

Try Twin Cities Area Cross-Country Ski and Hiking Sites



hiking poles



Nordic Skiing...

It's one of the reasons why Scandinavians are so healthy and fit throughout life... and, you can be too! Try a new sport!

"If you only had 30 minutes per day to exercise, the best exercise would be X-C skiing."

Dr. Dan Halvorsen

For Q/A/assistance with your exercise program please contact us at:



KOHL'S POWER³™
Exercise Medicine Clinic®

Garden View Medical Building
347 N. Smith Ave., Suite 1001
St. Paul, MN 55102
(651) 220-6013

For more information on trail conditions, ski passes, and location - go to:

<http://www.skinnyski.com>,
<http://www.dnr.state.mn.us/skiing>,
<http://www.threeriversparkdistrict.org>

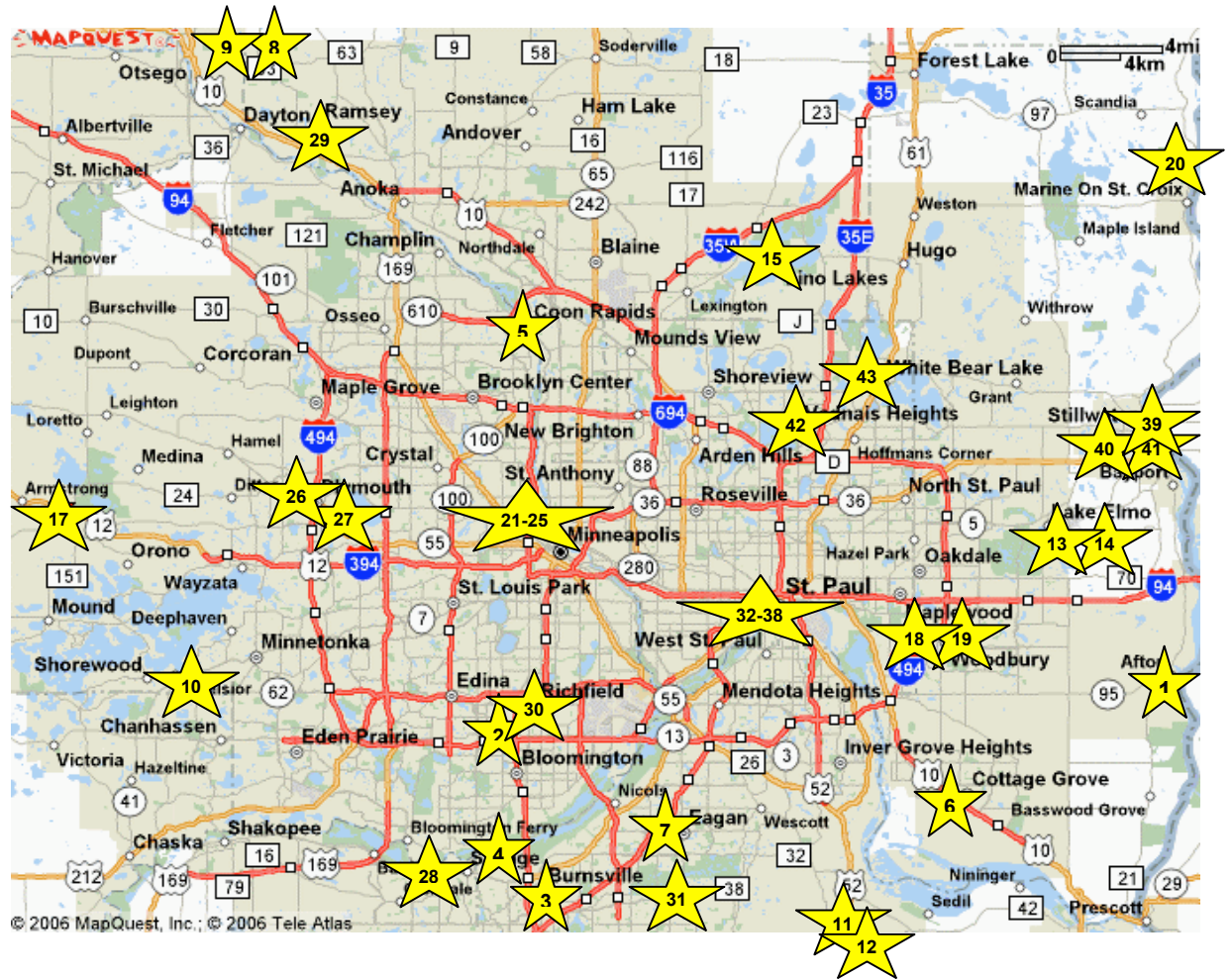
Benefits of Cross-country skiing

► It is a balance sport that develops your coordination without high risk of serious injury; it is a great cardiovascular workout; it is a low impact sport and therefore does not put undue stress on your joints.

