



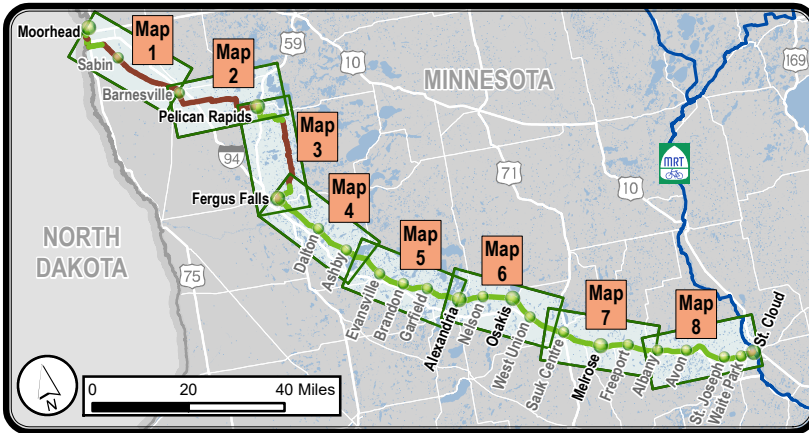
June 2022

United States Bicycle Route 20 in Minnesota (188 miles) connects the Mississippi River Trail/USBR 45 in St. Cloud with Moorhead and the North Dakota Border. Travelling through scenic Minnesota prairies and past dozens of the state's 10,000 lakes, Route 20 passes through a series of small, historic towns parallel to Interstate 94, as well as Maplewood State Park. It offers access to dozens of lakes with opportunities for swimming, fishing, boating and bird watching. Over two thirds of the route are paved trails. Amtrak stations in Fargo, St. Cloud and St. Paul offer the option for an easy return trip by train.

For more USBR 20 info:
<https://dot.state.mn.us/bike/usbr20.html>

Alternative format:

To request this document in an alternative format, contact MnDOT: 1-800-657-3774; 711 or 1-800-627-3529 (Minnesota Relay); or email to ADArequest.dot@state.mn.us



Mileage Chart	Moorhead	Pelican Rapids	Fergus Falls	Alexandra	Osakis	Melrose	St. Cloud
Moorhead	-	47	74	120	131	153	188
Pelican Rapids	47	-	27	73	84	106	141
Fergus Falls	74	27	-	46	57	79	114
Alexandra	120	73	46	-	11	33	68
Osakis	131	84	57	11	-	22	57
Melrose	153	106	79	33	22	-	35
St. Cloud	188	141	114	68	57	35	-

- On-Road (>4' Shoulder)
- On-Road (<4' Shoulder)
- Trail/Shared Use Path
- USBR 45 (MRT)
- Highways
- Other Roads
- Railroad
- Map and Inset Panels
- State Boundary
- Municipal Boundary
- Open Water
- State and Regional Parks

Abbreviations:

- Ave = Avenue
- St = Street
- Dr = Drive
- Hwy = US Highway
- TH = State Trunk Highway
- Co Rd = County Road
- mi = Mile
- N = North
- S = South
- E = East
- W = West

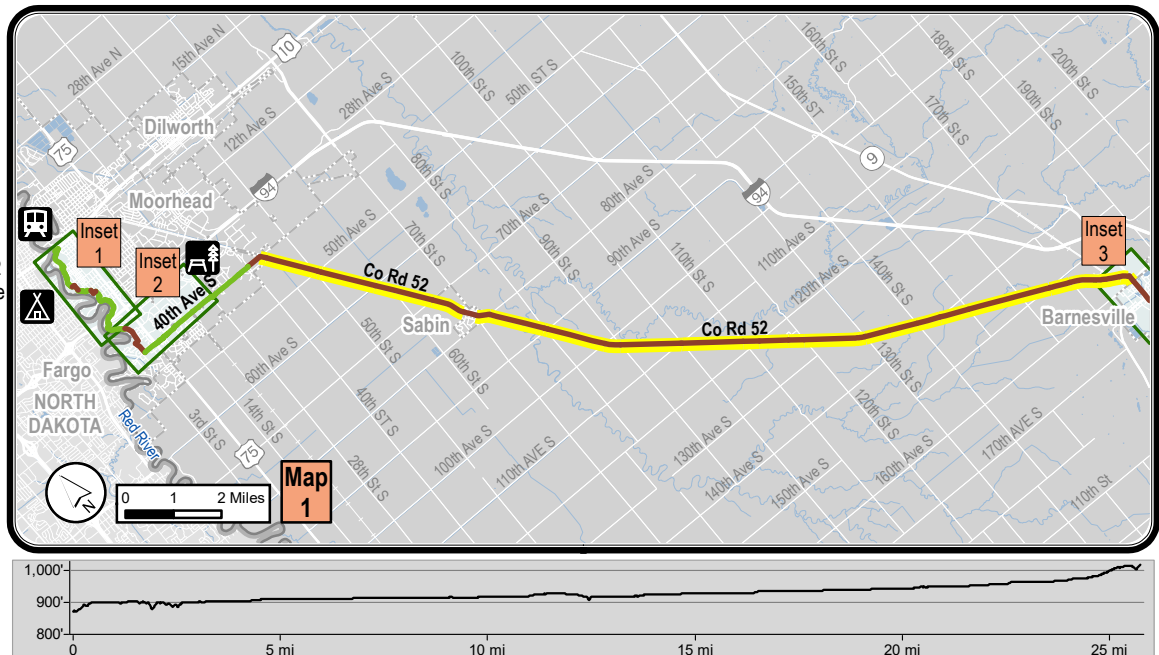
Services:

- Camping
- Historical/Museum
- Parking
- Rest Area
- Restrooms
- Shelter
- Train Station

Note: Overlapping maps have some repeated directions; these are shown in { } the second time they appear. Services information based on available data, may not include all available services.

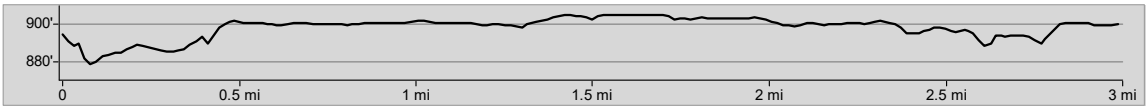
Eastbound:
 Start at ND/MN border on Main Ave. Follow trail on S side of Main Ave E across the river (0.1 mi). Follow directions on Insets 1 and 2. At 40th St S merge onto 40th Ave S (0.3 mi). Right on Co Rd 52 S (4 mi). Keep right on Co Rd 52/Holloway St N through Sabin and continue on Co Rd 52 (14.5 mi). Continue on Map 2.

