

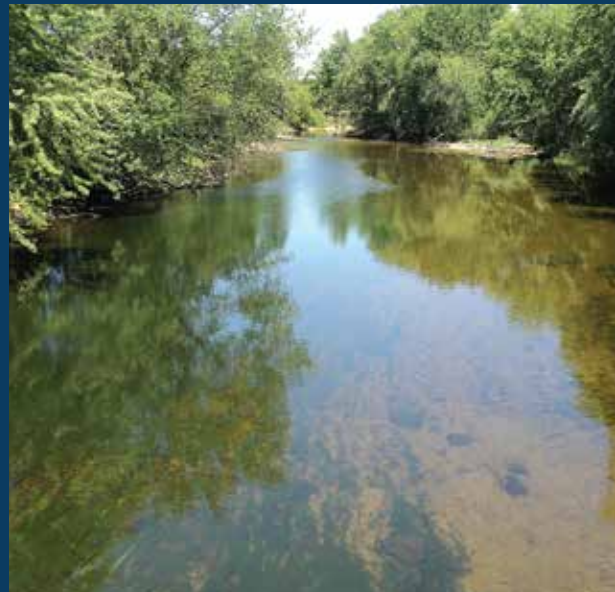
## ROUTE DESCRIPTION - RM 60 to 0

56.6 (R)	<b>Confluence with Stony Creek.</b>	19.9 (L)	<b>Cold Spring Heron Colony Scientific and Natural Area.</b>
56.2 (L)	<b>Spring Hill County Park.</b> Watercraft campsite, carry-in, restrooms and rest area.	16.8 (L)	<b>Rockville County Park.</b> Carry-in access, watercraft campsite and picnic area. Water available near the parking lot.
56.1 (R)	<b>Spring Hill County Park.</b> Carry-in access, rest area, watercraft campsite and drinking water.	16.2	<b>County Road 139 bridge.</b>
56.0	<b>County Road 14 bridge.</b>	16.2 (L)	<b>Eagle Park.</b> City of Rockville, carry-in access and fishing pier.
50.8 (L)	<b>Confluence with Getchell Creek.</b>	16.1 (R)	<b>Confluence with Mill Creek.</b> Fish barrier dam.
47.2	<b>County Road 12 bridge.</b>	11.2	<b>Interstate 94 bridge.</b>
47.1 (R)	<b>St. Martin carry-in access.</b>	10.2 (L)	<b>Easr Park carry-in access.</b>
42.7	<b>County Road 10 bridge.</b> Powerline crossing.	10.1	<b>County Road 121 bridge.</b>
39.8	<b>260th St. bridge.</b>	8.2	<b>Powerline crossing.</b>
31.5 (L)	<b>City of Richmond Park.</b> Carry-in access and picnic area. Powerline crossing.	7.6 (R)	<b>Miller Landing carry-in access.</b>
31.3	<b>County Road 111 bridge.</b>	7.0	<b>County Road 75 bridge.</b>
30.6	<b>Highway 23/Glacial Lakes State Trail bridges.</b>	6.2 (L)	<b>Pineview Park carry-in access.</b>
29.9 (L)	<b>Horseshoe Lake.</b>	6.0	<b>Old Highway 52 bridge.</b>
28.9	<b>State Highway 22 bridge.</b>	5.0	<b>Railroad bridge.</b> Powerline crossing.
27.0	<b>County Highway 71 bridge.</b> Trailer launch on south end of Cedar Island Lake (L).	4.5 (R)	<b>Knights of Columbus Park.</b> Carry-in access, picnic area and drinking water.
23.5	<b>County Road 49 bridge.</b>	4.4	<b>County Road 40/Veteran's Drive bridge.</b>
22.7	<b>County Road 2 bridge.</b> Powerline crossing.	4.3	<b>County Roads 138/134 bridge.</b>
22.3 (L)	<b>Lions Park.</b> Trailer access, fishing pier and picnic area.	2.5-0	<b>Boulder-filled Class I-II rapids, may not be passable at low water.</b>
22.2	<b>State Highway 23 bridge.</b>	2.4	<b>State Highway 15 bridge.</b>
22.0	<b>Cold Spring Dam.</b> Portage right, railroad bridge.	0.1	<b>Heims Mill bridge (County Road 1).</b>
21.9 (L)	<b>Confluence with Cold Spring Creek.</b>	0.0	<b>Heims Mill.</b> Carry-in access, toilet and rest area. Confluence with Mississippi River at river mile 929.6.
21.8(L)	<b>Frogtown Park.</b> Carry-in access, rest area, toilet, drinking water.		

# SAUK RIVER STATE WATER TRAIL



## MAP 2 - COUNTY ROAD 14 TO THE MISSISSIPPI RIVER



**mn** MINNESOTA  
STATE PARKS AND TRAILS

## ABOUT THE WATER TRAIL

The Sauk River begins in Lake Osakis in Todd County and flows 126 miles across central Minnesota before joining the Mississippi River. This shallow river passes farmland, residential areas, naturally restored prairie grasslands, swamps and rich hardwood forests. You'll find many parks, river accesses and campsites. Most of the river offers an enjoyable paddling experience for any skill level.

