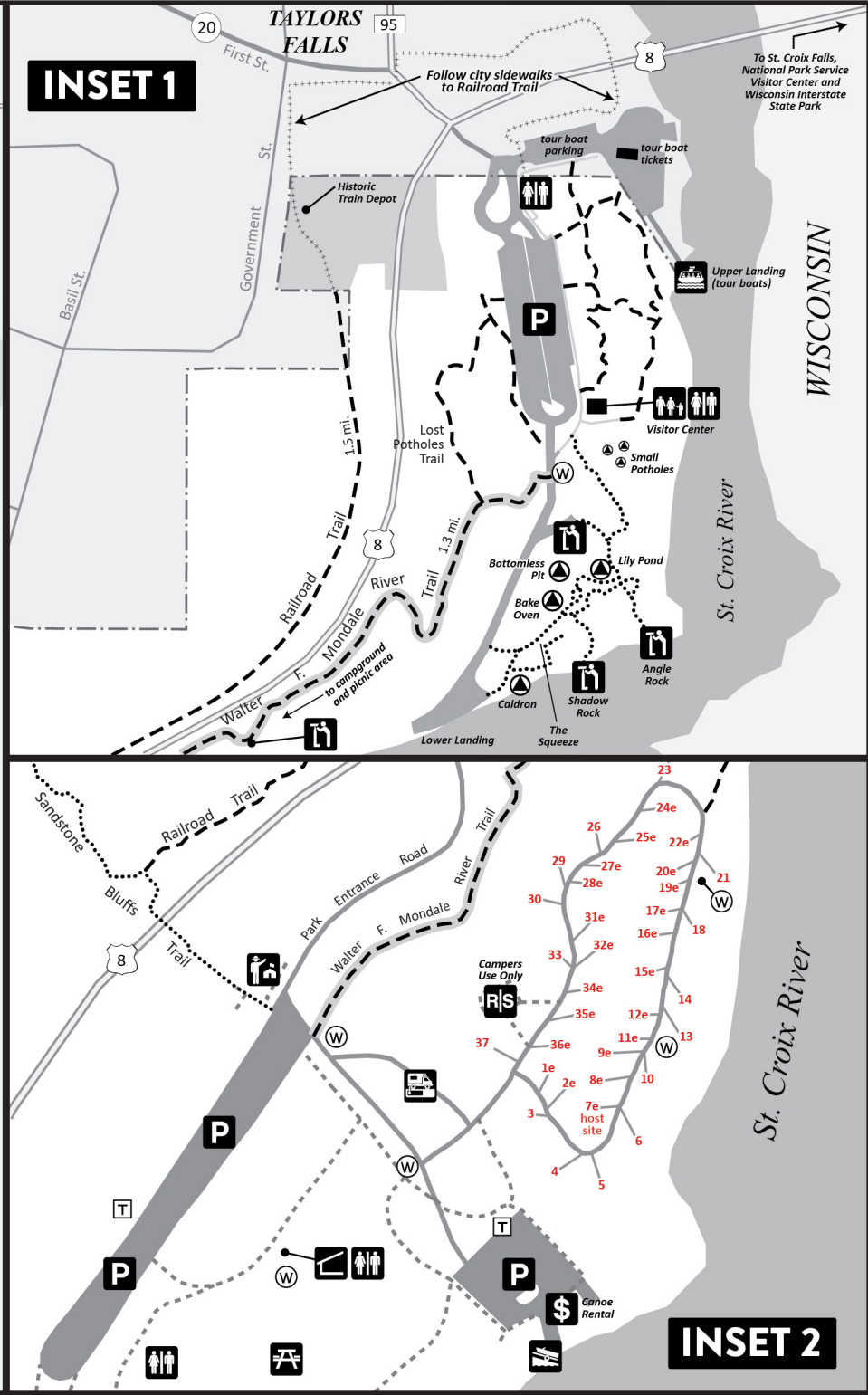
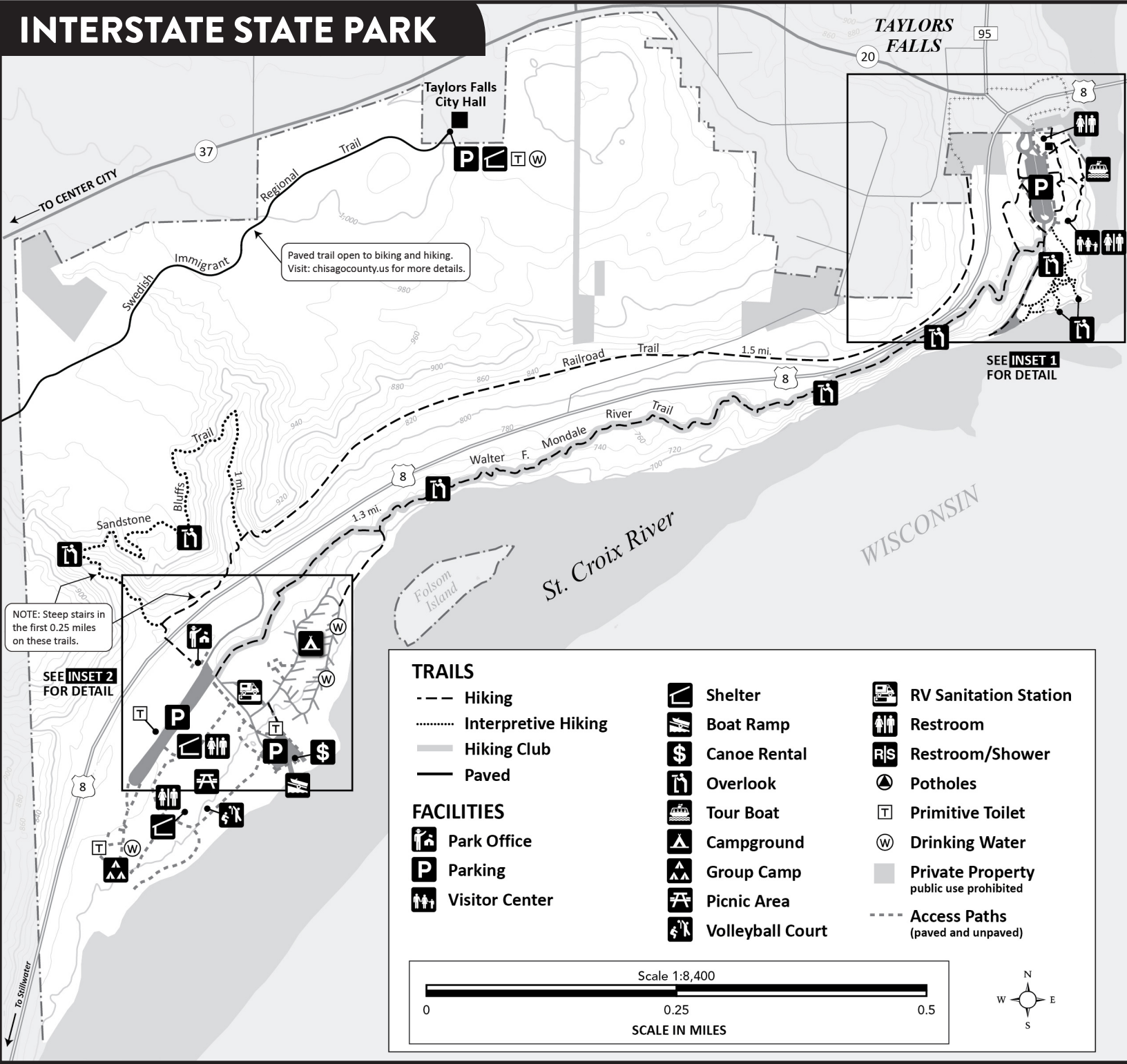


