



# TRAILS 'N TRAVELS

## 2021 Walking Events in Minnesota State Parks & Trails



Lake Vermilion Soudan Underground  
Mine State Park. Photo by Donna Seline.

All NSTT events will be held adhering to strict COVID-19 guidelines set out by the state and meeting the required approval by the DNR State Parks and Trails.

If pandemic issues cause future lock downs or closures, our events could be cancelled.

To be added to our email alert list, send your email address to [nsttclub@gmail.com](mailto:nsttclub@gmail.com).

**February 20  
O'Brien Snowshoe**

**May 8  
St. Croix Walk**

**July 17  
Sibley Walk**

**July 18  
Prairie Woods  
ELC Walk**

**September 8-15  
Ely Trip**

**October 30  
MN Valley SRA  
Guided Walk  
and Annual  
Meeting**



In partnership with



**AMERICA'S  
WALKING CLUB**  
ESTABLISHED 1947

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

# 2021 in the state parks with NSTT

We are still working under restrictions of COVID-19 as we go into the 2021 season of walking in Minnesota State Parks. NSTT has a response plan approved by the DNR and it will continue in effect at our events as long as the COVID-19 virus is an issue. Please help us continue our events in the parks by following the proper protocol! See page 7.

We needed to return to selling bottled water in order to eliminate a lot of contact issues with water jugs. And we've set up our food tables to eliminate self serve and all food is handled by NSTT volunteers.

We're sponsoring almost twice as many events this year because of the Ely club trip in September. So you'll get a lot of park walks in if you attend all 11 events!

The **February 20 snowshoe/walk** event at O'Brien will be completely outdoors because park buildings are closed. NSTT has also set a cancellation criteria in the event of extreme weather. A separate flyer will be sent by email.

**May 8** we'll go to St. Croix State Park to do the event we had

planned for last year that was cancelled because of COVID-19.

In July we'll go out to the Willmar area for two events. On **July 17** walk at Sibley State Park and on **July 18**, walk at Prairie Woods Environmental Learning Center nearby. Watch for more details as we get closer to those events.

**September 9-14** NSTT will sponsor its second club trip, this time going to the Ely area. Besides walking at the state parks, we'll include walks at Voyageurs National Park, the Boundary Waters Canoe Area Wilderness and Trezona Trail just outside Ely. More details are on page 6.

Finally we'll close out the year on **October 30** with a guided walk at MN Valley SRA near Jordan. We hope to go back to a guided walk, potluck lunch and all the fun of past annual meeting events.

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 NSTT friends.



## 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.



## NSTT 2021 Board of Directors

<b>Julie Bjorklund</b> 612-868-9065	<b>Wally Swanson</b> 507-362-8760
<b>Peter Cartwright</b> 612-850-4700	<b>Denny Tague</b> 651-303-7280
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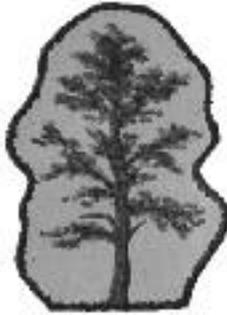
# St. Croix State Park Spring Fun Walk Saturday, May 8

Event ID 118672

**Registration:** Clayton Lake Beach. Register between 9 a.m. and 2 p.m. and finish by 4 p.m.

**Award:** Norway Red Pine leather pin.

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



**Distance:** Sanctioned for 12km.  
#1 The 6km Sand Creek Trail from Clayton Beach has some dirt road walking and a wooded area following a dirt path with some slight hills.  
#2 "Create your own distance" trail follows the paved bike trail from Clayton Beach with markers every KM for an out and back up to 10km. Mostly open with limited shade. Following this trail you get a good idea of the devastation the 2011 strong straight-line winds caused and see the rebirth of a new forest.

#3 Length of the 6km loop depends on river levels. The Two Rivers Trail is a lollipop trail following the Kettle River and St. Croix Rivers through wooded areas with minimum hills and lots of views. If the Two Rivers loop is under water the trail will start at the same location but be out and back following the Kettle River to Big Eddy

Lookout on a dirt trail through a wooded area with some slight hills.

Challenge trail will be to climb the fire tower, which is on the road between Clayton Beach and the High Banks trailhead.

**For info:** go to [nstt.org](http://nstt.org) or call Wayne Heath, 651-249-8886; Wally Swanson, 507-362-8760 For park info call 320-384-6050.

