

REGIONAL PARKS

ADVENTURE GUIDE





HOW TO USE THE GUIDE

Are you ready to explore nature? The Regional Parks Adventure Guide will lead you to new places and back to your favorite parks. With 64 Regional Parks in our system there are so many new places to explore. Being outside is not only fun but also good for your mental and physical health. The goal of this adventure guide is to get you outside for an adventure, visiting new parks and exploring nature in your own neighborhood. Print this guide out and write directly on the pages or take it along on your phone while drawing and completing the outdoor adventure challenges in a notebook. After visiting a few new spaces, or all of them, share with us how you have gotten to know your "naturehood." Take a photo of one of your outdoor adventures and send it to us via our quick form. Then we will send you back a surprise!



ADVENTURE

+



PHOTO

=



SURPRISE

ABOUT REGIONAL PARKS

The regional parks system includes 56 parks and park reserves, 49 trails, and 8 special recreation features. Many parks offer equipment rental for the activities listed in this guide. Regional parks are operated by 10 partnering cities, counties and special park districts who work with the Metropolitan Council to:

ACQUIRE AND DEVELOP PARKS AND TRAILS

PROTECT NATURAL RESOURCES

PROVIDE OUTDOOR RECREATION FOR PUBLIC ENJOYMENT

LIST OF THE TEN REGIONAL PARK AGENCIES #MNREGIONALPARKS

ANOKA COUNTY PARKS

CITY OF BLOOMINGTON PARKS

CARVER COUNTY PARKS

DAKOTA COUNTY PARKS

THREE RIVERS PARK DISTRICT

MINNEAPOLIS PARK AND RECREATION BOARD

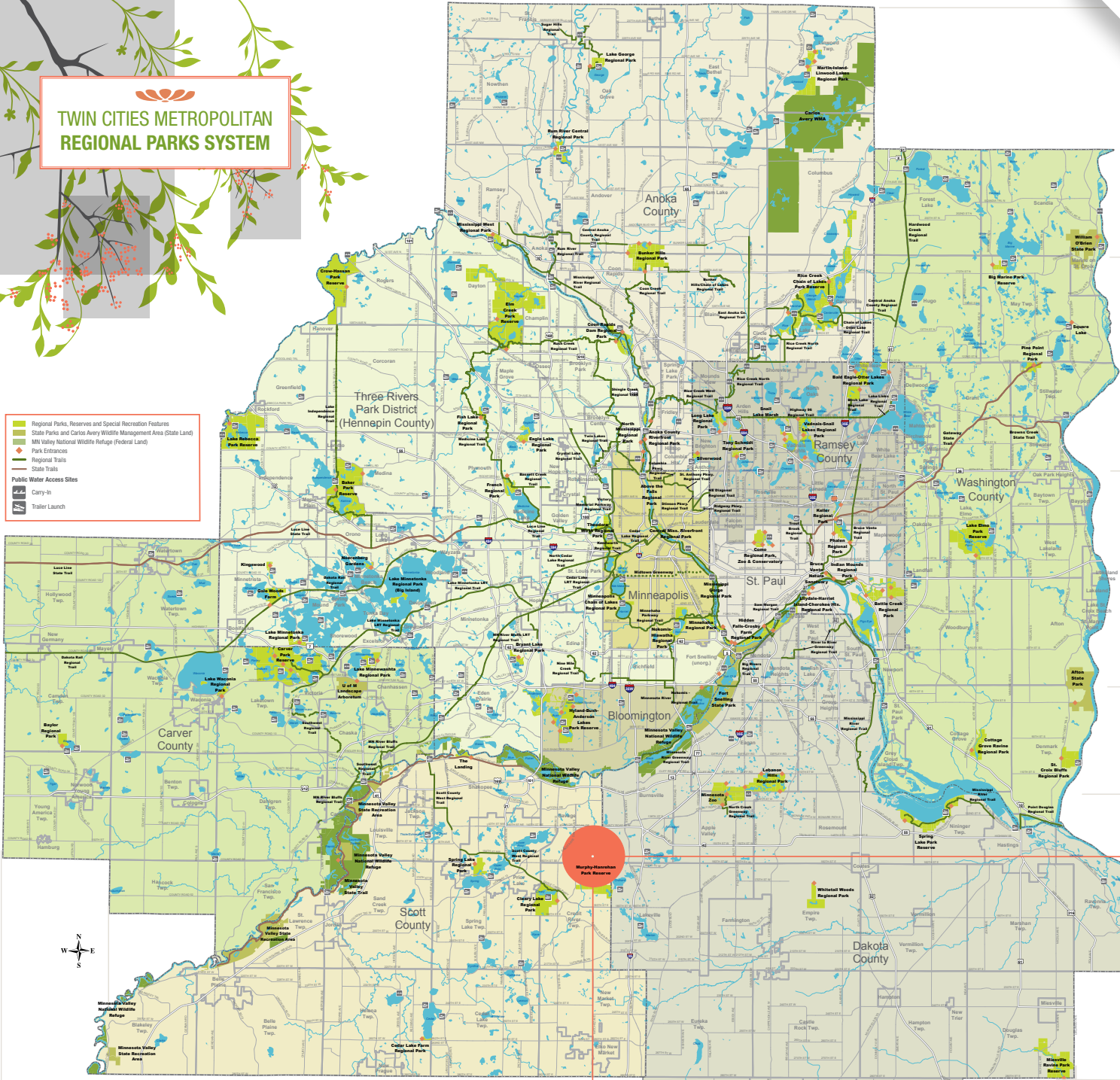
RAMSEY COUNTY PARKS AND RECREATION

CITY OF SAINT PAUL PARKS AND RECREATION

SCOTT COUNTY

WASHINGTON COUNTY PARKS

TWIN CITIES METROPOLITAN REGIONAL PARKS SYSTEM

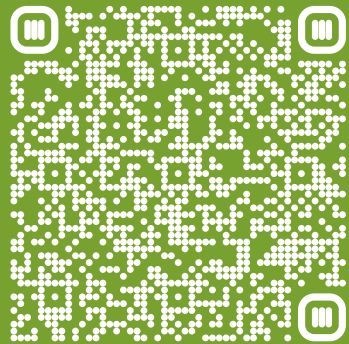


- Regional Parks, Reserves and Special Recreation Features
- State Parks and Carver Avery Wildlife Management Area (State Land)
- MN Valley National Wildlife Refuge (Federal Land)
- Park Entrances
- Regional Trails
- State Trails
- Public Water Access Sites
- Carry-In
- Trailer Launch

Map Location
Use the letters and numbers to find a location on the map.
Example above: H6

Map Advisory:
This map is published for general reference purposes. Although reasonably detailed and believed to be accurate, the regional park boundaries depicted on this map are intended only to reflect the general location of the park boundaries. Park users should be aware of the boundaries and limits of the regional parks, park reserves, and trails while visiting or using those facilities. Changes to regional park boundaries may have occurred since the publication of this map.

FIND YOUR PARK



VISIT A NEW PARK YOU HAVE NEVER BEEN TO BEFORE AND PRETEND YOU ARE AN EXPLORER. WHAT DID YOU FIND?

