



RED WING BIKE GUIDE

Bluff views, river trails, and local charm. Red Wing's best sights are better by bike. **Rolling River e-Bike Rentals** makes it easy to see it all.



Cannon Valley Trail Red Wing's Signature Ride

This 20-mile paved trail is Red Wing's most popular ride, and for good reason.

You'll follow the winding Cannon River through forested valleys, over wooden bridges, and past towering sandstone bluffs. The trail is peaceful and beginner-friendly the whole way, with plenty of scenic pull-offs, benches, and bathrooms.

Most riders head to Welch, a charming village 10 miles in with water, restrooms, and two great refuel options:

- **Bleu Dog Café:** A sunny, farm-to-table spot with fresh brunch, house-baked goods, and mimosas.
- **Cannon River Inn:** A laid-back bar and grill with burgers, pizza, and small-town vibes.

Up for a longer ride? Keep cruising to Cannon Falls, a cozy riverside town with coffee shops, patios, and a local winery. The trail stays smooth and shaded, with gentle grades and fewer crowds.

Great stops in Cannon Falls include: Cannon Belles Ice Cream & Coffee, Tilton Brewing Co., Mill Street Tavern, Cannon River Winery, and Nick's Diner.

Trail Details & Highlights

Distance: Up to 40 miles round trip (Red Wing to Cannon Falls and back)

Ride Time: ~2 hrs (to Welch) or ~4 hrs (to Cannon Falls) without stops

Surface: Flat, paved trail, minimal incline

Level: Easy, great for beginners and long-distance riders alike

Highlights:

- River views, wetlands, and wildlife
- Historic bridges and creek access
- Food + drink stops in Welch and Cannon Falls

Trail Pass Required? Yes ([Available online](#) and included with [Rolling River e-bike rentals](#)).



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Pioneer State Trail

A laid back local adventure

This mellow trail follows Hay Creek through shady forests, farmland, and tallgrass prairie. It's a peaceful ride with plenty of spots to wade in the creek, stop for a picnic, or grab lunch at the saloon before heading back.

Distance: ~13 miles round trip

Ride Time: ~1 hour (without stops)

Surface: Mostly paved, short gravel stretch near the end

Level: Easy, flat, great for casual riders

Highlights:

- Peaceful ride along a trout stream
- Creek access + shady picnic area
- Ends at Hay Creek Saloon—live music, burgers, sunny patio

Trail Pass Required? No

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Bay Point & Levee Park Easy, Breezy Red Wing

Less of a formal trail, more of a scenic loop through Red Wing's riverfront and historic downtown. You'll pass parks, the marina, and the mighty Mississippi—plus plenty of local stops for coffee, treats, or a quick bite. Great for travelers short on time who still want to explore the town's character and views. Around four miles.

GET THE ROUTE MAP →

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READY TO RIDE? Rolling River makes it easy to have the best day in Red Wing. **Reserve your e-bike rental today.** →