**Directions:** The park is 90 miles north of the Twin Cities, take interstate 35 North to Hinckley, turn east on MN 48 and follow it 15 miles to St. Croix Park Road, turn south to the park entrance road. Park is located in Pine County.



**Lodging:**

**Grand Casino,** Hinckley, 320-384-7771  
**61 Motel,** Sandstone, 320-245-5419  
For **camping in Minnesota State Parks** go to: [reservemn.usedirect.com/MinnesotaWeb/](http://reservemn.usedirect.com/MinnesotaWeb/)

**Don't Forget to carry water!**  
We'll have water for sale at the start/finish but you should also carry water on the trail!



**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. Lunch will be served following COVID-19 guidelines.

**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!**

# Sibley/Prairie Woods Summer Fun Walks

## Sibley State Park Saturday, July 17

Event ID 118673

**Registration:** Cedar Hill Picnic Area. Register between 9 a.m. and 2 p.m., finish by 4 p.m.

**Award:** Blazing Star leather pin.

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



**Distance:** Sanctioned for 17km with three options. 5 km loop some single track hills, grass and dirt trails.

The 7km trail follows the Hiking Club Trail and is mostly single track trail with some steeper hills. To be used as a challenge trail.

5km trail out and back on paved bike path with sand loop at Pondview Interpretive Trail. This trail is suitable for strollers.

**For info:** go to [nstt.org](http://nstt.org) or call Wayne Heath, 651-249-8886 or Peter Cartwright, 612-850-4700. For park info call 320-354-2055.

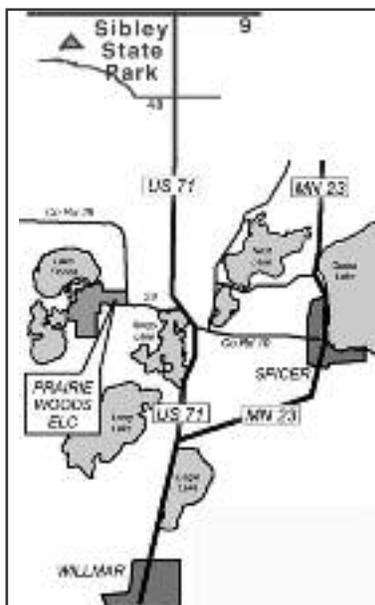
**Directions to the park:** Take US Hwy. 12 west to Willmar. Turn north on US 71. Turn west on Sibley Park Road to the park. Located in Kandiyohi County.

**Special social events:** Walk with a naturalist, if possible depending on COVID-19 restrictions.

## Hobo Soup Supper

Saturday, July 17  
Sibley State Park

Watch for more  
details!



## Prairie Woods Env. Learning Ctr. Sunday, July 18

Event ID 118674

**Registration:** Picnic area by pavilion at the Farmsite. Register between 8 a.m. and 1 p.m., finish by 3 p.m.

**Award:** Log cabin leather pin.

**Cost:** Award, \$8; IVV event book credit, \$3; walk only, \$2.



**Distance:** Sanctioned for 10km. Two 5km loops. One leaves from the picnic area and follows a grass and wooded dirt trail and around a small lake and pond. The second follows a grass and dirt trail through mostly prairie area, a steep hill and around ponds. Strollers okay.

**For info:** go to [nstt.org](http://nstt.org) or call Wayne Heath, 651-249-8886 or Peter Cartwright, 612-850-4700. For park info call 320-354-5894.

**Directions to the park:** 8.4 miles from Sibley State Park. Sibley Park Road east to US 71, south to 122<sup>nd</sup> Ave NE, west which turns into 10 St. NE, west into the park at the park entrance. Park is located in Kandiyohi County.

**Special event info:** There is an 18-person voyagers canoe to rent for a guided trip on Lake Andrew, COVID-19 permitting.

**No vehicle permit needed.**

### Lodging information:

Americinn by Wyndham, 320-231-1962  
Lighthouse at Spicer RV Camp and Motel,  
320-796-2224  
Plus 12 other hotel and motels in the Willmar area.

For camping in Minnesota State Parks go to:  
[reservemn.usedirect.com/MinnesotaWeb/](http://reservemn.usedirect.com/MinnesotaWeb/)

# Ely Area Club Trip Autumn Fun Walks September 8-15

Event ID 118676-118681

## NSTT is taking another club trip in September!

NSTT walkers had such a good time on the NW Corner trip in 2017 they've been asking when we'll do it again. Well, we're doing it again in 2021 and we're going up to the Ely area to walk some challenging trails and have some fun together as a group.