REGIONAL PARK CHECKLIST



- ABOVE THE FALLS REGIONAL PARK
- BAKER PARK RESERVE
- BALD EAGLE-OTTER LAKES REGIONAL PARK (Tamarack Nature Center)
- BATTLE CREEK REGIONAL PARK
- BAYLOR REGIONAL PARK
- BIG MARINE PARK RESERVE
- BRYANT LAKE REGIONAL PARK
- BUNKER HILLS REGIONAL PARK
- CARVER PARK RESERVE (Lowry Nature Center)
- CEDAR LAKE FARM REGIONAL PARK
- CENTRAL MISSISSIPPI RIVERFRONT REGIONAL PARK
- CLEARY LAKE REGIONAL PARK
- COMO REGIONAL PARK (Zoo and Conservatory)
- COON RAPIDS DAM REGIONAL PARK
- COTTAGE GROVE RAVINE REGIONAL PARK
- CROW-HASSAN PARK RESERVE
- EAGLE LAKE REGIONAL PARK
- ELM CREEK PARK RESERVE (Eastman Nature Center)
- FISH LAKE REGIONAL PARK
- FRENCH REGIONAL PARK
- GALE WOODS FARM
- HIDDEN FALLS-CROSBY FARM REGIONAL PARK
- HYLAND-BUSH-ANDERSON LAKES PARK RESERVE
- INDIAN MOUNDS REGIONAL PARK
- KELLER REGIONAL PARK
- KINGSWOOD
- LAKE BYLLESBY REGIONAL PARK
- LAKE ELMO PARK RESERVE
- LAKE GEORGE REGIONAL PARK
- LAKE MINNETONKA REGIONAL PARK
- LAKE MINNEWASHTA REGIONAL PARK
- LAKE REBECCA PARK RESERVE
- LAKE WACONIA REGIONAL PARK
- LEBANON HILLS REGIONAL PARK
- LILYDALE-HARRIET ISLAND AND CHEROKEE HEIGHTS REGIONAL PARK
- LONG LAKE REGIONAL PARK
- MARTIN-ISLAND-LINWOOD LAKES REGIONAL PARK
- MIESVILLE RAVINE PARK RESERVE
- MINNEAPOLIS CHAIN-OF-LAKES REGIONAL PARK
- MINNEHAHA REGIONAL PARK
- MISSISSIPPI GATEWAY REGIONAL PARK
- MISSISSIPPI GORGE REGIONAL PARK
- MISSISSIPPI WEST REGIONAL PARK
- MURPHY-HANREHAN PARK RESERVE
- NOERENBERG GARDENS
- NOKOMIS-HIAWATHA REGIONAL PARK
- NORTH MISSISSIPPI REGIONAL PARK
- PHALEN REGIONAL PARK
- PINE POINT REGIONAL PARK
- RICE CREEK CHAIN-OF-LAKES PARK RESERVE (Wargo Nature Center)
- RIVERFRONT REGIONAL PARK
- RUM RIVER CENTRAL REGIONAL PARK
- SILVERWOOD
- SPRING LAKE PARK RESERVE
- SPRING LAKE REGIONAL PARK
- SQUARE LAKE
- ST. CROIX BLUFFS REGIONAL PARK
- THE LANDING
- THEODORE WIRTH REGIONAL PARK
- TONY SCHMIDT REGIONAL PARK
- VADNAIS-SNAIL LAKES REGIONAL PARK
- WHITETAIL WOODS REGIONAL PARK

ABOVE THE FALLS REGIONAL PARK

MINNEAPOLIS PARKS AND RECREATION BOARD



Above the Falls Regional Park stretches along both sides of the Mississippi River for 2.75 miles north of Downtown Minneapolis. This park is transforming a current and former industrial river into the city's newest regional park, according to a community vision for north and northeast Minneapolis. Trails and park areas are complete in the southern half of the park.

ADDRESS: East and West banks of the Mississippi River between Plymouth Avenue North & Camden Bridges

HOURS/COST: 6 am-midnight in developed areas, 6am-10pm in undeveloped areas, Free

ACTIVITIES: Biking, Fishing, Hiking, Paddling, Picnic Area, Playground

BAKER PARK RESERVE

THREE RIVERS PARK DISTRICT



Located on scenic Lake Independence, Baker Park Reserve offers 2,700 acres of natural landscape and accommodations for almost any activity from golfing to camping to cross-country skiing, and so much more. No matter the season, there's always something fun to do. Baker Park Reserve is also home to Baker National Golf Course and the Baker Outdoor Learning Center.

ADDRESS: 2309 Baker Park Rd Maple Plain, MN 55359

HOURS/COST: 5:00AM-10:00PM, Free

ACTIVITIES: Biking, Boating, Camping, Fishing, Hiking, Horse Trails, Mountain Biking, Paddling, Picnic Area, Playground, Swimming, Cross-Country Skiing, Ice Fishing, Sledding, Snowmobiling, Snowshoeing

BALD EAGLE-OTTER LAKES REGIONAL PARK AND TAMARACK NATURE CENTER

RAMSEY COUNTY PARKS AND RECREATION



Bald Eagle-Otter Lakes Regional Park, an 885-acre park in White Bear Township, includes three park areas: Bald Eagle Lake, Otter Lake, and Tamarack Nature Center. The park offers a variety of recreation opportunities year-round, including paved and unpaved hiking trails, picnic shelter, and off-leash dog area. Additionally, a nature playground, Discovery Hollow Nature Play and Garden, offers unique education and play experiences at Tamarack Nature Center.

ADDRESS: Bald Eagle section: 5800 Hugo Road, White Bear Township, MN 55110

HOURS: 30 minutes before sunrise to 30 minutes after sunset, Free

Otter Lake section: 5750 Otter Lake Road, White Bear Township, MN 55110

ACTIVITIES: Biking, Boating, Fishing, Hiking, Off-Leash Dog Area, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Ice Fishing, Snowshoeing

OUTDOOR ADVENTURE CHALLENGE



See how many different colors you can see outside today.
Draw a picture using each color you see.

HOW MANY COLORS
CAN YOU FIND IN
THIS PHOTO?



BATTLE CREEK REGIONAL PARK

RAMSEY COUNTY PARKS AND RECREATION



Battle Creek Regional Park, a large 1,456-acre park located in Saint Paul and Maplewood, is managed by Ramsey County Parks & Recreation and Saint Paul Parks & Recreation. Battle Creek offers paved and unpaved hiking trails, mountain-bike trails, off-leash dog area, Battle Creek Waterworks waterpark, and 14 kilometers of cross-country ski trails including 4 kilometers of lighted trail. A 500-person picnic pavilion offers a large gathering space.

ADDRESS: West Section:
City of Saint Paul's Battle
Creek Recreation Center, 75
Winthrop Street South, Saint
Paul, MN 55119

East Section: 2300 Upper
Afton Road, Maplewood, MN
55119

HOURS/COST:
30 minutes before sunrise to
30 minutes after sunset, Free

ACTIVITIES: Biking, Hiking,
Mountain Biking, Off-Leash
Dog Area, Picnic Area,
Playground, Swimming,
Cross-Country Skiing,
Sledding, Snowshoeing

BAYLOR REGIONAL PARK

CARVER COUNTY PARKS AND RECREATION



Baylor Regional Park is located in rural Carver County on Eagle Lake. The park offers diverse landscapes of forest, prairie and wetland habitats. Key features of the park include trails for hiking and cross-country skiing, beach, campground with utility and primitive sites, an observatory for star and planet gazing, disc golf, picnic facilities, fishing pier, watercraft and ski rentals.

ADDRESS: 10775 County Rd.
33, Norwood Young America,
MN 55397

HOURS/COST:
6:00AM-10:00PM, Free

ACTIVITIES: Biking, Boating,
Camping, Disc Golf, Fishing,
Hiking, Paddling, Picnic
Area, Playground, Swimming,
Visitor Center, Cross-
Country Skiing, Ice Fishing,
Snowshoeing

BIG MARINE PARK RESERVE

WASHINGTON COUNTY PARKS



Big Marine Park Reserve is in the northern part of Washington County. The park was selected as a regional facility because of its exceptional natural resources, including the St. Croix Valley Moraine and high-quality upland and wetland wildlife habitat. The park features access to Big Marine Lake and offers opportunities for visitors to experience the unique landscape.

