**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, walk down into the Bake Oven Pothole, and explore potholes of all sizes along the river gorge.

**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.

**GLACIAL POTHOLES HIGHLIGHTS**

- **Glacial Potholes Area**
  - 0.5 miles one-way (or 8 city blocks)
  - Asphalt • Bare rock • Gravel • Short stairs
  - Explore the unique glacial potholes, walk on top of ancient lava, and step down stairs into the Bake Oven Pothole. How many of the potholes can you find?

- **Walter F. Mondale River Trail**
  - 1.3 miles one-way (or 21 city blocks)
  - Hilly • Bare rock • Gravel • Short stairs
  - Visit scenic overlooks of the St. Croix River and watch for great blue herons, turkey vultures and bald eagles.

- **Railroad Trail**
  - 1.5 miles one-way (or 25 city blocks)
  - Some hills • Gravel • Stairs • Eastern mile is flat
  - Walk the route of the old Northern Pacific Railroad and view sandstone cliffs formed on top of the older basalt.

- **Sandstone Bluffs Trail**
  - 1-mile loop (or 17 city blocks)
  - Steep terrain • Packed dirt • Over 200 stairs • Switchbacks
  - Enjoy spring wildflowers, a small intermittent waterfall, and a stunning overlook of the valley.

**MORE TO EXPLORE AT THE PARK**

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