

13. Lower Amity Creek Route



Waterfall below bridge #6, photo spot #2

Highlights: This is a beautiful trail heading up through pine forests overlooking the Amity Creek valley. **Seven Bridges Road** is a historic road built in the 1920's with seven stone bridges that have great views of Amity Creek. Finally, there is **Amity falls** at the bottom of Seven Bridges Road and a **quiet area just above Superior Street with cascades and pools.**

Parking and Directions:

From the I35 continue on **London Road** until you get to **60 Ave. East**. **Take a left on 60th** and then a **right on Superior St.** On Superior St. you will **cross the Lester River Bridge** and **take a left on Lester River Road**. The Lester Park parking area is to your left. Cross the stone bridge to get to the bike trail that heads up the hill on your right. Look for the **Amity East bike sign up on the hill.**

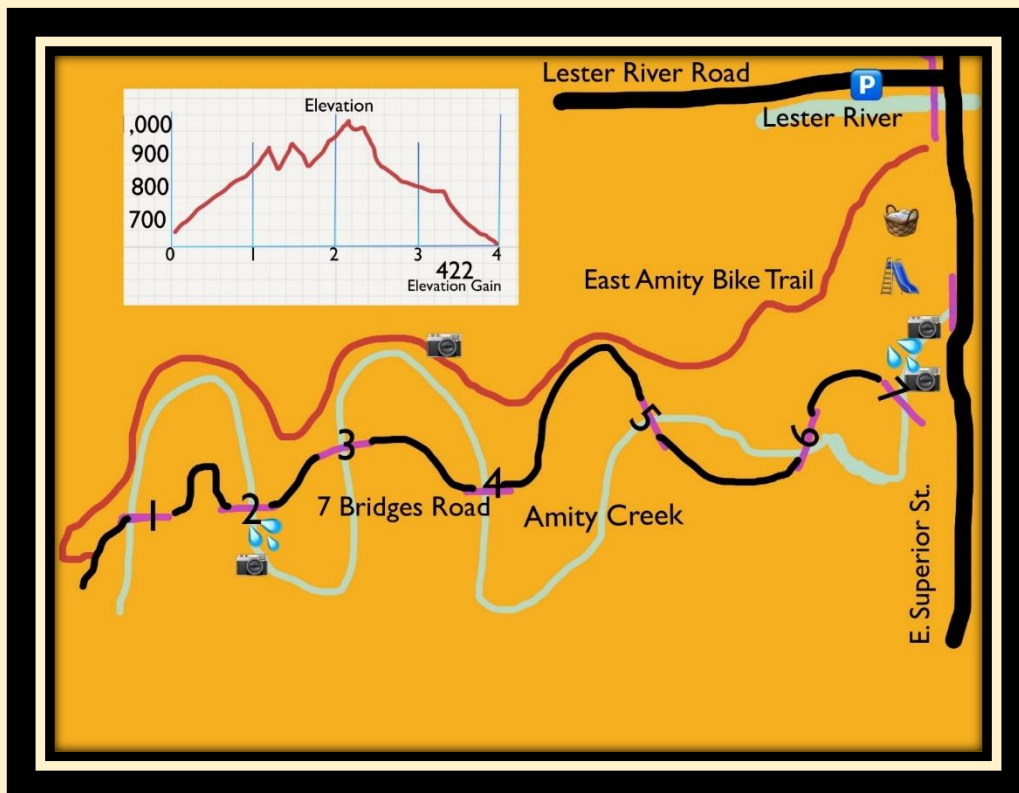
Distance: 4.5 -mile up and back

Difficulty: moderate

Recommended for most hikers



Lester Park Sign





Amity East trail marker, be sure to follow this sign

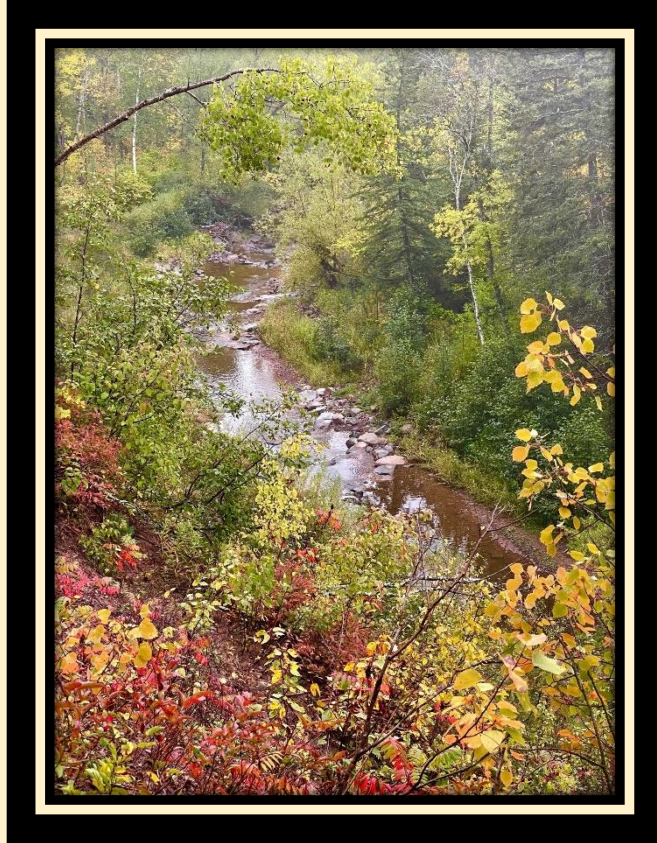
The Route: Mile 1: You start up the hill through a beautiful pine forest with huge Norway and White pine trees. You can see Amity Creek far below. The trail winds through the woods with passing views of the creek. At **about four tenths of a mile**, you will see a path that leads down to the waterfall. You may want to wait till the last trail section that takes you down to the creek level and some great photos of Amity Creek Falls. **About three quarters of a mile** up the trail there is a great overlook, that looks straight up Amity Creek. Off to your left, is a close up view of one of the historic stone bridges.