Westbound:
 {Follow directions on Inset 3. Continue on Co Rd 52 (14.5 mi).} At 40th St S merge onto trail along S side of 40th Ave S (1.0 mi). Follow directions on Insets 2 and 1.



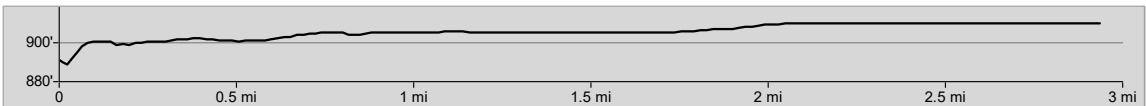
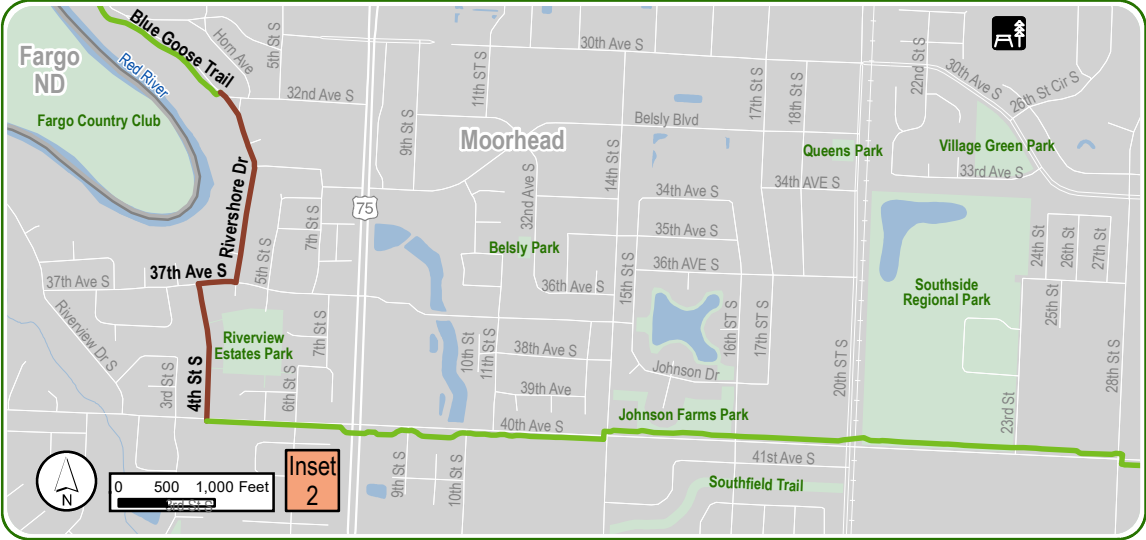
Eastbound:
Take sharp right turn after bridge to go down ramp, then take sharp left turn onto trail along E side of 3rd St S (0.2 mi). Cross 2nd Ave S to continue on trail on E side of 1st St S (0.3 mi). At 6th Ave S turn right to cross 1st St S onto Midtown Trail (0.5 mi). Left on 12th Ave S (0.1 mi). Right on Elm St S (0.1 mi). Right at S River Dr onto Midtown Trail on W side of S River Dr (0.3 mi). Right on 3rd St S (0.1 mi). Left on 18th Ave S (0.1 mi). Right onto Midtown Trail on W side of 4th St S (0.3 mi). Cross 22nd Ave S and turn left onto Blue Goose trail (1.3 mi). Continue on Inset 2.

Westbound:
Continue on Blue Goose Trail. Cross 22nd Ave S onto Midtown Trail (0.3 mi). Left on 18th Ave S (0.1 mi). Right on 3rd St S (0.1 mi). Left onto Midtown Trail on W side of Elm St S (0.3 mi). Cross S River Dr onto S Elm St (0.1 mi). Left on 12th Ave S (0.1 mi). Right to continue on Midtown Trail on W side of S River Dr (0.5 mi). Cross 1st St S and turn left onto trail on E side of 1st S (0.3 mi). Cross 2nd Ave S and continue on trail to bottom of ramp before bridge (0.1 mi). Go up ramp and take sharp left turn onto trail on S side of Main Ave (0.2 mi). End at MN/ND border at the Red River.



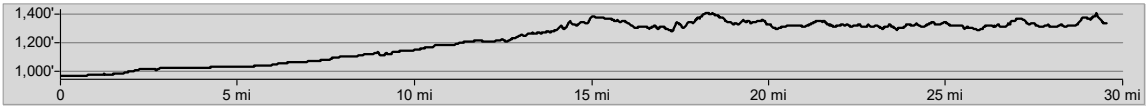
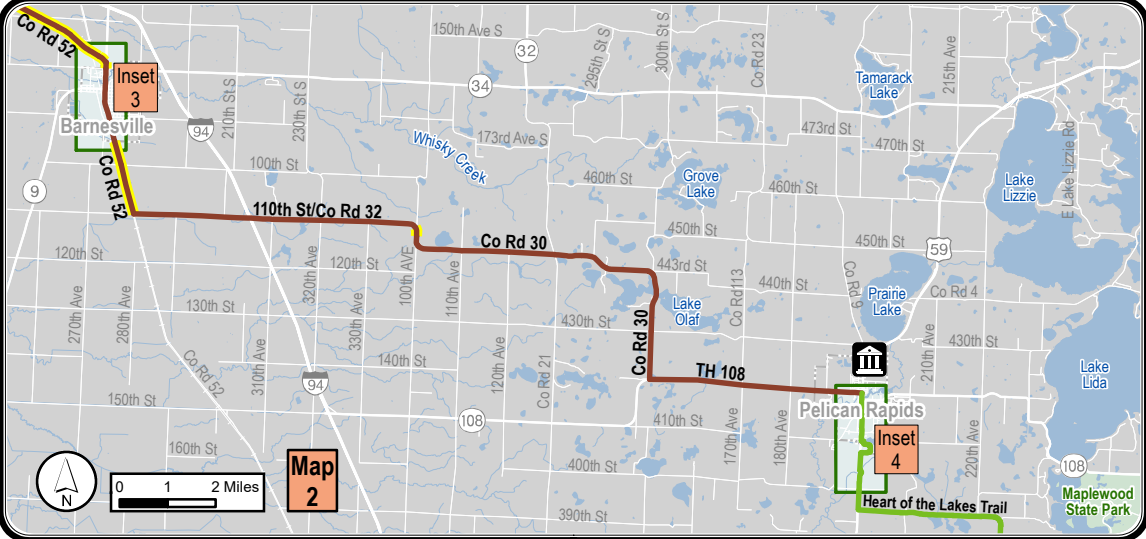
Eastbound:
Continue on Blue Goose Trail. At 32nd Ave S turn right onto Rivershore Dr S (0.4 mi). Right on 37th Ave S (0.1 mi). Left on 4th St S (0.3 mi). Cross 40th Ave S and turn left onto trail along S side of 40th Ave S (0.8 mi). At 14th St S turn left to cross 40th Ave S then right to continue on trail along N side of 40th Ave S (1.0 mi). At 28th St S turn right to cross 40th Ave S then left to continue on trail along S side of 40th Ave S (1.0 mi). Continue on Map 1.

