Matanuska River Park has approximately 1.6 miles of trails, which form a loop from the parking areas to the river. The trails connect the campground, day use area, and athletic fields to the riverside. Most of the trail network traverses gentle rolling terrain through a forest of cottonwood, birch and spruce. When snow cover is sufficient, the park roads are groomed for skate and track skiing. The restroom in the lower campground loop is open year round. The trail system is not groomed in winter due to its narrow width and low hanging branches, however it provides a place to snowshoe. The Palmer Bike Park draws fun with its nearby pump track. Riders learn aerial and pumping skills and are fun to watch.

Dogs must be on a leash and under your control at all times. Bug spray is recommended. Moose are common in the area and should be avoided if seen on the trail.

From downtown Palmer, travel east on the Old Glenn Highway. About a mile out of town turn left to the entrance of the park.