



TRAILS IN TRAVELS

2025 Walking Events in Minnesota State Parks & Trails

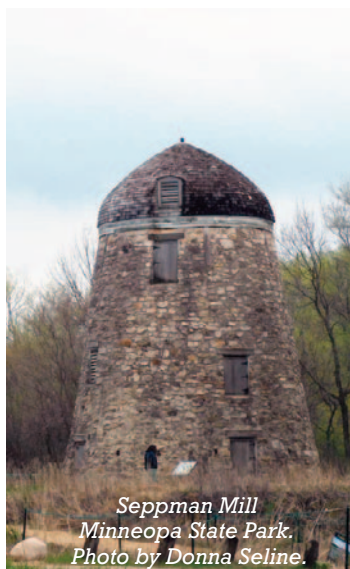


*Wolf Creek Falls, Banning State Park.
Photo by Donna Seline.*

February 8
Browns Creek
Snowshoe
Postpone date:
February 22

May 17
Myre Big Island Walk-1
May 18
Myre Big Island Walk-2

July 26
Moose Lake Walk



*Seppman Mill
Minneopa State Park.
Photo by Donna Seline.*

July 27
Banning Walk

September 27
Flandrau Walk
September 28
Minneopa Walk

October 25
Fort Snelling/Historic Fort Snelling
Guided Walk and Annual Meeting

In partnership with



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



This year NorthStar Trail Travelers will be sponsoring eight week-end events throughout 2025 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 on **Brown's Creek Trail** in Stillwater. This event will be held on **Saturday, February 8**. Bring along your snowshoes if you have them, borrow a set from Afton supply, or wear your winter boots to check out the trail in winter!

In May we'll spend the weekend at **Myre Big Island State Park** near Albert Lea. On **May 17-18** we'll do two different one-day events at the park, one on Saturday and one on Sunday. Join us at the state park that held Volkssport events before the DNR or NSTT!

On **July 26-27**, we'll go up to **Moose Lake State Park** for a one day event on Saturday, and to **Banning State Park** on Sunday. We haven't been to either park for many years, so it will be nice to go back and visit these scenic parks. Check out the agate display at Moose Lake and take a walk to Wolf Creek Falls at Banning.



*Pelicans at Myre Big Island State Park.
Photo by Donna Seline.*

In September we'll head south to **Flandrau State Park** in New Ulm and **Minneopa State Park** near Mankato, on **September 27-28**. We'll be close to a brewery in New Ulm and see (hopefully!) a herd of bison at Minneopa. A hobo soup supper is planned for Saturday night at Minneopa.

Our **annual meeting/guided walk** will be on **Saturday, October 25** where we'll register and start from **Fort Snelling State Park** with part of the walk going up the bluff to **Historic Fort Snelling** to see the newly renovated historic area. A second loop will stay in the park. Plan to stay for our potluck lunch and annual meeting, including board elections and door prizes!

Let's make a big attempt to bring new walkers to our fun events in Minnesota's great state parks!



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.



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Brown's Creek Trail Winter Fun Snowshoe/Walk

Saturday, February 8

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Event ID 129169

Registration: Gasthaus Bavarian Hunter, Stillwater. Register between 10 a.m. and 1 p.m. and finish by 3 p.m.

Award: Beer stein leather pin.

Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4.

Distance: Sanctioned for 6km out and back to Duluth Junction (Gateway Trail) with signs for early turn around. Additional 4km available walking the opposite direction to Coldwater Stop and back. Mostly flat on paved trail; horse trail is hard packed dirt and has some minor hills.

For info: Go to nstt.org or call Donna, 612-529-0552 or Lynne, 763-780-4567.

Directions: The Gasthaus Bavarian Hunter is located at 8390 Lofton Ave, Stillwater. It is three miles north of Hwy. 36, off Hwy. 15 (Manning Ave.). Turn west on



McKusick Rd. and take the first left to the restaurant.

Afton State Park will have snowshoes available for those wanting to try out snowshoeing, or bring your own, or walk in your winter boots!

This event will be postponed in case of inclement weather. Postpone date is February 22. Watch for email alert and the NSTT website for postpone info.

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!

Lunch Note! Gasthaus Bavarian Hunter will be providing a discounted lunch for walkers. Purchase a coupon at registration for \$14 (value \$15), turn that in at the bar and they'll cook up your lunch! NSTT will receive a discount on payment to the Gasthaus with your purchase! Watch for further details.

