

Best Hikes Near Minneapolis And Saint Paul: Discover the Natural Beauty of Minnesota

Are you looking for the best hiking trails near Minneapolis and Saint Paul? Whether you're a seasoned hiker or just starting out, this comprehensive guide has something for everyone. From easy nature walks to challenging hill climbs, there's a hike here to suit your fitness level and interests.



Best Hikes Near Minneapolis and Saint Paul (Best Hikes Near Series) by Joe Baur

★★★★☆ 4.5 out of 5

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Easy Hikes

- **Minnehaha Falls Trail** (1.5 miles): This short but scenic trail leads to the beautiful Minnehaha Falls, a 53-foot waterfall located just south of Minneapolis. The trail is paved and relatively flat, making it a great option for families with young children or anyone looking for an easy walk.
- **Lake Harriet Trail** (4.5 miles): This paved trail circles the beautiful Lake Harriet, offering stunning views of the lake and its surroundings.

The trail is relatively flat and easy to walk, making it a popular spot for runners, walkers, and cyclists.

- **Mississippi River Trail** (multiple segments): This paved trail follows the Mississippi River for over 50 miles, offering a variety of scenery and opportunities for hiking, biking, and fishing. The trail is relatively flat and easy to navigate, making it a great option for all ages and fitness levels.

Moderate Hikes

- **Hoyt Lakes Loop Trail** (4.5 miles): This moderately challenging loop trail takes you through a variety of terrain, including forests, meadows, and wetlands. The trail is mostly flat, but there are a few moderate hills to climb. The trail offers stunning views of the surrounding countryside.
- **Afton Alps Trail** (2.5 miles): This challenging trail takes you to the top of Afton Alps, the highest point in Dakota County. The trail is steep and rocky in some sections, but the views from the top are worth the effort. The trail is also popular for cross-country skiing in the winter.
- **Hidden Falls Trail** (2.5 miles): This scenic trail leads to a beautiful waterfall hidden in the forest. The trail is moderately challenging, with some steep sections and slippery rocks. The waterfall is a popular spot for swimming and picnicking.

Challenging Hikes

- **Superior Hiking Trail** (multiple segments): This epic hiking trail runs for over 300 miles along the north shore of Lake Superior. The trail is challenging, with rugged terrain and steep climbs. However, the trail also offers stunning views of the lake and its surroundings. The trail

can be broken up into smaller segments, making it possible to hike for a day or several weeks.

- **Eagle Mountain Trail** (6.5 miles): This challenging trail takes you to the top of Eagle Mountain, the highest point in Minnesota. The trail is steep and rocky in some sections, but the views from the top are incredible. The trail is also popular for mountain biking and rock climbing.
- **Carlton Peak Trail** (4.5 miles): This challenging trail takes you to the top of Carlton Peak, the highest point in Carlton County. The trail is steep and rugged in some sections, but the views from the top are breathtaking. The trail is also popular for snowshoeing and cross-country skiing in the winter.

Scenic Hikes

- **Cascade River State Park Trail** (6.5 miles): This scenic trail follows the Cascade River through a beautiful gorge. The trail is relatively flat and easy to walk, making it a great option for families with young children or anyone looking for a relaxing hike. The trail offers stunning views of the river and its surroundings.
- **Split Rock Lighthouse Trail** (1.5 miles): This scenic trail leads to the Split Rock Lighthouse, a historic lighthouse located on the North Shore of Lake Superior. The trail is relatively flat and easy to walk, making it a great option for all ages and fitness levels. The trail offers stunning views of the lake and the lighthouse.
- **Gooseberry Falls State Park Trail** (multiple segments): This scenic trail follows the Gooseberry River through a beautiful gorge. The trail is relatively flat and easy to walk, making it a great option for families with

young children or anyone looking for a relaxing hike. The trail offers stunning views of the river and its surroundings.

Waterfall Hikes

- **Minnehaha Falls Trail** (1.5 miles): This scenic trail leads to the beautiful Minnehaha Falls, a 53-foot waterfall located just south of Minneapolis. The trail is paved and relatively flat, making it a great option for families with young children or anyone looking for an easy walk.
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Lake Hikes

- **Lake Harriet Trail** (4.5 miles): This paved trail circles the beautiful Lake Harriet, offering stunning views of the lake and its surroundings. The trail is relatively flat and easy to walk, making it a popular spot for runners, walkers, and cyclists.
- **Lake Superior Hiking Trail** (multiple segments): This epic hiking trail runs for over 300 miles along the north shore of Lake Superior. The trail is challenging, with rugged terrain and steep climbs. However, the

trail also offers stunning views of the lake and its surroundings. The trail can be broken up into smaller segments, making it possible to hike for a day or several weeks.

River Hikes

- **Mississippi River Trail** (multiple segments): This paved trail follows the Mississippi River for over 50 miles, offering a variety of scenery and opportunities for hiking, biking, and fishing. The trail is relatively flat and easy to navigate, making it a great option for all ages and fitness levels.
- **Cascade River State Park Trail** (6.5 miles): This scenic trail follows the Cascade River through a beautiful gorge. The trail is relatively flat and easy to walk, making it a great option for families with young children or anyone looking for a relaxing hike. The trail offers stunning views of the river and its surroundings.
- **Gooseberry Falls State Park Trail** (multiple segments): This scenic trail follows the Gooseberry River through a beautiful gorge. The trail is relatively flat and easy to walk, making it a great option for families with young children or anyone looking for a relaxing hike. The trail offers stunning views of the river and its surroundings.

Forest Hikes

- **Hoyt Lakes Loop Trail** (4.5 miles): This moderately challenging loop trail takes you through a variety of terrain, including forests, meadows, and wetlands. The trail is mostly flat, but there are a few moderate hills to climb. The trail offers stunning views of the surrounding countryside.

- **Afton Alps Trail** (2.5 miles): This challenging trail takes you to the top of Afton Alps, the highest point in Dakota County. The trail is steep and rocky in some sections, but the views from the top are worth the effort. The trail is also popular for cross-country skiing in the winter.
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