

TRAILS IN TRAVELS



2019 Walking Events in Minnesota State Parks



Tettegouche State Park.
Photo by Donna Seline.

February 23 Afton Snowshoe

(postpone date 3/2 in the event of extreme weather)

June 1 Banning Walk

July 20 Tettegouche Walk

July 21 Split Rock Lighthouse Walk

September 14 Crow Wing Walk

September 15 Mille Lacs Kathio Walk

October 26 Fort Snelling Guided Walk and Annual Meeting

In partnership with



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The NorthStar Trail Travelers (AVA 601) events are sanctioned by the AVA in the IVV and are eligible for credit toward IVV Achievement Awards.



m MINNESOTA
STATE PARKS AND TRAILS

Starting our third decade of walking in Minnesota State Parks!

Starting our third decade of walks in the state parks, we have some announcements. First, in 2018 we signed a formal partnership with Minnesota State Parks and Trails which will be a huge benefit to getting the word out to new folks about our events.

Also, in 2019 we will no longer offer bottled water for sale at our events. It's our small contribution to reducing the amount of plastic in our environment. We also are discontinuing the group camp weekends. Many of our campers have moved into campers and RVs which aren't allowed in most group camps. We will try to provide you with a "cluster camp" location of campsites you might reserve to be close to other NSTT campers.

We're going to kick off the year with a snowshoe/walk event at **Afton** again this year on **February 23**. The park is close to the metro area, offers good support with good trails and resources, and our walkers love the park. Another naturalist-led walk will be offered in the afternoon and sloppy joes top the lunch menu.

June 1 we'll be at **Banning** for a kickoff to summer. Check out the sandstone quarry buildings still left

and watch kayakers plying their skills on the Kettle River's premier whitewater rapids.

July 20-21 we will be along the North Shore to walk at **Tettegouche** and **Split Rock Lighthouse State Parks**. We'll have a Hobo Soup Supper Saturday night at Tettegouche and the Sunday event at Split Rock includes visiting the historic lighthouse.

September 14-15 we'll be near Brainerd for **Crow Wing** and by Mille Lacs Lake for **Mille Lacs Kathio** autumn walks. Both parks preserve significant pieces of Minnesota history, some of which you'll experience on the trail.

Finally, we finish off the season with our annual meeting guided walk at **Fort Snelling** on **October 26**. The trails will be easy walking for all the groups, so make plans to be there. Following the walk we'll enjoy a potluck lunch, our annual meeting and lots of door prizes!

Let's make it a great year for NSTT and Minnesota State Parks! Bring your friends, family, grandkids or neighbors along to enjoy walking in the parks with your friends in NSTT.



Folkssports are ...

Folkssports are...
*leisure-time activities
for people of all ages
alone or in groups
with no competitive
requirements
but plenty of rewards
in a unique location
near you
or somewhere you
want to visit.*

With registration for these events, the participant accepts the guidelines for AVA-sanctioned folkssport events and agrees to observe the principles of good sportsmanship. Littering is not permitted, and we would encourage you to help clean up the park trails as you enjoy them. Every effort will be made by sponsors to make these safe, enjoyable and memorable events. The events will take place regardless of weather conditions. The sponsors are not liable for accidents, theft and/or material damage.

State Park Vehicle Permit

A state park vehicle permit is required when you enter any state park. Daily permits



cost \$7. An annual permit can be purchased for \$35 and entitles you to an unlimited number of visits to any and all Minnesota State Parks for 12 months after date of purchase.

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Contents

Afton Snowshoe	3
Banning Walk	4
Tettegouche Walk	5
Split Rock Lighthouse Walk ..	5
Crow Wing Walk	6
Mille Lacs Kathio Walk	6
Fort Snelling Annual Meeting	
Guided Walk and Potluck ...	7

Afton State Park Snowshoe/Walk

Saturday, February 23

Event ID 113551

Registration: Visitors Center. Register between 10 a.m. and 2 p.m., finish by 4 p.m.

Award: Mukluk boot leather pin.

Cost: Award, \$8; IVV event book credit, \$3; snowshoe/walk only, \$2. Vehicle permit required, see page 2. Snowshoe rental is available from the park for \$6 per day.



Trail details and rating: 1km and 2km on paved trails for boot walking and 4km to 6km option for snowshoes or boots if you choose. Trails to be determined by the snow conditions and weather. A 1km will be added for the naturalist walk.