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Myre Big Island State Park Spring Fun Walks

Myre Big Island State Park - 1 Saturday, May 17

Event ID 129170

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

Award: Whitetail deer leather pin.

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

Distance: The event is sanctioned for 11K (6.2 miles) made up of a 5k and a 6k loop. Trails are a well-maintained mix of grassland and woodland. Includes Bur Oak and White Fox Trails on one loop and Great Marsh Trail and Prairie View Trail on other loop. Okay for outdoor strollers.



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.



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.



Myre Big Island State Park - 2 Sunday, May 18

Event ID 129171

Registration: Big Island Picnic shelter. Register between 9 a.m. and noon, finish by 3 p.m.

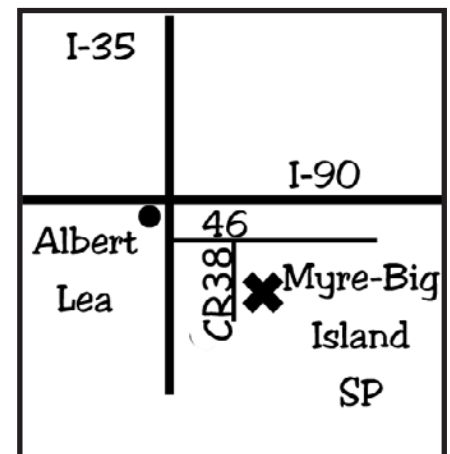
Award: White pelican leather pin.

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

Distance: The event is sanctioned for 10K (6.2 miles) made up of 4k to 6k loops. Trails are a well-maintained mix of grassland and woodland. Includes Big Island Trail and Cormorant Trail on one loop and Great Marsh Trail and Oak Hill Trail on the other loop. Okay for outdoor strollers.

For info: Go to nstt.org or call Jim, 507-320-0967 or Wally, 507-380-4106. For park info call 507-668-7060.

Directions to the park: 19499 780th Ave., Albert Lea. Take I35 south to Albert Lea, exit County Rd 46 east, then south on 780th Ave. (Co. Rd. 38). Approx. 97 miles from the Twin Cities.



Lodging: Albert Lea has a number of motels available for you including Country Inn & Suites, Best Western Plus and Holiday Inn Express & Suites. Find your bed by googling online!

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

Reserve early! Campsites fill up fast!

Moose Lake/Banning State Parks Summer Fun Walks

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Moose Lake State Park Saturday, July 26

Event ID 129172

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

Award: Agate 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 either easy and grassy or packed gravel. The Rolling Hills trail is just that and the Echo Lake trail has one steeper hill. Okay for outdoor strollers.

For info: Go to nstt.org or call Ellie, 218-565-0508, or Mary, 218-340-0548. For park info 218-460-7001.

Directions to the park: 4252 County Rd 137, Moose Lake, MN 55767. The park is approximately 120 miles north of the Twin Cities. Take exit 214 on I35W to MN-73 toward Moose Lake. At stop sign turn right on Co Rd 137. In .4 miles turn right into the park.



Other info: Canoes, kayaks and row boats are available to rent at Moose Lake boat launch and pier. The Agate and Geological Center (in the park) has interesting displays. Munger Trail is nearby.

Camping information: If camping, recommend camping at Moose Lake State Park, sites 12-18e, as the showers will be under construction in Banning.



Banning State Park Sunday, July 27

Event ID 129173

Registration: Picnic area by parking lot. Register after 9 a.m. and finish by 3 p.m.

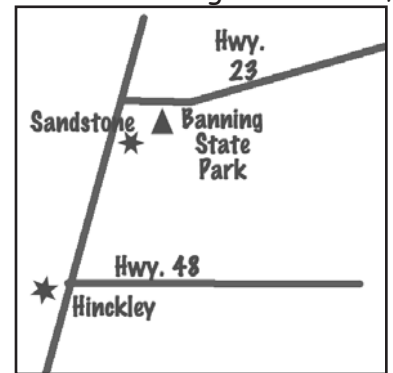
Award: Kayaker leather pin.

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

Distance: Sanctioned for 12km with choice of 6km, 5km or 1km. Trail to Wolf Creek Falls is mowed grass until the last few hundred feet through big rocks. Quarry Loop trail is gravel and grass except for out and back to Blueberry slide, which has steps, rocks and roots. Strollers are okay on all but the last part to the falls and to Blueberry Slide.

