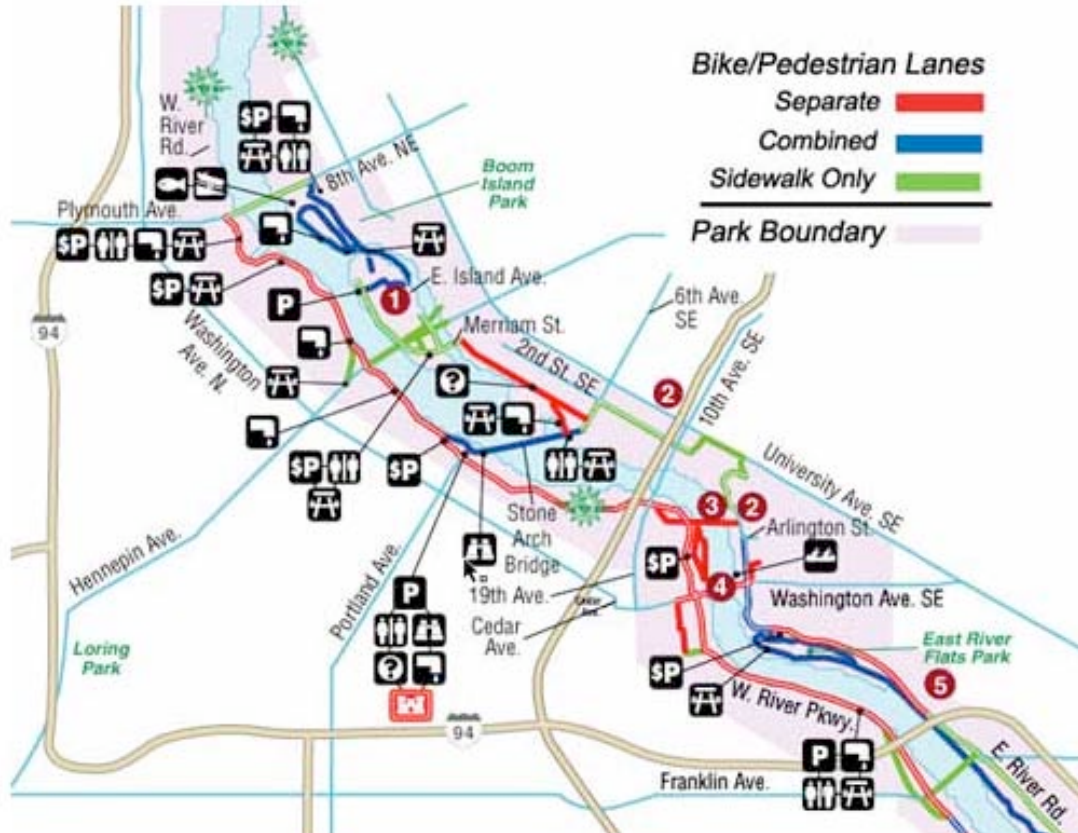




Mississippi National River and Recreation Area

St. Anthony Falls Area

Plymouth/8th Avenue Bridge (river mile 855) to the Franklin Avenue Bridge (river mile 851.5)



Trail Notes and Gaps:

On the West bank of the river, the trail is off-road from the Plymouth Ave. Bridge all the way to Minnehaha Park (River mile marker 855 to 848).

However, on the East Bank of the river the going is not so smooth:

1. There is a gap in the trail on Nicollet Island between the Merriam Street Bridge and the short dirt path that connects to Boom Island. Follow East Island Avenue until the trail picks up again.
2. Another gap exists on the east bank between the Stone Arch Bridge and the University of Minnesota campus. From the Stone Arch Bridge, follow 6th Avenue north to 2nd Street SE, which takes you under I-35W to University Avenue. Continue east on University and cross the wooden pedestrian/bike bridge. Turn right on East River Road and follow it until the trail picks up again at Arlington Street.
3. Dinkytown Bikeway Connection. On the east bank this converted railroad bridge is located on East River Road next to the University's Minerals & Materials Building. On the west bank the connecting trail is

between the 10th/19th Avenue bridge (concrete) and the I-35W bridge (green metal) off West River Parkway.

4. The Washington Avenue Bridge has a pedestrian/bike path on the upper level, above the actual roadway. On the east bank a ramp along East River Road will provide access to the bridge. On the west bank take 4th Street, just southeast of the bridge, up the hill to the U of M campus. Pass the Ted Mann Concert Hall and take a right turn toward Ferguson Hall, following the bike route signs into a courtyard where marked bike lanes lead straight to the Washington Avenue crossing.

5. East River Flats Park is located below the U of M campus next to the Mississippi River. A 1.6-mile trail closely follows the river, passing waterfalls and crossing a cantilevered bridge above the water. At the east end of the trail an extremely steep hill switches back to the trail along the bluffs.