

Great Recreational Rides In The Twin Cities Area: Your Guide to the Best Bike Rides

The Twin Cities of Minneapolis and St. Paul offer a wealth of recreational opportunities for cyclists of all ages and abilities. With its extensive network of bike trails, scenic riverfront paths, and challenging off-road terrain, the Twin Cities area is a paradise for two-wheeled adventurers.

This guidebook, *Great Recreational Rides In The Twin Cities Area*, is your essential companion for exploring the best bike rides the region has to offer. Whether you're a seasoned cyclist looking for a challenging climb or a family seeking a leisurely ride along the river, we've got you covered.



Best Bike Rides Minneapolis and St. Paul: Great Recreational Rides in the Twin Cities Area (Best Bike Rides Series) by Steve Johnson

★★★★☆ 4.5 out of 5

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Chapter 1: Scenic River Trails

The Twin Cities are home to two major rivers, the Mississippi and the Minnesota, which offer some of the most scenic bike trails in the region. These trails wind along the riverbanks, providing stunning views of the water, the bluffs, and the wildlife that call these rivers home.

Some of the most popular river trails in the Twin Cities area include:

- **Mississippi River Trail:** This 20-mile trail follows the Mississippi River from St. Paul to Hastings, offering panoramic views of the river and the surrounding countryside.
- **Minnesota River Trail:** This 10-mile trail follows the Minnesota River from Shakopee to Bloomington, providing a peaceful and scenic ride through the river valley.
- **Lake Minnetonka LRT Trail:** This 12-mile trail circles Lake Minnetonka, offering stunning views of the lake and the surrounding parks and neighborhoods.

Chapter 2: Family-Friendly Rides

The Twin Cities area is also home to a number of family-friendly bike rides that are perfect for outings with kids. These rides are typically flat and easy to navigate, and they offer plenty of opportunities to stop and enjoy the scenery.

Some of the most popular family-friendly bike rides in the Twin Cities area include:

- **Cedar Lake Trail:** This 5-mile trail circles Cedar Lake in Minneapolis, offering a flat and scenic ride that's perfect for families with young

children.

- **Lake Harriet Trail:** This 3-mile trail circles Lake Harriet in Minneapolis, providing a beautiful and easy ride that's popular with families and joggers.
- **Hopkins Greenway:** This 2-mile trail follows Minnehaha Creek from Hopkins to Minnetonka, offering a shady and scenic ride that's perfect for families with young children.

Chapter 3: Challenging Climbs

For cyclists looking for a challenge, the Twin Cities area offers a number of challenging climbs that will test your limits. These climbs range from short and steep to long and gradual, and they offer stunning views of the surrounding countryside.

Some of the most popular challenging climbs in the Twin Cities area include:

- **Crosby Farm Park Climb:** This 1-mile climb is short but steep, gaining 200 feet of elevation in just a few short blocks.
- **Theodore Wirth Park Climb:** This 2-mile climb is a bit longer but less steep than the Crosby Farm Park Climb, gaining 150 feet of elevation over the course of the climb.
- **Seven Hills of St. Paul:** This 7-mile ride takes you up and down seven of St. Paul's most challenging hills, offering a total of 1,000 feet of climbing.

Chapter 4: Off-Road Adventures

In addition to its scenic river trails and challenging climbs, the Twin Cities area also offers a number of off-road trails that are perfect for mountain biking. These trails range from beginner-friendly to expert-level, and they offer a great way to get away from the hustle and bustle of the city and enjoy the beauty of the natural surroundings.

Some of the most popular off-road trails in the Twin Cities area include:

- **Lebanon Hills Regional Park:** This park offers a variety of off-road trails for all levels of riders, from beginner-friendly to expert-level.
- **Elm Creek Park Reserve:** This park offers a network of over 50 miles of off-road trails, including both single-track and double-track trails.
- **Afton State Park:** This park offers a variety of off-road trails, including a challenging 10-mile loop trail that climbs to the top of Mount Murphy.

The Twin Cities area is a paradise for cyclists of all ages and abilities. With its extensive network of bike trails, scenic riverfront paths, and challenging off-road terrain, there's something for everyone to enjoy. This guidebook, *Great Recreational Rides In The Twin Cities Area*, is your essential companion for exploring the best bike rides the region has to offer.

So what are you waiting for? Get out there and start exploring!



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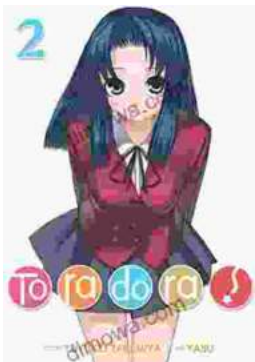
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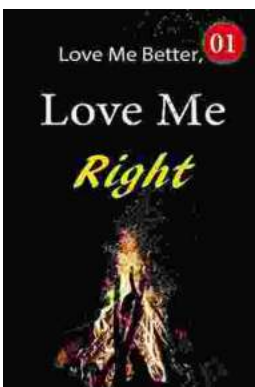
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