

AVA: America's Walking Club

Twin Cities Volkssports

Bloomington & Burnsville MN (MN River Trails) Traditional Volksmarch 2025



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

**Bloomington & Burnsville
Minnesota River Valley**
15k in 4 segments
(5k short alternate available)

Walk Description

Dates: 2022-Apr-01. 2022-Sep-30

City/State: Bloomington, Minnesota

Event-Name: MN River Trails Seasonal in Bloomington,
MN Event-Type: Walk

Event-Id: 128867 - 2025/ Y3609

Distance & Trail ratings: 1A through 2B

Segment 1: 2A, 2K, 95% in sun

Segment 2: 1A, 6K, 95% in sun

Segment 3: 1 A, 2K, 95% in sun

Segment 4: 2B, 5K, 95% in shade

Segment 5: 1A, 95% in shade (short alternate)

Description: Walk on the Minnesota River State Trail
and Minnesota River Greenway Trail in the cities of
Bloomington and Burnsville Minnesota.

Awards & Fees: IVV Credit only, \$3.00; Non-Credit
\$2.00, B-award \$4

Special Programs: MN Cities A-Z= B (Bloomington)?

Amenities:

Strollers (easy)&Wheelchairs (medium)[segments 1..3&5]

Pets: Pets on leash OK

Restrooms: Full restrooms and/or Porta-Potty at various
locations along walk. See  icon.

Start/Finish times: 7a.m. to 8p.m. daily during daylight

Start/Finish Location: Various, see parking location maps.

Host Club: Twin Cities Volkssports, AVA-114

Club Contact: Paul Stachour (Bloomington) 952-884-5977

Local (Dakota County River Greenway) 952-891-7000 Dakota

Greenway Website:

www.co.dakota.mn.us/parks/parksTrails/MnRiverGreenwa

National walking website: my.ava.org

World walking website: www.ivv-online.org

Items in [brackets] are approximate cardinal directions.

Items in {braces} are approximate distances in meters.

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Walk Concept

This walk is a multi-segment walk. The concept is that you park your vehicle at one of many different points along the trail. You then walk out-and-back along one segment of the trail. When you have walked as many segments as you chose, you then go to my.ava.org and "finish" the walk, entering the total number of kilometers you have walked. Alternatively, one can do all the 4 segments in sequence for a total of 15kilometers.

Emergency Note

In case of Emergency: **Dial 911**

Event related assistance:

Paul Stachour, POC, 952-884-5977

Lynne Grigor, POC, 763-780-4567

Wayne Heath, Club President, 651-249-8886

Ken Johnson, Regional Director, 651-774-9607

Waiver Notice

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Segment 1: Lyndale Parking → Black Dog (2K)
Segment 2: Black Dog → Nichols Crossing (5.8K)

Segment 3: Nichols → Cedar Parking (2K)

Segment 4: Cedar → Lyndale Parking → (5.4K)

Segment 5: Lyndale Parking → Lyndale →(5K)



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Segment 1, 2K

Lyndale Parking Lot to Greenway Black Dog Trailhead

1. **Park**, at the Lyndale Boat Launch, 11100 Lyndale Ave, Bloomington. Restrooms are available here.
2. **Start**, facing the river, on the right side of the parking lot is an ascending, curving gravel walking path. Follow it up to the 35W freeway.
3. **Cross**, cross over on the pedestrian sidewalk along the 35W freeway.
4. **Exit**, after crossing the bridge follow the descending, curving path Black Dog road.
5. **Left**, at the T with the paved bike trail turn left and follow the bike trail.
6. **Follow**, the paved bike trail to the “Greenway Black Dog Trailhead. Restrooms are available here.
7. For a 4 K walk turn around here and follow the way you came back to the Lyndale Boat Launch Parking Lot.
8. **Continue**, For a longer walk continue onto segment 2.

