



Sandrock Cliffs Trail



kingfisher

The Sandrock Cliffs Trail is a 5-mile system of loop trails north of Highway 70 along the St. Croix River. The southern-most trail is a 3-mile loop. Connecting trails provide 2 additional miles to explore and feature picturesque sandstone cliffs. Trail heads are located at the Highway 70 Landing parking area and off of Tennessee Road near the north end of the trail system. The trail is open year-round and is for foot-traffic only. No motorized vehicles or bicycles are permitted.

Observations

When you stand atop the sandstone cliffs, your feet touch deposits from a shallow sea that covered this area 500 million years ago. The seawater evaporated over time leaving sand deposits that eventually compressed to form sandstone.

What sea creatures once laid their eggs here? Did dinosaurs dig in this sand? Evidence of that ancient Cambrian sea is rare in this area.

Long after this sea receded, a series of glaciers covered this land. Enormous amounts of water

drained south from ancient Lake Duluth about 11,000 years ago. The raging waters carved the St. Croix Valley and the sandstone cliffs. Imagine the force required to create this landscape! Are you doing your part to protect these precious cliffs?

Winter Trails

The St. Croix takes on a different look in winter and animal tracks abound. Explore carefully as snow can cover hazards. Walking on the river ice is not recommended. The trails are popular for snowshoeing and cross-country skiing. The trail is not groomed.

For Your Safety and Resource Protection

Sandstone crumbles easily, so stay away from cliff edges. Carving into the cliffs is illegal. The fine is \$125.00 including court costs.

Deer ticks are common here and can carry the Lyme disease bacteria. Bring bug repellent, tuck long pants into socks and check yourself daily. Learn the symptoms of Lyme disease.

Collecting wildflowers, shells, rocks, fossils, and historic objects is prohibited.

Hunting is permitted on National Park Service land so hikers are encouraged to wear blaze-orange clothing during hunting seasons.

Poison ivy grows along the trail. Look for three, large-toothed shiny leaves, a woody stem, and white berries. In fall, the leaves change to red or yellow.



poison ivy

Dogs must be on a leash.

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St. Croix National Scenic Riverway

Contact the National Park Service
Marshland Center

Pine City, MN
(320) 629-2148

Website: www.nps.gov/sacn

In emergencies – dial 911

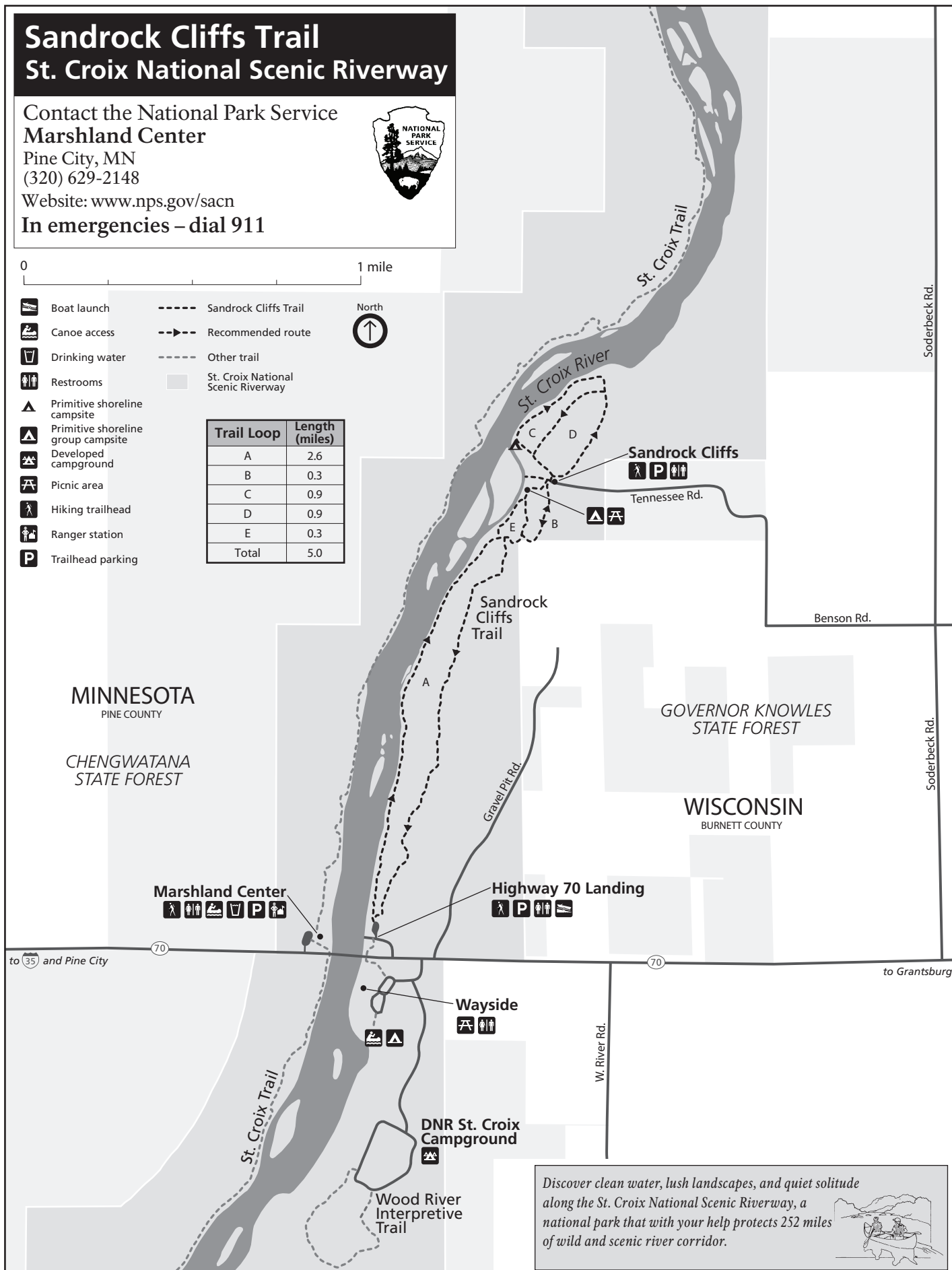


0 1 mile

- Boat launch
- Canoe access
- Drinking water
- Restrooms
- Primitive shoreline campsite
- Primitive shoreline group campsite
- Developed campground
- Picnic area
- Hiking trailhead
- Ranger station
- Trailhead parking
- Sandrock Cliffs Trail
- Recommended route
- Other trail
- St. Croix National Scenic Riverway



Trail Loop	Length (miles)
A	2.6
B	0.3
C	0.9
D	0.9
E	0.3
Total	5.0



Discover clean water, lush landscapes, and quiet solitude along the St. Croix National Scenic Riverway, a national park that with your help protects 252 miles of wild and scenic river corridor.

