

JULY-AUGUST-SEPTEMBER

Trekking is good exercise and the trails are a great place to walk on outdoors. Trekking is good for the heart and lungs. Social visits with like-minded friends go hand in hand as a great way to spent time in the summer. Come join us!

JULY

7th-MSU Trails—park in lot #1 on Ellis Str. At the top of Stadium Hill
14th-Weigel Park (by Mt. Kato on Hwy #1(old 66)
21st-Rasmussen Woods
28th-7 Mile Creek

AUGUST

4th-Riverfront Park Trail-going South
11th-Lime Valley
18th-Arborarium in St. Peter. parking lot by the **Prairie Trail**
25th-Hiniker Pond, walk around Spring Lake Park

SEPTEMBER

1st-Sakata St. Trail—off Hwy 86 by Eagle Lake
8th-Sibley Park, park by the animals and the playground
15th-Williams Nature Center
22rd-Indian Lake Park
29th-Kiwanis Dog Park—lower park

We meet at 10 a.m. At each site, and we walk for ONE hr. The time just flies by. See you on the trails!