



Minneapolis Minnehaha Creek 10 km Walk

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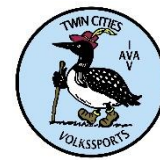


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Dates:	4/1/2023 - 9/30/2023
City / State:	Minneapolis, MN
Event Name:	Minnehaha Creek 10 km
Event Type:	Seasonal Walk
Event ID:	2023/Y0375
Distance - Trail Ratings:	5 and 10km - 2A
Description:	Hours: Mon-Fri 6am-9pm, Sat-Sun 6:30am-9pm. Open holidays. Walk along beautiful Minnehaha Creek. 10K includes the historic Longfellow House and Minnehaha Depot.
Amenities:	Strollers: easy Wheelchairs: easy Pets: Yes Restrooms: Yes
Special Programs:	This event doesn't have any special Programs assigned.
Start Times:	Dawn to dusk
Location:	Caribou Coffee
Start Point / Driving Directions:	4745 Cedar Ave S, Minneapolis 55407 (612-724-1234 to verify hours). Located on the NE corner of Cedar Ave S and E Minnehaha Pkwy. From I-94 go south on Cedar Ave S approx. 3 miles; from Crosstown Hwy 62 go north on Cedar Ave S approx. 2 miles. Parking available on side streets only. Please do not park in the small parking lots at either Caribou Coffee or the Speedway service station. The start point is also served by Metro Transit Routes #14 and #133.
Awards & Fees:	IVV Credit Only
Comments:	Restrooms available at start point and at parks along the trail.
Host Club:	Twin Cities Volkssport
Contact:	Lee Moisant (See the my.ava.org Event Listing for further contact information.)
Website:	www.facebook.com/groups/2039870106313616

WALK COMPLETION AND CREDIT: Be sure to log back into the OSB system to finish/complete your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that person is participating in. Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when they submit the event completion info as a paying for credit participant. Note however that the \$2 coupon for the downloaded PDF expires in 60 days, but if your registrations lapses, you may re-register without cost.

Minnehaha Creek

From Wikipedia, the free encyclopedia

<i>Etymology</i>	Waterfall or rapid water, referring to this creek's journey over Minnehaha Falls
<i>Native name</i>	Wakpa Cistinna
<i>Source</i>	Lake Minnetonka
<i>Coordinates</i>	44.9544078°N 93.4860652°W
<i>Elevation</i>	686 feet (209 m)
<i>Mouth</i>	Mississippi River
<i>Mouth Coordinates</i>	44.9088543°N 93.2004996°WCoordinates: 44.9088543°N 93.2004996°W
<i>Length</i>	22 miles (35 km)
<i>Basin size</i>	181 square miles (470 km ²)
<i>Tributaries</i>	Brief stream originating at Lake Pamela in Edina
<i>Geographic Names Identification System (GNIS)</i>	647923[1]

Minnehaha Creek (Dakota: Mniháha Wakpádaŋ) is a 22-mile-long (35 km) tributary of the Mississippi River that flows east from Gray's Bay Dam on Lake Minnetonka through the suburban cities of Minnetonka, Hopkins, Saint Louis Park, and Edina, and the city of Minneapolis. The creek flows over Minnehaha Falls in Minnehaha Park near its mouth at the Mississippi River.

History

As with much of the Midwest, the area around the creek and Lake Minnetonka was originally inhabited by a native culture affiliated with the Mound Builders, but by the 1700s was occupied by the Mdewakanton People, a sub-tribe of the Dakota. The first Euro-Americans whose expedition to the area was documented were Joe Brown and Will Snelling, who canoed up the creek from Fort Snelling.

