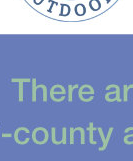


THE BEST Paddling IN THE TWIN CITIES



Your one-stop online source for nature-based recreation in the Twin Cities

There are **1,386 LAKES** in the Twin Cities 7-county area, **3 MAJOR RIVERS** and many smaller rivers and creeks.

That's a lot of paddling spots to choose from!

Here's where to begin:

State Water Trails

CANNON RIVER STATE WATER TRAIL

Dakota County • A Minnesota Wild & Scenic River • Access at Lake Byllesby Regional Park and Miesville Ravine County Park

CROW RIVER STATE WATER TRAIL

Hennepin County • Access at Crow-Hassan Park Reserve and Lake Rebecca Park Reserve

CROW RIVER STATE WATER TRAIL

(SOUTH FORK)

Carver County • Access at Rick Johnson Park or Old Mill Park in Watertown

MINNESOTA RIVER STATE WATER TRAIL

Carver, Scott and Hennepin Counties

50 miles of paddling through the Minnesota Valley National Wildlife Refuge up to the confluence with the Mississippi River
Multiple access points

MISSISSIPPI RIVER STATE WATER TRAIL

Anoka, Hennepin and Ramsey Counties

72 miles of paddling through the metro area
5 distinct sections • Multiple access points

RUM RIVER STATE WATER TRAIL

Anoka County • A Minnesota Wild & Scenic River • Access at Rum River North County Park and Rum River Central Regional Park

ST. CROIX RIVER STATE WATER TRAIL

Washington County • Part of the Saint Croix National Scenic Riverway • Multiple access points until it reaches the Mississippi River

More Great Paddling Spots

RICE CREEK CHAIN OF LAKES

Anoka County • Miles of natural shoreline

Bring the map to navigate between the lakes

Rentals available at Wargo Nature Center

RICE CREEK WATER TRAIL

Anoka County • Begins in Peltier Lake (Lino Lakes) and travels 15 miles to Long Lake in New Brighton • Trail travels through 5 lakes

before narrowing into Rice Creek

CARVER PARK RESERVE

Carver County • Steiger Lake is a no-wake lake and great for paddlers • Rentals at Lake Auburn Campground

LAKE MINNEWASHTA REGIONAL PARK

Carver County • Lots of natural shoreline

Paid boat storage and rentals available

LEBANON HILLS REGIONAL PARK

Dakota County • The only system in the Twin Cities with portages between its 7 lakes

Rentals at the Visitor Center

BAKER PARK RESERVE

Hennepin County • Access to two small lakes

Rentals on Lake Independence

BRYANT LAKE REGIONAL PARK

Hennepin County • Rentals available

FRENCH REGIONAL PARK

Hennepin County • Rentals available at the swimming beach • Access to smaller channels with natural shoreline, away from the main lake

HYLAND PARK RESERVE

Hennepin County • Non-motorized lake

Rentals available

LAKE NOKOMIS/MINNEAPOLIS CHAIN OF LAKES

Hennepin County • Urban paddling

Rentals available

MINNEHAHA CREEK

Hennepin County • From Lake Minnetonka, take out just before Hiawatha Falls

Rentals available

COMO REGIONAL PARK

Ramsey County • Non-motorized lake

Rentals available

FORT SNELLING STATE PARK

Ramsey County • Paddle on the Minnesota or Mississippi River • Rentals available

PHALEN-KELLER REGIONAL PARKS

Ramsey County • Lake Phalen is non-motorized

Rentals available

CEDAR LAKE FARM REGIONAL PARK

Scott County • Lots of shoreline to explore

Rentals available

CLEARY LAKE REGIONAL PARK

Scott County • Non-motorized lake

Rentals available

MURPHY-HANREHAN PARK RESERVE

Scott County • Non-motorized Murphy Lake

BIG MARINE PARK RESERVE & SQUARE LAKE COUNTY PARK

Washington County • These lakes known for their water clarity • Big Marine offers natural shoreline paddling on the south end away from motorboat traffic

LAKE ELMO PARK RESERVE

Washington County • Eagle Point Lake is non-motorized

For more details see our [Paddling Page](#) on [Twin Cities Outdoors](#)

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