ADDRESS: 17495 Manning
Trail N, Marine on St. Croix,
MN 55407

HOURS/COST:
6:00AM-10:00PM, Fee

ACTIVITIES: Biking, Boating,
Fishing, Hiking, Paddling,
Picnic Area, Playground,
Swimming, Visitor Center,
Cross-Country Skiing, Ice
Fishing, Snowshoeing

BRYANT LAKE REGIONAL PARK

THREE RIVERS PARK DISTRICT



Bryant Lake Regional Park is nestled in 170 beautiful acres of rolling hills, woodlands, wetlands, and grasslands. Among the scenery, you might spot deer, waterfowl or songbirds that have made the park home. Enjoy activities such as disc golf on the 18-hole course and swimming in the sand-bottomed Bryant Lake.

ADDRESS: 6800 Rowland
Road, Eden Prairie, MN 55344

HOURS/COST:
5:00AM-10:00PM, Free

ACTIVITIES: Biking, Boating,
Disc Golf, Fishing, Hiking,
Off-Leash Dog Area, Paddling,
Picnic Area, Playground,
Swimming, Ice Fishing

OUTDOOR ADVENTURE CHALLENGE



Count how many circles, squares and lines you see in nature today. Make a drawing using them.



BUNKER HILLS REGIONAL PARK ANOKA COUNTY PARKS



Home to one of Minnesota's few remaining oak savannahs, Bunker Hills Regional Park is 1600 acres and offers a beautiful natural setting featuring native prairies, wetlands, and wildlife viewing opportunities. A large variety of recreation facilities are available within the park including Bunker Beach Water Park, Bunker Park Stables, Archery Center, Campground and the Activities Center for meeting and events.

ADDRESS: Bunker Hills
Activities Center, 550 Bunker
Lake Boulevard NW, Andover,
MN 55304

HOURS/COST:
5:00AM-10:00PM, Fee

ACTIVITIES: Archery, Biking,
Camping, Disc Golf, Hiking,
Horse Trails, Off-Leash Dog
Area, Picnic, Playground,
Swimming, Visitor Center,
Cross-Country Skiing,
Snowshoeing

CARVER PARK RESERVE (LOWRY NATURE CENTER) THREE RIVERS PARK DISTRICT



Situated on the western edge of the Twin Cities, Carver Park Reserve is home to Lowry Nature Center, Grimm Farm Historic Site and King Waterbird Sanctuary. Here, you may spot trumpeter swans, osprey, mink, white-tailed deer, barred owls and a variety of waterfowl and songbirds. Explore year-round activities that take advantage of winding trails, rolling wooded terrain and interconnected lakes and marshes.

ADDRESS: 7400 Grimm
Road, Victoria, MN 55386

HOURS/COST:
5:00AM-10:00PM, Free

ACTIVITIES: Archery, Biking,
Boating, Camping, Fishing,
Hiking, Horse Trails, Off-
Leash Dog Area, Paddling,
Picnic Area, Playground,
Visitor Center, Cross-Country
Skiing, Ice Fishing, Sledding,
Snowmobiling, Snowshoeing

CEDAR LAKE FARM REGIONAL PARK

SCOTT COUNTY PARKS



Located on the south shore of Cedar Lake near New Prague, Cedar Lake Farm Regional Park is a picturesque site for picnicking, swimming, and fishing. This site also offers a spectacular setting for an outdoor wedding and reception, corporate retreat, and educational and recreational activities.

ADDRESS: 25875 Juniper Avenue, New Prague, MN 56071

ACTIVITIES: Fishing, Paddling, Picnic Area, Swimming

HOURS/COST:

5:00AM-10:00PM, Free

CENTRAL MISSISSIPPI RIVERFRONT REGIONAL PARK

MINNEAPOLIS PARK AND RECREATION BOARD



Centered on St. Anthony Falls in the historic core of Downtown Minneapolis, Central Mississippi Riverfront Regional Park offers public green space in an urban setting. It is part of the Minneapolis Grand Rounds and connects to other parks up and down the river. Visitors can experience activities on and off the water, festivals and events, and the area's history. Dining and shopping are just blocks away. Highlights include Stone Arch Bridge, Mill Ruins, and Water Works.

ADDRESS: East and West banks of the Mississippi River between Plymouth Avenue North & 35W bridges

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Visitor Center

HOURS/COST:

6 am-midnight in developed areas, 6 am-10 pm in undeveloped areas, Free

CHEROKEE HEIGHTS REGIONAL PARK

SAINT PAUL PARKS AND RECREATION



Realized as a potential recreational and natural green space in the early 1900s, Cherokee Regional Park has since developed into one of Saint Paul's most visited parks, bringing in over 300,000 visitors a year. The park contains playgrounds, tennis courts, basketball courts, BBQ grills, and more spread out across 100 acres of land.

ADDRESS: 700 Cherokee Heights Blvd., Saint Paul, MN 55107

ACTIVITIES: Biking, Hiking, Picnic Area, Playground, Snowshoeing

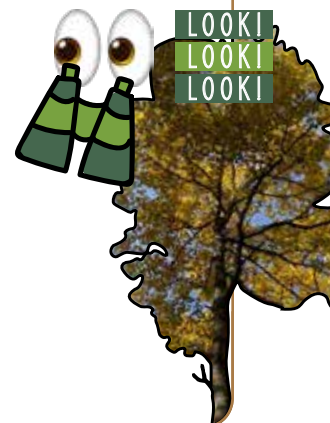
HOURS/COST:

Sunrise to 11 pm, Free

OUTDOOR ADVENTURE CHALLENGE



Document the biggest tree you can find and imagine what you would see if you climbed to the top of it.
Draw that imaginary view.



CLEARY LAKE REGIONAL PARK

THREE RIVERS PARK DISTRICT/SCOTT COUNTY



Cleary Lake Regional Park is one of the most popular year-round recreation spots in the south metro. With amenities including a golf course, campground, picnic area, cross-country ski trails, swimming beach and more, this beautiful park has something for everyone.

ADDRESS: 18106 Texas Avenue Prior Lake, MN 55372

ACTIVITIES: Biking, Boating, Camping, Fishing, Hiking, Off-Leash Dog Area, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Ice Fishing, Snowmobiling, Snowshoeing

HOURS/COST:
5:00AM-10:00PM, Free

COMO REGIONAL PARK, ZOO AND CONSERVATORY

SAINT PAUL PARKS AND RECREATION



Como Regional Park features a wide variety of amenities including the Como Park Zoo & Conservatory, Como Regional Park Pool, Como Golf Course, Como Town Amusement Park, Cafesjian's Carousel, Como Lake, Como Lakeside Pavilion, miniature golf, a fishing pier, outdoor classroom, watercraft rentals, athletic fields, picnic area, the Historic Street Car Station, Como Park Ski Center and much more.

ADDRESS: 1199 Midway Pkwy, Saint Paul, MN 55103

ACTIVITIES: Biking, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Ski/Snowboarding, Ice Fishing, Sledding

HOURS/COST:
Sunrise to 11:00PM, Free

OUTDOOR ADVENTURE CHALLENGE



If you got to create your own zoo, what five animals you would include in it? Don't forget to name the animals and the zoo!

ZOO

COON RAPIDS DAM REGIONAL PARK

ANOKA COUNTY PARKS



Covering 446 acres along the Mississippi River, Coon Rapids Dam Regional Park is one of the most popular destinations in Anoka County. Experiences in the park are available year-round featuring a visitor center, picnic pavilions, fishing, boating, and cross country skiing. The Mississippi River Regional Trail passes through the park which provides biking opportunities between the cities of Minneapolis and Ramsey.

