Take a hike or ride your bike on Saint Paul’s East Side

The Bruce Vento Regional Trail travels through a string of beautiful city parks on Saint Paul’s East Side. The trail also connects many useful destinations — from the YMCA on Arcade Street, to the Library on East Seventh to the Saint Paul Farmers Market in Lowertown. Next time you have someplace to go, or need a little exercise, get out on the trail. You’ll be glad you did!

Map Key
- Bike Trail
- Other Trail
- Bike Lane

1 Eastside Heritage Park
Gather with family and friends, take a stroll and learn about local history in this appealing new park.
Trailhead with parking lot, bathrooms, picnic pavilion and interpretive kiosks: Phalen Blvd between Payne Avenue & Arcade Street

2 Swede Hollow Park
Waves of Minnesota immigrants once made their homes in this forested valley. Today, visitors enjoy Phalen Creek and historic features that include the distinctive Seventh Street arches. Trailhead and parking lot: Payne Avenue & East Seventh Street
Trail access: Dreyer Tunnel at Dreyer Lane & Beaumont Street Stairway entry and parking lot: Greenbrier & Margaret Streets

3 Skidmore Park
In the late 1860s, a developer donated five city lots on this block for parkland. Today the Dayton’s Bluff Greenspace Committee is developing community garden here.
1129 East Fourth Street

4 Bruce Vento Nature Sanctuary
Nestled below towering bluffs on the Mississippi River floodplain, the sanctuary includes three spring-fed wetlands, abundant bird habitat, a cave sacred to the Dakota and remnants of the rail lines and brewery that once existed here.
Parking lot and entrance: Corner of Commercial & East Fourth Streets

6 Mears Park
This charming, nature-filled square in the heart of Lowertown is known for its outdoor concerts, holiday lights and lively ambience. One square block bordered by East Fifth, East Sixth, Sibley & Wacouta Streets

5 Indian Mounds Park
Perched along the top of the Mississippi River bluffs, this park offers stunning views and nearly three miles of trails. Six burial mounds bear testimony to the land’s use as a graveyard and ceremonial area by the Ho-Chunk and, more recently, the Dakota.
Overlook parking lot: Mounds Blvd between Plum & Cherry Streets
Picnic pavilion and playground: Mounds Blvd & Earl Street