Segment 2, 5.8K

Greenway Black Dog Trailhead to Cedar Nicoles Trailhead

1. **Start Point**, Park at the Greenway Black Dog parking lot, 600 W Black Dog Rd. Burnsville. Restrooms are available here.
2. **Start**, with the river at your back, on the left side of the parking lot there is a sign describing the Greenway, follow the paved trail.
3. **Cross**, carefully cross Black Dog Road following the paved path
4. **Straight**, at the Xcell Energy Black Dog Power Plant, cross Black Dog road towards the river and follow the trail along the left shoulder of the road
5. For a 12 K walk, turn around here and go back to the Greenway Black dog Parking Lot.
6. **Continue**, For a longer walk continue onto segment 3.



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Segment 3, 1.7K

Cedar Nicoles Trailhead, Jens A. Casperson Boat Launch to Old Cedar Parking Lot

- 1. Start,** Park at Cedar Nicoles Trailhead, Burnsville, no address. Restrooms are available here. With the river at your back, go to the concrete ramp on the far-left side of the parking lot.
- 2. Left,** going left, ascend the ramp to walk under and beside the northbound lane of the highway 77, Cedar Ave, bridge
- 3. Cross,** cross the Minnesota River on the pedestrian bridge
- 4. Descend,** descend the ramp to the trail on the north side of the bridge
- 5. Follow,** follow the path to the “Old Cedar Avenue Bridge and cross over Old Meadow Lake
- 6. Arrive, arriving** at the Old Cedar Avenue Bridge Trailhead parking lot.
- 7. Turn around,** for a 4 K walk turn around and follow the same trail back to Cedar Nicoles Trailhead. Or continue to segment #4 for a longer walk.



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Segment 4, 5.4K Old Cedar Avenue to Lyndale Parking Lot

1. **Right** side of the parking lot, facing the lake with the restrooms at your back. There is a sign on the left side of the trail
2. **Straight** onto the natural trail **Start** SW on Bluff Trail at the
3. **Left** after about 100 yards on the left there is a spur trail that goes out onto a board walk and a lookout, this is not part of the trail but well worth the extra steps
4. **Right** At the T just before a stream, keep right. Both trails go across the stream but the one on the right is on drier ground. There will be a board here to cross the stream
5. **Right** keep right after crossing the stream for about 20 feet
6. **Left** after about 20 feet at the T turn left
7. **Right** at the T go right
8. **Left** just past the stream there is a steep incline, about halfway up the incline, at the T turn left
9. **Straight** just past the picnic tables on your left there is a clearing from an old parking lot, go straight onto the dirt path
10. **Right** just past the bridge, at the T turn right
11. **Right** at the Y, turn right and go up the small rise
12. **Right** at the Y, turn right
13. **Left** after going under the power lines at the T, turn left
14. **Left** at the T keep left. The right trail will take you up hill to the historic Pond House.
15. **Straight** at the Y go straight onto the boardwalk
16. **Left** at the Y turn left, the right trail goes up to a residential area and a crushed rock bike trail
17. **Left** at the T, turn left onto the crushed rock bike trail
18. **Right** at the T turn right onto the paved bike trail
19. **Straight** follow the paved bike trail to the Lyndale Parking Lot



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Segment 5: 10K

Lyndale Parking Lot to Lyndale Parking Lot.

This is an alternative out and back trail on a paved bikeway for a 10K walk.