ADDRESS: 9750 Egret Boulevard, Coon Rapids, MN 55433

HOURS/COST:
5:00AM-10:00PM, Fee

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Visitor Center, Cross-Country Skiing, Ice Fishing, Snowshoeing

COTTAGE GROVE RAVINE REGIONAL PARK

WASHINGTON COUNTY PARKS



Cottage Grove Ravine Regional Park resides in southern Washington County and consists of 500+ acres of hills and dramatic, heavily wooded ravines with clearings of prairie and old field. The park features access to Ravine Lake and offers recreation opportunities within a scenic ravine landscape.

ADDRESS: 9653 Keats Ave. S., Cottage Grove, MN 55106

HOURS/COST:
6:00AM-10:00PM, Fee

ACTIVITIES: Biking, Fishing, Hiking, Paddling, Picnic Area, Cross-Country Skiing, Ice Fishing, Snowshoeing

CROSBY FARM REGIONAL PARK

SAINT PAUL PARKS AND RECREATION



Crosby Farm Regional Park features a picnic shelter, fire pit, fishing pier, marina, BBQ grills and more.

ADDRESS: 2595 Crosby Farm Rd., Saint Paul, MN 55116

HOURS/COST:
Sunrise-10:00PM, Free

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Ice Fishing, Snowshoeing

CROW-HASSAN PARK RESERVE

THREE RIVERS PARK DISTRICT



Located on the Crow River, this park offers an uninterrupted expanse of peaceful wilderness. Among the scenery, the restored prairie is a year-round attraction for its ever-changing color palette. Miles of trails wind through the park reserve and give an opportunity to spot wildlife like deer, fox, coyotes, trumpeter swans, hawks, and bald eagles. Scenic trails and group campsites that accommodate horses make this park a popular destination for horseback riders.

ADDRESS: 12595 Park Drive, Hanover, MN 55374

HOURS/COST:
5:00AM-10:00PM, Free

ACTIVITIES: Camping, Hiking, Horse Trails, Off-Leash Dog Area, Cross-Country Skiing, Snowmobiling, Snowshoeing

OUTDOOR ADVENTURE CHALLENGE



Try to find the biggest tree in the park.
Once you find it guess how old it is and write it a thank
you letter for all the oxygen.



EAGLE LAKE REGIONAL PARK THREE RIVERS PARK DISTRICT



Located on the border of Plymouth and Maple Grove, the 230-acre Eagle Lake Regional Park features recreational opportunities such as biking, hiking, cross-country skiing, skijoring and snowshoeing. The park is also home to the popular Eagle Lake Youth Golf Center. There's something for everyone who loves spending time outdoors.

ADDRESS: 11000 Bass Lake Road, Plymouth, MN 55442

ACTIVITIES: Biking, Fishing, Hiking, Paddling, Picnic Area, Cross-Country Skiing, Snowshoeing

HOURS/COST:
5:00AM-10:00PM, Free

ELM CREEK PARK RESERVE (EASTMAN NATURE CENTER) THREE RIVERS PARK DISTRICT



At 4,900 acres, Elm Creek Park Reserve is the largest park in Three Rivers. The park features amenities for almost every outdoor activity, including the Winter Recreation Area, Eastman Nature Center, miles of hiking and biking trails, a swim pond, mountain biking, and much more. Elm Creek is also home to a variety of wildlife such as eagles, sand-hill cranes, deer, beavers, loons, trumpeter swans and hawks.

ADDRESS: 12400 James Deane Parkway, Maple Grove, MN 55369

ACTIVITIES: Archery, Biking, Camping, Disc Golf, Hiking, Horse Trails, Mountain Biking, Off Lease Dog, Picnic Area, Playground, Swim Pond, Visitor Center, Cross-Country Skiing, Ski/Snowboarding, Sledding, Snowmobiling, Snowshoeing

HOURS/COST:
5:00AM-10:00PM, Free

FISH LAKE REGIONAL PARK THREE RIVERS PARK DISTRICT



Fish Lake Regional Park offers outdoor recreation in a wooded, lakeside setting. Water enthusiasts will enjoy swimming, boating and ice fishing on Fish Lake. You'll also find picnic areas and a rental pavilion. Fish Lake offers turf trails for snowshoeing and hiking in winter. Dog owners enjoy year-round exercise with paved trails and a fully-fenced dog off-leash area.

ADDRESS: 14900 Bass Lake Rd, Maple Grove, MN 55311

ACTIVITIES: Biking, Boating, Fishing, Hiking, Off-Leash Dog Area, Paddling, Picnic Area, Swimming, Visitor Center, Cross-Country Skiing, Ice Fishing, Snowshoeing

HOURS/COST:
5:00AM-10:00PM, Free

FRENCH REGIONAL PARK

THREE RIVERS PARK DISTRICT



Along the north shore of Medicine Lake there are a variety of opportunities for outdoor exploration. French Regional Park offers amenities such as a swimming beach, fishing pier, lighted trails for hiking and cross-country skiing, and more.

ADDRESS: 12605 Rockford Road, Plymouth, MN 55441

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Ice Fishing, Sledding, Snowshoeing

HOURS/COST:

5:00AM-10:00PM, Free

GALE WOODS FARM

THREE RIVERS PARK DISTRICT



Located on Whaletail Lake in Minnetrista, Gale Woods Farm lets visitors of all ages gain an understanding of agriculture, food production and land stewardship. Explore the park on your own, arrange a field trip, or attend a public event. You can buy fresh food and yarn, have a picnic by the lake or host a celebration. In addition to programs and summer camps, you'll find a variety of skills-based classes including fiber arts, cooking and gardening.

ADDRESS: 7210 County Road 110 W., Minnetrista, MN 55364

ACTIVITIES: Boating, Fishing, Hiking, Paddling, Picnic Area, Visitor Center, Cross-Country Skiing, Ice Fishing, Snowshoeing

HOURS/COST:

5:00AM-10:00PM, Free

HARRIET ISLAND REGIONAL PARK

SAINT PAUL PARKS AND RECREATION



Located alongside the Mississippi River near downtown Saint Paul, the "island" boasts many amenities, including the Clarence W. Wigington Pavilion, a 5,000 square foot facility that hosts receptions, parties, weddings, and more throughout the year. Harriet Island also features a picnic area, play area, open space, and beautiful views of the Mississippi River and downtown Saint Paul.

ADDRESS: 200 Dr Justus Ohage Blvd, Saint Paul, MN 55107

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Ice Fishing, Snowshoeing

HOURS/COST: Sunrise to 11 pm, Free

HIDDEN FALLS-CROSBY FARM REGIONAL PARK

SAINT PAUL PARKS AND RECREATION



Crosby Farm Regional Park features a picnic shelter, fire pit, fishing pier, marina, BBQ grills and more.

ADDRESS: 1313 Hidden Falls Dr. Saint Paul, MN 55116

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Ice Fishing, Snowshoeing

HOURS/COST: Hidden Falls South: Sunrise to 9:00 p.m. Hidden Falls North: Sunrise to 10:00 p.m., Free

HYLAND-BUSH-ANDERSON LAKES PARK RESERVE (RICHARDSON NATURE CENTER) BLOOMINGTON PARKS AND RECREATION/ THREE RIVERS PARK DISTRICT



It's a scenic retreat in the heart of Bloomington. Hyland Lake Park Reserve offers breathtaking prairie landscapes and a lake as well as a large play area, the Richardson Nature Center, Hyland Hills Ski Area, an 18-hole disc golf course and 5k of manufactured snow cross-country ski trails. With so much to do, this park has endless opportunities for outdoor fun.

