



TRAILS 'N TRAVELS

2024 Walking Events in Minnesota State Parks & Trails



*The bluffs of Blue Mounds State Park.
Photo by Donna Seline*

February 10

Lake Maria Snowshoe

Postpone date:

February 17

May 25

Blue Mounds Walk-1

May 26

Blue Mounds Walk-2

July 20

Rice Lake Walk



September 13-15

Itasca Bike

September 14

Itasca Walk 1

Headwaters

September 15

Itasca Walk 2

Forest Inn

October 26

William O'Brien State
Park Guided Walk and
Annual Meeting



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

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



In partnership with

MINNESOTA
STATE PARKS AND TRAILS

2024 in the state parks with NSTT

This year NorthStar Trail Travelers are doing fewer parks but doing two one-day events at two parks. We'll be sponsoring eight weekend events throughout 2024 and we hope you'll put the dates on your calendar and plan to join us!

Start out the year with a snowshoe/walk event in February, this year at a favorite park, **Lake Maria State Park** near Monticello. This event will be held on Saturday, **February 10**. Bring along your snowshoes if you have them, or wear your winter boots to check out the park in winter!

Over Memorial Day weekend, we'll drive down to **Blue Mounds State Park** near Luverne. There we'll do two different one-day events at either end of the park, on Saturday and Sunday, **May 25-26**. Keep your eyes open for the bison/buffalo herd!

On **July 20**, we'll go down to **Rice Lake State Park** for a one day event near Faribault. We haven't been there for many years, so it will be nice to go back and visit this small pretty park.

In September we'll go up to **Itasca State Park** for a three event weekend from **September 13-15**. We'll



*The Headwaters at Itasca State Park.
Photo by Donna Seline.*

walk at the headwaters end of the park and at the south end of the park by Douglas Lodge. We will also offer a bike event for those of you who still ride! Ride the Wilderness Trail in the fall ... enjoy the beauty of this park. We've got some other activities planned for this weekend as well, including a ride on the tour boat across Lake Itasca from Douglas Lodge to the Headwaters. Stay tuned for more info!

Lastly we'll go back to **William O'Brien State Park** for our annual meeting/guided walk on **October 26**. Plan to stay for our potluck lunch and annual meeting, including board elections and door prizes!

So put the dates on your calendars so you don't miss out on these great walks!



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. Most 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. Go to dnr.state.mn.us/state_parks/permit.html.



NSTT 2024 Board of Directors

Julie Bjorklund
612-868-9065

Lynne Grigor
763-780-4567

Linda Valen
651-324-2880

Peter Cartwright
612-850-4700

Donna Seline
612-529-0552

Mary Waller
218-340-0548

Jim Deye
612-925-3393

Wally Swanson
507-362-8760

Ellie Eskuri
218-565-0508

Jim Swenson
507-320-0967



Lake Maria State Park Winter Fun Snowshoe/Walk Saturday, February 10

Event ID 126669

3

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

Award: Screech Owl leather pin.

Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.

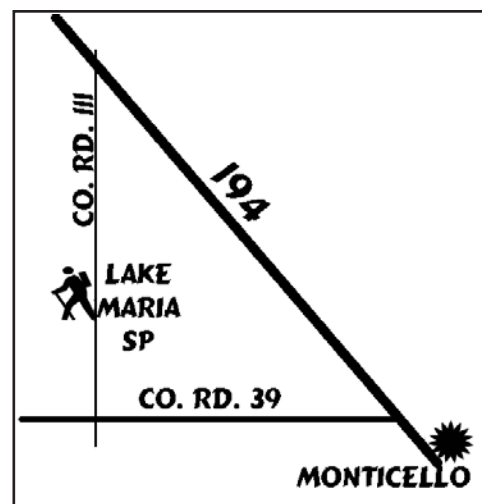
Distance: Sanctioned for 6km with two 3km trails available. The Anderson Hill/Kettle Kame loop is a 3km loop with quite a few hills and goes by a couple small lakes. The trail will be hard packed for hiking and snowshoeing. The Bjorklund Trail is an out and back to the boat landing on Lake Maria and has a few minor hills. It is also part of the Hiking Club and the password is by the lake.



For info: Go to nstt.org or call Donna Seline, 612-529-0552. For park info call 763-272-4042.

Directions:

11411 Clementa Ave. NW, Monticello, MN 55362. The park is located 35 miles west of the Twin Cities just south of I94 near Monticello. It can be reached from the north via County State Aid Highway 8 and Wright



County 111, and from the south via Highway State Aid 39 and Wright County 111. Watch for brown state park signs.