Mile 2: At about a mile and two thirds there is another overlook of the creek and valley. If you continue on around the corner you will find a little path that leads to an open overlook. The

trail heads up hill and climbs to a steeper section of the Amity valley. At about the two-mile mark there are more great overlooks of the huge Amity Creek valley.

Mile 3: The trail continues on through the forest until you come to a large trail (snowmobile trail) at about the two- and one-half mile mark. This can be your turnaround point if doing a regular route. Just head back down the trail you came up. If you would like to come down through the Seven Bridge Road, take this trail to the left. You will cross a bridge and then look for the **bike trail sign** on the left. This is the **Traverse bike trail(see photo below)**. This trail will lead you to the top of seven bridges road. You will see bridge #7 off to your left but head down to bridge #6. (**Be sure to keep to the left and be aware of any traffic**). When you reach bridge 6 make sure to take in the great views in both directions. Head across bridge #6 and look for the pull out on the side of the road. From there head down to the creek for a great shot of the bridge and waterfall below it. **This is photo spot #2**. Head down seven bridges road and enjoy the views. When I hiked this in late September, I thought this stretch was every bit as beautiful as the Gunflint Trail.

Mile 4: As you continue on down the road the creek can be seen to your left. The towering pines seem to get bigger with each step. Finally, just past the four-mile mark you will see a **gazebo and small bridge**. **Head down the path to your left and you will see a trail that heads down the stream**. You will see a rock ledge that heads down to the creek. At the bottom there is a spot for a great shot of the **Amity Creek Waterfall**. **This is photo spot #3**. Continue on the trail heading south. This stretch of the creek is my favorite. Rock walls, towering white pines, cascades and shallow pools leading down the creek. This is a great place to find a path down to the creek and take photos. In this area you will find **photo spot #4**. Finally, you will come to a small bridge over the creek that leads back to the playground and parking area. After I hiked both the Lester River and Amity Creek trails, I felt that Lester Park could easily be a great state park.



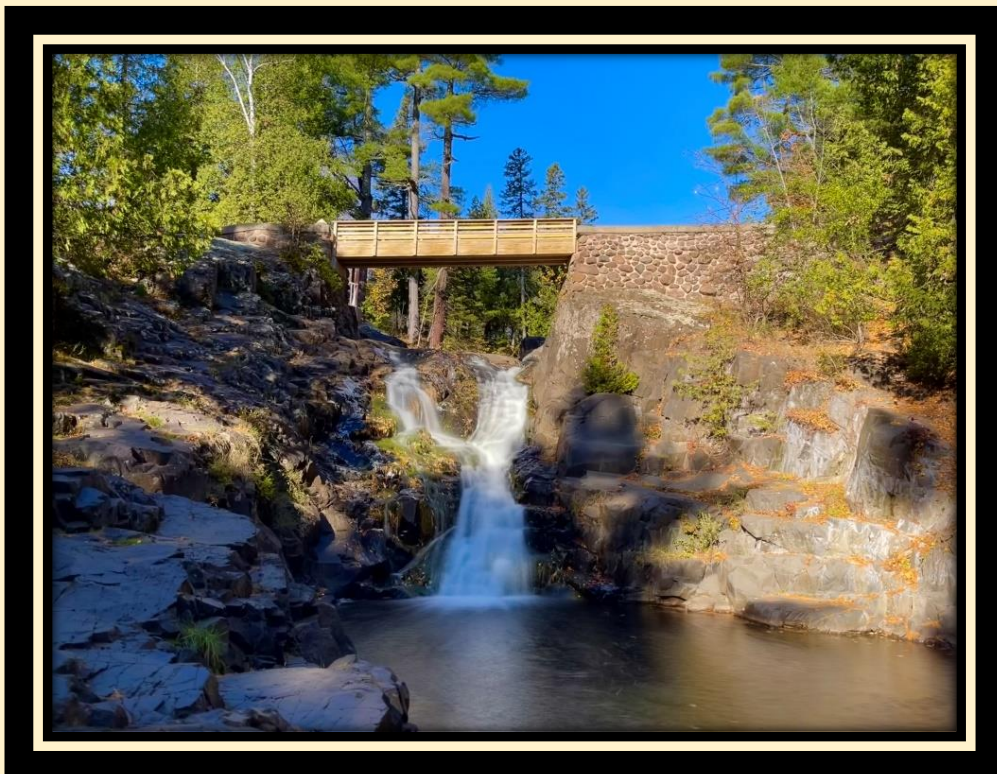
View from overlook of creek and valley, photo spot #1