ADDRESS: 10145 Bush Lake Road, Bloomington, MN 55438

ACTIVITIES: Biking, Boating, Disc Golf, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Snowboarding, Ice Fishing, Snowshoeing

HOURS/COST:

5:00AM-10:00PM, Free

INDIAN MOUNDS REGIONAL PARK SAINT PAUL PARKS AND RECREATION



Indian Mounds Regional Park is home to six Native American burial mounds high atop 450 million-year-old limestone and sandstone bluffs overlooking downtown Saint Paul. The park also features a picnic area, play area, BBQ grills, hiking and biking trails, public art, and more.

ADDRESS: 10 Mounds Blvd., Saint Paul, MN 55106

ACTIVITIES: Archery, Biking, Hiking, Picnic Area, Playground, Sledding

HOURS/COST:

Sunrise to 11:00 pm, Free

KELLER REGIONAL PARK RAMSEY COUNTY PARKS AND RECREATION



Keller Regional Park, a 248-acre park in Maplewood, includes Spoon Lake, Keller Lake, Round Lake and several picnic shelters for gatherings. Keller offers paved hiking trails and a lakeside boardwalk that allows access to all park areas as well as to neighboring Phalen Regional Park in Saint Paul. Keller is the oldest Ramsey County regional park and offers unique recreation activities such as archery and Tuj Lub, a traditional Among top-spinning game.

ADDRESS: 2166 Maplewood Drive, Maplewood, MN 55109

ACTIVITIES: Archery, Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Ice Fishing, Snowshoeing

HOURS/COST:

30 minutes before sunrise to 30 minutes after sunset, Free

KINGSWOOD THREE RIVERS PARK DISTRICT



Three Rivers Park District's newest acquisition, Kingswood Park, is open for interim use. The park includes 106 acres of land in Minnetrista on Little Long Lake. The lake and surrounding uplands are considered some of the most pristine natural resources in the area. Parking is available at a small lot on Kingswood Road; drinking water and restrooms are currently not available. Trails are designated for hiking only; bicycles, dogs and horses are prohibited at this time.

ADDRESS: 7301 Kingswood Road, Minnetrista, MN 55364

HOURS/COST:

5:00AM-10:00PM, Free

ACTIVITIES: Hiking

LAKE BYLLESBY REGIONAL PARK

DAKOTA COUNTY PARKS



Lake Byllesby Regional Park is nestled in the scenic Cannon River Valley on Lake Byllesby Reservoir, the largest lake in southern Dakota County. This beautiful park offers vast open space for a variety of year-round active sports or quiet recreation for company picnics, family reunions or other large and small group gatherings.

ADDRESS: 8150 295th St. E., Cannon Falls, MN 55009

ACTIVITIES: Biking, Boating, Camping, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Ice Fishing

HOURS/COST:

5:00AM-10:00PM, Free

LAKE ELMO PARK RESERVE

WASHINGTON COUNTY PARKS



Lake Elmo Park Reserve resides in central Washington County and consists of 2,000+ preserved and protected acres. The park features recreational opportunities for park users to experience gently rolling hills and a variety of landscapes in a variety of ways. The park reserve also features access to Eagle Point Lake and Lake Elmo.

ADDRESS: 1515 Keats Ave N, Lake Elmo, MN 55042

ACTIVITIES: Archery, Biking, Boating, Camping, Fishing, Hiking, Horse Trails, Mountain Biking, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Ice Fishing, Snowmobiling, Snowshoeing

HOURS/COST:

6:00AM-10:00PM, Fee

OUTDOOR ADVENTURE CHALLENGE



What do you feel when you are outside today?
Write or draw a picture about your feelings or document them in a photo.



LAKE GEORGE REGIONAL PARK

ANOKA COUNTY PARKS



The 270 acre Lake George Regional Park is very popular with families and young adults. There are seven picnic pavilions available for rental. Trails offer access to woodland, lake, and wetland areas.

ADDRESS: 3100 217th Avenue NW, Oak Grove, MN 55011

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Ice Fishing, Snowmobiling

HOURS/COST:

5:00AM-10:00PM, Fee

LAKE MINNETONKA REGIONAL PARK

THREE RIVERS PARK DISTRICT



Lake Minnetonka Regional Park is nestled on the shores of scenic Lake Minnetonka. A perfect spot for a family outing, the park offers a large, nautical-themed play area and a chlorinated, sandy-bottom swimming pond. You'll also find picnic spots, a 3-hole disc golf practice area, a fishing pier, biking and hiking trails, and a boat launch and access point.

ADDRESS: 4610 County Road 44, Minnetrista, MN 55331
ACTIVITIES: Biking, Boating, Disc Golf, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Snowmobiling

HOURS/COST:
5:00AM-10:00PM, Free

LAKE MINNEWASHTA REGIONAL PARK

CARVER COUNTY PARKS AND RECREATION



With a mile of shoreline, Lake Minnewashta Regional Park offers experiences of swimming, fishing, watercraft access and views of the lake. Paved and natural surface trails run throughout the park's forested, prairie and lake shore areas. Other features include an off-leash dog area, cross country ski trails, creative playground, picnic shelters and canoe, paddle board and ski rental services.

ADDRESS: 6900 Hazeltine Blvd., Chanhassen, MN 55331
ACTIVITIES: Biking, Boating, Fishing, Hiking, Off-Leash Dog Area, Paddling Picnic Area, Playground, Swimming, Cross-Country Skiing, Ice Fishing, Snowshoeing

HOURS/COST:
6:00AM-10:00PM (during the fishing season, the park will open at 5:00AM), Free

LAKE REBECCA PARK RESERVE

THREE RIVERS PARK DISTRICT



A gently rolling Big Woods landscape and numerous wetland areas make up the beautiful Lake Rebecca Park Reserve. In addition to the many opportunities for outdoor fun you'll find here, this park is also a haven for wildlife and is part of the Three Rivers Park District Trumpeter Swan restoration program.

ADDRESS: 9831 Rebecca Park Trail, Rockford, MN 55373
HOURS/COST:
5:00AM-10:00PM, Free

ACTIVITIES: Biking, Boating, Fishing, Hiking, Horse Trails, Mountain Biking, Off-Leash Dog Area, Paddling, Picnic Area, Playground, Swimming, Cross-Country Skiing, Ice Fishing, Snowmobiling, Snowshoeing

LAKE WACONIA REGIONAL PARK

CARVER COUNTY PARKS AND RECREATION



Located on the second largest lake in the metropolitan area, Lake Waconia Regional Park includes 34 acre Coney Island of the West in addition to the mainland park area. The park is in its early development stages. Existing facilities include a beach, boat access, play equipment, picnic grills, as well as picnic areas on Coney Island. An 80' tall sledding provides a winter thrill.

ADDRESS: 8170 Paradise Lane, Waconia, MN 55387
HOURS/COST:
6:00AM-10:00PM, Free

ACTIVITIES: Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Ice Fishing, Sledding, Snowshoeing

LEBANON HILLS REGIONAL PARK

DAKOTA COUNTY PARKS



Lebanon Hills Regional Park is the largest park in the Dakota County park system. Containing almost 2,000 acres, the park offers miles of trails and many lakes for year-round outdoor sports, recreation and environmental education. The Lebanon Hills Visitor Center, located in the eastern section of the park, offers park information, interactive nature displays, courses and programs, equipment rental and access to all the beauty the park has to offer.

ADDRESS: 860 Cliff Road,
Eagan, MN 55123

HOURS/COST:
5:00AM-10:00PM, Free

ACTIVITIES: Camping,
Fishing, Hiking, Horse Trails,
Mountain Biking, Paddling,
Picnic Area, Playground,
Swimming, Visitor Center,
Cross-Country Skiing,
Ice Fishing, Sledding,
Snowshoeing

OUTDOOR ADVENTURE CHALLENGE



Look for footprints of animals.
Try to guess what animal made the footprint.