► Cross-country skiing burns more calories per hour than most other sports. In fact you can burn 5-20 Calories/minute.

► Cross-country skiing allows you to enjoy the winter and fresh air without getting cold. It is a refreshing activity that helps clear your head and have a better day.

| Name of course | Location | Phone number |
|---|------------------------|--------------|
| 1. *Afton State Park | Afton | 651-436-5391 |
| 2. *Hyland Lake Park Reserve (lighted) | Bloomington | 763-694-7687 |
| 3. *Terrace Oaks Park | Burnsville | 952-895-4500 |
| 4. *Murphy-Hanrehan Park Reserve | Burnsville/Savage | |
| 5. *Bunker Hills Regional Park | Coon Rapids | 763-757-3920 |
| 6. *Cottage Grove Ravine Regional Park | Cottage Grove | 651-430-8240 |
| 7. *Lebanon Hills Regional Park | Eagan | 651-438-4671 |
| 8. *Otsego Park | Elk River | 763-682-7693 |
| 9. *Woodland Trails | Elk River | |
| 10. *Carver Park Reserve | Excelsior/Victoria | 952-446-1801 |
| 11. *Spring Lake Park Reserve | Hastings | 651-438-4671 |
| 12. *St. Croix Bluffs Regional Park | Hastings | 651-430-8240 |
| 13. *Lake Elmo Park Reserve | Lake Elmo | 651-430-8370 |
| 14. *Sunfish Lake Park | Lake Elmo | 651-777-5510 |
| 15. Chomonix Golf Course | Lino Lakes/Centerville | |
| 16. *Elm Creek Park Reserve (lighted) | Maple Grove | 763-694-7894 |
| 17. *Baker Park Reserve | Maple Plain | 763-694-7660 |
| 18. *Battle Creek Regional Park - Upper Afton | Maplewood | 651-748-2500 |
| 19. *Battle Creek Regional Park - Winthrop Street | Maplewood | 651-748-2500 |
| 20. *William O'Brien State Park | Marine on St. Croix | 651-433-0500 |
| 21. City of Lakes Loppet Trail | Minneapolis | 612-715-1479 |
| 22. Columbia Golf Course | Minneapolis | 612-789-2627 |
| 23. Francis Gross Golf Course | Minneapolis | 612-789-2542 |
| 24. Hiawatha Golf Course | Minneapolis | 612-724-7715 |
| 25. *Theodore Wirth Regional Park | Minneapolis | 763-522-4584 |
| 26. *Eagle Lake Regional Park | Plymouth | 763-694-7695 |
| 27. *French Regional Park (lighted) | Plymouth | 763-694-7750 |
| 28. *Cleary Lake Regional Park (lighted) | Prior Lake | 952-447-2171 |
| 29. *Rum River Central Regional Park | Ramsey | 763-757-3920 |
| 30. *Wood Lake Nature Center | Richfield | 612-861-9365 |
| 31. *Lone Rock Trail | Rosemount | 651-423-2455 |
| 32. *Como Regional Park and Golf Course | Saint Paul | 651-488-9673 |
| 33. *Fort Snelling State Park | Saint Paul | 612-725-2390 |
| 34. Highland 9-hole Golf Course | Saint Paul | |
| 35. *Lilydale Park | Saint Paul | 651-266-6400 |
| 36. *Phalen Regional Park and Golf Course | Saint Paul | 651-266-6445 |
| 37. *Tamarack Nature Center | Saint Paul | 651-748-2500 |
| 38. *Snail/Grass Regional Park | Saint Paul | 651-748-2500 |
| 39. *Brown's Creek | Stillwater | |
| 40. *Pine Point Park | Stillwater | 651-772-7935 |
| 41. *Gateway State Trail | Stillwater | |
| 42. *Vadnais/Sucker Regional Park | Vadnais Heights | |
| 43. Manitou Ridge Golf Course | White Bear Lake | 651-748-2500 |



There is a X-C ski area 15-20 minutes from every house in the Twin Cities. Some are in your "backyard!"



* Has both skiing and hiking trails