



Minneapolis Lake Nokomis Walk

Copyright 2025 Twin Cities Volkssports



| | |
|-----------------------------------|---|
| Table of Contents/Event Details | 1 |
| About Lake Nokomis | 2 |
| Minneapolis Lake Nokomis Walk Map | 3 |
| | |

| | |
|--|---|
| Dates: | 1/1/2025 - 12/31/2025 |
| City / State: | Minneapolis, MN |
| Event Name: | Lake Nokomis Walk |
| Event Type: | Year Round Walk |
| Event ID: | 121982-2023 Y1218 |
| Distance - Trail Ratings: | 6, 10 & 11km - 1A |
| Description: | Walk a paved trail around Lake Nokomis and the lagoon. |
| Amenities: | Strollers: Easy Wheelchairs: Easy Pets: Yes Restrooms: Yes |
| Special Programs: | Par for the Course |
| Start Times: | Dawn to dusk |
| Location: | Caribou Coffee |
| Start Point / Driving Directions: | 4745 Cedar Ave S, Minneapolis MN 55407. Located on the NE corner of Cedar Ave and Minnehaha Pkwy. From I-94 go south on Cedar 3 miles. From Crosstown Hwy 62 go north on Cedar 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: | https://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. Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

Lake Nokomis

From Wikipedia, the free encyclopedia

| | |
|--------------------------|--|
| Location | Minneapolis , Minnesota |
| Coordinates | 44°54′34″N 93°14′32″W﻿ / ﻿44.90944°N 93.24222°W﻿ / 44.90944; -93.24222 |
| Surface area | 204 acres (83 ha) |
| Max. depth | 33 ft (10 m) |
| Surface elevation | 814 ft (248 m) |

Lake Nokomis is one of [several lakes](#) in [Minneapolis](#), Minnesota, United States. The lake was previously named Lake Amelia in honor of Captain George Gooding's daughter, Amelia, in 1819. Its current name was adopted in 1910 to honor [Nokomis](#), grandmother of [Hiawatha](#).^[1] It is located in the southern part of the city, west of the [Mississippi River](#) and south of [Lake Hiawatha](#). The lake is oval in shape, with a long axis running southwest to northeast. Two pathways circle the lake, a 2.7-mile (4.3 km) pedestrian trail and a 2.8-mile (4.5 km) bicycle trail.^[2] Because the lower part of the lake is crossed by Cedar Avenue running north-south, the impression from the ground is that the lake is shaped like an L. The lake has an area of 204 acres (0.83 km²).

When purchased in 1907 by the [Minneapolis Park and Recreation Board](#), the lake was very shallow, only 5 feet (1.5 m) deep in the deepest spot. Much of it was actually marshland or slough—a drainage area for the neighborhood. It was deepened by [dredging](#) to produce the current lake. Within years of its development, Lake Nokomis surpassed [Bde Maka Ska](#) as the most popular swimming beach on Minneapolis city lakes; in 1924 attendance at the Lake Nokomis bathhouse was nearly triple the attendance at the Bde Maka Ska bath house.^[3]

In 1940, Dr. [Chris Lambertsen](#) performed about 12 [Scuba dives](#) in his [Lambertsen Amphibious Respiratory Unit](#) (LARU) prototype in Lake Nokomis.^{[4][5]} The LARU was the first [rebreather](#) designed and built in the United States and these dives are the first closed-circuit oxygen dives in U.S. history.^[4] On one of these dives, Lambertsen experienced an episode of [oxygen toxicity](#) but managed to surface without assistance.^[4]

Lake Nokomis has recently undergone a preservation project, creating areas of native vegetation along its shores. Several artificial ponds have been added to a more practical degree, as the areas where they are now were almost always flooded.

The local population uses the lake for a variety of purposes. Fishing and sailing are popular, there are two [beaches](#) with good (imported) sand, and the surrounding large park has facilities for walking and running, softball, cycling, and other sports.

Frozen in winter, Lake Nokomis is the site of the U.S. [pond hockey](#) championships

The main beach along the northwest side has a restaurant, concessions, restrooms, and a variety of rental equipment, along with a playground. The smaller beach on the northeast side has no concessions but does have portable toilets. The lake bed drops off suddenly beyond the designated swimming areas, prompting a surprising and potentially dangerous environment for anyone swimming outside the ropes. This was cited as a contributing factor in the drowning death of an area teen in July 2006 at the beach.

Lake Nokomis has been the site of one of the more distinctive activities in the [Minneapolis Aquatennial](#) celebration, the "Milk Carton Boat Race," from 1983 to 2000, although that event was relocated back to [Bde Maka Ska](#) in 2001. It is also home to the [Life Time Fitness triathlon](#) each July, and numerous other races on summer weekends.

Up until 1998, the lake was noted for having a number of very large and old trees which spanned several feet in diameter along the east shore, but these were uprooted in 1998 when a severe storm with high winds moved through the area.

Lake Nokomis 6, 10, & 11 km Walk

Copyright 2025 Twin Cities Volkssports

1. Leaving Caribou Coffee turn **Left** and **Cross** Minnehaha Parkway at the light
2. **Immediate Left** onto the pedestrian path
3. **Continue** on the walking path along Minnehaha Parkway
4. **Cross** the next street (22nd Ave) and turn **Right**
5. **Cross** E Lake Nokomis Parkway, the bike path, and a short stretch of grass to reach the lakeshore trail
6. **Right** proceeding counterclockwise with Lake Nokomis on your left
7. **Veer Right** at the Cedar Ave bridge
8. **Carefully Cross** Cedar Ave at the light
9. **Circle** the lagoon. W Lake Nokomis Parkway will be on the right, the lagoon and bridge on the left
10. **Cross** Cedar Ave and complete the circuit around the lake back to 22nd Ave
6 km walkers skip to #16
11. **10/11 km walkers** reverse direction and circle the lake again in the clockwise direction
12. After passing an area of tall reeds (~7 km) the path splits onto either side of the pond
13. **11 km walkers Veer Left** and return via the lagoon path
14. **10 km walkers Veer Right** and return via the Cedar Ave bridge
15. **10/11 km walkers** return via the walking path along Lake Nokomis Parkway
16. At 22nd Ave **Cross** the short stretch of grass, the bike path, and the Parkway
17. **Left** onto pedestrian path with E Minnehaha Parkway on the left and return to start point at Cedar Ave



In case of Emergency: Dial 911
Event related assistance:
Wayne Heath Club President
Ken Johnson 651-968-6380
Susan Pinneke RD (515) 423-8437

