



Central Lakes State Trail

Saturday, Aug. 13 10 a.m.–noon
Edible Bike Ride 

On this naturalist-led tour, we will look for wild edibles as we explore sections of the Central Lakes State Trail from Alexandria to Garfield. Enjoy lemonade made from sumacs that grow along the trail. Bring your helmet and bike. To register, call 320-852-7200.



Gitchi-Gami State Trail

Friday, July 29 9:30–11:30 a.m.
 Friday, Aug. 19 1–3 p.m.

Biking into the North Shore's Past

Explore North Shore history during a guided bike ride on the new Gitchi-Gami State Trail between Split Rock Lighthouse State Park and Iona's Beach. The ride is approximately eight miles round trip. Bring your own bike; helmets are required. Meet at the trail center parking lot. Program will be canceled in the event of bad weather. For July 29, call 218-226-6377. For Aug. 19, call 218-834-3855.



Heartland State Trail

Thursdays, June 30, July 28, and Aug. 25
 10:30 -11:15 a.m.

Tots on the Heartland State Trail

Come along on a Stroller Strut on the Heartland Trail with a naturalist. Young children (ages five and under), walking shoes, and a stroller are all that is needed as we will be exploring the trail using our senses. We will be using our eyes (June 30), ears (July 28) and noses and touch (Aug. 25) as we have fun looking at the nature we can see along the trail. NOTES: Adults must accompany children. Consider bringing a picnic lunch and enjoying your noon meal at Heartland Park after the program. Meet at the Heartland State Trail in Heartland Park in Park Rapids. Call 218-699-7251 for more information.



Rolf Hagberg

Root River State Trail

Sunday, May 15 1–2:30 p.m.

Wildflowers Along the Trail

Pack a picnic and come join us for a peaceful, wildflower hike along the Root River State Trail. Learn interesting folklore about the spring flowers found in the hardwood forests of Southeast Minnesota. Program will begin at the Preston trailhead. Call 507-932-3007 for more information.

Saturday, June 18 1–3 p.m.

Rattlesnakes Along the Trail

Stop by to see a live rattlesnake and learn how they are important to the ecosystem. A naturalist will be stationed on the trail near Lanesboro to provide you with rattlesnake information and answers to your questions. Bring your camera! Call 507-932-3007 for more information.

Saturday, July 9 1–3 p.m.

Past and Present Wildlife Along the Trail

A naturalist will be stationed on the Root River State Trail near Lanesboro to share interesting information about the wildlife of the bluffs. See and touch animal pelts and skulls to find out which creatures you may encounter along the trail. Call 507-932-3007 for more information.

Saturday, Aug. 6 9–10:30 a.m.

Birds Along the Trail

Join a naturalist by bicycle, foot or in-line skates and learn to identify common birds along the Root River State Trail. Binoculars and birding checklists will be provided. Call 507-932-3007 for more information.



Willard Munger State Trail

Saturday, June 4 noon–4 p.m.

In Shape, Outdoors!

Walk, roll, stroll, jog, bike, or in-line skate your way to higher energy, fun and appreciation of the amazing world around us! Get pointers on which exercise options exist and how to do them safely and enjoyably. There will be games and challenges. Bring your equipment to the Hinckley trailhead. Call 320-384-6591 for more information.

Sundays, July 17 and Sept. 4 1–3 p.m.

Sundays Outdoors: Biking Adventures

Get off the couch and find new ways to discover the outdoors! Each week you'll have fun learning the basics of an activity while exploring the outdoors. The "Sundays Outdoors" series of programs occurs weekly from June 19 to Sept. 4 at Jay Cooke State Park. Check the event calendar online for dates and topics. This week: Explore the Willard Munger State Trail on this naturalist-led bike ride. Call 218-384-4610 for trip length and meeting place.

Canoe the Mississippi River Water Trail **R F**

This great river starts as merely a stream at Lake Itasca and develops into a mighty river gorge miles wide when it leaves the state. These canoe trips will be done in four segments over the summer, beginning near the headwaters and ending near Cass Lake.

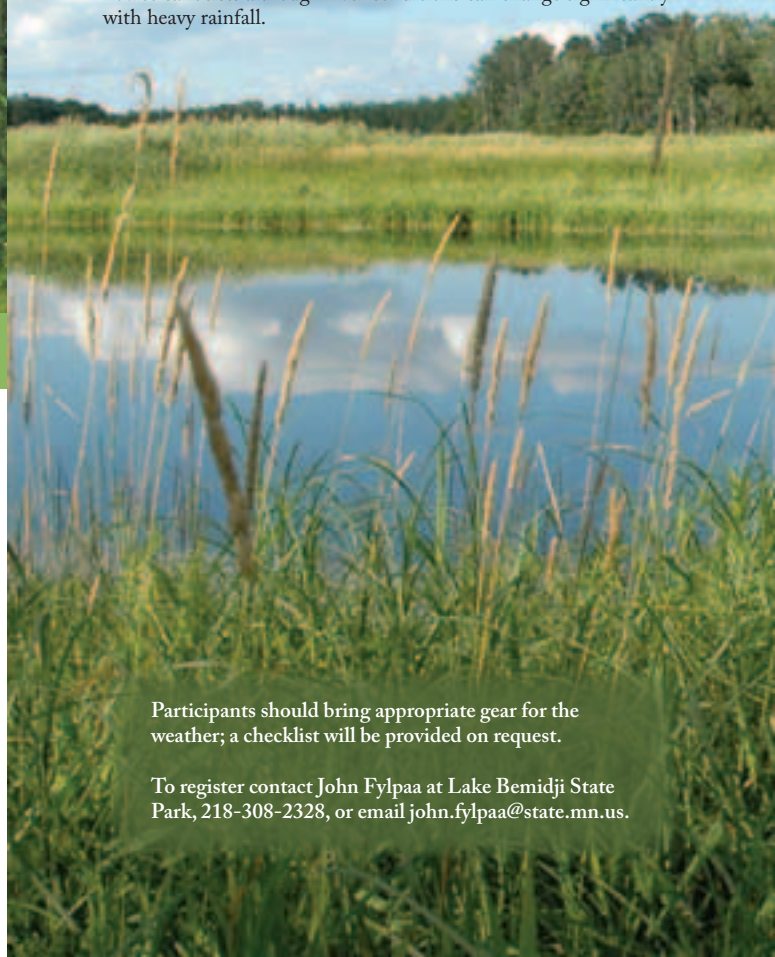
SATURDAY, JUNE 18: Lake Itasca to Wanagan Landing is a five-mile stretch (approx. three hours) traveling out of the park and past pristine bog and spruce forest. This section gives a feel of the infant Mississippi River.

SATURDAY, JULY 9: Coffee Pot Landing through Stumphges Rapids is a nine-mile stretch (approx. five hours) that will challenge the novice canoeist with a couple of sets of shallow class I rapids.

SATURDAY, JULY 23: Iron Bridge to Lake Irving is a 10-mile stretch (approx. five hours) of pleasant river travel through flood plain forests of maple, cottonwood and elm.

SATURDAY, AUG. 20: Co. 25 to Lake Andrusia is a 5.5-mile stretch (approx. 2.5 hours) with high banks and evidence of early Native Americans.

Each trip will be guided by park naturalists from Itasca and Lake Bemidji state parks, who will share information and lore of the Mississippi River. These sections of the river are generally good for novice canoeists although river conditions can change significantly with heavy rainfall.



Participants should bring appropriate gear for the weather; a checklist will be provided on request.

To register contact John Fylpaa at Lake Bemidji State Park, 218-308-2328, or email john.fylpaa@state.mn.us.