LILYDALE REGIONAL PARK

SAINT PAUL PARKS AND RECREATION



Lilydale Regional Park, located along the Mississippi River, is an excellent spot for birdwatching and wildlife viewing. It features a boat launch and hiking and biking trails.

ADDRESS: 400 Water St.,
Saint Paul, MN 55108

HOURS/COST:
Sunrise to 11 p.m., Free

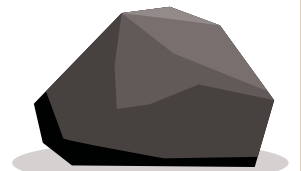
ACTIVITIES: Biking, Boating,
Fishing, Hiking, Paddling,
Picnic Area, Playground, Ice
Fishing, Snowshoeing

OUTDOOR ADVENTURE CHALLENGE



Find a rock. Name it. Draw it. Thank it. Leave it.

YOU ROCK!



LONG LAKE REGIONAL PARK

RAMSEY COUNTY PARKS AND RECREATION



Long Lake Regional Park, a 225-acre park in New Brighton, is located between Long Lake and Rush Lake. A beach provides summer lake recreation on Long Lake, while paved trails allow access to the Rice Creek Regional Trails. Neighboring Lions Park in New Brighton offers play fields, and the New Brighton Railroad Museum is open on weekends. A large playground and picnic pavilion offer a large gathering space for parties and events.

ADDRESS: 1500 Old Highway 8, New Brighton, MN 55112

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Ice Fishing, Snowshoeing

HOURS/COST:

30 minutes before sunrise to 30 minutes after sunset, Free

MARTIN-ISLAND-LINWOOD LAKES REGIONAL PARK

ANOKA COUNTY PARKS



Martin - Island - Linwood Lakes Regional Park is 737 acres of natural landscape providing a north woods feel and access to several great fishing lakes. Within the whispering red pines is Camp Salie, a former 4-H camp, that is available by reservation for overnight gatherings of up to 60 people.

ADDRESS: 22480 Martin Lake Road NW, Linwood Township, MN 55092

ACTIVITIES: Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Ice Fishing, Snowmobiling

HOURS/COST:

5:00AM-10:00PM, Fee

OUTDOOR ADVENTURE CHALLENGE



Document three things you see at the park and then label what they are.

1-

2-

3-

MIESVILLE RAVINE PARK RESERVE

DAKOTA COUNTY PARKS



Miesville Ravine Park Reserve is a large nature preserve that provides miles of trails for you to enjoy the picturesque Cannon River Valley. Located at the confluence of Trout Brook and the Cannon River near Miesville, this beautiful park offers the feel of scenic southeastern Minnesota in our very own backyard.

ADDRESS: 27970 Orlando Trail, Cannon Falls, MN 55009

ACTIVITIES: Fishing, Hiking, Paddling, Picnic Area, Snowshoeing

HOURS/COST:

5:00AM-10:00PM, Free

OUTDOOR ADVENTURE CHALLENGE



Make believe the clouds are animals.
Create a name for each one you find.



MINNEAPOLIS CHAIN-OF-LAKES REGIONAL PARK MINNEAPOLIS PARK AND RECREATION BOARD



The Minneapolis Chain of Lakes Regional Park is one of the crown jewels of the Minneapolis and regional systems. One of the most visited and well-known parks in the state, the Chain includes five lakes available for sailing, kayaking, swimming, stand-up paddle boarding, and, in winter skiing and snowshoeing. Miles of bicycle and pedestrian trails encircle and connect the lakes, offering access to a variety of activities and stunning views of the city.

ADDRESS: Shorelines of Brownie Lake, Cedar Lake, Lake of the Isles, Bde Maka Ska, and Lake Harriet, including the trails connecting them and Lyndale Park.

HOURS/COST:
6 am-midnight in developed areas, 6am-10pm in undeveloped areas, Free

ACTIVITIES: Archery, Biking, Boating, Fishing, Hiking, Off-Leash Dog Area, Paddling, Picnic Area, Playground, Swimming, Cross-Country Skiing, Ice Fishing

MINNEHABA REGIONAL PARK MINNEAPOLIS PARK AND RECREATION BOARD



At the heart of Minnehaha Regional Park is scenic 53-foot Minnehaha Falls, a rare urban waterfall. Visitors can walk shady trails below the falls, listen to a concert in the large bandshell, picnic in a wide variety of environments, enjoy two special playgrounds, and have dinner at an acclaimed restaurant.

ADDRESS: 4801 S Minnehaha Drive, Minneapolis, MN 55417

ACTIVITIES: Biking, Disc Golf, Fishing, Hiking, Off-Leash Dog Area, Paddling, Picnic Area, Playground, Swimming, Snowshoeing

HOURS/COST:
6 am-midnight in developed areas, 6am-10pm in undeveloped areas, Free

MISSISSIPPI GATEWAY REGIONAL PARK THREE RIVERS PARK DISTRICT



The Mississippi River defines the boundary of this 160-acre park and there are many opportunities to see our nation's greatest river up close. From the 12-foot-wide observation walkway on top of the dam, enjoy spectacular scenery, the roar of the water, and rainbows in the mist. Look for signs of the abundant wildlife that live in or visit the park—mink, beaver, hawks, osprey, deer, turtles and river otters.

ADDRESS: 10360 West River Road, Brooklyn Park, MN 55444

ACTIVITIES: Biking, Fishing, Hiking, Picnic Area, Visitor Center, Snowshoeing

HOURS/COST:
5:00AM-10:00PM, Free

MISSISSIPPI GORGE REGIONAL PARK

MINNEAPOLIS PARK AND RECREATION BOARD/
SAINT PAUL PARKS AND RECREATION



Mississippi Gorge Regional Park is named for the only gorge on the entire course of the Mississippi River. Tree-lined parkways and trails wind alongside the river at the blufftops, offering extraordinary views, while hiking trails descend through lush forests to the water's edge. Marquee activities include taking a riverboat tour of Minneapolis and St. Paul, biking steep inclines and fast descents, and enjoying the turning of the seasons at one of the many overlooks.

ADDRESS: Approx. 132 acres of land area flanking both the east and west banks of the Mississippi River, from just south of Bridge No. 9 to the north edge of Minnehaha Regional Park.
50 Mississippi River Blvd. S.
Saint Paul, MN 55105

HOURS/COST:
6 am-midnight in developed areas, 6am-10pm in undeveloped areas, Free

ACTIVITIES: Biking, Boating, Fishing, Hiking, Off-Leash Dog Area, Paddling, Picnic Area, Playground

MISSISSIPPI WEST REGIONAL PARK

ANOKA COUNTY PARKS



Mississippi West Regional Park offers spectacular views of the Mississippi River. A public access boat/canoe launch allows guests to experience this majestic river from a different viewpoint. With rolling prairies and mature forest, you will feel immersed in this beautiful 273 acre park through its nature and wildlife.

ADDRESS: 13900 Traprock Street, Ramsey, MN 55303

ACTIVITIES: Biking, Boating, Hiking, Paddling

HOURS/COST:
5:00AM-10:00PM, Fee

OUTDOOR ADVENTURE CHALLENGE



Play at your favorite park and then think up a new name for it. Draw it a new sign.

SUNNYSIDE PARK

DOGWOOD MEADOWS

DISCOVERY GARDENS



MURPHY-HANREHAN PARK RESERVE

SCOTT COUNTY/THREE RIVERS PARK DISTRICT



The peaceful wilderness at Murphy-Hanrehan Park Reserve features glacial ridges, hilly terrain and an extensive, lush forest. This park features one of the most challenging cross-country ski areas in the Twin Cities, and a popular mountain bike trail. With the exception of the trails, the park reserve remains undeveloped, making it the best park in Three Rivers for birdwatchers to spot woodland songbirds. This park has been designated an Important Bird Area by the National Audubon Society.