INTERSTATE STATE PARK



MAP AND GUIDE: INTERSTATE STATE PARK

307 MILLTOWN ROAD
TAYLORS FALLS, MN 55084
651-539-4500 • CHISAGO COUNTY
INTERSTATE.STATEPARK@STATE.MN.US



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.
- 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, and find potholes of all sizes along the river gorge.



LOOKING FOR MORE TO EXPLORE
DURING YOUR STAY?
VISIT [MNDNR.GOV/INTERSTATE](https://mndnr.gov/interstate)

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 • Some stairs

Explore the unique glacial potholes, walk on top of ancient lava, and enjoy views of the river gorge. How many potholes will you find along the short, winding trails?

0.5 miles one-way (or 8 city blocks)

Walter F. Mondale River Trail

Hilly • Bare rock • Gravel • Some stairs

Hike through the woods, stop at scenic overlooks along the St. Croix River and watch for great blue herons, turkey vultures, and bald eagles along this rugged trail.

1.3 miles one-way (or 21 city blocks)

Railroad Trail

Some hills • Gravel • Numerous stairs

Walk the route of the old Northern Pacific Railroad and view sandstone cliffs formed on top of the older basalt. The eastern mile of the trail is flat but you'll find over 200 stairs at the western end.

1.5 miles one-way (or 25 city blocks)

Sandstone Bluffs Trail

Steep terrain • Packed dirt • Numerous stairs • Switchbacks

Enjoy spring wildflowers, a small intermittent waterfall, and a view of the valley from this path. The western quarter mile of this trail has over 300 stairs.

1-mile loop (or 17 city blocks)

MORE TO EXPLORE AT THE PARK

- Join a free naturalist program.
- Borrow GPS units or fishing equipment from the park office.
- Rent a canoe or kayak and paddle the St. Croix River.

SO EVERYONE CAN ENJOY THE PARK...

A FULL SET OF STATE PARK RULES AND REGULATIONS IS AVAILABLE AT [MNDNR.GOV](https://mndnr.gov).



PARK OPEN

8 a.m.–10 p.m. daily.



VEHICLE PERMITS

Permits required; purchase at park office or entrance kiosk.



PETS WELCOME

Keep on leash; pick up after; attend at all times; not allowed in buildings.



CAMPGROUND QUIET HOURS

10 p.m.–8 a.m.; only registered campers may be in campground during quiet hours.



FIREWOOD

Must be purchased at this park or from vendors who sell wood approved for this park; no gathering firewood in the park.

? MORE INFORMATION



CURIOUS ABOUT THE ST. CROIX RIVER
STATE WATER TRAIL?
GO TO [MNDNR.GOV/WATERTRAILS](https://mndnr.gov/watertrails)

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

The Minnesota Department of Natural Resources is an Equal Opportunity Employer.

This information may be available in alternative format upon request.

m MINNESOTA
STATE PARKS AND TRAILS