

Nature & Adventure

Overview

This itinerary is designed to highlight outdoor adventure and nature experiences

Day # 1

Theme: Bike, Hike, Fish and Birding

Arrive & Get Settled in: Today's adventure will be exciting so dress appropriately, pack some sunscreen, bug spray and water.

Cannon Valley Trail: Cycle the 19.7-mile paved rail-to-trail connecting Red Wing, Welch, and Cannon Falls. This scenic route parallels the Cannon River and features diverse landscapes, including glimpses of wetland complexes. *(Note: Users age 18 and older need a Wheel Pass, which can be purchased for a day or season).*

Red Wing Riverfront Trail: After your ride, enjoy a picnic or lunch in Red Wing. Walk or bike a portion of the paved **Red Wing Riverfront Trail** (passes by Bay Point Park and Levee Park) to stretch your legs and warm up for the afternoon.

Mississippi River Shore Fishing: Head to **Bay Point Park** or **Colvill Park** near the waterfront. Both locations offer excellent public access for shore fishing on Pool 4 of the Mississippi River. Walleye, Sauger, and Freshwater Drum are popular catches here.

Colvill Park & Riverfront: The riverfront and the area around **Colvill Park** are excellent for spotting local and migratory waterfowl. During the late fall/winter months, this area is a popular viewing spot for **wintering Bald Eagles**.

Enhance your **evening plans** with a vibrant escape. From the sizzle of the fajitas to the frosty, salt-rimmed perfection of a margarita, **Fiesta Mexicana** offers a full-sensory experience. Let the good times roll over chips, fresh salsa, and a festive atmosphere. It's not a traditional meal.

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Day # 2

Theme: History, Culture and Hiking

Frontenac State Park Located approximately 10-minutes south of Red Wing, Frontenac is a highlight for birders and hikers. Over 260 bird species have been recorded here, as the park sits directly on the Mississippi flyway. Walk the **Sand Point Trail (1.6-mile loop)**, a mostly flat trail that winds through a mature floodplain forest and leads to the beach along Lake Pepin. This trail is a prime spot for spring warblers and other migratory birds. Take the **Bluffside Trail (2.7-mile loop)** for a more strenuous hike. This trail features steep staircases and switchbacks, descending 425 feet to the rocky shore of Lake Pepin, offering spectacular views of the river widening into the lake. You can also see the iconic natural limestone arch, **In Yan Teopa**.

Grab a pick-me-up: The Stoneware Cafe offers soup & sandwich options along with a great selection of pie. Grab lunch to go for a picnic in one of the many beautiful parks.

Set your sights on the horizon: Drive to the top of Memorial Park for a stunning view of the river valley. Enjoy nature at its best. Eagles soar in the distance while regional birds surround the bluff area.

Take it to the streets: enjoy an art sculpture walk or historic architecture walk.

<https://www.redwingmn.gov/DocumentCenter/View/696/Historic-Walking-Tour---Footsteps-Through-Historic-Red-Wing-PDF>

Wrap up your day by celebrating your accomplishments. Enjoy a specialty pizza and flight of beer at Red Wing Brewery (on Old West Main Street, in the West End District).

A night cap and a view: pull up a chair on the deck at Kelly's Tap House

Key Information

Quick reference

- **Frontenac State Park:** daily park passes available at Ranger Station at entrance of park
- **Cannon Valley Trail:** day passes required unless you rent a bike through Rolling River Bike Rental
- **Four Season Sports:** Visit the store that focuses on outdoor recreation. Shop the store for a variety of gear to support your interests.
- **Hay Creek Trail system:** if time permits, discover more nature and serene settings. The paved path winds along the creek system that is known fo fly fishermen and sometimes a few swimmers

