

6.St. Louis River Trail Route



View of the historic Biauswah bridge, photo spot #1

Highlights: The historic highway 23 bridge (**Biauswah**) over the St. Louis River built in 1919. The remnants of the **Chambers Grove sandstone quarry**, which was used to build many a downtown Duluth building. **St. Louis River bike trail. Playground and picnic areas with a boat launch to the river nearby. Migratory can often be seen in spring and fall on the river by the park. This spring there were white pelicans hanging out and, in the fall, Canadian geese.**

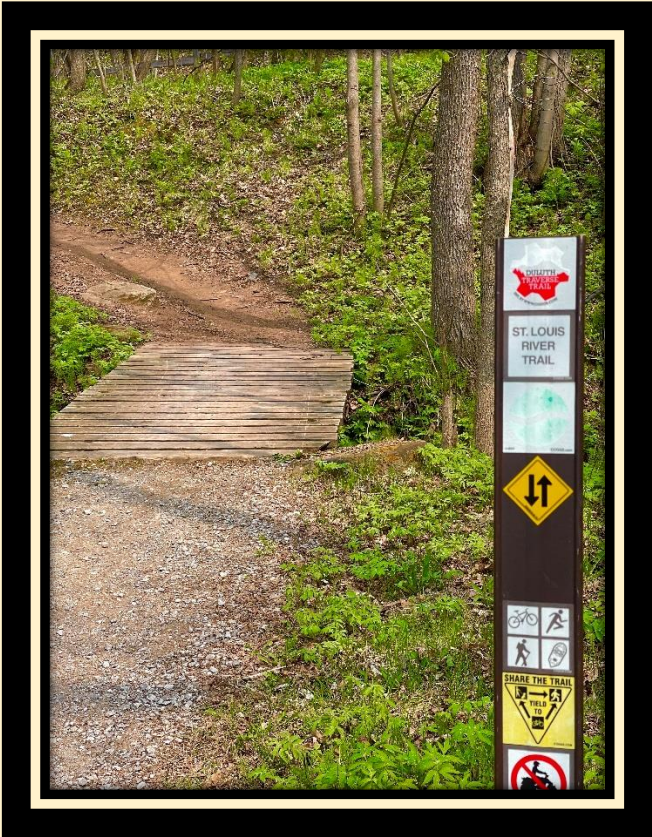
Directions and parking:

From I35 take the **Midway Road exit** and head south. This turns into the **Becks Road** and ends at the intersection of **Highway 23**. **Turn right on Highway 23** and follow until you see the intersection of **Highway 210**. Just beyond this intersection is the entrance to **Chambers Grove**

Park and parking. The St. Louis River Bike Trail can be found on the left side of the restroom building. It is a gravel trail heading up the hill. Look for the signs below.



