trail is mostly wooded trail and the Hiking Club route follows a part of this trail and the next.

Walter F. Mondale River Trail (1½ miles)



This wooded trail provides access to the backpack campsite at Spring Creek and links up the picnic area with the river access. A highlight on the trail is the Nevers Dam overlook and history display.

River Terrace Loop (1½ miles)



This wooded, scenic loop begins in the picnic area. The trail provides access to the campground on the north end of the loop by climbing 164 winding steps. Excellent hike for spring wildflowers and birds. Winter hiking and snowshoe route.

Windfall Trail (1 mile)



This wooded trail starts from the Visitor Center. This flat trail is a nice trail for winter snowshoeing and hiking.

Dry Creek Trail (1½ miles)



This secluded trail along a north-facing hillside lies on the south side of Dry Creek. Make a scenic loop by combining the north side of the Pioneer Trail with the Dry Creek Trail.

Pioneer Trail (2 miles)



The Pioneer Trail is reached via a ¾ mile access trail beginning at the Trail Center and running through oak woods, savanna, and a small prairie. The Pioneer Trail runs along the edge of an open grassland area. This is a popular horse trail. The Meadow Vista backpack campsite is located next to this trail.

Moderate Trails

Deer Creek Loop (3 miles)



This loop trail is reached via a ½ mile access from either the Visitor Center or the River Access. The trail crosses the scenic Deer Creek bridge and part of the trail is located along the historic Point Douglas to Superior Military Road (Old Military Road). The trail also provides access to Deer Creek and Buck Hill backpack campsites.

Sunrise Trail (10 miles)



This trail extends north from the Trail Center to the Sunrise River. The trail crosses Amador Prairie and passes through pine plantations, plus lowland and upland hardwood forests.

Sunrise Loop (5 miles)



The Sunrise Loop can be accessed from the Sunrise picnic area and river access parking lot. This rugged loop crosses a large beaver dam area through hardwood forests along the river and can be seasonally wet.

Goose Creek Loop (3 miles)



This loop provides access to the Goose Creek campsite. It goes through lowland hardwood forest along the river and receives minimal summer trail maintenance due to difficult access and a high water table. Winter hiking and snowshoe trail.

Most Challenging Trails

Highland Hills Trail (2 miles)



This trail begins at the Trail Center with access through an oak woods and scattered white pine adjacent to the park office. Steep hills and rugged terrain make this an expert skate ski trail. The trail provides access to multiple backpack campsites. An additional ½ mile loop includes a spectacular view of the river valley which can be seen from the bench located on the trail at the top of this hill.

MANY VISITORS COME TO WILD RIVER TO EXPERIENCE SOLITUDE IN A SCENIC NATURAL SETTING.

PLEASE RESPECT THE RIGHTS OF OTHER TRAIL USERS.