Watershed

The creek's watershed covers 181 square miles (470 km²), including the basin of Lake Minnetonka, and is managed by the Minnehaha Creek Watershed District.[4]



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1. Leaving Caribou Coffee, turn Left onto the sidewalk along the left side of E Minnehaha Pkwy.
2. When you reach the crosswalk after passing the golf course on your left, turn Left onto the pedestrian path.
3. Follow the pedestrian path past Hiawatha Lake on your left. After crossing over an iron frame pedestrian/bike bridge, bear to your Right. You will pass under a concrete bridge along Minnehaha Creek, use a crosswalk to cross a street, and then pass under another concrete bridge. Continue straight on the pedestrian path, ignoring any intersecting paths.
4. Cross a wooden pedestrian bridge as directed by one of the blue and white signs, then turn Left on the asphalt path. You will eventually wind up back at E Minnehaha Pkwy. Turn Left here onto the sidewalk and walk over a long bridge over the light rail tracks towards a traffic circle.
5. Just before reaching the traffic circle, turn Right using the crosswalk across the parkway (**Be Careful of traffic coming from the traffic circle to your left!**). Jog Left, then Right onto the bike trail along S Minnehaha Dr. Go past the yellow Longfellow House on your right. Continue walking for 250 meters to an old train station on your right, Minnehaha Depot.
6. Pass Minnehaha Depot and walk another 150 meters to the bus stop at the traffic signal for Hiawatha Ave and E 50th St. *Looking across the highway, notice the 21st century light rail station that serves the same function as did the 19th century Minnehaha Depot, but with perhaps less charm.* Turn around and retrace your steps back towards the yellow Longfellow House.
7. Just after the parking lot on your left, turn Left onto a pedestrian path, then Right onto a brick path that goes in front of the white picket fence of the Longfellow House. *Stop here and visit if you have the time and if the house is open.*

Beyond the Longfellow House, turn Left on the sidewalk and carry on to Longfellow Gardens. Turn Left again and enter the gardens, strolling in a clockwise fashion to your left onto a red stone walkway. As you complete your tour of the perimeter of the gardens, and just past the water fountains, veer Left onto an asphalt path that leads you to an explanatory sign. *Take time to read the historical sign describing how this plot of land was once used as an amusement park and zoo, and how it came to be named after Henry Wadsworth Longfellow.*