ADDRESS: 15501 Murphy Lake Road, Savage, MN 55378

ACTIVITIES: Boating, Fishing, Hiking, Horse Trails, Mountain Biking, Off-Leash Dog Area, Paddling, Cross-Country Skiing, Ice Fishing, Snowmobiling, Snowshoeing

HOURS/COST:
5:00AM-10:00PM, Free

NOERENBERG GARDENS

THREE RIVERS PARK DISTRICT

Noerenberg Memorial Gardens is known for its tranquility and spectacular beauty. Located along the shore of Crystal Bay on Lake Minnetonka, Noerenberg is widely regarded as one of the finest formal gardens in Minnesota. Among its blend of perennials, annuals, trees, shrubs, and vines, the garden features ornamental shade trees and a stand of conifers, an extensive daylily collection, and Northern Lights azaleas. The garden is open for tours and is an idyllic location for weddings.

ADDRESS: 2865 Northshore Drive, Wayzata, MN 55391

HOURS/COST: May-Oct.
8:00 AM-Sunset, Free

NOKOMIS-HIAWATHA REGIONAL PARK

MINNEAPOLIS PARK AND RECREATION BOARD



Once called "the other lakes of South Minneapolis," Nokomis-Hiawatha Regional Park has become a center of activity that rivals anything in Minneapolis. Lake Nokomis is home to a large swimming beach, numerous boating opportunities, sporting events, and miles of trails. Lake Hiawatha is quieter, with a natural shoreline, scenic picnic areas, and flocks of migrating waterfowl.

ADDRESS: Shoreline of Lake Nokomis and Lake Hiawatha, including Lake Hiawatha Golf Club

ACTIVITIES: Archery, Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Cross-Country Skiing, Ice Fishing, Snowshoeing

HOURS/COST:
6 am-midnight in developed areas, 6am-10pm in undeveloped areas, Free

OUTDOOR ADVENTURE CHALLENGE



Write or draw a love letter to your favorite park.



NORTH MISSISSIPPI REGIONAL PARK

MINNEAPOLIS PARK AND RECREATION BOARD/THREE RIVERS PARK DISTRICT



Hidden behind I-94, this regional park will captivate those who venture off the freeway. The park offers spectacular views of the Mississippi River and the surrounding woods and prairie. Walking trails meander through the prairie and along the shores of the river. Bike trails traverse the park and connect with Webber Parkway and commuter routes into downtown Minneapolis. There are trails and a fishing pier in the park north of 57th Avenue N.

ADDRESS: 5116 North Mississippi Drive, Minneapolis, MN 55412,

HOURS/COST: 6:00 AM–10:00 PM, Free

5700 Lyndale Ave N, Brooklyn Center 55430

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Snowshoeing

PHALEN REGIONAL PARK

SAINT PAUL PARKS AND RECREATION



Phalen Regional Park is a popular destination for fishing, boating, swimming, biking, golf, picnics, and more. Lake Phalen is one of the largest lakes in Saint Paul. Other highlights include the China Garden and an outdoor amphitheater.

ADDRESS: 1600 Phalen Dr., Saint Paul, MN 55106

ACTIVITIES: Biking, Boating, Fishing, Golfing, Hiking, Paddling, Picnic Area, Playground, Swimming, Cross-Country Skiing, Ice Fishing, Snowshoeing

HOURS/COST: Sunrise to 11:00 pm, Free

OUTDOOR ADVENTURE CHALLENGE



Say hi to all people, animals and plants you see at the park. Did any say hi back?



PINE POINT REGIONAL PARK

WASHINGTON COUNTY PARKS



Pine Point Regional Park resides in northern Washington County and serves as a trailhead to the Gateway State Trail, a major recreation destination for the region. The park also features views of Louise Lake and Loon Lake. Landscape types include rolling topography, mixed hardwoods, pine plantations, prairie, and wetlands.

ADDRESS: 11900 Norell Ave N., Stillwater, MN 55082

ACTIVITIES: Biking, Hiking, Horse Trails, Picnic Area, Cross-Country Skiing

HOURS/COST: 6:00AM–10:00PM, Fee

RICE CREEK CHAIN-OF-LAKES PARK RESERVE (WARGO NATURE CENTER)

ANOKA COUNTY PARKS



The largest park within Anoka County is the 5,500-acre Rice Creek Chain of Lakes Park Reserve. Home to Wargo Nature Center and Chomonix Golf Course, the park reserve also provides great opportunities to canoe and kayak through unique water habitats. Guests can rent paddle craft at Wargo Nature Center and experience an evening campfire in one of the park's 74 modern campsites.

ADDRESS: 7373 Main Street, Lino Lakes, MN 55038

ACTIVITIES: Biking, Boating, Camping, Fishing, Golfing, Hiking, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Ice Fishing, Snowmobiling, Snowshoeing

HOURS/COST:
5:00AM-10:00PM, Fee

RIVERFRONT REGIONAL PARK

ANOKA COUNTY PARKS



Riverfront Regional Park connects guests to the Mississippi River through 139 acres of green space and access to the Mississippi River Regional Trail. There are several great opportunities to overlook the river and spot migrating wildlife. The Riedel Farmhouse, located within the park, offers a unique gathering space in a beautiful setting, only minutes from Minneapolis and major highways.

ADDRESS: 5100 East River Road, Fridley, MN 55432

ACTIVITIES: Biking, Boating, Disc Golf, Fishing, Hiking, Paddling, Picnic Area, Playground

HOURS/COST:
5:00AM-10:00PM, Fee

OUTDOOR ADVENTURE CHALLENGE



Change your perspective! Crouch down low to the ground and then stand up tall. Observe how you can see things differently.



RUM RIVER CENTRAL REGIONAL PARK

ANOKA COUNTY PARKS



This lightly developed park offers guests a scenic, peaceful retreat along one of Minnesota's most scenic canoe routes. Enjoy horseback riding and walking trails, or launch a canoe to experience the Rum River from this great access point. The diversity of the river, prairies, and woodlands make for a unique visit no matter the season.

ADDRESS: 17955 Roanoke Street NW, Ramsey, MN 55303

ACTIVITIES: Biking, Boating, Canoe Campsites, Fishing, Hiking, Horse Trails, Paddling, Picnic Area, Playground, Cross-Country Skiing

HOURS/COST:
5:00AM-10:00PM, Fee

SILVERWOOD

THREE RIVERS PARK DISTRICT



With a focus on arts and the environment, Silverwood Park is unique in the metro area. Stop for a cup of coffee, take a class, or simply set up your easel to paint. Trails offering spectacular views of Silver Lake, restored prairie, and mature oak forests provide inspiration to all. Other park amenities include an art gallery, education facilities, event rental space, a café/coffee shop, picnic sites, fishing opportunities, canoe and kayak rentals, an outdoor performance space and more.

ADDRESS: 2500 County Rd E, St. Anthony, MN 55421

ACTIVITIES: Art Gallery, Biking, Fishing, Hiking, Paddling, Picnic Area, Visitor Center

HOURS/COST:
5:00AM-10:00PM, Free

SPRING LAKE PARK RESERVE

DAKOTA COUNTY PARKS



Enjoy the feel of northern Minnesota from this scenic park that overlooks the Mississippi River. A rest stop along the Great River Road, Spring Lake Park Reserve is the “hidden jewel” of the Upper Mississippi River Valley.