For info: Ellie, 218-565-0508, or Mary, 218-340-0548. For park info call 320-216-3910.

Directions to the park: 61101 Banning Park Road, Sandstone, MN. Take exit 195 on I35W to MN-23 E toward MN-18 E/Finlayson Askov. At stop sign turn right .3 mile turn right into the park. Approximately 100 miles north of the Cities. Located in Pine County.



Lodging information:

Hanging Horn Lakeside Resort
3676 Music Camp Rd., Moose Lake
218-382-0075

Americas Quality Inn & Suites
60671 MN-23, Finlayson — 320-245-5284

Sandstone 61 Motel
1409 Hwy 23, Sandstone — 320-245-5419



Flandrau/Minneopa State Park Fall Fun Walks

Flandrau State Park Saturday, September 27

Event ID 129174

Registration: Beach House. Register between 9 a.m. and 2 p.m., finish by 4 p.m.

Award: Rusty-patched Bumble Bee leather pin.

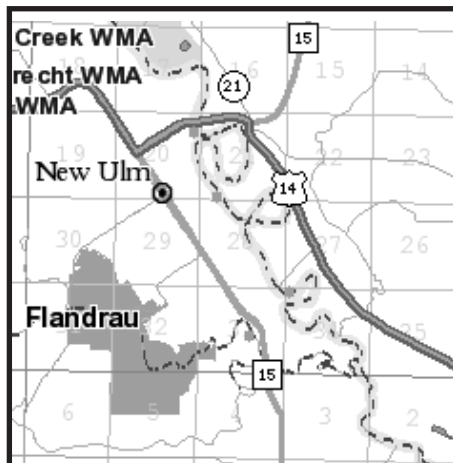
Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.



Distance: Sanctioned for 10km, 2 5km loops. The Red trail is more challenging with several hills, and a 75-step stairway. This trail follows the Cottonwood River where you will see an area that was washed out by recent high flood waters. Mostly dirt trails with rocks and roots. The Blue trail goes through woods and across a prairie area. Some gentle hills. Dirt and grass covered trails. Strollers can be used on this trail.

For info: Go to nstt.org or call Peter, 612-850-4700. For park info call 507-233-1260.

Directions to the park: 1300 Summit Ave, New Ulm, MN 56073. 100 miles south of Twin Cities via US 169. The park is located adjacent to and partially within the city of New Ulm, several blocks southwest of State Hwy. 15 and two miles south of U.S. Hwy. 14. Located in Brown County.



Lodging information: Both parks have campgrounds (electric/non-electric) including camper cabins. Make reservations through DNR reservation line. Numerous hotels/motels in both Mankato and New Ulm, B&Bs, VRBO, and AIRBNB.

Minneopa State Park Sunday, September 28

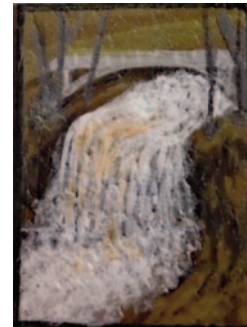
Event ID 129175

Registration: Bison Enclosure Picnic Area. Register between 9 a.m. and noon, finish by 3 p.m.

Award: Minneopa waterfalls leather pin.

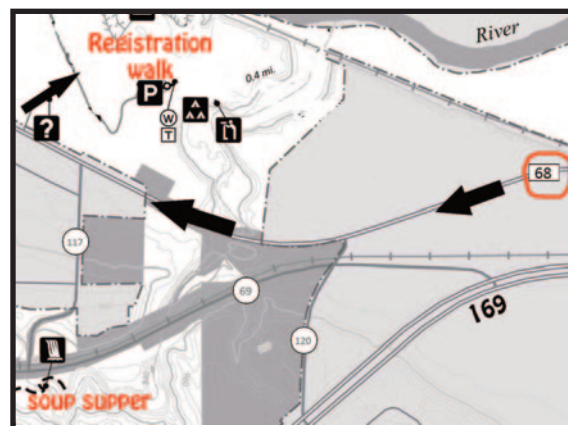
Cost: Award, \$9; IVV event book credit, \$4; walk only, \$4. Vehicle permit required, see page 2.