Park snowshoes will be available for those wanting to try out snowshoeing, or walk in your winter boots!

This event will be postponed in case of inclement weather. Postpone date is February 17. Watch for email alert and the NSTT website for postpone info.

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! After some events we will also have our famous Hobo Soup Supper potluck! So plan to spend some time visiting and grab a bite to eat, while supporting NSTT events in Minnesota State Parks.



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 an NSTT logo bandana at 25 events!

Contents

Lake Maria Snowshoe	3	Rice Lake Walk	5	Itasca Walk 2	6
Blue Mounds Walk 1	4	Itasca Bike	5	O'Brien Annual Meeting Guided Walk and Potluck	7
Blue Mounds Walk 2	4	Itasca Walk 1	6		

Blue Mounds State Park Spring Fun Walks

Blue Mounds State Park - 1 Saturday, May 25

Event ID 126670

Registration: Picnic shelter. Register between 9 a.m. and 2 p.m., finish by 4 p.m.

Award: Bison/buffalo leather pin.

Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.



Distance: Sanctioned for 11km. The 5km loop is on the Hiking Club Trail with a long, gentle slope, and mowed grass, partially along the edge of the bison range. The 6km grassy loop is also part of the Hiking Club Trail and half goes along the edge of the bison range and the other half along Upper Cliff Trail.

Group Camping

The rustic group campground will be available for NSTT campers all weekend. No electricity. Contact Peter for details, 612-850-4700.

What else to do this weekend?

Take the park **Prairie and Bison Tour** for a 90 minute educational bus tour. Cost \$10.

View **Jim Brandenburg's** award-winning photography in this art and sales gallery at the **BRANDENBURG GALLERY** at the Rock County Courthouse Square in Luverne. His "The Touch The Sky Prairie" is a 12,249 acre tract of prairie north of Luverne that he wanted to preserve, and to restore the prairie to what was native to the area before farming transformed much of the land.

Pipestone National Monument is just north of Pipestone. For over 3,000 years, Indigenous people have quarried the red stone at this site to make pipes used in prayer and ceremony. Walk the 3/4 mile loop trail.

Jeffers Petroglyphs: Discover more than 5,000 ancient rock carvings, or petroglyphs, set amid the prairie grasses. Images of buffalo, turtles, thunderbirds, and humans tell the stories of Native American ancestors spanning more than 7,000 years.

Blue Mounds State Park - 2 Sunday, May 26

Event ID 126671

Registration: Eagle Rock Vista at south end of the park. Register between 9 a.m. and noon, finish by 3 p.m.

Award: Western Prairie Fringed Orchid leather pin.

Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.



Distance: Sanctioned for 10km. One 5km uses the Hiking Club Trail and Bur Oak Trail. This portion is somewhat rocky with steep incline up to Cliffline Trail. For those with walking issues, substitute a portion of Hiking Club Trail up above. Second 5km trail is a lollipop loop (Western Loop Trail) from Eagle Rock and is a level and grassy trail.

For info: Go to nsth.org or call Peter Cartwright, 612-850-4700. For park info call 507-283-6053.

Directions to the park: The park is five miles north of Luverne on Hwy. 75, and one mile east on Hwy. 20 (161st St.). It's about 210 miles south of the Twin Cities, most quickly reached by driving I35 (or 169) to I90, north on US 75. Good signage marking the park.



Hobo Soup Supper
Saturday, May 25 - Blue Mounds State Park
Watch for more details!

Rice Lake State Park Summer Fun Walk

Rice Lake State Park
Saturday, July 20

Event ID 126672

Registration: Register at the Picnic Area anytime between 9 a.m. and 2 p.m.; finish by 4 p.m.

Award: Dicksissel leather pin.

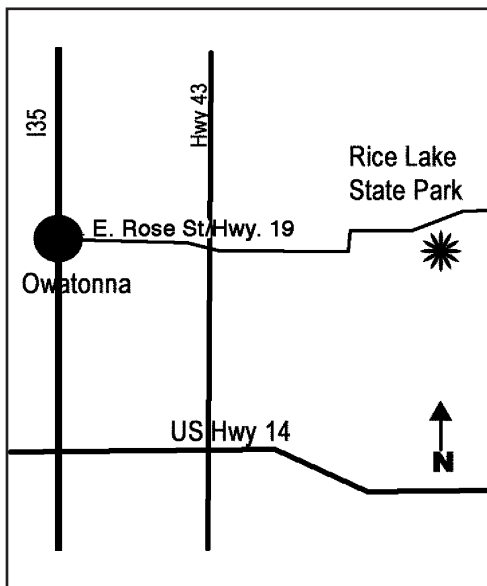
Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.