Westbound:
Continue on trail along S side of 40th Ave S. At 28th St S turn right to cross 40th Ave S then left to continue on trail along N side of 40th Ave S (1.0 mi). At 14th St S turn left to cross 40th Ave S then right to continue on trail along S side of 40th Ave S (0.8 mi). Right on 4th St S (0.3 mi). Right on 37th Ave S (0.1 mi). Left on Rivershore Dr S (0.4 mi). At 32nd Ave S turn left to cross Rivershore Drive and continue onto Blue Goose Trail (0.5 mi). Continue on Inset 1.



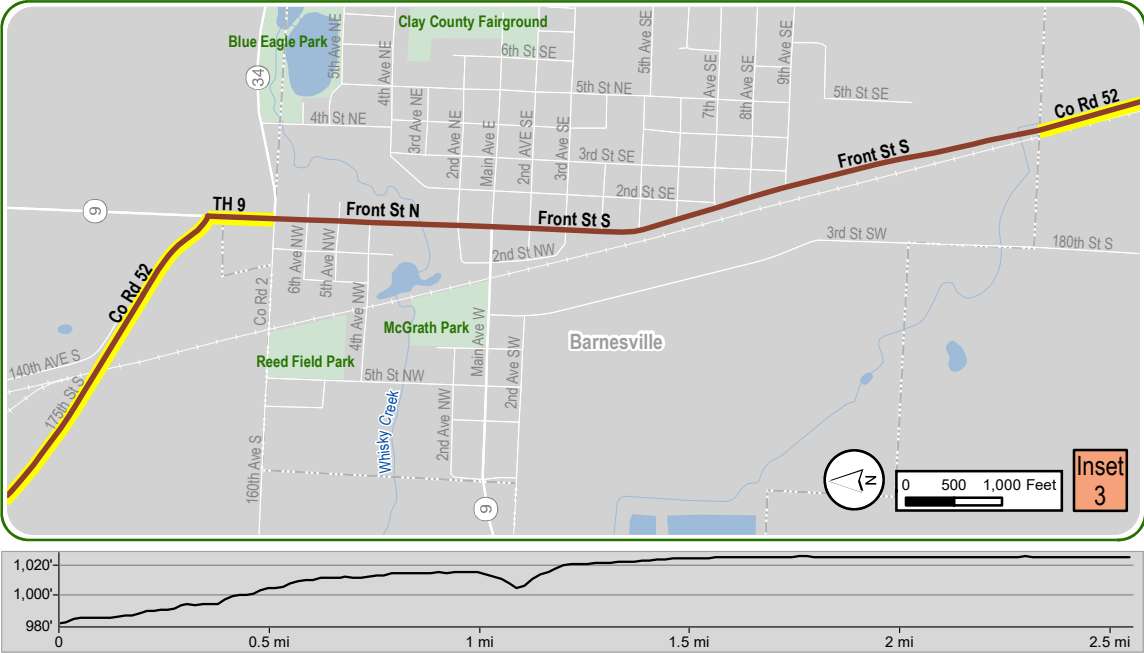
Eastbound:
Continue on Co Rd 52. Follow directions on Inset 3. Left on 110th St/Co Rd 32 (5.8 mi). At 100th Ave curve right and continue for 0.5 miles, then curve left to continue on Co Rd 30 (5.1 mi). At 150th Ave curve right to continue on Co Rd 30 (2.2 mi). Left on TH 108 (4.4 mi). Follow directions on Inset 4. Continue on Heart of the Lakes Trail along E Side of Hwy 59 (1.2 mi) then left along N side of Co Rd 3 (5.2 mi). Continue on Map 3.

Westbound:
{Continue on Heart of the Lakes Trail along N side of Co Rd 3 (3.1 mi) then right along E side of Hwy 59 (1.2 mi). Follow directions on Inset 4.} Continue on TH 108/1st Ave NW (4.4 mi). Right on Co Rd 30 (2.2 mi). At 150th Ave curve left to continue on Co Rd 30 (5.1 mi). At 100th Ave curve right for 0.5 miles then curve left onto Co Rd 32 (5.8 mi). Right on Co Rd 52 (2.4 mi). Follow directions on Inset 3. Continue on Co Rd 52 (18.5 mi). Continue on Map 1.



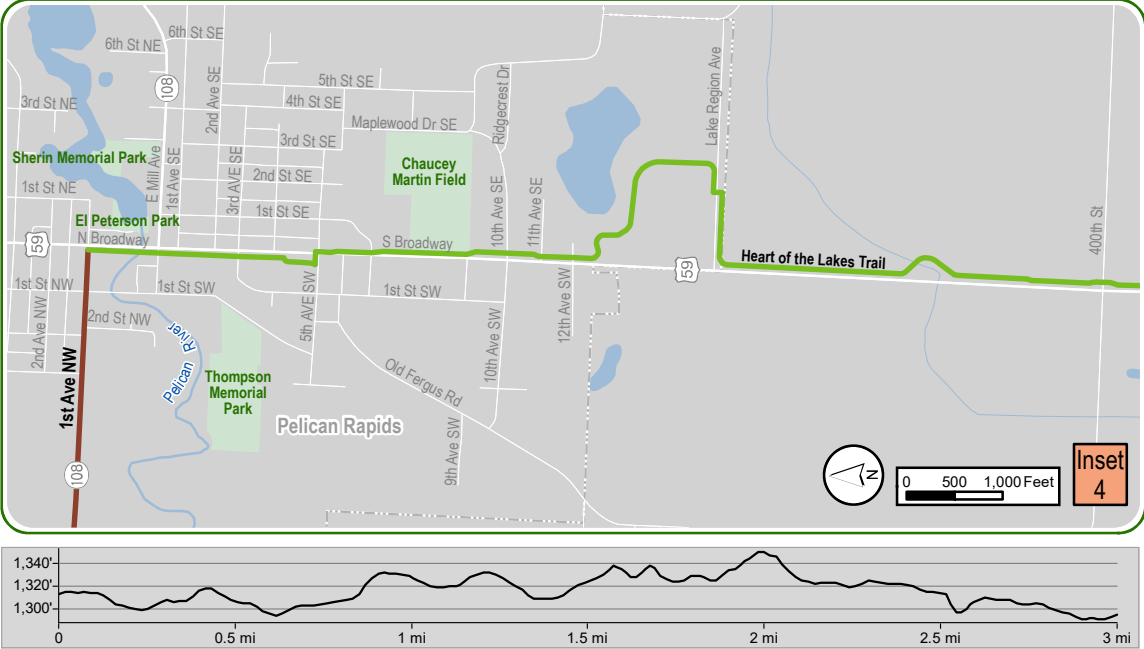
Eastbound:
Continue on Co Rd 52. Right on TH 9/Front St N (0.6 mi). Continue on Front St S (1.1 mi). Continue on Co Rd 52 (1.6 mi). Return to Map 2.

