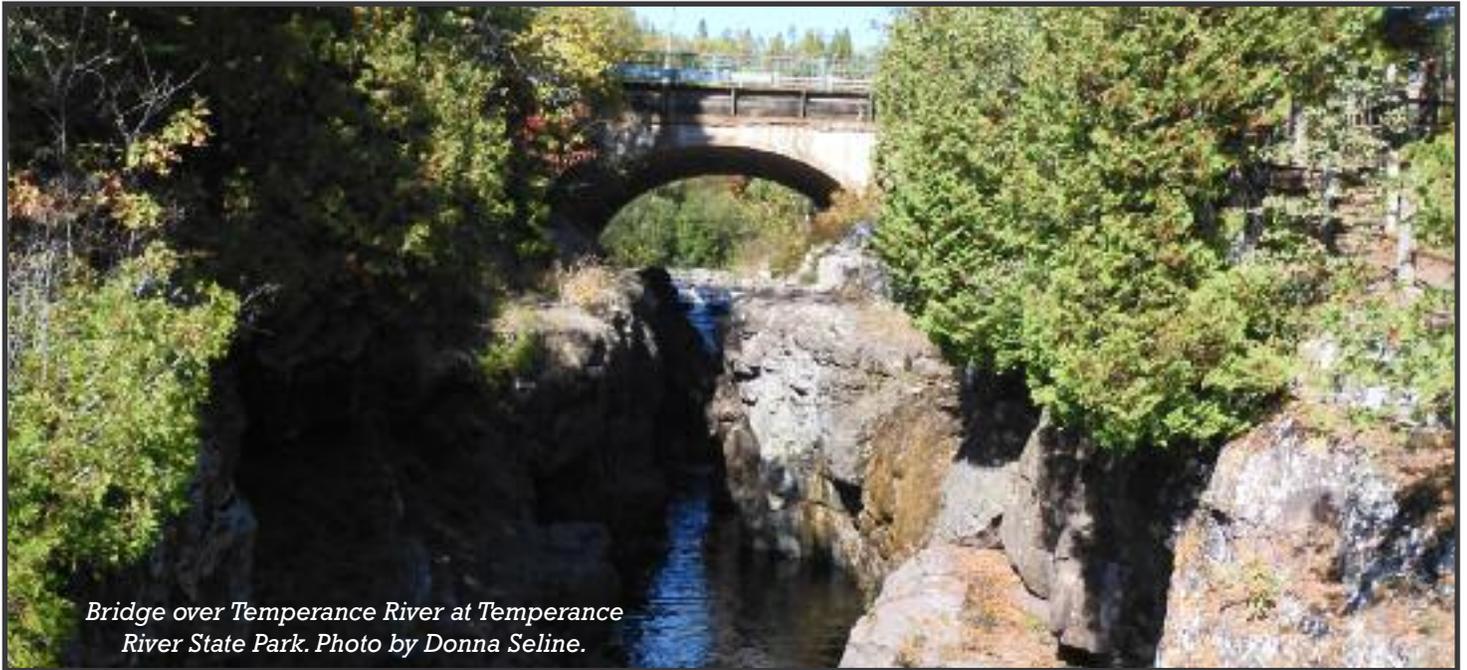




TRAILS IN TRAVELS

2022 Walking Events in Minnesota State Parks & Trails



Bridge over Temperance River at Temperance River 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.

February 12
Nerstrand Snowshoe

May 14
Crosby-Manitou Walk
May 15
Temperance River Walk

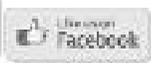
June 25
Glendalough Walk
June 26
Glacial Lakes Walk

August 13
La Salle Lake Walk

August 14
Lake Bemidji Walk

September 17
Jay Cooke Walk
September 18
Savanna Portage Walk

October 29
Afton Guided Walk
and Annual Meeting



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



2022 in the state parks with NSTT and Donna Seline's 50th Anniversary!

Yes! Next year, 2022, will be a big year for NSTT as it sponsors 10 big Volkssport events AND helps Donna celebrate her 50th year of Volkssporting! In honor of that accomplishment, NSTT allowed her to pick out the parks for events this year. And she's lined up a busy year for the club!