Walk with a naturalist — Naturalist Linda Radimecky will lead a snowshoe walk at 1 p.m. The park will provide snowshoes free only for those participating in the naturalist walk.

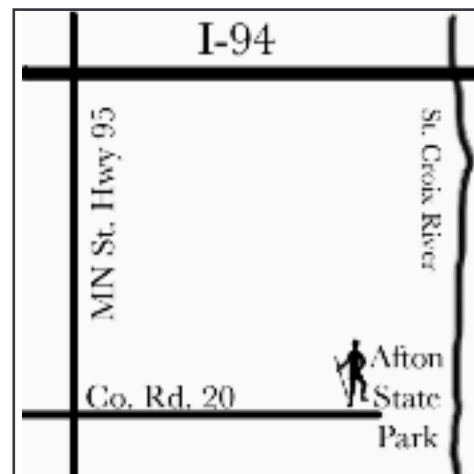
Sloppy Joe lunch will be available throughout the day for a suggested donation.

Postpone date: In the event of **extreme weather**, the event will be postponed to Saturday, March 2. Go to nstt.org for updates or watch for an email alert.

For info: go to nstt.org or contact Wayne, 651-249-8886, cell; or Peter, 612-850-4700, cell. For park info call 651-436-5391.

Directions to the park: 6959 Peller Ave S., Hastings.

The park is located 23 miles from St Paul. Go east nine miles on I94 to MN 95 (exit #253). Turn south (right) for seven miles to 70th St. (also called So. Washington Co. Highway 20). Turn east on Co. Rd. 22 (left) for three miles to the park. Follow the Brown directional signs for Afton State Park and Afton Ski Area. Located in Washington County.



Lodging information:

Hampton Inn, Woodbury 651-578-2822
Hilton Grand Inn, Oakdale 651-735-4100
Afton House Inn Afton 651-436-8883

For camping in Minnesota State Parks go to:
reservemn.usedirect.com/MinnesotaWeb/

2019 Minnesota State Events Calendar

Jan 5 — LCW, Northtown Mall Walk
Feb 9 — TCV, Mall of America Walk
Mar 9 — TCV, St Paul Skyway
Apr 27 — TCV, Coon Rapids Dam Girl Scout Walk
May 11 — TCV, Bresden Park, Edina
May 18 — LCW, NE Minneapolis Art-A-Whirl Walk (10th Anniv.)
Jun 9-16 — AVA, AVA National Convention, Albany, New York
Jul 13 — CMV, Cold Spring – Grasshopper Chapel
Aug 3 — TCV, Crosby Farm
Aug 10 — LCW, New Brighton BBQ and 2019 Calendar Meeting
Sept 21 — TCV, Hopkins
Oct 5 — TCV, Lebanon Hills, *Guided* Annual Meeting
Nov 9 — TCV, Rosedale Mall
Dec 7 — TCV, Mpls Holiday Skyway Walk

Weekend events sponsored by other clubs in Minnesota — check them out!

LCW-Lake Country Wanderers
lakecountrywanderers.wix.com/lcw
763-229-3584

CMV-Central Minnesota Volkssports
centralmnvolkssports.wix.com/cmv
320-252-7348 or 320-293-9441 (cell)

TCV-Twin Cities Volkssports
tcvwalking.com
651-774-9607

Banning State Park Fun Walk

Saturday, June 1

Event ID 113552

Registration: Picnic area. Start between 9 a.m. to 2 p.m. and finish by 4 p.m.

Award: Ruffed Grouse leather pin.

Cost: Award, \$8; IVV event book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.



Distance: Sanctioned for 10km made up of shorter loops of about 5km each. The Skunk Cabbage trail is mostly grassy, though some areas may be wet. The interpretive trail is easy. Some of the trail on Quarry/ Wolf Creek is rugged in places. You can avoid the difficult part by skipping the Wolf Creek trail. The Quarry Loop Trail could handle big wheel strollers, but other trails are not stroller friendly.

For info: go to nsth.org or call Wally, 507-362-8760, 507-380-4106, cell; or Eleanor, 218-485-4230 (leave a message) or 218-565-0508, cell. For park info call 320-245-2668.

No Group Camp this year!