Westbound:
Continue on Co Rd 52. Continue on Front St S (1.1 mi). At 5th Ave SE curve right to continue on Front St N/TH 9 (0.6 mi). Left on Co Rd 52. Continue on Map 1.



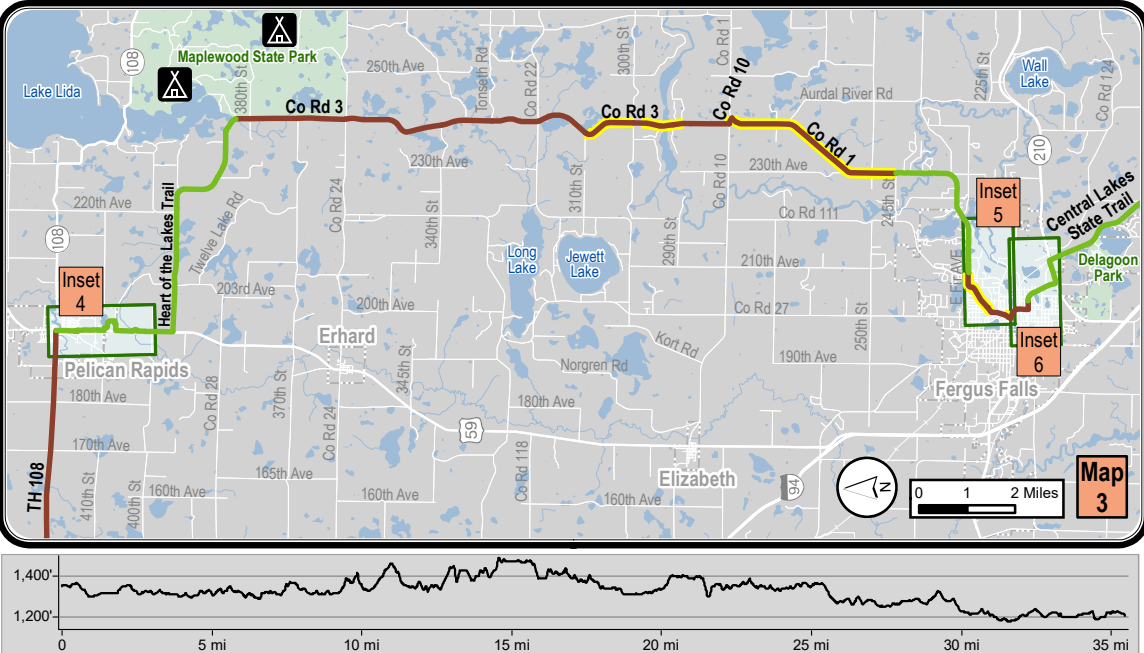
Eastbound:
Continue on TH 108/1st Ave NW. Right on trail along W side of N Broadway/Hwy 59 (0.5 mi). At 5th Ave SW turn left to cross N Broadway/Hwy 59 then right on trail along E side of S Broadway/Hwy 59 (0.5 mi). After 12th Ave SE turn left onto Heart of the Lakes Trail (0.4 mi). Left to cross Lake Region Ave then right to continue on trail along S side of Lake Region Ave (0.1 mi). Curve left to continue on Heart of the Lakes Trail along E side of Hwy 59 (1.2 mi). Continue on Map 3.

Westbound:
Continue on Heart of the Lakes Trail along E side of Hwy 59. Curve right to continue on trail along S side of Lake Region Ave (0.1 mi). Left to cross Lake Region Ave then right to continue on trail (0.4 mi). Right to continue on trail along E side of S Broadway/Hwy 59 (0.5 mi). At 5th Ave turn left to cross N Broadway/Hwy 59 then right on trail along W side of N Broadway/Hwy 59 (0.5 mi). Left on 1st Ave NW/TH 108. Continue on Map 2.



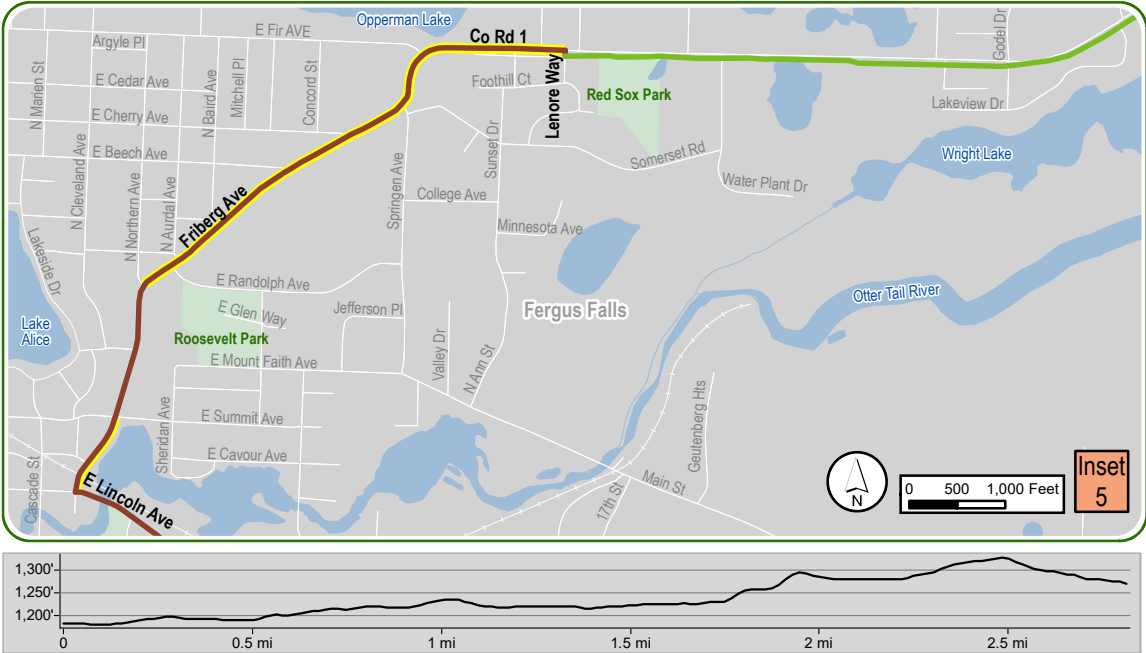
Eastbound:
{Continue on TH 108/1st Ave NW. Follow directions on Inset 4. Left to continue on Heart of the Lakes Trail along N side of Co Rd 3 (5.2 mi).} At Isle View Dr merge onto Co Rd 3 (10.7 mi). Left on Co Rd 10 (0.1 mi). Right on Co Rd 1 (3.8 mi). At 245th St continue onto trail along E side of Co Rd 1 (3.3 mi). Follow directions on Insets 5 and 6. Continue on Central Lakes State Trail to Dalton (8.4 mi). Continue on Map 4.

