



# Minnesota State Capitol Walk

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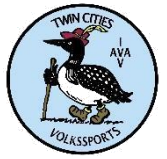


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<b>Dates:</b>	1/1/2025 - 12/31/2025
<b>City / State:</b>	St Paul MN
<b>Event Name:</b>	Minnesota State Capitol Walk
<b>Event Type:</b>	YRE
<b>Distance - Trail Ratings:</b>	10/11 and 5/7 km rated 2A
<b>Description:</b>	This walk is mostly on flat, paved sidewalks with some inclines. It winds through historic areas of St Paul, past Historic Churches, Veterans Memorials, the MN State Capitol, Minnesota History Center, and the Excel Energy Center (St Paul Civic Center). By walking an additional 1.5 km, you can visit the Bethesda Hospital Healing Garden Tree of Life Labyrinth.
<b>Amenities:</b>	<b>Strollers:</b> medium   <b>Wheelchairs:</b> medium   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Walking the United States--State Capitols
<b>Start Times:</b>	Dawn to dusk
<b>Location:</b>	Germanic American Institute
<b>Start Point / Driving Directions:</b>	301 Summit Ave, St. Paul MN 55102. From I-94 East or I-94 West, exit at Marion St. and turn south (towards the cathedral). Marion St becomes Kellogg Blvd. Right onto John Ireland Blvd which becomes Summit Ave at the cathedral. Destination is ¼ mile on the right at the intersection with Farrington. Parking is available both on the street and a parking lot off Farrington St. Do not park in the lot if a GAI event is in progress.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	Start box is on the back porch of the GAI. Restrooms are available when GAI is open and along the route. Building hours are M-F, 9-to-5.
<b>Host Club:</b>	Twin Cities Volkssports
<b>Contact:</b>	Lynne Grigor, 763-780-4567, <a href="mailto:lynnedesignflow@gmail.com">lynnedesignflow@gmail.com</a>
<b>Website:</b>	<a href="https://www.facebook.com/groups/2039870106313616">www.facebook.com/groups/2039870106313616</a>



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**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. Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.



## St. Paul State Capital 10/11 km Walk

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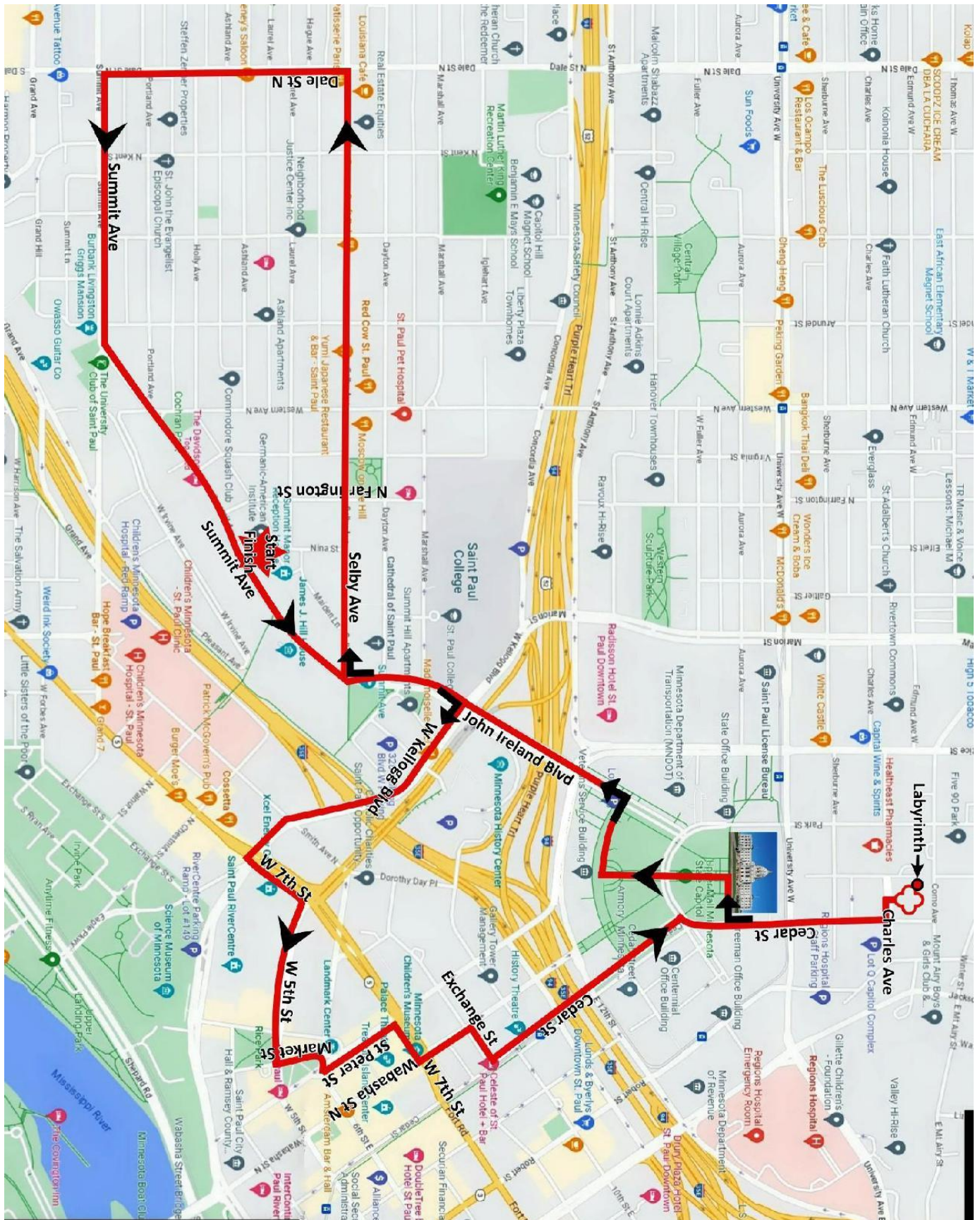
1. **Left** at Summit Ave
2. **Right** at Kellogg Blvd
3. **Cross** W 7<sup>th</sup> St and turn **Left** crossing Kellogg Blvd
4. **Straight** on W 7<sup>th</sup> St along the Xcel Energy Center
5. **Right** at W 5<sup>th</sup> St
6. **Left** at Market St crossing 5<sup>th</sup> St
7. **Cross** W 6<sup>th</sup> St
8. **Cross** St. Peter St at the red brick crosswalk
9. **Left** at St. Peter St
10. **Right** at W 7<sup>th</sup> St
11. **Cross** Wabasha St and turn **Left** crossing W 7<sup>th</sup> St
12. **Cross** W Exchange St and turn **Right**
13. **Left** at Cedar St
14. **Cross** Rev Dr Martin Luther King Jr Blvd and continue on the path through the mall to the capital bldg. *Restrooms available inside.*
15. **Continue** on Cedar St past the capital crossing University and Sherburne Aves to Charles Ave
16. **Left** at Charles Ave
17. **Next Right** into Bethesda Hospital Healing Garden Tree of Life Healing Garden
18. **Circle the garden clockwise** watching for the labyrinth at the far left corner
19. **Return** to Cedar St and turn **Right**
20. **Right** to the front of the capital building
21. Leaving the capital, cross the mall via either of the two central sidewalks crossing Rev Dr Martin
22. Luther King Jr Blvd and continuing towards the Veterans Service Building to the Court of Honor
23. **Right** at the Court of Honor and **Cross** John Ireland Blvd
24. **Left** at John Ireland Blvd. At Dayton Ave, John Ireland Blvd becomes Summit Ave
25. **Right** at the second Selby Ave crosswalk passing the Cathedral of St. Paul across the street on your right
26. **Cross** Dale St and turn **Left**
27. **Cross** Summit Ave and turn **Right**
28. **Left** at Victoria
29. **Left** at Grand Ave
30. **Left** at Dale St S
31. **Right** at Summit Ave
32. **Cross** Ramsey St and continue to the start point at 301 Summit Ave