Chambers Grove Park Sign

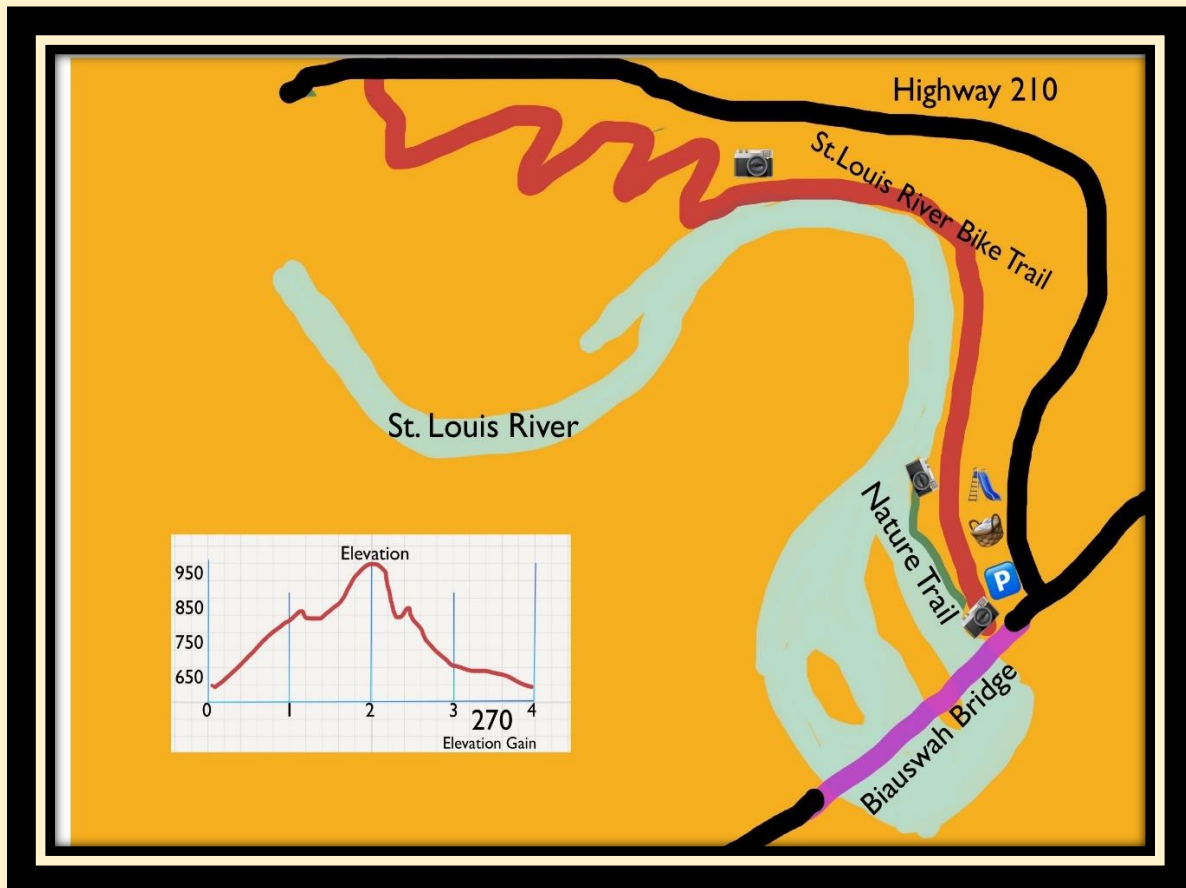


St. Louis River Bike Trail Sign

Distance: Out and back 4 miles

Difficulty: Easy to Moderate

Recommended for: all hikers



The Route: Mile 1: Next to the restroom building you will see a gravel trail heading up the hill. This is the St. Louis River bike trail. The trail gradually climbs uphill through a mixed forest with clay and sand at the beginning. It provides views of the St. Louis River all the way up the hill. About six tenths of a mile up the hill in an open area, you will see in the distance a brick building and two branches of the river joining together. **This is photo spot#3.**

Mile 2: Soon after reaching the scenic overlook of photo spot #3, you will start going uphill. Just before the trail turns inland, you will get a great view of the river. At this spot, you can view the river, as the branch that goes through the power plant rejoins the main river. After turning inland, you will go inland through a series of switch backs climb up through a beautiful

hardwood forest. The trail takes you over several hills and deep valleys before reaching **highway 210**. This is your turn around spot.

Miles 3&4: Enjoy the trip back down the hill and look for the amazing views of the St. Louis River as you get down about a mile and one half back down the trail.

Extended Route: When you reach **highway 210** start down back along the **St. Louis River Trail** until you get to the **Loki Bike Trail on your left**. Follow the **Loki Trail** until you get to **highway 210**. **Cross 210 and follow a section of the Upper Cathedral Bike Trail to the Lower Cathedral Bike Trail**. This will bring you back to the **parking area** at the park. This is about a **5-mile loop**. **(Best to use the Trail Forks app in doing this total loop.)**

Family Friendly Route: There is an **interesting half mile loop** that brings you back to the **sandstone quarry and a view of the river**. **The playground and picnic area are first class with plenty of parking**.



View of the St. Louis River from the quarry loop, photo spot#2



Ariel view of the St. Louis River just west of the bridge



View from the overlook of the St. Louis River Trail in spring, photo spot#3



Trillium wildflowers in late may

After the hike:

This is a great hike on a nice day for just about anyone. Bring a picnic lunch and enjoy the park. Head over the bridge to the **Wabegon Bar** [Wabegon Bar & Grill | Superior, WI | Duluth, MN | Daily Specials](#) for a craft beer and appetizers or in summer head to **Mont du lac** [Mont du Lac Resort | Affordable Outdoor Family Fun in Superior Wisconsin \(mdlresort.com\)](#) for swimming or rent an inner tube for the river.

For trail maps check out the **Trailforks app**

Strava Link

[JLSt. Louis River Trail Route | 3.8 mi Hiking Trail on Strava](#)