Westbound:
Continue on Central Lakes State Trail. Follow {directions on Insets 5 and 6. At 245th St merge onto Co Rd 1 (3.8 mi).} Left on Co Rd 10 (0.1 mi). Right on Co Rd 3 (10.7 mi). At Isle View Dr right onto Heart of the Lakes Trail along N side of Co Rd 3 (5.2 mi). Right to continue on Heart of the Lakes Trail along E side of Hwy 59 and follow directions on Inset 4.



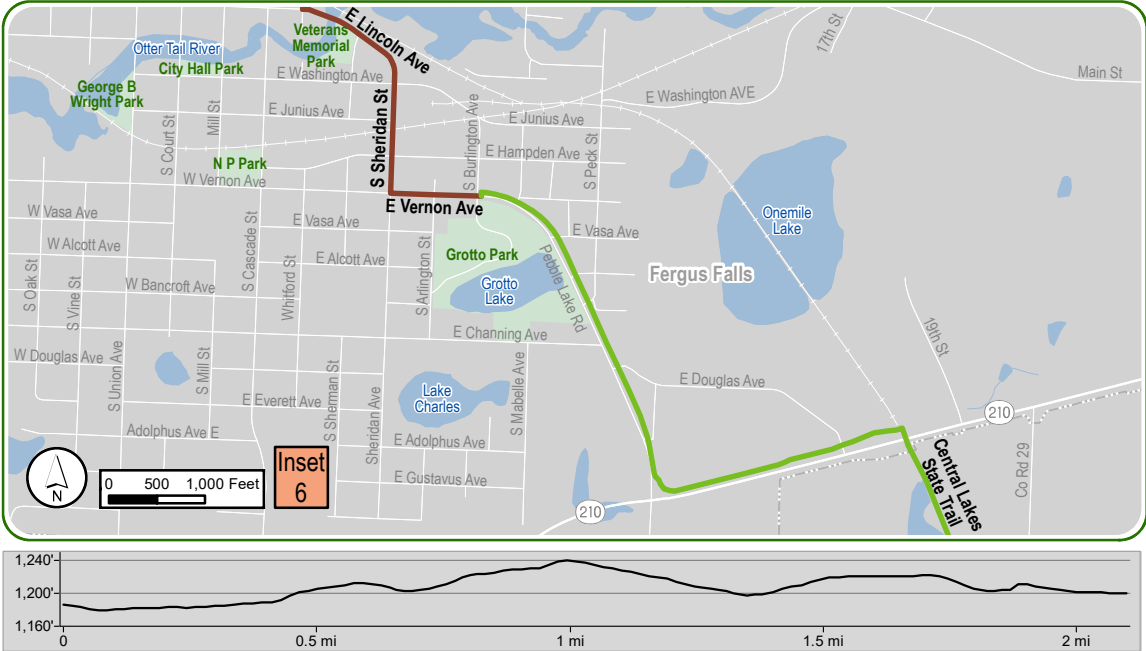
Eastbound:
Continue on trail along S side of Co Rd 1. Right on Lenore Way (<0.1 mi). Left on E Fir Ave/Co Rd 1 (0.3 mi). Keep left to continue onto Friberg Ave (1.2 mi). Left on E Lincoln Ave (0.2 mi). Continue on Inset 6.

Westbound:
Continue on E Lincoln Ave. Right on Friberg Ave (1.2 mi). Curve right on E Fir Ave/Co Rd 1 (0.3 mi). Right on Lenore Way (<0.1 mi). Left onto trail along S side of Co Rd 1 (3.3 mi). Continue on Map 3.



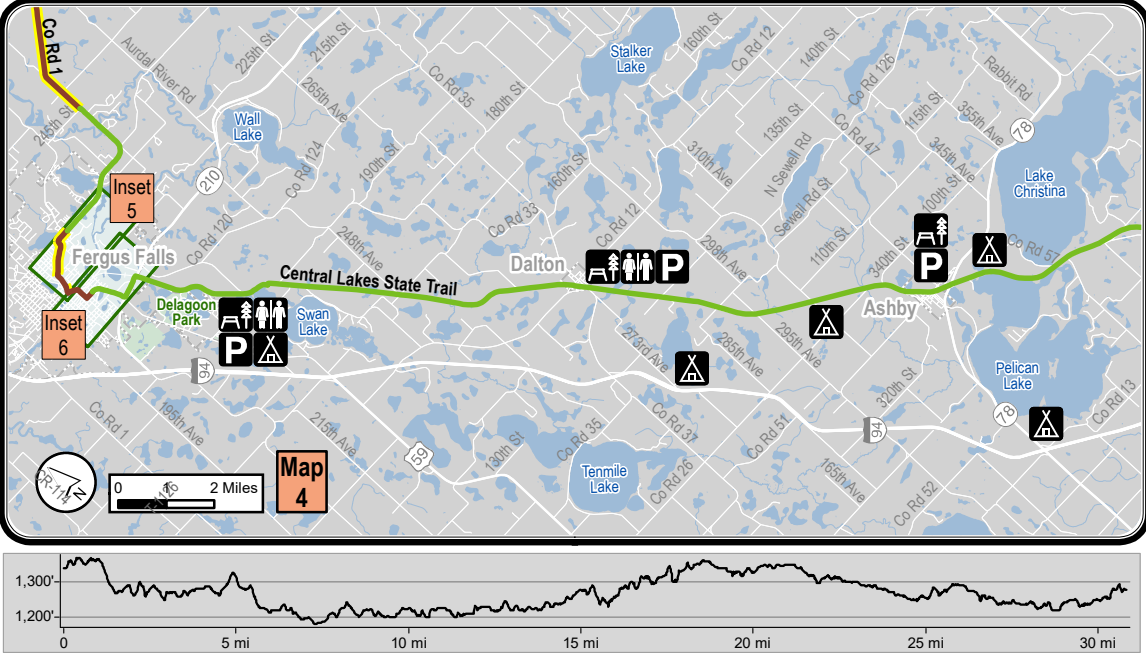
Eastbound:
Continue on E Lincoln Ave. Curve right onto S Sheridan St (0.3 mi). Left on E Vernon Ave (0.2 mi). At S Burlington Ave continue onto trail on NE side of E Vernon Ave/Pebble Lake Rd (0.7 mi). Left to continue on trail along N side of TH 210 (0.5 mi). At about 650' E of E Douglas Ave turn right to go through TH 210 underpass onto Central Lakes State Trail to Dalton (8.4 mi).