Distance: Sanctioned for 10km, made up of two 5km loops. The trails are on flat terrain and are mowed grass or packed dirt. Trails follow the shore of Rice Lake, through shady woods, and across the prairie.

For info: Go to nstt.org or call Wally Swanson, 507-362-8760. For park info 507-414-6191.

Directions to the park:

The park is approximately 75 miles south of the Twin Cities. It is located 7 miles east of Owatonna on Rose Street. From I35, take exit 42A. Follow the signs to Rose Street. Drive east on Rose Street to the park.



Note: Due to increase in fees from the AVA and the cost of awards, our walk fees have increased slightly. Still the cheapest entertainment on the market!



Registration: Saturday/Sunday, register at walk events. Register after 9 a.m. and finish by 4 p.m. **If you wish to ride on Friday**, contact Donna (612-402-5016) or Lynne (763-910-5033) for registration.

Award: No award for the bike event.

Cost: IVV event book credit, \$4; bike only, \$4. Vehicle permit required, see page 2.

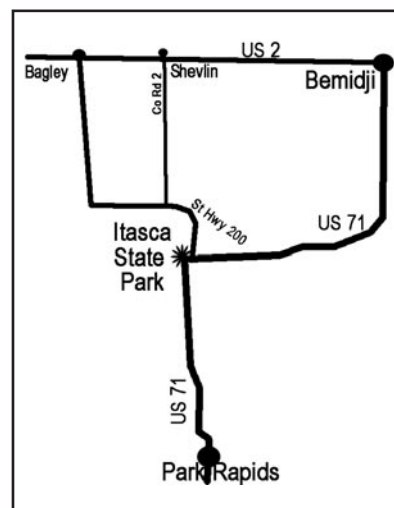
Distance: Sanctioned for 26km. No NSTT markings will be put up on the bike trail ... follow park signs. Options are the full Wilderness Trail for 26km or between Douglas Lodge and the Headwaters for 10km.

Bike rental is available at Itasca Sports for \$7/hour, minimum one hour. Helmets provided with rental. The rental area is across the road from the Picnic Shelter for Saturday's event.

For info: Go to nstt.org or call Jim D., 612-925-3393. For park info call 218-699-7251.

Directions to the park:

36750 Main Park Dr., Park Rapids, MN 56470. South entrance to the park is 23 miles north of Park Rapids on U.S. Highway 71. From Bemidji, the east entrance is 30 miles south on U.S. Hwy 71 and 1/10 mile north on State Hwy 200. The north entrance is 21 miles south of Bagley on state Hwy 92/State Hwy 200.



Lodging information: Itasca State Park has several campgrounds and cabins. Call early as sites go quickly. Go to reservemn.usedirect.com/MinnesotaWeb/ for reservations. Motels and lodging are available in Park Rapids and Bemidji.

Itasca State Park Fall Fun Walks

September 14-15

Event ID 126674

Event ID 126675

Saturday, September 14

Registration: Picnic area near amphitheater. Register between 9 a.m. and 2 p.m., finish by 4 p.m.

Award: Headwaters leather pin.

Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.

Distance: Sanctioned for 11km. The Headwaters Trail will go from the picnic area, walk by Wegmann Store, up to the Historic Sawmill, back by the Burial Mounds and over to Headwaters. From there one may return to the picnic area or continue over to the Schoolcraft Trail for another 2.5km. Several options are available for those with walking issues. A shorter 2km trail will follow the bike trail south to the Pine Ridge area of the park and back on the walking trail. Both trails work for strollers and are a mixture of paved bike trail, grassy and hardpack, and are relatively flat.


Sunday, September 15

Registration: Forest Inn. Register between 9 a.m. and noon, finish by 3 p.m.

Award: Calypso Orchid leather pin.

Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.

Distance: Sanctioned for 10km. **The 7km** will take you down to Mary Lake and to an out and back spur along the lake. This is a narrow trail with one small hill that could be slippery if it's wet. *[Not recommended for strollers.]* Then the trail will go a short distance on the park road to the Ozawindib Trail where you follow it to a cut off that takes you to the Aiton Fire Tower. Wide hilly trails with moderate inclines. **The 3km** takes you on the Dr. Roberts Trail looping around through the forest and by the Old Timer's Cabin, which is featured on this year's awards banner.