ADDRESS: 8395 127th Street East, Hastings, MN 55033

ACTIVITIES: Archery, Biking, Camping, Hiking, Picnic Area, Playground, Cross-Country Skiing, Snowshoeing

HOURS/COST:
5:00AM-10:00PM, Free

SPRING LAKE REGIONAL PARK

SCOTT COUNTY PARKS



Located on the north shore of Spring Lake and near the southwest shore of Prior Lake, Spring Lake Regional Park offers 374 acres of incredibly diverse natural habitats. Every day, eagles readily soar in the sky. The Maple-Basswood forest creates a beautiful backdrop for a peaceful stroll. A small creek winds through the park’s maze of open water wetlands, cattail marshes and a tamarack bog.

ADDRESS: 15851 Howard Lake Road NW, Prior Lake, MN 55372

ACTIVITIES: Biking, Hiking, Off-Leash Dog Area, Snowmobiling

HOURS/COST:
5:00AM-10:00PM, Free

SQUARE LAKE

WASHINGTON COUNTY PARKS



Square Lake is in northern Washington County and is a regional amenity renowned for its water quality. The lake has some of the clearest waters in Minnesota. The park provides recreational opportunities for scuba divers, swimmers, paddle boarders, anglers and more.

ADDRESS: 115450 Square Lake Trail N., Stillwater, MN 55082

ACTIVITIES: Boating, Fishing, Paddling, Picnic Area, Swimming, Ice Fishing

HOURS/COST:
6:00AM-10:00PM, Fee

ST. CROIX BLUFFS REGIONAL PARK

WASHINGTON COUNTY PARKS



St Croix Bluffs Regional Park resides in southern Washington County, where it fronts the shores of the St. Croix River, a nationally recognized wild and scenic river route. The park features access to the river and a variety of recreational and camping opportunities.

ADDRESS: 10191 St. Croix Trail S., Hastings, MN 55033

ACTIVITIES: Biking, Boating, Camping, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Snowshoeing

HOURS/COST:

6:00AM-10:00PM, Fee

THE LANDING

THREE RIVERS PARK DISTRICT



Visit The Landing-Minnesota River Heritage Park to discover how 19th-century Minnesotans established their lives on the frontier, farmstead and in villages. Historical buildings are laid out as a timeline from the pre-territorial era through the late 1800s.

ADDRESS: 2187 Highway 101 E, Shakopee, MN 55379

ACTIVITIES: Biking, Hiking, Picnic Area, Snowshoeing, Visitor Center

HOURS/COST:

5:00AM-10:00PM, Free

THEODORE WIRTH REGIONAL PARK

MINNEAPOLIS PARK AND RECREATION BOARD/THREE RIVERS PARK DISTRICT



Named for the Park Board superintendent mainly responsible for its development, Theodore Wirth Regional Park is the largest and most natural park in the Minneapolis system. It features a variety of attractions, including two golf courses, a large swimming beach, Eloise Butler Wildflower Garden, Quaking Bog, and networks of mountain biking and hiking trails. The park is also a center for winter recreation, with ski trails, a skiing/snowboarding/snow-tubing hill, and winter fat biking trails.

ADDRESS: Parkland from Golden Valley Road to 394, including two golf courses, Wirth Lake, and several gardens.

ACTIVITIES: Archery, Biking, Boating, Disc Golf, Fishing, Hiking, Mountain Biking, Paddling, Picnic Area, Playground, Swimming, Visitor Center, Cross-Country Skiing, Ski/Snowboarding, Ice Fishing, Sledding, Snowshoeing

HOURS/COST:

6 am-midnight in developed areas, 6 am-10 pm in undeveloped areas, Free

OUTDOOR ADVENTURE CHALLENGE



Write a letter or send a text to someone in your life who would also enjoy visiting this park or who you would enjoy visiting with.

TONY SCHMIDT REGIONAL PARK

RAMSEY COUNTY PARKS AND RECREATION



Tony Schmidt Regional Park, a 217-acre park in Arden Hills, sits on the northern edge of Lake Johanna. A guarded swimming beach with large playground offers summer recreation to families and children while hiking trails and picnic shelters offer recreation and gathering space for all ages.

ADDRESS: 3500 Lake Johanna Boulevard, Arden Hills, MN 55112

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Ice Fishing, Snowshoeing

HOURS/COST:

30 minutes before sunrise to 30 minutes after sunset, Free

VADNAIS-SNAIL LAKES REGIONAL PARK

RAMSEY COUNTY PARKS AND RECREATION



Vadnais-Snail Lakes Regional Park, a 1,019-acre park in Vadnais Heights and Shoreview, offers park space, paved and unpaved trails in and around Sucker Lake, Vadnais Lake, Grass Lake and Snail Lake. A swimming beach, playground and picnic shelters provide summer recreation space. Groomed cross-country ski trails and a multi-use winter trail provide winter recreation space.

ADDRESS: 4191 Snail Lake Boulevard, Shoreview, MN 55126

ACTIVITIES: Biking, Boating, Fishing, Hiking, Paddling, Picnic Area, Playground, Swimming, Cross-Country Skiing, Ice Fishing, Sledding, Snowshoeing

HOURS/COST:

30 minutes before sunrise to 30 minutes after sunset, Free

OUTDOOR ADVENTURE CHALLENGE



Pretend you are your favorite animal at a park today for at least 5 minutes.



WHITETAIL WOODS REGIONAL PARK

DAKOTA COUNTY PARKS



Dakota County's newest park, 456-acre Whitetail Woods Regional Park, is located in Empire Township in the center of Dakota County, one mile north of the Vermillion River. The park is bordered by the Vermillion Highlands Modified Wildlife Management Area to the east and the Vermillion River Wildlife and Aquatic Management areas to the south. Privately owned property lies directly north of the park. The University of Minnesota's UMORE Park is located to the northeast and east of the park.

ADDRESS: 17100 Station Trail, Farmington, MN 55024

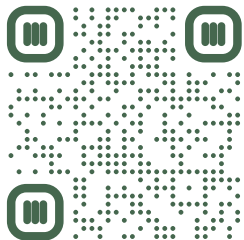
ACTIVITIES: Camping, Hiking, Picnic Area, Playground, Cross-Country Skiing, Sledding, Snowshoeing

HOURS/COST:

5:00AM-10:00PM, Free



DON'T FORGET TO SHARE YOUR
OUTDOOR ADVENTURE CHALLENGE
 PHOTOS USING OUR QUICK FORM.



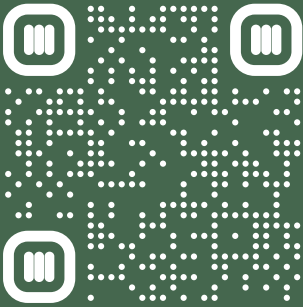
SCAN USING YOUR PHONES
 CAMERA TO ACCESS, OR TYPE THE
 LINK BELOW IN AND WE'LL SEND
 YOU BACK A FUN SURPRISE!
<http://bit.ly/AdventureGuideForm>
#MNREGIONALPARKS



THANK YOU TO OUR REGIONAL AGENCIES

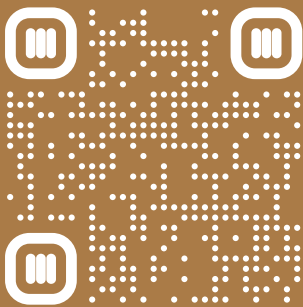


WHAT'S YOUR NEXT ADVENTURE?



FIND ALL OF THE MINNESOTA STATE, REGIONAL AND GREATER MINNESOTA PARKS BY ACTIVITY, NAME OR LOCATION.

GREATOUTDOORS.MN.GOV



EVENTS & PROGRAMS HAPPEN AT OUR PARKS IN ALL SEASONS. FIND AGENCY CALENDARS AND MORE INFORMATION ON VISITATION.

METROCOUNCIL.ORG/VISITPARKS

ADVENTURE GUIDE DESIGN BY NICOLE GREENWELL
LOGO DESIGN BY WITT SIASOCO