Westbound:
Continue on Central Lakes State Trail. Left after TH 210 underpass to continue on trail along N side of TH 210 (0.5 mi). Right to continue onto trail on NE side of Pebble Lake Rd (0.7 mi). At S Burlington Ave merge onto E Vernon Ave (0.2 mi). Right on S Sheridan St (0.3 mi). Curve left on E Lincoln Ave (0.2 mi). Continue on Inset 5.



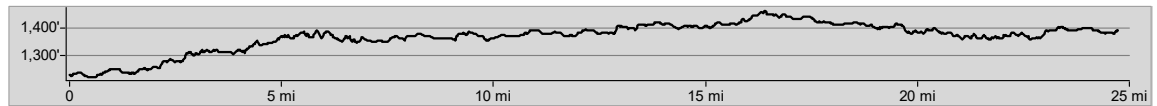
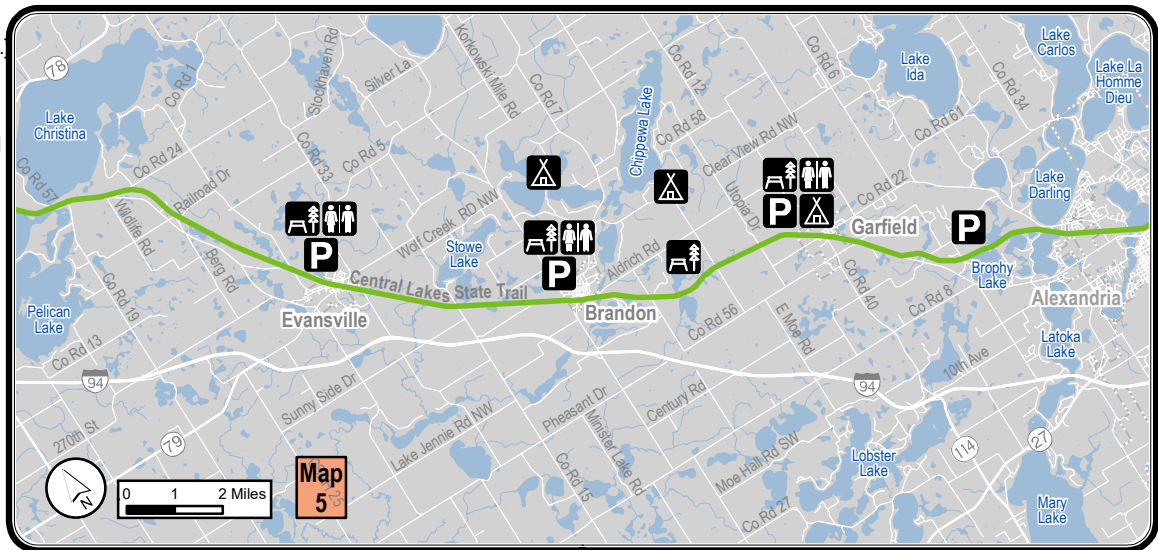
Eastbound:
{Continue on Co Rd 1. at 245th St Merge onto trail on E side of Co Rd 1 (3.3 mi). Follow directions on Insets 5 and 6.} Continue on Central Lakes State Trail to Dalton (8.4 mi). Continue on Central Lakes State Trail to Ashby (8.5 mi). Continue on Central Lakes State Trail to Evansville (9.0 mi). continue on Map 5.

Westbound:
{Continue on Central Lakes Trail to Ashby.} Continue on Central Lakes State Trail to Dalton (8.5 mi). Continue on Central Lakes State Trail to Fergus Falls (8.4 mi). Follow directions on Insets 6 and 5. At 245th St merge onto Co Rd 1 (3.8 mi).



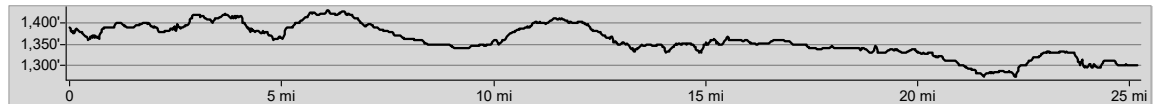
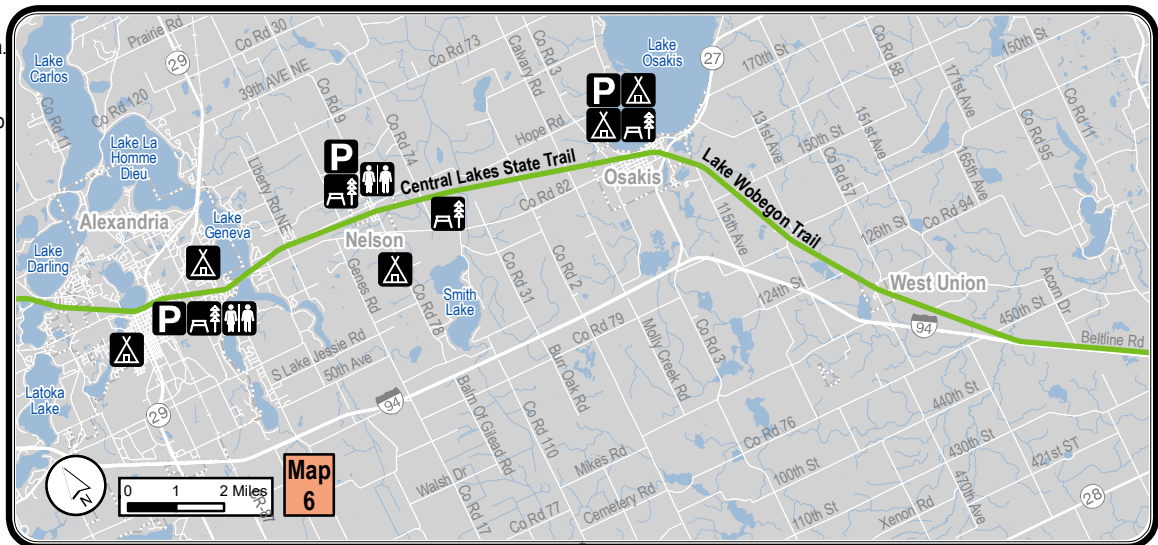
Eastbound:
 {Continue on Central Lakes State Trail to Evansville.
 Continue on Central Lakes State Trail to Brandon
 (5.5 mi). Continue on Central Lakes Trail to Garfield
 (5.8 mi). Continue on Central Lakes Trail to
 Alexandria (5.6 mi). Continue on Central Lakes Trail
 to Osakis (9.7 mi). Continue on Map 6.