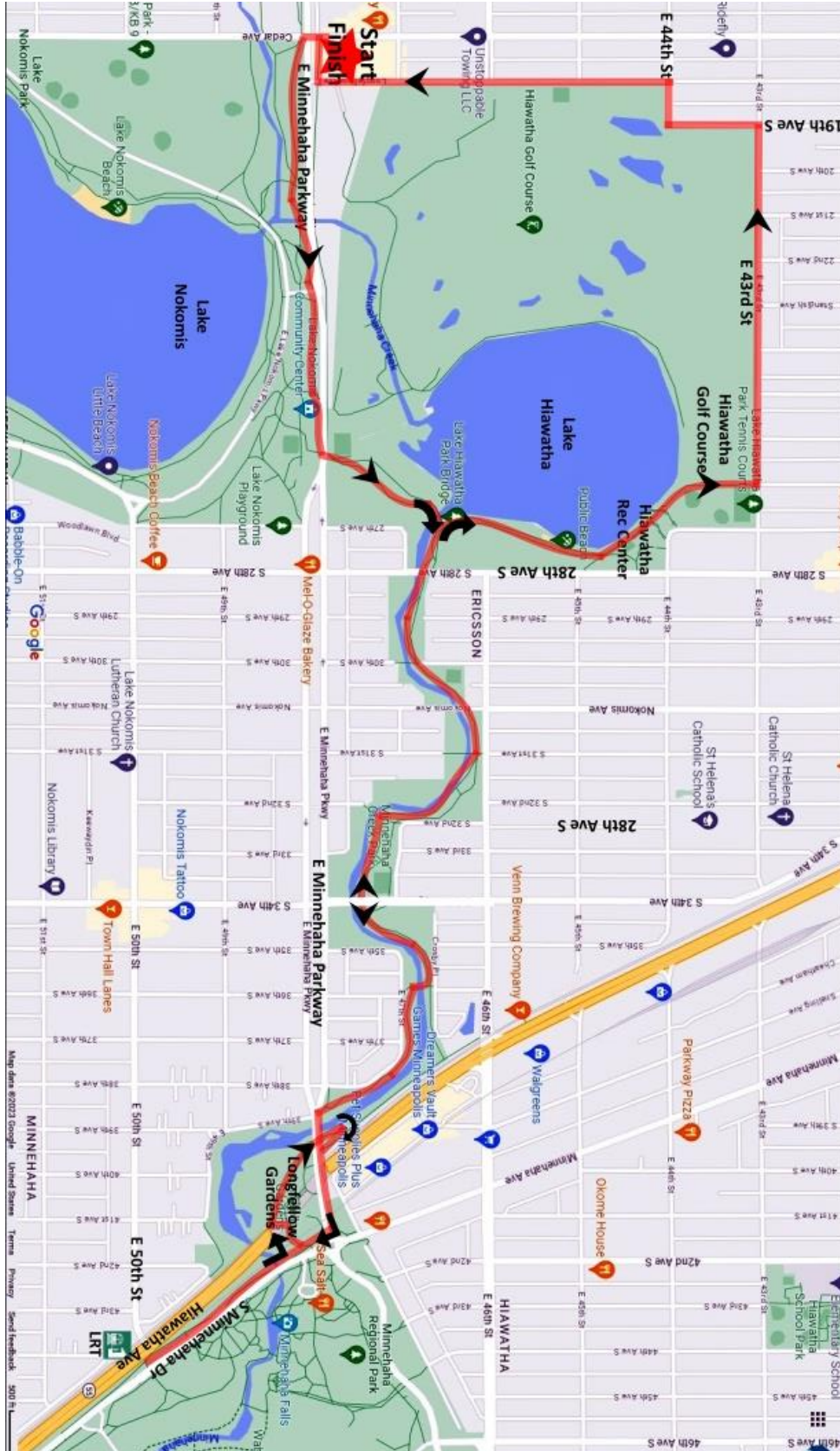
8. Turn Right and follow the intersecting pedestrian path straight ahead under a bridge. When it joins a shared pedestrian/bike path, take a sharp Right and walk up the slope to the sidewalk. Then turn Right onto the sidewalk and walk back over the bridge crossing the creek. Turn Right again onto the pedestrian path you walked out on.
9. Return the way you came, over the wooden pedestrian bridge, under the bridges and back across the street between them.
10. When you reach the iron frame pedestrian/bike bridge, do not cross it. Rather, turn Right and follow the pedestrian path to the Hiawatha Community Center, with Hiawatha Lake on your left.
11. After you pass the community center, Hiawatha Golf Course will replace the lakeshore on your left. Continue to E 43rd St and then turn Left, keeping the perimeter fence of the golf course on your left.
12. Following the perimeter fence, cross S 19th Ave and turn Left. Walk one block to E 44th St and turn Right.
13. After another block, cross S Longfellow Ave and turn Left, crossing E 44th St. Proceed back to E Minnehaha Pkwy, turning Right onto the parkway and walking one block back to the start point.



In case of Emergency: Dial 911
Event related assistance:
Lee Moisant POC: (612)861-3053
Ken Johnson Club President 651-774-9607
Susan Pinneke RD (515) 423-8437

