

MAP AND GUIDE: CASCADE RIVER STATE PARK

3481 WEST HIGHWAY 61
LUTSEN, MN 55612
COOK COUNTY
218-387-6000



VISITOR TIPS

- Rocky, uneven terrain make up the beauty of this park. Use caution on the trails and wear sturdy footwear.
- North Shore rivers and streams are unpredictable. Swimming is not recommended.
- Don't forget your Minnesota Ski Pass! All skiers must purchase a pass to ski on park trails (purchase at the park office or at mndnr.gov/skipass).
- The Cascade River and other Lake Superior streams are dedicated trout streams, requiring a license and stamp.
- In an emergency call 911.
- Non-emergency sheriff's number: 218-387-3030



ONLY HAVE AN HOUR?

- Discover the Cascades, a series of five small waterfalls, and the Cascade Falls on a half-mile hike on the Cascade River Lower Loop.
- Explore over a mile of Lake Superior shoreline on the park's Lake Superior Shoreline Trail. Hike or cross-country ski this trail for scenic lake views.
- Relax under a grove of cedar trees at one of seven picnic sites along the Lake Superior shoreline. Parking is located a half-mile west of the park entrance on Highway 61.



LOOKING FOR MORE TO EXPLORE DURING YOUR STAY? VISIT: MNDNR.GOV/CASCADE

ABOUT THE PARK

The Cascade River plunges 120 feet through a deep, twisting gorge on its 17-mile journey to meet Lake Superior. The result is a spectacular series of cascades for which the river was named. Stand at one of the viewing spots above the river to feel the vibration of the rushing water as it cuts through ancient basalt lava flows. Smaller water features like Spruce, Indian Camp, and Cutface creeks also move through the park. Trails wind from Lake Superior up to the Sawtooth Mountains with their panoramic view of the North Shore. Pass through the boreal hardwood-conifer forest of aspen, birch, fir, spruce and cedar. You may glimpse moose, wolves, pine martens, bears or numerous birds. Many of the trails and facilities that you see in the park were built by men stationed here at a Civilian Conservation Corps camp in the 1930s. Cascade River State Park was established in 1957 so that future generations could experience these unique natural and historic features.



Hike along the Cascade River for stunning views.

TRAIL HIGHLIGHTS

- | | |
|--|-------------------|
| Cascade River Lower Loop
Hilly • Packed dirt • Bare rock | 0.5-mile loop |
| Reach the Cascades Overlook and the Cascade Falls for stunning views. Watch as the Cascade River plunges 120 feet through a deep, twisting gorge to Lake Superior, forming a spectacular series of cascades for which the river was named. | |
| Lake Superior Shoreline Trail
Uneven • Bare rock | 1.5 miles one-way |
| Follow the rocky Lake Superior shoreline for scenic lake views. In winter, enjoy the only cross-country ski trail groomed along the North Shore's shoreline. | |
| Lookout Mountain Loop
Steep • Bare rock • Packed dirt | 3.5-mile loop |
| Grab your hiking boots and get ready for a beautiful hike through birch, spruce, and fir. Travel 600 feet in elevation for breathtaking views of the Cascade River Valley, Lake Superior, and the Sawtooth Mountain range. | |
| Cascade River Superior Hiking Trail Loop
Steep • Bare rock • Packed dirt | 7.8-mile loop |
| Grab water and snacks before heading out on this rugged day hike. The trail leads you up one side of the Cascade River to County Road 45. From there, you will cross under the bridge and return back to the park. Catch glimpses of Lake Superior and the Sawtooth Mountains along the way, and view the many moods of the Cascade River as it rushes through gorges and slows through wider areas. The trail crosses over the County Road 45 bridge and then under it to continue hiking on the other side of the river (west to east). You'll find just the reverse when hiking in the other direction. | |

MORE TO EXPLORE

- Try your hand at Lake Superior fishing along the Lake Superior Shoreline Trail.
- Bring a GPS and search for the geocache.
- Borrow a birding kit or a discovery kit for kids at the park office.
- Discover the boreal forest. Follow one of the many hiking loops through woods and along water features to experience the sights and sounds of the forest.
- Rent snowshoes from the park office in winter.

SO EVERYONE CAN ENJOY THE PARK...

A FULL SET OF STATE PARK RULES AND REGULATIONS IS AVAILABLE AT THE PARK OFFICE OR MNDNR.GOV.



PARK OPEN

8 a.m.–10 p.m. daily. Only registered campers allowed after 10 p.m.



VEHICLE PERMITS

Permits required; purchase at park office or entrance kiosk.



PETS WELCOME

Keep on 6-foot leash; pick up after; attend at all times; not allowed in buildings or at beaches.



FIREWOOD

Purchase only from park office or approved vendor; no gathering firewood in the park.



CAMPGROUND QUIET HOURS

10 p.m.– 8 a.m.

BE OUR GUEST

- Reserve a drive-in campsite and stay awhile. Choose electric or non-electric.
- Enjoy a get-together with family, friends or a scout group in the reservable group camp site.
- Hike into a backpack campsite.
- Reserve your campsite by visiting mndnr.gov/reservations or calling 1-866-857-2757.



CURIOUS ABOUT THE LAKE SUPERIOR WATER TRAIL? GO TO MNDNR.GOV/WATERTRAILS

? MORE INFORMATION

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

The Minnesota Department of Natural Resources is an Equal Opportunity Employer.

This information may be available in alternative format upon request.

m MINNESOTA
STATE PARKS AND TRAILS