We start the year off with a winter snowshoe event on **Saturday, February 12**, at **Nerstrand Big Woods State Park** by Northfield. The park derives its name from the Big Woods, a large, contiguous forested area covering much of southeast Minnesota prior to the arrival of European settlers. The first settlers in 1854, discovered an island of woods in the vast oak savanna prairie which now makes up Nerstrand Big Woods State Park.

In May, the club travels up to the North Shore to walk two state parks, **George Crosby-Manitou on Saturday, May 14**, and **Temperance River on Sunday, May 15**. Rumor has it there may be a celebratory cake for Donna, along with a hobo soup supper that weekend. Crosby-Manitou is one of the most rustic parks in the system and also one of the most challenging for walking! Temperance River State Park lies along Lake Superior and features waterfalls and gorges. Trail scouts have laid out options so folks can walk at their comfort level at either park.

The end of June we'll travel up to **Glendalough State Park on Saturday, June 25**, followed by a **Sunday** event at **Glacial Lakes State Park on June 26**. One of the



last large tracts of undeveloped lakeshore in western Minnesota (9.2 miles) lies within Glendalough State Park. Glacial Lakes is located at a crossroads or transition zone between the original prairie land to the west and the central hardwood forests to the east. Only about 1/10 of one percent of the original Minnesota prairie remains.

August 13-14 brings us north again to the Bemidji area as we walk in a new park. On **Saturday, August 13** we go to **La Salle Lake State Rec. Area** which is Minnesota's newest state recreation area. It offers a great wilderness experience and peaceful getaway amid red and jack pine forests and woodlands. At 221 acres and 213 feet deep, with over 18,600 feet of shoreline, La Salle Lake is one of Minnesota's most pristine and deepest lakes. The **Lake Bemidji State Park** event will be on **Sunday, August 14**. The park contains a mixture of plant communities from the mixed red and white pine uplands to jack pine barrens. The boardwalk leads into a pine bog where visitors can see pitcher plants, insect eating sundews, orchids and other plants.

In September we return to a favorite park on **Saturday, September 17**, to walk at **Jay Cooke State Park**. The famous Swinging Bridge has been replaced four times after flood damage, but it's safe and solid for our walk! On **Sunday, September 18**, we return to **Savanna Portage State Park**. The park contains the historic Savanna Portage Trail that the Dakota and Ojibwe Indians, explorers and voyageurs found a challenge. The trail required a six mile portage across marsh, swamp, and forest which took an average of five days to reach the West Savanna River.

We end our walking season with our annual meeting guided walk on **Saturday, October 29** at **Afton State Park**. Grand oaks and delicate prairie flowers grace the rugged, rolling landscape of this park. Trails traverse remnant and restored prairies, wind down deep ravines and rise up to the grassy ridgetops and bluffs overlooking the scenic St. Croix River. The park is cut by deep ravines which drop 300 feet to the river. The ravines display spectacular outcrops of sandstone and the rugged terrain affords spectacular views of the St. Croix River Valley.

So join with us in walking in our great state parks ... and along the way, give a hand to Donna Seline for sticking with the Volkssport program for 50 years! She loves walking, the state parks and all her walking pals! See you on the trails!

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 2022 Board of Directors

Julie Bjorklund
612-868-9065

Wayne Heath
651-249-8886

Mary Tague
651-303-7281

Peter Cartwright
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Donna Seline
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Linda Valen
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Jim Deye
612-925-3393

Wally Swanson
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Lynne Grigor
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Denny Tague
651-303-7280



Nerstrand Big Woods State Park Winter Fun Snowshoe Saturday, February 12

3

Event ID 121266



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 folks-sport 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.

Registration: Picnic Shelter. Register between 10 a.m.-2 p.m. and finish by 4 p.m.

Award: Red Headed Woodpecker leather pin.

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

Distance: Sanctioned for 7km. Two loops, the first is 3km, out and back on White Oak Trail, around Maple Trail (lollipop). All trails flat, wide, no hills of consequence. The second trail is 4km and goes down a hill to Hidden Falls and then back.