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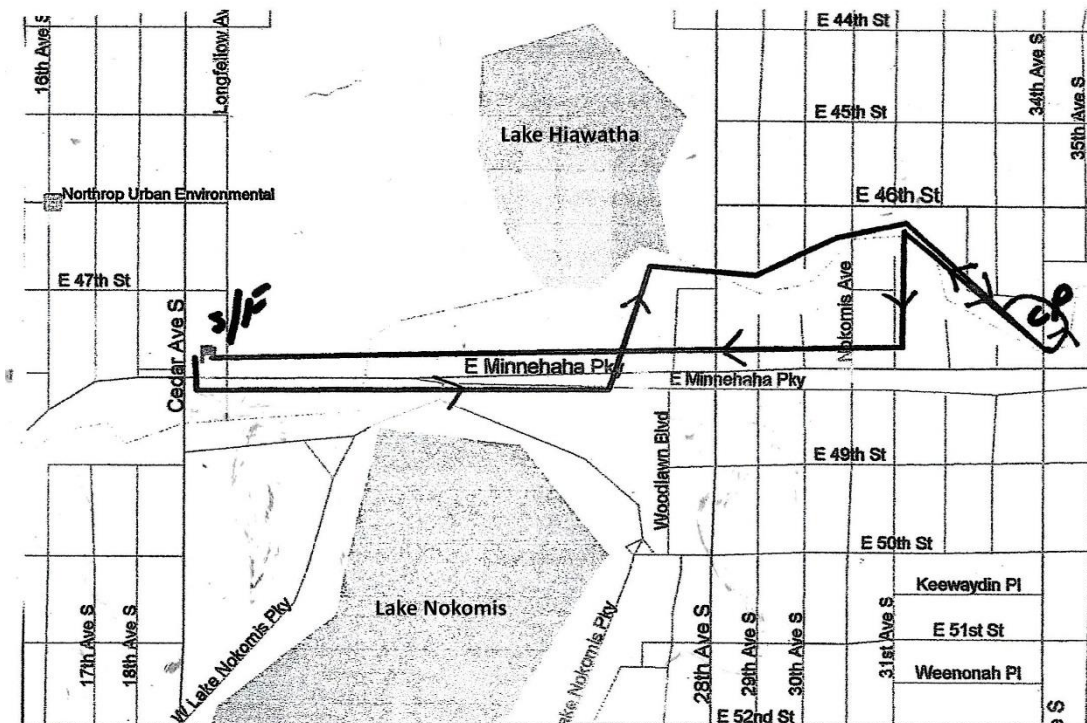
These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses prohibited.

Minnehaha Creek 5 km Walk

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1. Leaving Caribou Coffee, turn Left onto the sidewalk along the left side of E Minnehaha Pkwy.
2. When you reach the crosswalk after passing the golf course on your left, turn Left onto the pedestrian path.
3. Follow the pedestrian path past Hiawatha Lake on your left. After crossing over an iron frame pedestrian/bike bridge, bear to your Right. You will pass under a concrete bridge along Minnehaha Creek and use a crosswalk to cross a street. Continue straight on the pedestrian path, ignoring any intersecting paths coming from the streets to your left or from over the wooden pedestrian bridges to your right.
4. As you go east, the shared pedestrian path and bike trail will eventually pass under another concrete bridge. Immediately after this underpass, turn Left onto the sidewalk leading up to the intersection of S 34th Ave and E 47th St.
5. Carefully cross 34th Ave heading west and follow the pedestrian path straight ahead. Keep the tennis courts to your left as the path curves Left back down the slope towards Minnehaha Creek. Crossing the bike trail, turn Right onto the pedestrian path you walked out on. Minnehaha Creek will now be on your left.
6. When the pedestrian path rejoins the bike trail at the intersection of S 31st Ave and E 46th St, turn Left and cross the wooden pedestrian bridge across Minnehaha Creek to the cul-de-sac of S 31st Ave (not marked).
7. Walk two blocks to E Minnehaha Pkwy, then turn Right and proceed back to the start point. Hiawatha Golf Course will be now on your right during the last kilometer of your walk.



In case of emergency: Dial 911
 Event related assistance:
 Lee Moisant POC 612-861-3053
 Ken Johnson Club President 651-774-9607
 Susan Pinneke Regional Director 515-423-8437

Club point of contact:

Click inside the box to send an email.

Bonnie Johnson
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Club mailing address:

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