Near Richmond, the river forms a "Chain of Lakes" with over 80 miles of continuous shoreline in less than 8 miles. As you approach Rockville, look for an elevated tamarack bog on the north bank of the river for golden fall scenery. Ancient granite outcrops and small hills provide a scenic landscape as you continue on. With enough water, the last 2.5 miles of the river offer a nearly continuous stretch of Class I-II rapids and scattered surfing waves before meeting the Mississippi River.

Hazards include rapids and dams; be aware of portage routes. Watch for snags (fallen trees) in the river that may tip an unwary paddler.



Stearns County Parks

Numerous parks offer access along the river.

## CONTACTS

**DNR AREA OFFICE**  
1035 South Benton Dr.  
Sauk Rapids, MN 56379  
320-223-7878

**DNR INFORMATION CENTER**  
500 Lafayette Rd.  
St. Paul, MN 55155-4040  
888-646-6367  
[info.dnr@state.mn.us](mailto:info.dnr@state.mn.us)

## TRIP PLANNING AND SAFETY



- Plan your trip with a map before you leave. Tell someone your plans, including put-in and take-out times.
- Travel with a companion or group.
- Most people paddle 2-3 river miles per hour.
- River levels can affect your speed and trip safety. Check conditions at [mndnr.gov/river\\_levels](http://mndnr.gov/river_levels).
- Don't underestimate the power of wind and waves, especially on large lakes.
- Be cautious of obstacles in the river and avoid overhanging and dead trees.
- Bring clean drinking water and a waterproof container with a first aid kit, waterproof matches and extra clothes.
- Wear a life jacket at all times while on the water.
- Purchase a license for your non-motorized watercraft if it's more than 10 feet in length. If you're not from Minnesota, check your state's watercraft license laws.

## WATERCRAFT CAMPING



- Camp only in designated campsites, which are often available on a first-come, first-served basis.
- Riverbed camping next to private property is not permitted.
- Stay off private property. Stop only at designated sites; much of the shoreland is private property.
- Be sanitary! Use designated toilet facilities or bury human waste away from the river.
- Follow the rules for firewood. State forests allow you to gather dead wood for a fire, but state parks do not.

## MEDICAL



**CENTRACARE PLAZA URGENT CARE**  
1900 Centracare Circle  
St. Cloud, MN 56303  
320-229-5099

**ST. CLOUD HOSPITAL**  
1406 6th Ave. N  
St. Cloud, MN 56303  
320-251-2700

**IN AN EMERGENCY CALL 911**

Photo Credit: Sauk River Watershed District

## AREA OVERVIEW



## RECOMMENDED DAY TRIP

### Eagle Park to Miller Landing

- Put-in location: Eagle Park (carry-in)  
River mile **16.2**
- Take-out location: Miller Landing (carry-in)  
River mile **7.6**
- Length: **8.6** river miles

Follow the river's gentle twists and turns past wooded shoreline mixed with farm fields and occasional development. This route is not recommended in late summer when water levels are low, and pockets of thick vegetation may prove a challenge to paddle through. Extend this trip another five miles by starting from the landing at Frogtown Park.

## EXPLORE ON SHORE

### Glacial Lakes State Trail

This 7.5-mile portion of the paved state trail crosses the river at river mile 30.6 and connects the towns of Roscoe, Richmond and Cold Spring.  
[mndnr.gov/glaciallakestrail](http://mndnr.gov/glaciallakestrail)

### Spring Hill County Park

This Stearns County park has hiking trails, fishing, camping, picnicking, a playground and a prairie restoration site.  
[stearnscountymn.gov](http://stearnscountymn.gov)

## PROTECT THE RIVER

Your experience on the river depends on a healthy environment. As you explore the beauty of this waterway, also do your best to protect it.

### Protect Your Waters

- Before launching...before leaving
- Clean off aquatic plants and animals.
  - Drain all water away from the landing.
  - Dispose of unwanted bait in the trash.

[mndnr.gov/invasives/aquatic](http://mndnr.gov/invasives/aquatic)

### Buffer Protection

The Minnesota buffer law establishes new vegetation buffers along rivers, streams and ditches to help filter out chemicals and sediment before they reach waterways.

[mndnr.gov/buffers](http://mndnr.gov/buffers)

## More Information

[mndnr.gov/watertrails](http://mndnr.gov/watertrails)

- River level reporting
- River conditions reporting
- Interactive water trail map
- Recommended routes
- River rapids definitions
- Virtual tours

Search for outfitters at [exploreminnesota.com](http://exploreminnesota.com)

This document is available in alternative formats to individuals with disabilities by contacting [info.dnr@state.mn.us](mailto:info.dnr@state.mn.us), 651-296-6157, or MN Relay 711.