Only \$12

2024 Awards Banner

This year's award banner to attach your awards to is the Old Timer's Cabin at Itasca. 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 3951 Russell Ave. N.
Minneapolis, MN 55412*

What else is happening this weekend?

Itasca State Park has tons of things to do while you visit. At the time this booklet is being put together, there are plans for a Friday afternoon **excursion tour across Lake Itasca** from Douglas Lodge to the Headwaters. This 1 hour, 45 minute tour will not only include seeing wildlife along the way, but interpreters will talk about the real history of Itasca, including the Schoolcraft Expedition, Native Americans, logging, Civilian Conservation Corp and Jacob Browers founding of the park in 1891. Cost is \$20/ person.



The NSTT Board hopes to be renting the Clubhouse for the weekend and may invite you there for a Friday night campfire on the lawn. Saturday night we'll do another hobo soup supper at the Picnic Shelter. More information will be coming on those activities.

Remember, if you're camping, reservations open 120 days prior to your first day, so mark your calendars!

William O'Brien State Park Guided Walk, Annual Meeting & Potluck

7

Event ID 126686

Registration: Register at the Visitor Center 9:30 a.m. Announcements at 9:45. Scooters 1 will leave at 10 a.m.; Scooters 2 at 10:15 a.m. Shufflers will walk 5km only so may register anytime up to 10:45 and will leave to walk at 11 a.m. Watch for further details closer to event.

Award: Woodchuck leather pin.

Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.

Distance: Sanctioned for 10km, made up of two 5km loops. One 5km loop will walk the Wedge Hill Savanna Trail and Beaver Lodge Trail, south from the Visitor Center; primarily open and sunny; a few areas with gradual hills. The other 5km loop will walk

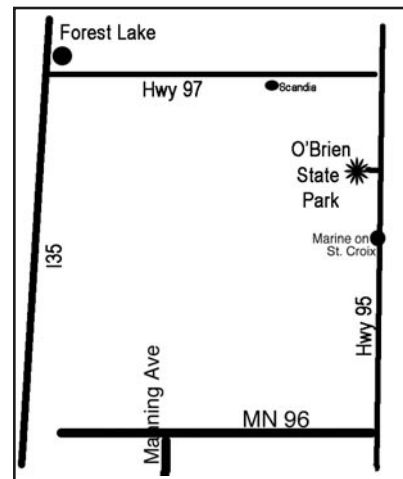


by two campgrounds (Savanna and Wedge Hill Group Camp); the Wetland Trail follows railroad and wetland; one area with 10% grade.

For info: Go to nstt.org or call Julie Bjorklund, 612-868-9065. For park info 651-539-4980.

Directions to the park: Minnesota 36 east to Manning Avenue, turn north to Minnesota 96. At the roundabout take the first right onto MN 96 and go east to MN 95.

Turn left [north] to William O'Brien State Park just north of Marine on Saint Croix.



This will be an outdoor event!

Dress accordingly!

The Shufflers — This group will do just one loop 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 1 — 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 Scooters 2 — This is a faster 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.

NSTT Annual Meeting

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 and chair!

NSTT provides the paper products and eating utensils.

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

Reserve early! Camping sites fill up fast!

NorthStar Trail Travelers
3951 Russell Avenue North
Minneapolis, MN 55412

Seal

Seal



Address label

Seal

Group Camping

The Blue Mounds State Park Group Camp is reserved for NSTT for Friday and Saturday nights, May 24-25. Group camps are rustic with water and vault toilets – no electricity or showers. Contact Peter if you would like to camp there, 612-850-4700 or peterscartwright@gmail.com.

Remember!

Bike helmets are required at all Folkssbike events by the AVA! We cannot allow you to register if you do not ride with a helmet!

Other Traditional weekend events

January 6 – Northtown
Mall, LCW
March 16 – St. Paul
Skyway, TCV
May 5 – Whitetail Woods
Regional Park - TCV

May 18 – ArtAWhirl, NE
Minneapolis, LCW
June 15 – Woodbury
Thrives TCV
October 5 – Annual
Meeting, West St. Paul

LCW-Lake Country Wanderers
763-229-3584

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

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

NOTE! Small time changes for events!

Event times for Saturday events will start at 9 a.m., finish by 4 p.m. except for the February event, which will start at 10 a.m., finish by 4 p.m. Sunday events will also start at 9 a.m., finish by 3 p.m.

Don't Forget to carry water!

NSTT IS NOT SELLING BOTTLED WATER. We'll have water available at the registration area but you should bring along your water container and make sure it's full before taking off on the trail.