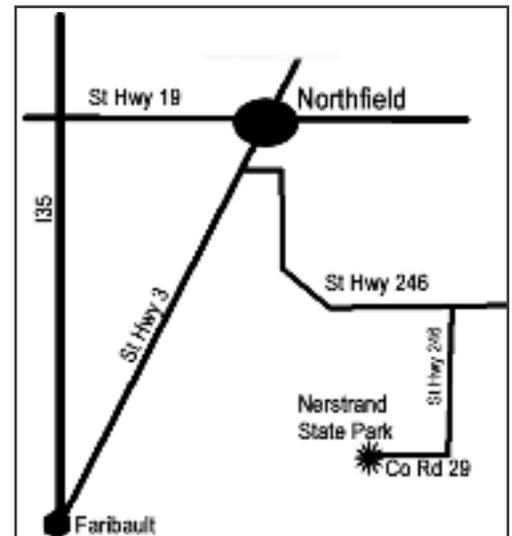
For info: Go to nsth.org or call Peter Cartwright, 612-850-4700, Lynne Grigor, 763-780-4567.

For park info call 507-384-6140.

Directions: 9700 170th St. East, Nerstrand. I35 south to Exit 69; MN19 east into Northfield, right on Division St. (MN246); east and south to CR40, west into park. 50 miles from Twin Cities.

Note: Registration for this event will be outside in the picnic shelter. No indoor facilities will be available, so dress appropriately!

This event will be cancelled if the windchill is below zero! No postpone date has been set.



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Glacial Lakes Walk	5				

4

Crosby-Manitou/Temperance River State Parks Spring Fun Walks

Crosby-Manitou State Park Saturday, May 14

Event ID 121267

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

Award: Canada Jay leather pin.

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



Distance: Sanctioned for 11km with three options. **7km** on Matt Willis and Beaver Bog Trail: hilly, rocky and rooty. Shady with an overlook and a beaver pond. Recommend good boots and a walking stick. **2km** out and back on Yellow Birch Trail: Easier trail but still has some rocky and rooty areas. **2km** around Lake Benson boardwalk: easy flat shady trail on mostly boardwalk with just an occasional step or two.

For info: Go to nstt.org or call Donna Seline, 612-529-0552 or Mary Tague, 651-303-7281. For park info call 218-353-8809 (Tettegouche State Park)

Directions to the park: The park is located on the North Shore near Finland. Take Hwy 61 from Duluth to Hwy 1 to Finland. Or take Hwy 1 from Ely to Finland. At Finland take Lake Co. Rd 7 NE for 8 miles to park entrance. Distance to the Twin Cities, 230 miles. Located in Lake County.

Lodging information:

See page 9 for motel listing.

Temperance campgrounds have 18 electric hookups. Lower campground has no electric.

Crosby has only pack-in sites.

Hobo Soup Supper

Saturday, May 14 - Crosby-Manitou State Park
Watch for more details!

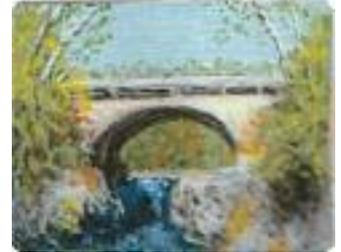
Temperance River State Park Sunday, May 15

Event ID 121268

Registration: picnic area by lower campground. Register between 8 a.m. and 1 p.m., finish by 3 p.m.

Award: Temperance Bridge leather pin.

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



Distance: Sanctioned for 10km. **4km** goes to snowmobile trail then dirt road and return along river on the Superior Hiking Trail. Two short alternate trails for people who shouldn't climb rocks. **6km** trail follows the river to the upper falls, into the woods on grassy hard packed trails, through campgrounds and down to a nice lake view, around campgrounds and across the lagoon bridge. First part of the trail is all on rock, which could be slippery if wet.

For info: Go to nstt.org or call Donna Seline, 612-529-0552 or Mary Tague, 651-303-7281. For park info call 218-353-8809 (Tettegouche State Park).