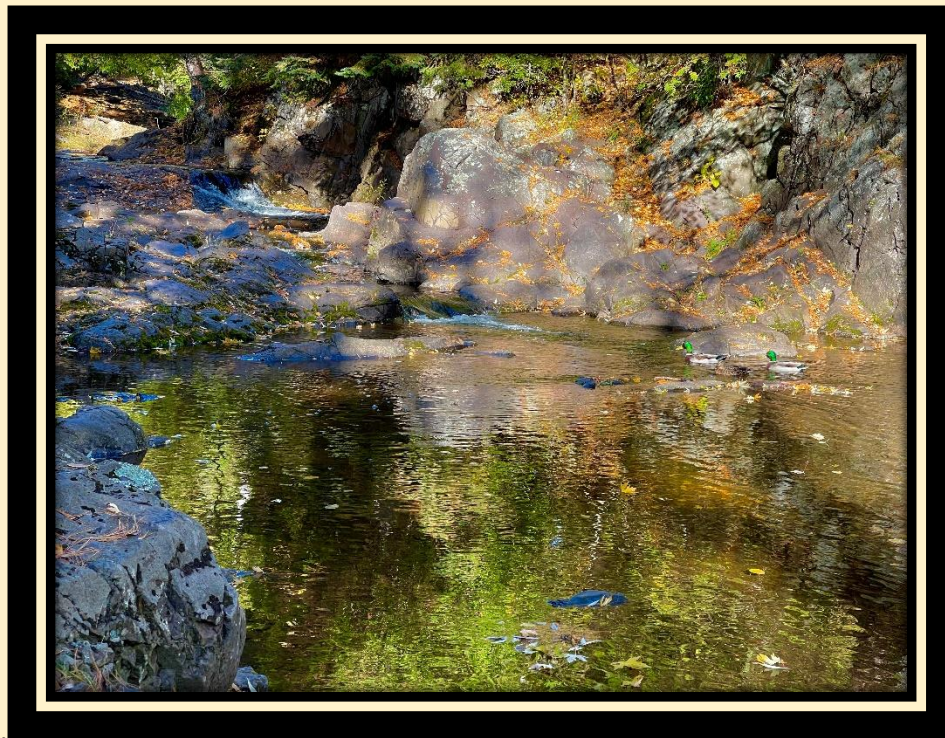
Traverse bike trail sign



Waterfall and bridge #6, photo spot #2



Amity Creek Falls, Photo spot #3



Quiet pool at the bottom of a series of cascades, photo spot #4

Extended Route: Continue up to the top of the Amity East bike trail until it intersects with the Lester River Bike Trail. Go to the right and follow the signs for the Lester River Trail to the parking area. This is a spectacular loop and I personally think it is one of the best in Minnesota.

Family Friendly Route: Parking in the Lester Park lot there are many places to explore. You can walk down the bike trail just over the stone bridge and **explore the waterfalls and pools** of the Lester River. In the middle of the summer this is a favorite **swimming hole** for families. You can explore the trail along the river that leads from the parking area to an overlook of the **Lester River Falls**. Or you can take that same trail and cross the river on a pedestrian bridge to the trails on the other side. There is **a great playground and picnic area in the middle of the park**. On the other side of the park, you will find another pedestrian bridge that leads to a beautiful trail along **Amity Creek and another waterfall**. **Head to Eighth Street Video on 47th Ave. E. for candy or ice cream.** [8TH STREET VIDEO ON 47TH - 714 N 47th Ave E, Duluth, MN - Yelp](#)

After the hike:

The Amity East Trail heads up to spectacular overlooks of Amity Creek and its valley. Seven Bridges Road is historic and full of great views of the creek winding down the valley. The waterfall below bridge six is one of my all-time favorites in any season. Finally head to the new **Lake Superior Brewery** for craft beer and appetizers or pizza. [Lake Superior Brewing \(lakesuperiorbrewingduluth.com\)](https://lakesuperiorbrewingduluth.com)

Strava Link

[JLEast Amity Trail and Seven Bridges Road Route | 4.3 mi Hiking Trail on Strava](#)