With more of our campers moving into campers and RVs our attendance at group camps has dwindled. Watch for suggestions for "cluster camping" where a suggested loop within a campground will enable walkers to camp close to each other.

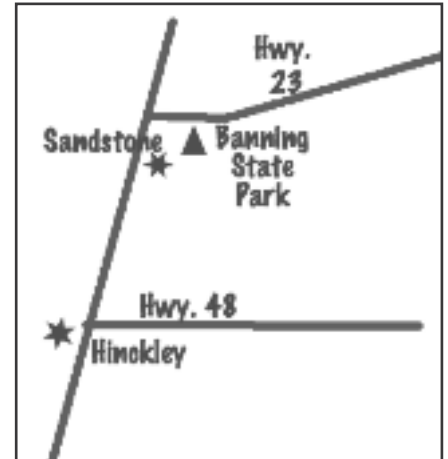
Don't Forget to carry water!

We'll have a cooler of water at the start/finish but you should also carry water along with you on the trail!



NOTE: NSTT will no longer be selling bottled water to help cut down on plastics in our environment. You may fill your bottles from our cooler of water available at the registration area.

Directions: The park is 95 miles north of Minneapolis just off I35. Get off at the Askov, Highway 23 exit #195, and go right about ½ mile to the entrance on the right. The park is located in Pine County.



Lodging:

America's Best Value Inn, Finlayson on the freeway; 320-245-5284. It is two-star, very reasonable but basic.

Grand Casino, Hinckley, 320-384-7771

61 Motel, Sandstone, 320-245-5419

For **camping in Minnesota State Parks** go to: reservemn.usedirect.com/MinnesotaWeb/

NSTT donations to the State Parks

Since 2005 NSTT has asked for donations from walkers for each park we visit. As of 2018 NSTT walkers and club matches total

\$11,032.57

which was donated to our state parks.

Thank you!

NSTT Corps Program



Does your "best friend" walk with you? Then pick up a K-9 Corps registration book and give your best friend credit for walking too! All Folkswalks count but get rewards only from NSTT.

Receive a bag of gourmet treats at 10 events and a NSTT logo bandana at 25 events!

Tettegouche State Park Saturday, July 20

Event ID 113553

Registration: Visitor Center. Register between 9 a.m. and 2 p.m., finish by 4 p.m.

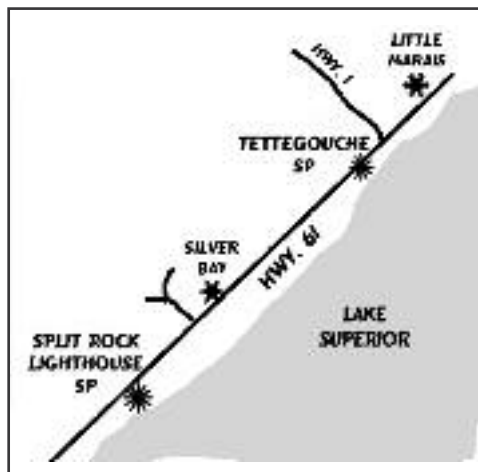
Award: Peregrine Falcon leather pin.

Cost: Award, \$8; IVV event book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.

Distance: Sanctioned for 10km. The 6km loop has gentle hills and includes the famous High Falls, Baptism River and views of Lake Superior. The 4km trail is an out-and-back to Cascade Falls with a view of Shovel Point. This event is not appropriate for strollers.

For info: go to nsth.org or call Peter, 612-850-4700 or Jim, 612-501-4701. For park info call 218-353-8800.

Directions to the park: The park is 215 miles from the Twin Cities. North on I35 to Duluth, about 60 miles north on MN 61. Located in Lake County.



Hobo Soup Supper
Saturday, July 20
Tettegouche State Park
Watch for more details!

Split Rock Lighthouse State Park Sunday, July 21

Event ID 113554

Registration: Trail Center. Register between 8 a.m. and 1 p.m., finish by 3 p.m.

Award: Edmund Fitzgerald freighter leather pin.

Cost: Award, \$8; IVV event book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.

Distance: Sanctioned for 10km. The 7km loop is along Lake Superior, up steps, across bridges and back on the Gitchi-Gumi State Trail. The 3km loop is to the Lighthouse, around the Visitor Center and back to the Trail Center and includes steps. Strollers can be used on a modified 3km trail.