Distance: Sanctioned for 10km. Both trails are out and back and fairly flat. The 6km on left side of bison enclosure is mainly grass and hill up to historic Seppmann Mill. The 5km trail on right side of enclosure goes along Minnesota River, mainly dirt. Option to walk completely around the enclosure for 8km. The Minneopa Creek Confluence with the Minnesota River is a short 1.5km trail that includes an uphill/downhill component. **Note:** It is possible to drive through the bison enclosure but you must stay in the car.



For info: Go to nstt.org or call Peter, 612-850-4700. For park info call 507-386-3913

Directions to the park: 85 miles from Twin Cities on US 169. From Mankato, west on Hwys 60/169 approximately 2 miles, then west on County Highway 68. Located in Blue Earth County.



Hobo Soup Supper
Saturday, September 27 - Minneopa State Park
Watch for more details!

Fort Snelling State Park/Historic Fort Snelling Guided Walk, Annual Meeting & Potluck Saturday, October 25

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Event ID 129176

Registration: Register at the Thomas C. Savage Visitor Center starting at 9:30 a.m. 10km group will leave at 10 am.; Fort group and Park group will leave at 10:30 a.m. Naturalist group will leave at 11 a.m. 5km groups should register before 10:15 a.m. Watch for further details closer to event.

Award: Whiskey, the Army horse, leather pin.

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

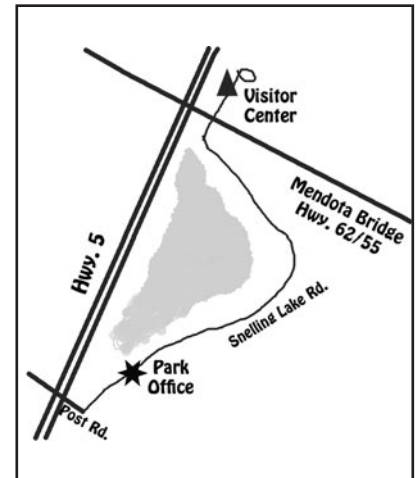
Distance: Sanctioned for 10km, made up of two 5km loops. One 5km loop up the steps to Historic Fort Snelling and the Chapel, down the hilly road to the river and to the old landing on the river, back along the Minnesota River to the Visitor Center. The other 5km loop will stay in the park,



over to the landing, the first loop on Pike Island and back along the Minnesota River and up the Berglund Trail to the steps and back to Visitor Center. Park naturalist, Kao Thao, will lead a 1 to 1-1/2 mile naturalist walk to the Minnesota River and over to Snelling Lake leaving at 11 a.m., which will not have any hills.

For info: Go to nsth.org or call Donna, 612-529-0552 or Lynne, 763-780-4567. For park info 612-279-3550.

Directions to the park: Ft. Snelling State Park is across the freeway from the MSP airport. Take the Post Rd. exit from MN 5 and follow the signs.



10km group — This group will start at 10 a.m. and will walk both loops, returning to the Visitor Center.

5km Historic Fort group — This group will walk just the Historic Fort loop described above, returning to the Visitor Center.

5km Park group — This group will stay in the park, will go to Pike Island and avoid the hardest of the hills/steps.

Naturalist group — This group will walk with Naturalist Kao Thao to the backwater of the Minnesota River, fishing pier and Snelling Lake and back to the Visitor Center.

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!

NSTT provides the paper products and eating utensils.

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

Reserve early! Campsites fill up fast!

NorthStar Trail Travelers
3951 Russell Avenue North
Minneapolis, MN 55412

Seal

Seal



Address label

Seal

Only \$12

2025 Awards Banner

This year's award banner to attach your awards to is the Historic Fort Snelling Tower. Don't let your awards lie in a drawer unappreciated for what they represent — your participation in our great walking events!



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*

Other Traditional weekend events

January 4, LCW, Northtown Mall
July 13, TCV, Woodbury Thrives, Edgewater Park,
September 13, TCV, St. Croix River, Canoe

TCV is doing meetup walks instead of Traditional walks.
The meetup walks are run as Traditional walks but they are using their Year Round and Seasonal events. Here are meetup event dates.

April 5, Lebanon Hills
June 14, St. Paul Capitol, Deutsch Tage
June 28, Whitetail Woods
August 13, Lake City
August 16, Normandale Japanese Garden
September 20, Delano, Oktoberfest
October 18, West St. Paul, Annual Meeting
November 28, Bertram Chain of Lakes, Black Friday

LCW-Lake Country Wanderers
763-229-3584

TCV-Twin Cities Volkssports
tcvwalking.com • 651-249-8886

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