

# INTERSTATE STATE PARK

# MAP AND GUIDE: INTERSTATE STATE PARK

307 MILLTOWN ROAD  
TAYLORS FALLS, MN 55084  
651-539-4501 • CHISAGO COUNTY  
INTERSTATE.STATEPARK@STATE.MN.US



## 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.



LOOKING FOR MORE TO EXPLORE  
DURING YOUR STAY?  
VISIT [MNDNR.GOV/INTERSTATE](http://MNDNR.GOV/INTERSTATE)

## 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.



Walk along cliffs of ancient lava.

## TRAIL HIGHLIGHTS

### Glacial Potholes Area

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?

0.5 miles one-way (or 8 city blocks)

### Walter F. Mondale River Trail

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.

1.3 miles one-way (or 21 city blocks)

### Railroad Trail

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.

1.5 miles one-way (or 25 city blocks)

### Sandstone Bluffs Trail

Steep terrain • Packed dirt • Over 200 stairs • Switchbacks

Enjoy spring wildflowers, a small intermittent waterfall, and a stunning overlook of the valley.

1-mile loop (or 17 city blocks)

## MORE TO EXPLORE AT THE PARK

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

## SO EVERYONE CAN ENJOY THE PARK...

A FULL SET OF STATE PARK RULES AND REGULATIONS IS AVAILABLE AT [MNDNR.GOV](http://MNDNR.GOV).



### PARK OPEN

8 a.m.–10 p.m. daily.



### VEHICLE PERMITS

Permits required; purchase at park office or entrance kiosk.



### PETS WELCOME

Keep on leash; pick up after; attend at all times; not allowed in buildings.



### CAMPGROUND QUIET HOURS

10 p.m.–8 a.m.; only registered campers may be in campground during quiet hours.



### FIREWOOD

Must be purchased at this park or from vendors who sell wood approved for this park; no gathering firewood in the park.

## ? MORE INFORMATION



CURIOUS ABOUT THE ST. CROIX RIVER  
STATE WATER TRAIL?  
GO TO [MNDNR.GOV/WATERTRAILS](http://MNDNR.GOV/WATERTRAILS)

Minnesota Department of Natural Resources  
Information Center  
500 Lafayette Rd., St. Paul, MN 55155-4040  
888-646-6367 or [mndnr.gov/parks](http://mndnr.gov/parks)

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This information may be available in alternative format upon request.

**m** MINNESOTA  
STATE PARKS AND TRAILS