



Set in the rolling Mississippi River valley of the southeastern Twin Cities metro area, Inver Grove Heights offers miles of scenic paved trail that connects too many other trail systems in the metro area. For the mountain biker, check out Salem Hills and other nearby off-road courses. When not biking find more options below to plan your visit.

### **PALACE INN – EXTEND-A-STAY**

**A** 5492 Robert Trail  
Inver Grove Heights, MN 55077  
Opening 08-27-2019 [WEBSITE](#)

### **HARMON PARK RESERVE FOR MOUNTAIN BIKING**

**B** *Salem Hills Mountain Biking Park here offers some of the best off road single track riding in the twin Cities*  
1642 Upper 55th St. East  
[WEBSITE](#)

### **AMC GROVER 16**

**C** *A 16 screen movie theater featuring the latest films*  
5567 Bishop Avenue, Inver Grove Heights, MN 55076  
651-453-1016 [WEBSITE](#)

### **HOLIDAY INN EXPRESS**

**D** 5653 Bishop Avenue  
Inver Grove Heights, MN 55076  
651.450.1100 [WEBSITE](#)

### **VVMICROTEL INN & SUITES**

**E** 5681 Bishop Avenue  
Inver Grove Heights, MN 55076  
651.552.0555 [WEBSITE](#)

### **AMERICINN HOTEL & SUITES**

**F** 5861 Blaine Avenue East  
Inver Grove Heights, MN 55076  
651.450.7511 [WEBSITE](#)

### **BIKE KING**

**G** *Local bicycle shop for all your cycling needs*  
6489 Cahill Ave  
651-457-7766 [WEBSITE](#)

### **NORTH VALLEY PARK FOR DISC GOLF**

**H** *This championship-level 18 hole disc golf course is a challenge that makes its way through the wooded hillside*  
2800 70th St East  
[WEBSITE](#)

### **SOUTH VALLEY PARK**

**I** *Offering biking/hiking trails in an area with natural scenery and wildlife*  
2810 70th St East [WEBSITE](#)

### **INVER WOOD GOLF COURSE & FOOT GOLF**

**J** *Offering the popular sports of golf and soccer together*  
1850 70th Street East  
651-457-3667 [WEBSITE](#)

### **THE HISTORIC ROCK ISLAND SWING BRIDGE**

**K** *Built in 1894 as a double decker bridge for nearly 100 autos and trains both crossed the Mississippi River here*  
4465 66th Street  
651-450-2587 [WEBSITE](#)

### **SIMLEY HIGH SCHOOL AUDITORIUM**

**L** *Teaching children and teens practical skills in theatre for public enjoyment*  
2920 80th Street East  
651-306-7144 [WEBSITE](#)

### **ARBOR POINTE GOLF CLUB**

**M** *When you want to tie some golf with your biking this 9- hole course offers a wooded setting with fantastic vista views*  
8919 Cahill Ave  
Inver Grove Heights, MN 55076  
651-451-9678 [WEBSITE](#)

### **PINE BEND BLUFFS SCIENTIFIC AND NATURAL AREA**

**N** *A new trailhead facility along the Mississippi River Trail*  
111th Street East [WEBSITE](#)

**WHERE TO EAT  
IN INVER GROVE HEIGHTS**  
*With so many great places to eat in Lakeville after your ride you'll have a tough decision to make*  
[WEBSITE](#)

**Find locations on map on page XXX**