

Twin Cities Gateway Train & Trail Loop Tour Directions

25, 27 and 36 mile loop options

Depart train in Big Lake and prepare to ride out of parking lot and follow MRT and Great River Road signs

- 0.1 Left out of parking lot on CR 43
- 1.7 Left on CR 14
- 4.5 Right on CR 30, turns into Mississippi Road
- 9.6 Cross Elk River, right onto Main Street
- 10.5 Downtown Elk River (perfect place for lunch, a rest stop with an ice cream cone)
- 10.6 Right on CR 42 (cross Mississippi River), turns into Parrish Avenue
- 13.5 Cross under Highway 101, road changes to Robinson Road and CR 12
- 15.3 Pass the Dayton Mansion
- 15.9 Rest Stop option
- 16.0 Right, CR 12 turns south out of Dayton
- 22.5 Into Champlin city limits
- 23.0 Left Cartway Road
- 23.1 Right on West River Parkway
- 23.2 Onto paved trail
- 23.3 Cross under Highway 169
 - * **(for the Anoka Station Loop follow trail at "T" to the right up to cross river over bridge along 169)**
- 23.9 Cross trail bridge over Rum River
- 24.0 East onto Monroe Street
- 24.3 Left on 4th Street
- 25.0 Into Train Station Parking Lot
 - * **(for the Coon Rapids Station Loop follow trail at "T" to the right up to cross river over bridge along 169)**
- 23.9 Cross trail bridge, over the Rum River
- 24.0 East onto Monroe Street
- 24.2 Right on 2nd Avenue South
- 24.5 Left on Washington
- 24.6 Right on 4th Avenue
- 24.7 Cross 5th Street onto South Street
- 25.4 Right on Cree Street NW
- 25.6 Left 119th Avenue
- 26.7 Left North Dale Boulevard
- 27.0 Into Train Station Parking Lot
 - * **(for the Fridley Station Loop follow trail at "T" to the left)**
- 23.4 Left onto West River Parkway
- 23.7 Right onto trail (before boat landing)
- 23.8 Onto Service Road (east)
- 24.3 Left on Hennis Landing
- 24.4 Right on Bradford Avenue (Mississippi Dr.)
- 24.6 Right Sherwood Street
- 24.7 Left Frontage Road
- 24.8 Left 122nd Avenue
- 24.9 Right onto River Shore Lane
- 25.2 Onto Trail
- 25.3 Onto Mississippi River Drive
- 26.6 Left on West River Road
- 27.7 Left on West River Road (trail option)
- 28.9 Coon Rapids Dam (rest option)
- 30.2 Cross over Highway 610 Bridge – Right onto trail to cross back over the river.
- 30.5 Left on MRT Trail - east side of bridge
- 30.9 Onto Mississippi Boulevard
- 31.5 Right on Broad Avenue
- 31.6 Right on Kimball Street
- 31.7 Left on Riverview Terrace
- 33.0 Onto Aldin Way
- 33.1 Right onto East River Road (trail MRT option on east side of road)
- 33.5 Right on Rice Creek Way
- 34.6 Onto trail (stay to right at trail T) and head south, parallel with railroad tracks
- 36.0 Into Fridley Train Station Parking Lot

For map options see [MnDOT's series of bike maps by county](#) and have Fun!