



# Minnesota State Capitol Walk

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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>	10/12 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, A-MAZE-ing Labyrinths, Walking with America's Veterans
<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 within 60 days.



## St. Paul State Capital 10/12 km Walk

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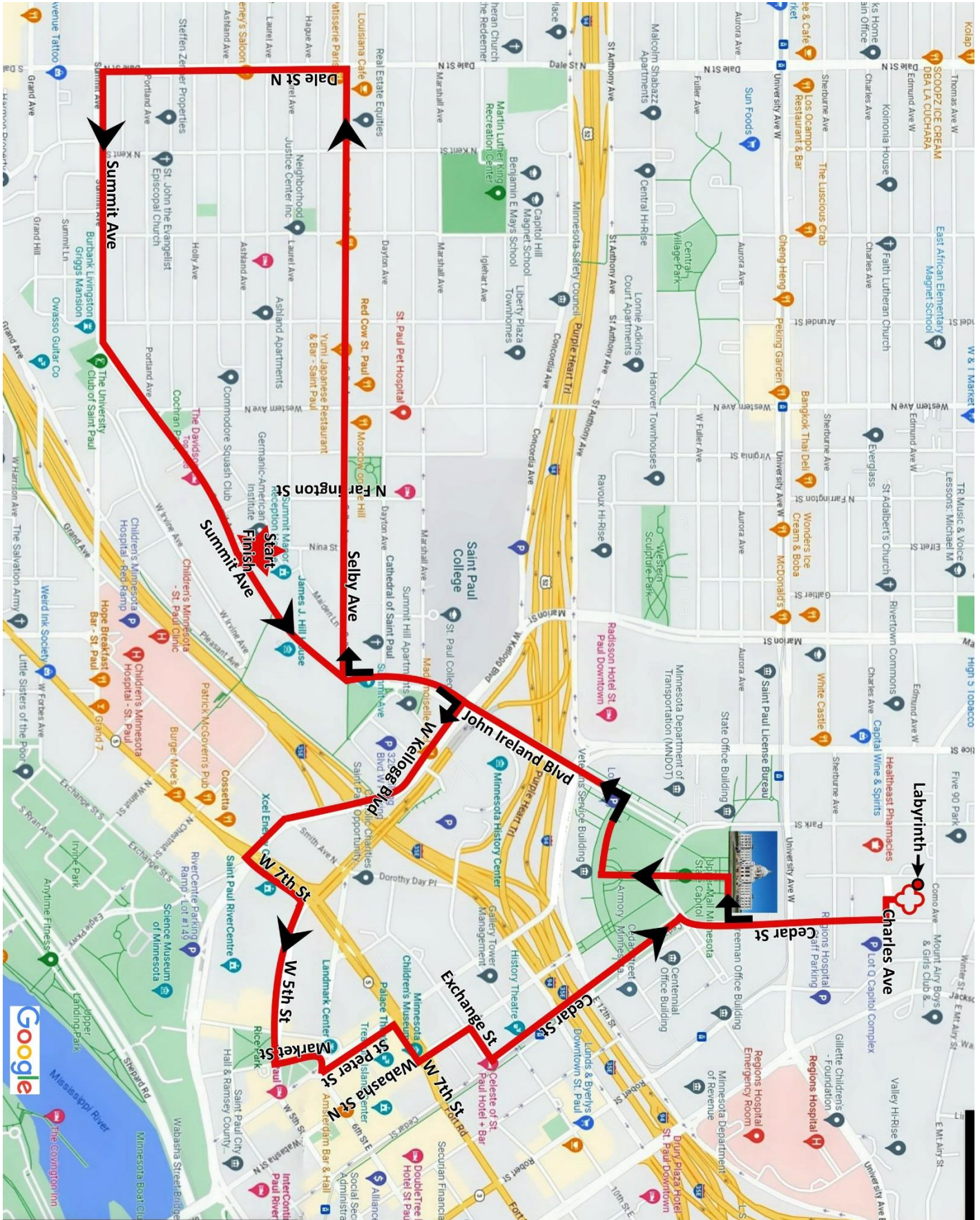
1. **Left** at Summit Ave
  2. **Right** at Kellogg Blvd
  3. **Cross** W 7<sup>th</sup> St and turn **Left**  
crossing Kellogg Blvd
  4. **Straight** on W 7<sup>th</sup> St along the  
Xcel Energy Center
  5. **Right** at W 5<sup>th</sup> St
  6. **Left** at Market St crossing 5<sup>th</sup> St
  7. **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  
capitol bldg. *Restrooms available  
inside.*
- To visit the Bethesda Hospital  
Healing Garden Tree of  
Labyrinth for an additional 1.5  
km see below, otherwise go to #21**
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 capitol, 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. **Cross** Summit Ave and turn  
**Right** 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

# St. Paul State Capital 10/12 km Walk

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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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