Directions to the park: Located between Schroeder and Tofte on Highway 61 on the North Shore. The park is 81 miles northeast of Duluth and 235 miles from the Twin Cities. Parking is along Hwy 61. There is no public parking in the park. Registration is 1/4km from Hwy. 61. Distance will be included in walk distance. Located in Cook County.



Glendalough/Glacial Lakes State Parks Summer Fun Walks

5

Glendalough State Park Saturday, June 25

Event ID 121269

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

Award: Pumpkinseed Sunfish leather pin.



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

Distance: Sanctioned for 11km. 5 km goes around Annie Battle Lake. 6 km is the Lake Emma trail up to the Ice Ridge trail and back. Relatively flat trails, good walking.

For info: Go to nstt.org or call Peter Cartwright, 612-850-4700, Wayne Heath, 651-249-8886, Lynne Grigor, 763-780-4567. For park info call 218-261-6900.

Directions to the park: 24869 White-tail Lane, Battle Lake, MN 56515. I-494 west to Exit 77 (MN-78); north to CR-16, east to park. 175 miles to Twin Cities. Park is located in Otter Tail County.



Glacial Lakes State Park Sunday, June 26

Event ID 121270

Registration: Picnic Shelter at group camp. Register between 8 a.m. and 1 p.m., finish by 3 p.m.

Award: Covered wagon leather pin.



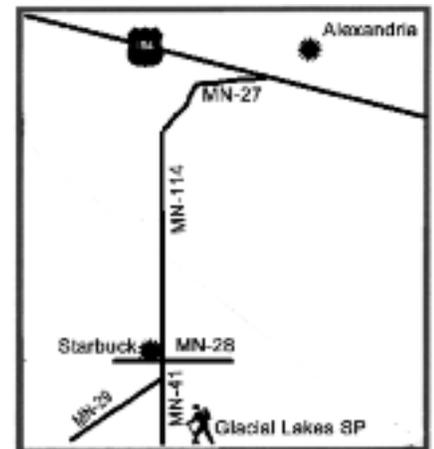
Award: Award, \$8; IVV book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.

Distance: Sanctioned for 10km with a 4km/6km trails. Both shaded and sunny, gentle hills, both dirt and grassy trails. Signalness Lake trail has a hill up to a lookout.

For info: Go to nstt.org or call Peter Cartwright, 612-850-4700, Wayne Heath, 651-249-8886, or Lynne Grigor, 763-780-4567. For park info call 320-239-2860.

Directions to the park: West on I-94 to MN-28 (Exit 127), to Glenwood, south on CR-21 to CR-18, west to CR-41, south to park.

From Glendalough, I-94 to MN-27, to MN-114 south past Starbuck to MN-114 to the park. 150 miles from the Twin Cities. Located in Pope County.



Note: Depending on COVID-19 restrictions, we may be asking people to sign a "contact tracing" sheet at events.

Some campsites (both electric and tenting) will be available at the Glacial Lakes Group Camp at regular camping prices. For more info on how to reserve, contact Wayne at 651-249-8886.

6

La Salle Lake/Lake Bemidji State Parks Summer Fun Walks

La Salle Lake SRA Saturday, August 13

Event ID 121271

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

Award: Walleye leather pin.

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



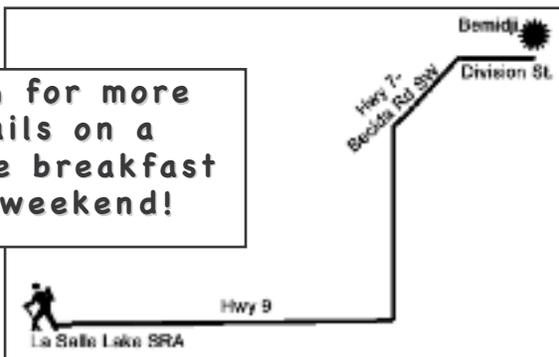
Distance: Sanctioned for 10km. 5km trail follows Hiking Club trail through woods and uphill to highway. There it goes into the scientific and natural area, which is an out and back to an overlook of the Mississippi River. Return through woods and some sunny prairie back to registration. The second trail is a 5km lollipop trail that's rolling hills as well as some flat and grassy spots. Includes a spur to an overlook of the lake.