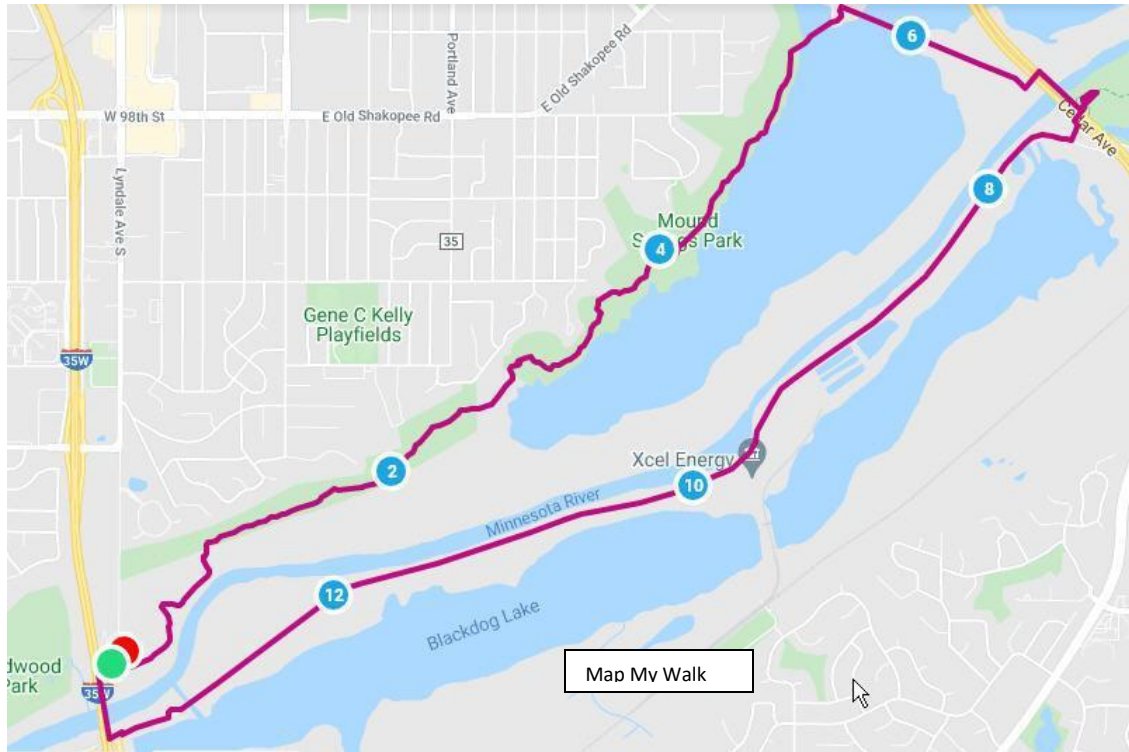
1. Park at the Lyndale Boat Launch, 11100 Lyndale Ave, Bloomington. Restrooms are available here
2. **Start**, facing the river at the entrance to the parking lot, on the left side is a sign describing the Minnesota River State entity.
3. **Right**, facing the sign, turn right onto the shared asphalt bike and walking path
4. **Cross**, cross over a bridge over a creek
5. **Cross**, cross over the second bridge
6. **Cross and turn around**, after crossing the 3rd bridge, this is the 5 K turn around spot for the out and back 10 K.

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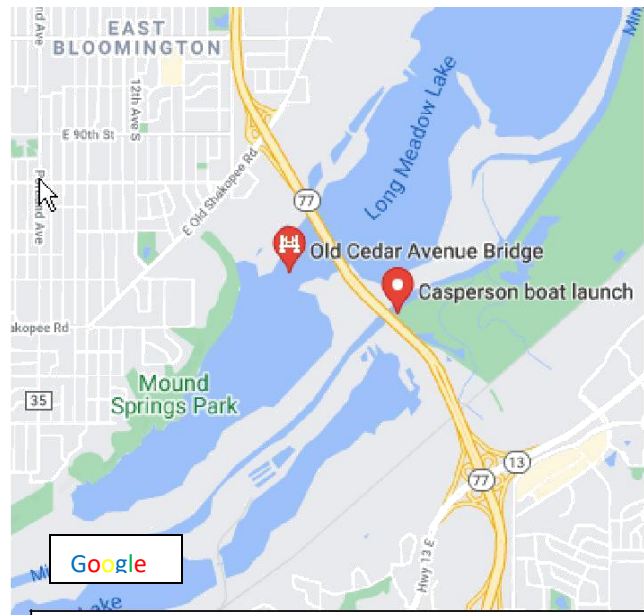
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Minnesota River Trail Overview



Lyndale & Black Dog Parking

Casperson & Cedar Avenue Parking



Lyndale: Take 106th street exit from I35W. [E] on 106th to Lyndale Ave S. [S] on Lyndale to parking
Black Dog: Take Black Dog Road exit from I35W. [E] on Back Dog to parking.

Casperson: Take MN 13 [N] exit from MN77. [NE] on 13 to Silver Belle. Left [NW] on Silver Belle. Right [N] on Nichols to Parking.
Cedar: Take Old Shakopee Road exit from MN77. [SW] on Old Shakopee to Old Cedar. Left [S] on Old Cedar to Parking.

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