

Places to Walk in the Twin Cities Area

*Note: All distances and step counts listed are approximate.

Burnsville Center (952) 435-8182

915 County Road 42

Burnsville, MN 55306

9:30 – 10:30 Tuesdays: Welcome mothers for “Roll & Stroll”

Doors open:

7 a.m. to 9 p.m. Monday - Friday

8 a.m. to 8 p.m. Saturday

8:30 a.m. to 6 p.m. Sunday

1 lap = ½ mile = 1000 steps

Calhoun Square (612) 824-1240

3001 Hennepin Ave. S., Ste 301A

Minneapolis, MN 55408

Doors open:

7 a.m. to 2 a.m. Monday – Sunday

3 laps = ½ mile = 1000 steps

El Rio Vista Recreation Center (Wellstone Community Center) (651) 789-2500

179 E Robie Street

St. Paul, MN 55107

Walking track open:

2 p.m. to 9 p.m. Monday – Thursday

2 p.m. to 8 p.m. Friday

Eden Prairie Center (952) 941-7650

8251 Flying Cloud Drive

Eden Prairie, MN 55344

Doors open:

6 a.m. to 9 p.m. Monday – Sunday

1 lap on 1st level = 2/3 mile = 1350 steps

1 lap on 2nd level = ½ mile = 1000 steps

Excel Energy Center (651) 265-4800

175 Kellogg Blvd. W

St. Paul, MN 55102

Open for walking on the Club Level until April 25th.

Hours: 11 a.m. to 2 p.m. Tuesday - Thursday

Har Mar Mall (651) 631-0340

2100 Snelling Ave N

Saint Paul, MN 55113

Doors open:

7 a.m. to 9 p.m. Monday – Friday

7 a.m. to 6 p.m. Saturday

9 a.m. to 5 p.m. Sunday

1 lap = 1 mile = 2000 steps

Hubert Humphrey Metrodome (952) 927-0983

Dome Running or Walking - 2 1/2 laps around the concourse equals a mile.

Minnesota Distance Running Assoc. <http://www.runmdra.org/>

Costs \$1.00. Free parking in the upper Dome lot. Enter gate D.

Knollwood Mall (952) 933-8041

8332 Highway 7

St. Louis Park, MN 55426

Doors open:

7 a.m. to 9 p.m. Monday – Friday

7 a.m. to 6 p.m. Saturday

7 a.m. to 5 p.m. Sunday

3 laps = 1 mile = 2000 steps

Mall of America (612) 866-0850

I-494 and Highway 77

8100 24th Avenue South

Bloomington, MN 55425

Doors open to the Mall of America:

7 a.m. - 9:30 p.m. Monday – Sunday

walkingatthemall@gmail.com

1 lap on any level = 1/2 mile = 1000 steps

Maplewood Mall (651) 770-3862

CR-65 and Beam Ave.

St. Paul, MN 55109

Doors open:

8 a.m. to 9 p.m. Monday - Friday

8 a.m. to 8 p.m. Saturday

9 a.m. to 6 p.m. Sunday

1 lap (either level) = 1/2 mile = 1000 steps

Margaret Recreation Center (651) 298-5719

1109 Margaret Street

St. Paul, MN 55106

Group walks Tuesdays from 5 p.m. to 6:00 p.m.

Minneapolis Skywalkers

Walk the Minneapolis Skyway.

Map available at <http://www.minneapolis.org/media/document/1/amskyways.pdf>

Doors open: *These times may vary from building to building.

6:30 a.m. to 10 p.m. Monday - Friday

9:30 a.m. to 8 p.m. Saturday

12 p.m. to 6 p.m. Sunday

The Minnesota Walking Meetup

Walking groups in Minneapolis (and other locations) that schedule group walking.

Go on-line to sign up for free and start walking

<http://www.meetup.com/walkers-575/>

Northtown Mall (763) 786-9704

398 Northtown Dr.

Blaine, MN 55434

Doors open:

7:30 a.m. to 9 p.m. Monday – Friday

9:30 a.m. to 8 p.m. Saturday

10 a.m. to 6 p.m. Sunday

1 lap = 1 mile = 2000 steps

Ridgedale (952) 541-4864

12401 Wayzata Blvd.

Minnetonka, Minnesota 55305

Doors open:

7 a.m. to 9 p.m. Monday - Friday

7 a.m. to 9 p.m. Saturday

9 a.m. to 6 p.m. Sunday

2.5 laps = 1 mile = 2000 steps

Rochester Apache Mall (507)288-1543

333 Apache Mall

Rochester, MN 55902

Doors open:

7:30 a.m. to 9 p.m. Monday- Saturday

7:30 a.m. to 6 p.m. Sunday

2 laps = 1 mile = 1000 steps

Rosedale Center (651) 633-0872

10 Rosedale Center

Roseville, Minnesota 55113

Doors open:

7 a.m. to 9 p.m. Monday - Friday

7 a.m. to 8 p.m. Saturday

9 a.m. to 6 p.m. Sunday

1 lap = 3/4 mile = 1500 steps

St. Anthony Main (612) 673-5123

Riverfront Walk

Self-guided 1.8 mile tour of the St. Anthony Falls Heritage Trail. Call for more information about guided walking tours, historical information and seasonal activities. You can also see

www.minneapolisriverfrontdistrict.org for more information.

St. Paul Skywalkers

Walk the St. Paul Skyway.

Hours may vary from building to building. Some portions of the skyway lead to offices and may not be accessible to the public. Maps of the St. Paul Skyway can be found in the St. Paul Vacation and Visitors Guide, at 175 W. Kellogg Blvd (across from the Science Museum.), or online at

<http://www.ci.stpaul.mn.us/maps/downtown2001.pdf>

Southdale (952) 925-7885

6901 France Ave S

Edina, MN 55435

Doors open:

7 a.m. to 8:30 p.m. Monday - Friday

7 a.m. to 8:30 p.m. Saturday

7 a.m. to 5:30 p.m. Sunday

1 lap on 1st level = ½ mile = 1000 steps

1 lap on 2nd level = ¾ mile = 1250 steps

1 lap on 3rd level = ¼ mile = 250 steps

Southtown (612) 375-1077

I-494 & Penn Ave S

Bloomington, MN 55431

Doors open:

7 a.m. to 9 p.m. Monday - Saturday

11 a.m. to 9 p.m. Sunday

University of Minnesota Arboretum (952) 443-1400

3675 Arboretum Drive

Chaska, MN 55318

Free admission on Thursdays through April 24

7:30 a.m. to 4:30 p.m. daily

Walking for Fitness (Minneapolis Community Ed) (612) 668-3939

Free except for Roosevelt - purchase a Walker badge for \$5/Year

Walking hours are in the evening:

- Roosevelt High School, 4029 28th Ave S
- Henry High School, 4320 N Newton Ave
- NE Middle School, 2955 Hayes St NE

Midway neighborhood places to walk indoors

Har Mar Mall (651) 631-0340

2100 Snelling Ave. N.

St. Paul, MN 55113

7 a.m. to 9 p.m. Monday – Friday

7 a.m. to 6 p.m. Saturday

9 a.m. to 5 p.m. Sunday

1 lap = 1 mile = 2000 steps

Hillcrest Recreation Center (651) 695-3706

1978 Ford Parkway

St. Paul, MN 55116

9 a.m. to 9 p.m. Monday – Thursday

9 a.m. to 6 p.m. Friday

9 a.m. to 12 p.m. Saturday

Closed Sundays

Jimmy Lee Recreation Center (651) 642-0650

270 Lexington Pkwy N

St. Paul, MN 55104

Walking track

Indoor pool

7 a.m. to 9 p.m. Monday – Friday

7 a.m. to 7 p.m. Saturday

11 a.m. to 5 p.m. Sunday

North Dale Recreation Center (651) 558-2329

1414 St. Albans St. N

St. Paul, MN 55117

Walking Track

7 a.m. to 9 p.m. Monday – Thursday

11 a.m. to 6 p.m. Friday

9 a.m. to 1 p.m. Saturday

Closed on Sundays

Exercising in Winter

Tip for Walking Outdoors

In general, the sidewalks along commercial districts are some of the first to be cleared after snowfalls, and there are convenient places along those routes to step inside to warm up.

Roseville Skating Center (651) 792-7191

An indoor walking track is available for use from 7:30 am - 9:00 pm except when there is a skating or hockey event.

www.cityofroseville.com/skatingcenter

Ice Skating - Roseville Skating Center (651) 792-7007 or (651) 729-7191

Roseville Skating Center is home to the largest outdoor refrigerated sheet of ice in North America.

Public Skating: 10:00 - 11:30am and 7:00-8:30pm beginning November 10.