For info: Go to nstt.org or call Donna, 612-402-5016 or Co, 218-760-7879. For park info call 218-699-7251, c/o Itasca State Park.

Directions to the park: 9887 County 9, Solway, MN 56678. **From Bemidji,** take Division St W to Becida Rd SW, Hwy 7 to Co Hwy 9/County 9 to the park.

From Park Rapids, take Hwy 71 north and continue north on Hwy 200 by Itasca State Park. Turn north at Hwy 2 to Hwy 40 (Great River Road) to park. 225 miles from Twin Cities. Park is located in Hubbard County.

Watch for more details on a pancake breakfast this weekend!



Lake Bemidji State Park Sunday, August 14

Event ID 121272

Registration: Picnic Shelter by lake. Register between 8 a.m. and 1 p.m., finish by 3 p.m.

Award: Paul Bunyan and Babe the Blue Ox leather pin.

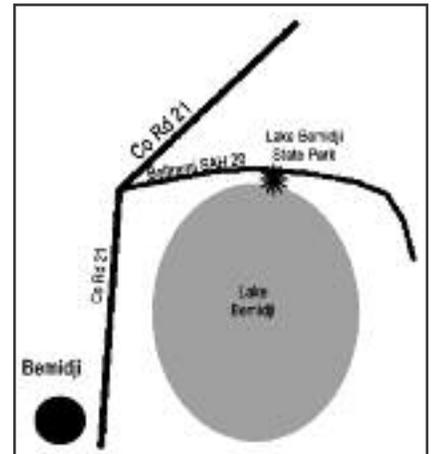
Cost: Award, \$8; IVV book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.



Distance: Sanctioned for 10km. Both 4km/6km trails are shaded and sunny, gentle hills, dirt and grassy trails and boardwalk areas, especially to the bog.

For info: Go to nstt.org or call Donna, 612-402-5016 or Co, 218-760-7879. For park info call 218-308-2390.

Directions to the park: 3401 State Park Rd., Bemidji, MN 56601. Located 1.7 miles off Co. Rd 21, five miles north of Bemidji. Entrance to the park is from Beltrami Co. State Aid Hwy. 20. 225 miles to Twin Cities. Located in Beltrami County.



Did you know you can bike from Bemidji to Park Rapids and from Bemidji to Walker to Crow Wing on paved bike trails?

Lodging: For motels see listing on page 9. Campgrounds are available at La Salle Lake, Lake Bemidji or Itasca State Parks. Reservations open 120 days prior to your reservation dates: go to reservemn.usedirect.com/MinnesotaWeb/

Jay Cooke/Savanna Portage State Parks Fall Fun Walks

7

Jay Cooke State Park Saturday, September 17

Event ID 121273

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

Award: Ruffed Grouse leather pin.

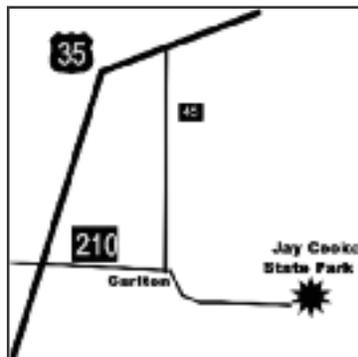
Cost: Award, \$8; IVV event book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.



Distance: Sanctioned for 12km. Two 6km loops with one loop going along Forbay Lake to see how the area has changed since the 2012 flood. The other loop follows the hiking club trail. One loop is fairly flat with a few small rolling hills. The trails are a mixture of paved trails, gravel roadway and grass trails. This trail is suitable for strollers. The other loop is rocky with exposed tree roots with lots of hills. This trail is mostly hard packed dirt and grass.

For info: Go to nstt.org or call Bruce Gravelle, 612-418-4214, Ellie Eskuri, 218-485-4230. For park info call 218-673-7000.

Directions to the park: 780 Hwy 210, Carlton, MN 55718. Take I35 to Carlton MN and then take Hwy 210 East to the park entrance. Distance to Twin Cities is about 140 miles. Park is located in Carlton County.



For lodging options see motel listing on page 9.