In case of Emergency: Dial 911  
Event related assistance:  
Lynne Grigor POC 763-780-4567  
Susan Pinneke RD (515) 423-8437  
Wayne Heath Club President 651-249-8886

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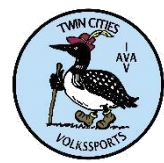
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## St. Paul State Capital 5/7 km Walk

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1. **Left** on sidewalk along Summit Ave
2. **Cross** Selby Ave and walk past the Cathedral of St Paul.
3. **Right** at Dayton Ave crossing Summit Ave
4. **Left** on sidewalk with John Ireland Blvd on your left
5. **Cross** Rice St/W 12<sup>th</sup> St (the crosswalk just beyond the freeway bridge)
6. **Pass** the parking lot on the right and turn **Right** on the sidewalk with the Roy Wilkins Memorial on your left
7. **Left** at the Court of Honor centered between the capitol mall and the Veterans Service Building walking on the right side of the two parallel paths
8. **Cross** Rev Dr Martin Luther King Blvd
9. (unmarked) and **Continue** to the capitol bldg.



- d. **Next Right** into Bethesda Hospital Healing Garden Tree of Life Healing Garden
- e. **Circle** the garden clockwise watching for the labyrinth at the far-left corner
- f. **Return** to Cedar St and turn Right
- g. **Right** to the front of the capital building
10. **Return** to the Court of Honor at the opposite end of the mall via the parallel path on the right
11. **Right** at the Court of Honor and **Cross** John Ireland Blvd
12. **Left** on the sidewalk at the other side of John Ireland Blvd
13. **Cross** Rice/W 12<sup>th</sup> St, Kellogg Blvd, Marshall Ave, Dayton Ave, and Selby Ave
14. **Right** on the sidewalk with Selby Ave and the cathedral on your right, 15. **Continue** on the sidewalk along Selby Ave across from the cathedral 16. **Left** at North Mackubin St
17. **Cross** Laurel Ave and turn **Left**
18. **Right** at Western Ave
19. **Left** at Summit Ave returning to the Germanic American Institute in three blocks

**To visit the Bethesda Hospital Healing Garden Tree of Labyrinth for an additional 1.5 km see below, otherwise go to #10**

- a. **Right** to Cedar St
- b. **Left** on Cedar St past the capital crossing University and Sherburne Aves to Charles Ave
- c. **Left** at Charles Ave



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