Note: The 3km route includes a discounted visit to the Lighthouse. If you're a MNHS member, bring your membership card for entrance.

For info: go to nsth.org or call Peter, 612-850-4700 or Jim, 612-501-4701. For park info call 218-595-7625.

Directions to the park: The park is 205 miles from the Twin Cities. North on I35 to Duluth, about 55 miles north on MN 61. Located in Lake County.

Lodging information:

AmericInn Silver Bay, 218-226-4300
Silverbay.mn@americinn.com

For additional North Shore lodging go to:
northshorevisitor.com/lodging/

For camping in Minnesota State Parks go to:
reservemn.usedirect.com/MinnesotaWeb/

Note to campers: Temperance River is the only state park on the North Shore with electric hookups and they are already completely booked for our weekend.



Brainerd/Mille Lacs Lake Autumn Fun Walks

Crow Wing State Park Saturday, September 14

Event ID 113555

Registration site: Picnic Area Shelter. Start between 9 a.m. and 2 p.m., finish by 4 p.m.

Award: Black Bear leather pin.

Cost: Award, \$8; IVV event book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.

Distance: Sanctioned for 12km, made up of three routes: 2km, 3km and 7km. The trails are mostly flat throughout the park. The 7km and 3km loops are on mowed grass, gravel and rock. Walk the 3km Hiking Club Trail through the Old Crow Wing Town Site and along the historic Red River Ox-cart Trail. The 7km passes through habitats of hardwood forest, pine forest and prairie. The 2km out and back is on a short paved segment of the Paul Bunyan State Trail.

For info: go to nstt.org or call Linda, 651-773-8272. For park info call 218-825-3075.

Directions to the park: 3124 State Park Road, Brainerd, MN 56401. Going north on U.S. Highway 371, turn left at the Brainerd Lakes Welcome Center/Rest Area and cross the southbound lane of 371. The park is about 125 miles north of the Twin Cities, and nine miles south of Brainerd. The park is located in Crow Wing County.



Mille Lacs Kathio State Park Sunday, September 15

Event ID 113556

Registration: Interpretive Center. Start between 9 a.m. and 1 p.m., finish by 3 p.m.

Please note: The walks will start from two different locations but walkers need to register, and after completing each walk, check back in at the registration desk.

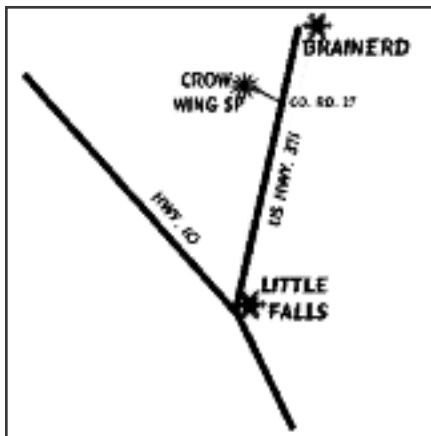
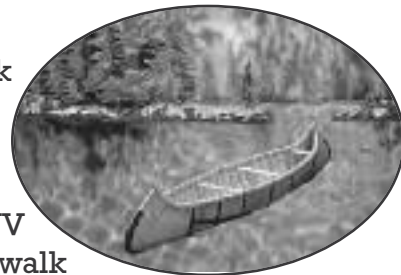
Award: Birch Bark Canoe on water leather pin

Cost: Award, \$8; IVV event book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.

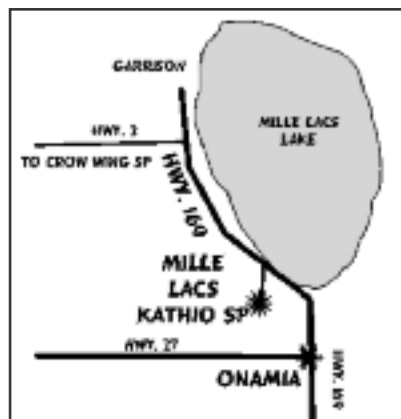
Distance: Sanctioned for 12km, consisting of a 5km and 7km loop. The 7km loop is on relatively level trail traversing a variety of forest habitats. A portion of the trail parallels the Rum River. Follow the Touch the Earth self-guided trail as you finish this walk. The 5km loop begins with the mainly flat, historic Landmark Trail along Ogechie Lake. As you transition to the interior forest the route becomes hilly, interspersed with wetlands, and briefly overlaps a horse trail.