Several trips to the area have been made by the organizing committee, and we think we've got a great trip planned for you! We're going to the Ely area because our newest state park, Lake Vermilion Soudan Underground Mine, will have a new trail open that we can walk to enjoy this newest addition to our state park system.

The trip will be run much like last time, with participants responsible for their own lodging, transportation and food. You will pay a flat registration fee that will cover event registration, a leather banner award and three lunches.

The current plan is to reserve the largest of the new group camps at Lake Vermilion, which has electric hookups for RVs and trailers, as well as flush toilets/hot showers and an enclosed picnic shelter. This will be our "command center" and where most of our folks will probably stay.

Events will start on Thursday, September 9, but you will probably want to come up the day before, as our first event will be at Voyageurs National Park, which is a 1-1/2-2 hour drive from Tower/Ely. The last event will be in the BWCAW on Tuesday, September 15. Again, you will probably want to stay overnight and drive home on Wednesday. Both these parks offer pretty challenging trails, so we put them at either end so those who do have walking issues may choose to skip those two events.

So where are we walking? Take a look!

**September 9 - Voyageurs National Park**, starting from the Kab-Ash Visitors Center. A longer lollipop trail will be for the sure-footed, with two shorter trails available for slower, shorter distance walkers. The area is remote, so box lunches will be available.

**September 10 - Bear Head Lake State Park** will be our first state park walk. Again two trails will be

available with variable degrees of difficulty. We, again, will offer a bag lunch after walking.

**September 11 - Lake Vermilion**, the new addition to the park will be our Saturday walk. Walk out to a beautiful overlook of the lake or go deeper into the park on an old logging road for more views. Plans are for a hobo soup supper in the evening.

**September 12 - Soudan Underground Mine** will be the focus of Sunday's events, with a cage trip to the 27th level for a walking tour of the mining drift (tunnel). After that, continue your walk on surface trails in the park. In the afternoon, we hope to offer a couple of pontoon tours on Lake Vermilion, all dependent on weather and the corona virus. Boat ride will be limited, so register early.

**September 13 - Trezona Trail** by Ely will give you an easy day and an easy walk around an old mining lake. Later we'll drive out to Kawishiwi Falls and in the evening meet at the Boathouse Brewpub for supper.

**September 14 - Boundary Waters Canoe Area** is a water park, so the trails we'll use are actually portage trails for canoeists in the BWCAW. We'll walk in two different areas of the park, each a different degree of difficulty. Groups are limited to nine folks at a time, so you'll be walking in smaller groups there. We're hoping to have lunch at the YMCA Camp du Nord, but if that doesn't happen, we'll have a box lunch.

There will be a digital event booklet with more information coming out later. If you have signed up already, you will get one by email. If you have not signed up, send your email address, phone and name to [info@nstt.org](mailto:info@nstt.org) and we'll put you on the alert list.

Some of the activities will depend on the status of the COVID-19 pandemic, such as the mine tour and pontoon rides. Our walks should not be an issue, since we're outside, though we may have to practice distancing on our trails.

We will have to reserve the Lake Vermilion Group Camp by the end of May, so registrations will be due prior to that ... just so you can start planning on your attendance! It's a busy season so you might want to look for lodging if you aren't a camper. Hope to see you there!

# Minnesota Valley SRA Guided Fun Walk

## Saturday, October 30

Event ID 118675

**Registration:** Trail Center, Lawrence Unit.

**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 group.**

**Award:** Golden Glow flower leather pin.

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

**Distance:** Sanctioned for 10km. One 6km loop will follow the hiking club trail with partial views of the Minnesota River. The second 4km loop will follow the trail to the Minnesota Valley Trail, this will be an out and back. Strollers are not recommended.

**For info:** go to [nstt.org](http://nstt.org) or call Dave Walz, 651-402-5358 or Donna Seline, 612-529-0552.

**Directions to the park:** Take Hwy. 169 to Jordan; at the traffic light, turn north (right) onto Co. Rd. 9, go a couple of blocks to Hwy. 57. Turn south (left) and follow to the park. Distance from the Twin Cities: 45 miles. The park is located in Scott County.