Westbound:
 {Continue on Central Lakes Trail to Alexandria.}
 Continue on Central Lakes Trail to Garfield (5.6 mi).
 Continue on Central Lakes State Trail to Brandon
 (5.8 mi). Continue on Central Lakes State Trail to
 Evansville (5.5 mi). Continue on Central Lakes
 State Trail to Ashby (9.0 mi). Continue on Map 4.



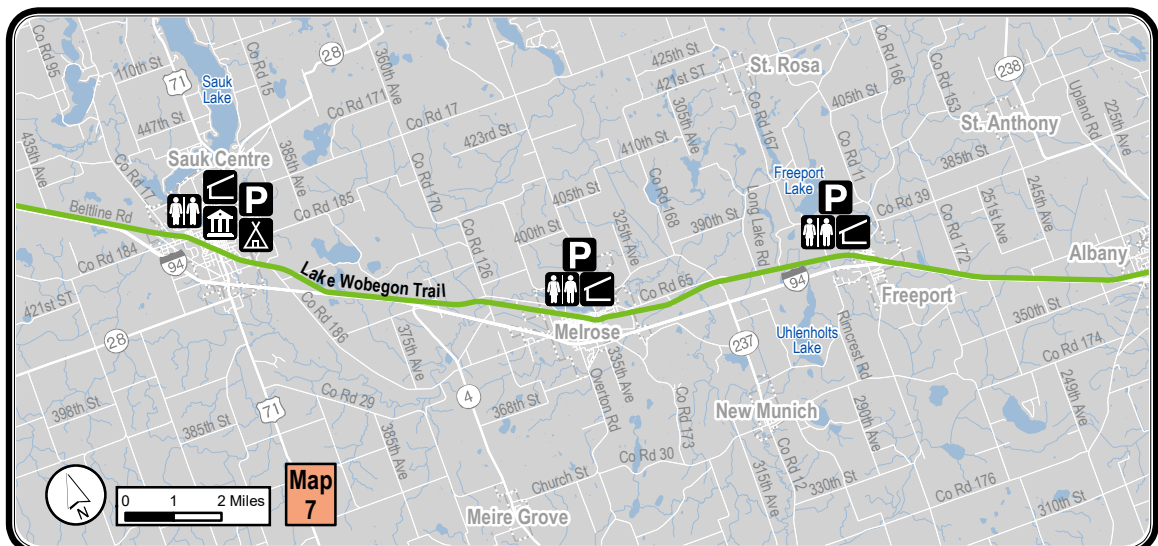
Eastbound:
 {Continue on Central Lakes State Trail to Alexandria.
 Continue on Central Lakes State Trail to Nelson
 (3.5 mi). Continue on Central Lakes State Trail to
 Osakis (6.2 mi).} In Osakis, cross TH 27 overpass to
 continue on Lake Wobegon Trail to West Union
 (5.2 mi). Continue on Lake Wobegon Trail to Sauk
 Centre (7.3 mi). Continue on Map 7.

Westbound:
 {Continue on Lake Wobegon Trail to West Union.}
 Continue on Lake Wobegon Trail to Osakis
 (5.2 mi). In Osakis, cross TH 27 overpass to
 continue on Central Lakes State Trail to Nelson
 (6.2 mi). Continue on Central Lakes State Trail to
 Alexandria (3.5 mi). Continue on Central Lakes
 Trail to Garfield (5.6 mi). Continue on Map 5.



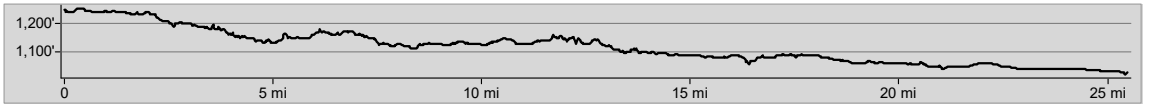
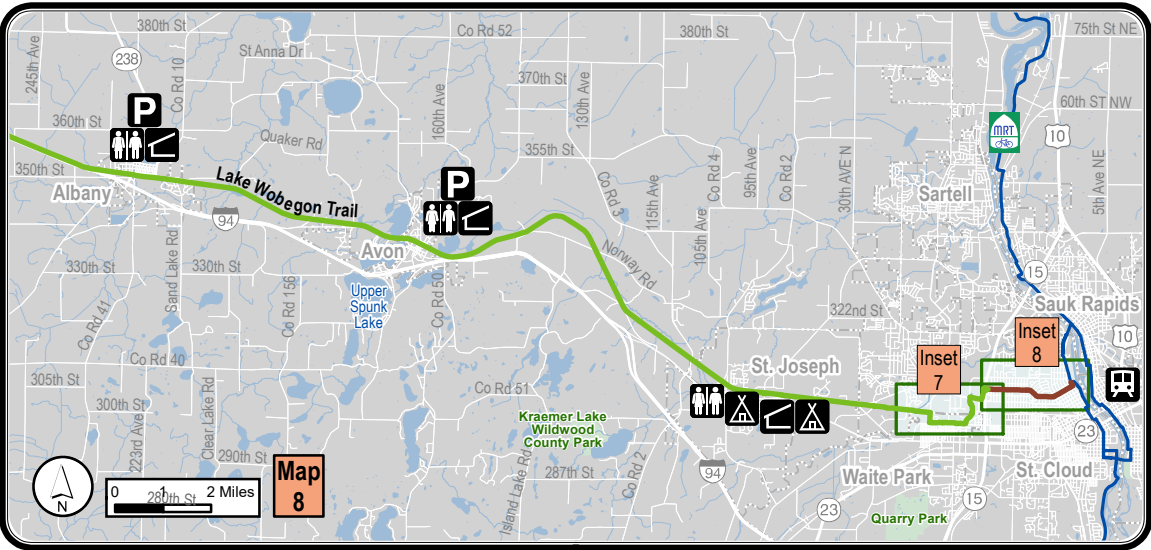
Eastbound:
 {Continue on Lake Wobegon Trail to Sauk Centre.}
 Continue on Lake Wobegon Trail to Melrose
 (8.7 mi). Continue on Lake Wobegon Trail to
 Freeport (6.0 mi). Continue on Lake Wobegon
 Trail to Albany (6.0 mi). Continue on Lake
 Wobegon Trail to Avon (5.8 mi). Continue on Map 8.