Savanna Portage State Park Sunday, September 18

Event ID 121274

Registration: Campsites 62-64 – with the main parking at the boat landing. Register between 8 a.m. and 1 p.m., finish by 3 p.m.

Award: Voyageur canoe paddles leather pin.

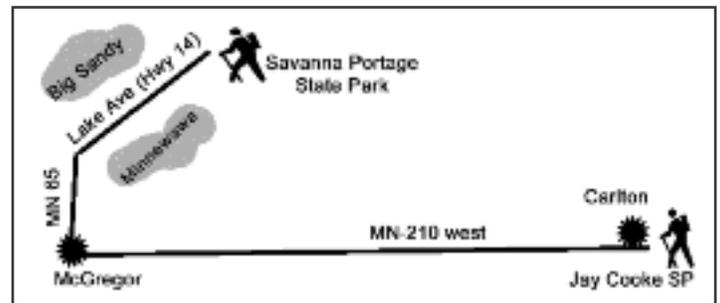
Cost: Award, \$8; IVV book credit, \$3; walk only, \$2. Vehicle permit required, see page 2.



Distance: Sanctioned for 11km. Two loops – a 6km around Lake Shumway and the Interpretive Bog Board walk. The other loop is 5km along the Esker Trail and the Black Spruce Trail with a mixture of dry land and lowlands. Strollers can be used on these trails.

For info: Go to nstt.org or call Bruce Gravelle, 612-418-4214, or Ellie Eskuri, 218-485-4230. For park info call 218-419-1500.

Directions to the park: 55626 Lake Place, McGregor, MN 55760. Take Hwy 65 north, then turn right on Lake Road to the park. From Jay Cooke State Park take Hwy 210 west to McGregor and then take Hwy 65 north to Lake Road to the park (about 60 miles). Park is about 150 miles from the Twin Cities. Park is located in Aitkin County.



Stay tuned for potential evening get together near Savanna State Park.

8

Afton State Park Guided Fall Fun Walk

Saturday, October 29

Event ID 121275

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 group.

Award: Eastern Meadowlark leather pin.

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



Distance: Sanctioned for 10km. **6km:** south from visitor center along grassy ski trail to flat hiking trail to

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.

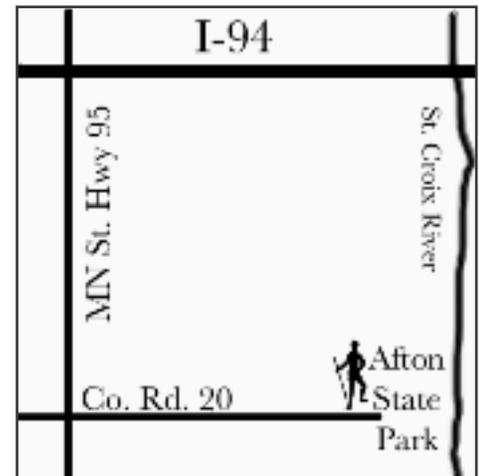
South Camp area and shelter, then down a wide rocky trail to St. Croix River, along paved trail, then steps up or paved trail back up to Visitor Center. Hiking poles helpful.

4km: north along Hiking Club Trail past picnic area and overlook, then south along wide trail adjacent to ski area and back to Visitor Center. Trail is gently rolling. Hiking poles helpful uphill.

4km flat trail for Shufflers only: a flat trail south adjacent to beginning portion of 6km trail, upland only, with a lollipop trail to campground area and back to visitor center.

For info: Go to nstt.org or call Julie Bjorklund, 612-868-9065 or Wayne Heath, 651-249-8886. Park telephone: 651-201-6780.

Directions to the park: 6959 Peller Ave S., Hastings, MN 55033. From St. Paul: east 9 miles on I94 to Manning Ave (MN 95), south 7 miles to 70th St. S, east 3 miles to park. Approx 22 miles from downtown St. Paul. Located in Washington 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.

Event Lodging

9

Just in case you're not a camper and need a place to rest your weary bones over a Folkswalk weekend, here are some local motels or resorts you might consider staying at. We have not researched them other than their location and contact info — the rest is up to you! This is not meant to be a complete listing and if these don't meet your needs, go online and google "lodging in [town name]" and you'll get all sorts of suggestions.