For info: go to nstt.org or call Linda, 651-773-8272. For park info call 320-532-3523

Directions to the park: 15066 Kathio State Park Road, Onamia, MN 56359. The park is located eight miles north of Onamia and 14 miles south of Garrison on U.S. Highway 169. The main entrance is one mile off County Road 26 and is about 100 miles north of the Twin Cities. The park is located in Mille Lacs County.



Lodging information:
explorebrainerdlakes.com
 or call 800-450-2838
millelacs.com or call 888-350-2692
 For camping in MN State Parks go to:
reservemn.usdirect.com/MinnesotaWeb/



Fort Snelling State Park Guided Fun Walk

Saturday, October 26

Event ID 113557

7

Registration: Visitor Center.

Registration starts at 9:30 a.m. Announcements at 9:45. The Scooters (see walk group definitions below) will start at 10 a.m. The Batsouttahell will start at approximately 10:15 and the Shufflers at 10:45 a.m. **Note: Late arrivals will have to wait for the Scooters or Batsouttahell to return and join them on their second loop, or join the Shufflers 5km group.**

Award: Whitetail deer leather pin.

Cost: Award, \$8; IVV event book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.

Distance: Sanctioned for 10km. One 5km

loop will go around Snelling Lake with views of the Minnesota River and changing leaf colors. The second 5km loop will go to Pike Island and utilize some of the excellent walking trails there. All trails are stroller-friendly.



For info: go to nstt.org or call Peter, 612-850-4700, cell. For park info, 612-725-2731.



Directions to the park: Fort Snelling State Park is located on the south side of Minneapolis, and can be accessed via the Post Road exit off Highway 5.

Potluck Lunch

After the walk join us for a potluck lunch, our annual meeting and lots of door prizes! Bring along a dish to share — appetizers, salads, casseroles, bread, desserts ... whatever ... and your own beverage. NSTT provides the paper products and eating utensils.

Geocaching at NSTT events

Remember to bring your GPS along to NSTT events and check out some of the geocaches in the parks and in the area. If you don't have a GPS, many state parks have units that you can sign out for free. For more info on caches in the state parks, check out dnr.state.mn.us/geocaching/index.html. To find other caches in the area visit geocaching.com.

The Shufflers — This group will do just one loop for 5k and is the slow walking group that will stop at the top of hills to catch their breath, wait for pictures to be taken, and generally take their time and “smell the autumn leaves.”

The Scooters — The group will move along at a pretty average pace. It will stop when group members feel a need and will definitely not be breaking any speed laws.

The Batsouttahell — This is the fast group who may stop to read a marker or take a picture, but basically are very fast walkers.

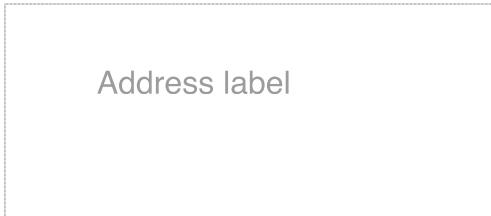
Please walk with the group most closely resembling your style and walking speed. We want our group walks to be fun for everyone!

*This is a guided walk and according to AVA policies, **ALL** walkers must walk in a group with a group leader. No exceptions can be made as walkers on their own could represent a liability to NSTT and AVA if they are injured on the trail.*

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8

2019 Awards Banner

Only \$10

The awards banner this year is a leather German hat banner to attach your awards to. Don't let your awards lie in a drawer unappreciated for what they represent — your participation in our great walking events!

**Order yours now
with the order
form below.**



Name _____

Phone _____

Street Address _____

City _____ ST _____ Zip _____

Email address _____

**Make checks payable to NSTT and mail to:
NSTT, c/o Julie Bjorklund
33200 North Lakes Trail, Lindstrom, MN 55045**

Don't like to walk alone?

Just mention at the registration table that you'd like a walking partner! We want you to enjoy our events ... so don't be shy!



NSTT Event Participant Picnics We feed our walkers!

Every NSTT event offers a "participant picnic" available to all walkers for a small donation to cover our costs. The menu may vary, but the food is always tasty and usually cooked on a grill!

So plan to spend some time visiting and grab a bite to eat, while supporting NSTT events in Minnesota State Parks.