Westbound:
 {Continue on Lake Wobegon Trail to Albany.}
 Continue on Lake Wobegon Trail to Freeport
 (6.0 mi). Continue on Lake Wobegon Trail to
 Melrose (6.0 mi). Continue on Lake Wobegon
 Trail to Sauk Centre (8.7 mi). Continue on Lake
 Wobegon Trail to West Union (7.3 mi).



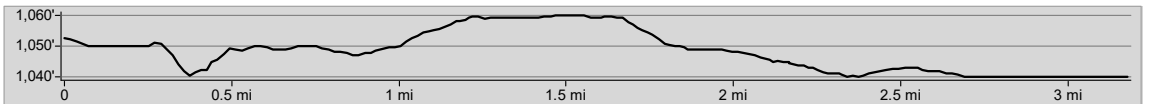
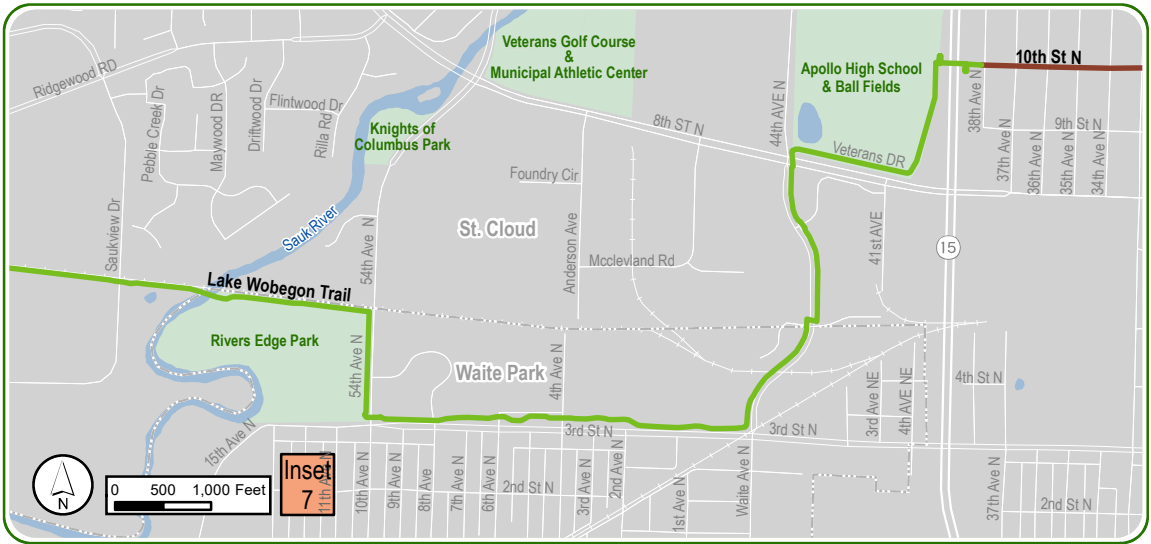
Eastbound:
(Continue on Lake Wobegon Trail to Albany.)
Continue on Lake Wobegon Trail to Avon (5.8 mi).
Continue on Lake Wobegon Trail to St. Joseph
(8.9 mi). Continue on Lake Wobegon Trail to
Waite Park (4.3 mi). Follow directions on Insets
7 and 8.

Westbound:
(Follow directions on Insets 8 and 7.) Continue on
Lake Wobegon Trail to St. Joseph (4.3 mi).
Continue on Lake Wobegon Trail to Avon (8.9 mi).
Continue on Lake Wobegon Trail to Albany (5.8 mi).



Eastbound:
Continue on Lake Wobegon Trail. Right onto trail
along W side of Co Rd 138/54th Ave N (0.2 mi).
Left to cross 54th Ave N and continue on trail along
N side of 3rd St N/Co Rd 81 (0.8 mi). Curve left on
trail along W side of Waite Ave N (0.3 mi). After 5th
St N turn right to cross 44th Ave N then left on trail
along E side of 44th Ave N (0.3 mi). Cross 8th St N/
Co Rd 4/Veterans Dr then turn right to follow trail
around Apollo High School ball fields (0.5 mi). Right
to go up ramp to cross TH 15 overpass. Continue
onto 10th St N (0.8 mi). Continue on Inset 8.

Westbound:
{Continue on 10th St N. Go up ramp to cross TH 15
overpass.} Left to follow trail around Apollo High
School ball fields and N side of 8th St N/Co Rd 4/
Veterans Dr (0.5 mi). Left to cross Veterans Dr and
continue on trail along E side of 44th Ave N (0.3 mi).
At 5th St N turn right to cross 44th Ave N then turn
left to continue on trail along W side of Waite Ave N
(0.3 mi). Right to continue on trail along N side of 3rd
St N/Co Rd 81. Cross Co Rd 138/54th Ave N and
turn right on trail along W side of 54th Ave N (0.2 mi).
At end of ball fields before railroad crossing turn left
onto Lake Wobegon Trail. Continue on Map 8.



Eastbound:
{Follow trail around Apollo High School ball fields.
Right on 10th St N and go up ramp to cross TH 15
overpass. Continue onto 10th St N (0.8 mi).} At
Borgert Ave curve right to continue onto Centennial
Dr (0.6 mi). Cross 13th Ave N to continue onto 11th
St N (0.5 mi). Left on 6th Ave N (0.1 mi). Connect to
USBR 45 at 12th St N.

Westbound:
Starting from USBR 45 connection at 12th St N and
6th Ave N, travel SE on 6th Ave N (0.1 mi). Right on
11th St N (0.5 mi). Cross 13th Ave N to continue
onto Centennial Dr (0.6 mi). At Borgert Ave curve left
to continue onto 10th St N (0.8 mi). Go up ramp to
cross overpass (0.1 mi). Go down ramp and turn left
onto trail around Apollo High School ball fields
(0.5 mi). Continue on Inset 7.