If you camp and plan to stay at a state park we're visiting, we encourage you to **RESERVE EARLY!**

Lake Superior/North Shore Events

AmericInn Lodge & Suites
of Silver Bay by Wyndham
218-226-4300

Fenstad's Resort
Silver Bay, 218-226-4724

Little Marais Lakeside Cabins
Silver Bay, 218-226-3456

Mariner Motel
Silver Bay, 218-226-4488

Americinn of Tofte –
Lodge & Suites
800-634-3444

Lamb's Resort
Schroeder, 218-663-7292

Superior Ridge Resort-Motel
Schroeder, 800-782-1776

Bluefin Bay On Lake Superior
Tofte, 800-258-3346

Sugar Beach Resort
Tofte, 218-663-7595

Cobblestone Cabins
Tofte, 218-663-7957



Bemidji Events (Park Rapids)

Hampton Inn & Suites
Bemidji, 218-751-3600

Best Western Bemidji Inn
218-751-0390

AmericInn by Wyndham -
Bemidji
218-751-3000

Country Inn & Suites
By Radisson
Bemidji, 218-441-4800

Ruttger's Birchmont Lodge
Bemidji, 218-444-3463

AmericInn Lodge & Suites
Park Rapids, 218-732-1234

Super 8 Motel
Park Rapids, 218-732-9704

Historic Douglas Lodge
(Itasca State Park)
218-699-7227

C'mon Inn Hotel & Suites
Park Rapids, 218-732-1471

Glendalough/Glacial Lakes Events

Battle Lake Inn & Suites
218-862-2500

The Lodge on Otter Tail Lake
218-495-2468

Hideaway at Xanadu
218-864-8096

Bonnie Beach Resort
218-854-5534

Jay Cooke/Savanna Portage Events

Black Bear Casino, 888-771-0777

First American Hotel & Suites,
218-384-3535

AmericaInn Lodge, 218-879-1231

Country Meadows Inn –
McGregor, 218-768-7378

Big Sandy Lodge & Resort
218-426-5040

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

**Reserve early! Camping sites fill up fast,
especially for the North Shore!**

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 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 NSTT walkers can ALL be safe!

Thank you!

Registration Area

- PDF Registration cards supplied electronically to fill out at home
- 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



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

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. Meals will be served following COVID-19 guidelines.



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.



Don't Forget to carry 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. Some of our trails this year are very challenging, so don't get caught without water!



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!

NSTT ... by the numbers

28,574 total # of participants in state park events 1989-Oct. 2021	total # of participants in state park events 1998-Oct. 2021 (NSTT) 10,589	35 # of NSTT member units (2021)	51 # of NSTT individual members	62 # of parks that have hosted folkssport events since 1989
382 total # of folkssport events in state parks 1989-2021		14,285.57 \$ donated to parks by walkers and NSTT since 2005	7 # of parks without enough trails for an event	
224 # of DNR events in state parks 1989-1997	158 # of NSTT events in state parks since 1998	12 most # of events held - 3-way tie: Frontenac, Nerstrand and O'Brien		

NorthStar Trail Travelers
3951 Russell Avenue North
Minneapolis, MN 55412

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2022 Awards Banner

Only \$12

The awards banner this year is a leather German walking stick 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 _____

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**Make checks payable to NSTT and mail to:
NSTT, c/o 2085 Lamplight Circle,
Woodbury, MN 55125**

2022 Traditional weekend events in Minnesota

- Jan. 1 – Northtown Mall, LCW
- Mar. 5 – Maplewood Mall Walk, LCW
- Mar. 12 – St. Paul Skyway, TCV
- April 30 – Shoreview Snail Lake Walk, TCV
- May 21 – Minnesota River Trails, TCV
- June 11 – Mississippi Gateway Reg. Park, LCW
- July 24 – Woodbury Thrives, TCV
- Sept. 10 – Battle Creek Reg. Park, TCV
- Oct. 8 – Isaac Walton, TCV
- Nov. 5 – Vadnais Lake, 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 2022.*

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!***