2661 Civic Center Dr.

Roseville, MN 55113

Climbing Walls - Vertical Endeavors

Vertical Endeavors, in St. Paul, is one of the largest climbing facilities in the country, with more than 10,000 square feet of climbing space. Winter Hours: (November 1 – April 30)

Monday – Friday 12:00pm – 10:00pm; Saturday 10:00am – 10:00pm; Sunday 10:00am – 6:00pm.

844 Arcade St

St Paul, MN 55106

(651) 776-1430

Indoor Gardens

Como Conservatory (651) 487-8200

In the heart of Como Park in St. Paul, the Conservatory is a glass-encased oasis built in 1915, sparkling from a recent renovation. Winter highlights are the poinsettia exhibit running December through about mid-January, and the azalea and cyclamen display bursting with pink blooms from mid-January through mid-March.

Open from 10:00am to 4:00pm daily.

Admission: free

Como Park Golf Course (651) 488-9673 or (651) 488-0691

1431 North Lexington Parkway

St Paul, MN 55103

Fort Snelling State Park (612) 725-2390 or (612) 725-2724

Eighteen miles of hiking trails, 5 miles of biking, and 15 miles of beginner ski trails.

101 Snelling Lake Road

St Paul, MN 55111

Fort Snelling 9-Hole Golf Course (612) 726-6222 or (612) 334-1624 Toll Free: (888) 646-6367

Bldg 175, Taylor Ave

6399 Fort Snelling Ave

St Paul, MN 55111

Gateway State Trail (651) 296-6157 or (651) 772-7935

A 19 mile multi-use trail between St Paul and Washington County. Western portion of the trail runs through St Paul, Maplewood & North St Paul, passing through Phalen-Keller Regional Park.

DNR - Trails & Waterways Division

1200 Warner Road

St Paul, MN 55106

Phalen-Keller Regional Park (651) 266-6445 or (651) 774-9456

Cross-Country Skiing: 10.0 km trackset. 10.0 km skate-ski. Mostly intermediate level trails. Trail runs across golf course. Trail map available at chalet weekend days. Ski rental and lessons available. Maps along trail. Ski pass required. Ski passes sold at trailhead.

25 W. Fourth St

Room 300

St Paul, MN 55102

Listed below are distances for the paths in the Minneapolis Park System

PATH	BIKING	WALKING	STEPS
Cedar Lake	1.68	1.68	3360
Lake of the Isles	2.97	2.60	5200
Lake Calhoun	3.19	3.10	6200
Lake Harriet	2.99	2.75	5500
Nokomis	2.78	2.70	5400
Minnehaha Creek <i>Lake Harriet to 36th Ave. S.</i>	4.93	4.93	9860
North Mississippi Park	1.50	1.50	3000
Shingle Creek <i>Webber Park & 53rd Ave. N.</i>	1.52	1.52	3040
Central Riverfront <i>Main St. -between Hennepin & 3rd Ave</i>	.40	.40	800
Central Riverfront <i>West River Pkwy-between Portland & Plymouth</i>	1.40	1.40	2800
Dean Parkway	.59	.59	118
St. Anthony Parkway <i>37th Ave NE & Ulysses</i>	2.80	2.80	5600
West River Parkway <i>4th Street to Godfrey Road</i>	4.59	4.59	9180
East River Parkway <i>Between Franklin & Washington</i>	1.08		2160
East River Parkway <i>Between Emerald & Washington</i>		2.10	4200
Memorial Parkway	2.84	2.84	5680
Wirth Parkway	3.54	3.54	7080
Cedar Lake Trail	3.50	3.50	7000

Listed below are distances for the paths in the St. Paul Park System

PAVED PATHS	DISTANCE	STEPS
Como	2.3	4600
Crosby	6.7	13,400
Hidden Falls	6.7	13,400
Indian Mounds	2.9	5800
Loeb Lake at Marydale	1.0	2000
Lake Phalen	3.2	6400

Places To Walk in the Twin Cities Area – Extra Information

State-wide Information

DNR hiking info: <http://www.dnr.state.mn.us/hiking/index.html>

MN/DOT Pedestrian safety information for knowing the laws and rights for pedestrians: <http://www.dot.state.mn.us/peds/>.

Bike& Walk Twin Cities: <http://www.bikewalktwincities.org/maps-routes/walking-maps>.

Walking resources: <http://fyi.health.state.mn.us/comm/walking/index.html>

Walking maps: <http://www.mapmywalk.com/>

Bicycling information: <http://cyclopath.org/>