Minnesota Valley
National Wildlife Refuge

Long Meadow Lake &
Black Dog Units

Trail Map

About the Long Meadow Lake Unit
The 2,339 acre Long Meadow Lake Unit features large areas of marshes and lakes, as well as bluff and floodplain forest. Thirteen miles of trails, the Bloomington Education and Visitor Center and refuge headquarters are located in the unit.

Trail Descriptions

Long Meadow Lake Trail 3.5 miles, one way
With a trailhead 0.4 miles from the METRO Blue Line American Blvd station, this trail begins below the Bloomington Education and Visitor Center heading south and west through floodplain forest and marshlands. Travel 3.5 miles to the Hwy 77 pedestrian bridge or continue 3.7 miles on the Black Dog Trail to Cliff Road. Follow Cliff Road 1 mile to Cliff Fen Park. This trail floods seasonally.

Cliff Fen Trail 1.5 miles, one way
From Cliff Fen Park, the natural surface, grassy trail begins at the kiosk at the back of the soccer field. It crosses a working railroad track (cross with care) and winds through wet meadow called a fen. Enjoy views of marsh and grassland birds or listen for frogs calling. The trail ends at a gate near Black Dog Lake. This trail floods seasonally.

About the Black Dog Unit
The 1,501 acre Black Dog Unit features Black Dog Lake, marshlands, fen, and forests near the river, supporting a variety of wildlife habitat. Uncommon species of both plants and birds call this home or make a “rest stop” here during migration.

Trail descriptions

Minnesota River Greenway- Black Dog Segment 3.7 miles, one way
Fishing pier available on west end. MN State Park permit required on east end. This pedestrian and bicycle trail is reached from the west by Minnesota Riverfront Park (City of Burnsville) or from the east by Jens Caspersen Landing (DNR). Heading east, the trail winds through forest and along the river. A short spur leads to an observation deck overlooking Black Dog Lake. The trail continues through grassland then winds between the road and river to the east trailhead. This trail is flat and floods seasonally.

Black Dog Trail
Use the Black Dog Trail and the new 35W pedestrian bridge to travel between Lyndale/Sorensen Landing and the Minnesota River Greenway. To access the Cliff Fen Trail from the pedestrian bridge, travel .7 miles on the Black Dog Trail to Cliff Road. Follow Cliff Road 1 mile to Cliff Fen Park. This trail floods seasonally.

Contact information:
Minnesota Valley National Wildlife Refuge
3815 American Blvd E. Bloomington, MN 55425-1600
952/854 5900

Visit us online:
www.fws.gov/refuge/minnesota_valley
www.facebook.com/MNvalleyNWR/

U.S. Fish & Wildlife Service www.fws.gov
1 800/444 WILD (9453)

Deaf/hard of hearing individuals may reach Minnesota Valley NWR through the Federal Information Relay System at 1 800/877 8339

Revised August 2021