### 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. May be cancelled if COVID-19 is still an issue.*

**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** — 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.

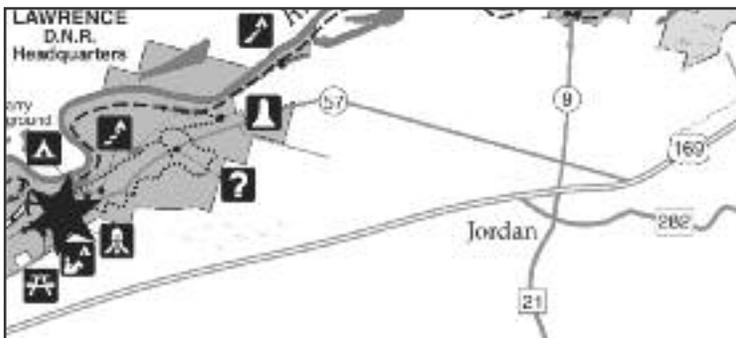
**The Batsouttahell** — This is the fast group who may stop to read a marker or take a picture, but basically are very fast walkers.

***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.***

### 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](http://dnr.state.mn.us/geocaching/index.html). To find other caches in the area visit [geocaching.com](http://geocaching.com).



# NSTT COVID-19 SAFE PRACTICES FOR EVENTS

## Basic Safety Instructions

- If you are sick or don't feel well — **STAY HOME!**
- When using restrooms, wash hands well before and after using, and avoid direct contact with any public surfaces
- We encourage walkers to bring their own disinfectant wipes and hand sanitizer for wiping down surfaces they may touch
- Maintain physical distancing in the registration and food areas, as well as on the trails
- Groups are limited to 25 people, including organizers, so organizers may need to limit "visiting time" at the registration area

## Participant Picnic Area

- All food and utensils will be dispensed by event volunteers with gloves and masks
- All food options will be individually wrapped to minimize contamination
- Tables will have plastic tablecloths which will be sanitized after each group leaves
- Walkers are encouraged to bring lawn chairs to facilitate physical distancing
- You might bring along a chair and TV tray if you want to distance while eating
- Hand sanitizer will be available to use and a supply of gloves will be available

**Be safe! Follow the guidelines so ALL NSTT walkers can be safe!**

**Thank you!**

## Registration Area

- PDF Registration cards supplied electronically to fill out at home and bring along
- Registration cards spread around to tables to eliminate congestion
- Exact change or check to eliminate money handling
- Awards will be individually bagged to minimize handling
- IVV stamp table with hand sanitizer for walkers to self stamp books
- Volunteers working will wear face masks and gloves
- Walkers must be physically distanced when submitting registration cards/payment
- Hand sanitizer will be available around registration area for use
- You are encouraged to bring your own pen if you need to register at the event



IMAGINE IF THERE WAS A MEDICATION THAT REDUCED YOUR CHANCES OF GETTING COVID BY 5X. EVERYONE WOULD WANT THAT MEDICATION.

**WELL, THAT'S WEARING A MASK.**

© @JennyWheGrawing

## Participant Expectations

- **Sick? Stay home!**
- Cover coughs and sneezes
- Wash your hands frequently
- Wear a facemask around registration/food areas if you have no medical reason that you can't
- Avoid touching your face before washing your hands
- Bring your own water/beverage containers

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Address label

## 2021 Awards Banner

**Only \$10**



The awards banner this year is a leather Lady Slipper 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 David Walz,  
 701 Elm St., Farmington, MN 55024**

## 2021 Traditional weekend events in Minnesota

- Jan. 2 – Northtown Mall, LCW
- Feb. 20 – O'Brien/Snowshoe, NSTT
- Apr. 24 – N. St. Paul, TCV
- May 15 – Brooklyn Park, LCW
- May 22 – Brooklyn Center—GirlScout Walk, TCV
- July 25 – Woodbury, TCV
- Aug. 7 – Minneapolis UofM, TCV
- Aug. 27 – Barnesville, LCW
- Aug. 28 – St. Cloud 30th anniversary, CMV
- Sept. 18 – Battle Creek, TCV

Event planning is a bit trickier than it used to be so check clubs' event booklets when they come out for final dates of events for 2021.

**LCW-Lake Country Wanderers**  
 763-229-3584

**CMV-Central Minnesota Volkssports**  
[centralmnvolkssports.wix.com/cmvsports](http://centralmnvolkssports.wix.com/cmvsports)  
 320-252-7348 or 320-293-9441 (cell)

**TCV-Twin Cities Volkssports**  
[tcvwalking.com](http://tcvwalking.com)  
 651-774-9607

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