



# Minnehaha Fall/Ford Dam Walks

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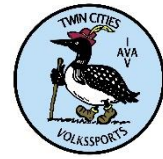
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<b>City / State:</b>	St Paul, MN
<b>Event Name:</b>	Minnehaha Falls/Ford Dam
<b>Event Type:</b>	YRE
<b>Distance - Trail Ratings:</b>	5k & 10k - 1A
<b>Description:</b>	Walk Highland Park commercial and residential streets to the Mississippi River and across the Ford Parkway bridge to Minnehaha Park. Features include Minnehaha Falls, the Ford Dam and the historic John Stevens house. The 10 km reaches both the Falls and the Ford Dam. Two 5 km options are available: one to the falls and one to the dam.
<b>Amenities:</b>	<b>Strollers:</b> medium   <b>Wheelchairs:</b> medium   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Little Free Libraries, Walking with America's Veterans
<b>Start Times:</b>	Start/Finish during daylight hours
<b>Location:</b>	Highland Park Community Center
<b>Start Point / Driving Directions:</b>	1978 Ford Parkway, St. Paul, MN 55116. Take the 7th St W/Fort Rd exit off of I-35E (which is 3.5 miles south of I-94 in St. Paul). Head southwest (toward the airport) on 7th St W/Fort Rd. Slight right onto Montreal Ave. Continue straight to stay on Montreal Ave. Turn right onto St. Paul Ave and continue onto Cleveland Ave S. Turn right onto Ford Parkway. The start point is also served by Metro Transit Route #74. The Community Center is located at the corner of Ford Parkway and Kenneth St with parking lot at that intersection. Street parking is available on Kenneth St and on Bohland Ave in back of the facility.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	Restroom available at the start point, local businesses, and in the parks along the route.
<b>Host Club:</b>	Twin Cities Volkssports
<b>Contact:</b>	Ken Johnson (651) 774-9607



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Connect with us on our Facebook public group



**E-Mail Contact:**

[johnsonck@centurylink.net](mailto:johnsonck@centurylink.net)

### Online Start Box

The OSB system does not deduct any walking fee from a walkers Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the users Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a walkers Event Bank when he/she submits the walk completion info as a paying for credit walker. 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.

## Ford Dam 5 km Walk

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1. **Left** at sidewalk in front Community Center.
2. **Cross** S Kenneth St and turn **Left**.
3. **Right** at Bohland Ave.
4. **Left** at Cleveland Ave S crossing Bohland Ave. Cleveland Ave S becomes St. Paul Ave. Continue along St Paul Ave crossing W Delano Pl and W Saunders Ave.
5. **Right** Montreal Ave crossing St Paul Ave
6. **Left** at Cleveland Ave S. crossing Montreal.
7. **Cross** W Itasca Ave (Little Free Library at corner house). [1.5 km]
8. **Cross** Cleveland Ave S where W Itasca Ave continues after a slight jog. Continue on W Itasca Ave.
9. **Cross** S Bowdoin St and Mississippi River Blvd.
10. **Right** onto trail along Mississippi River Blvd. [3.4 km]
11. **Right** at the Ford Parkway bridge taking the sidewalk on the left side of the ramp up to the bridge. [3.7 km]
12. **Right** on Ford Parkway to the start point at 1978 Ford Parkway.



In case of emergency: Dial 911  
Event related assistance:  
Ken Johnson POC/Club President 651-774-9607  
Susan Pinneke Regional Director (515) 423-8437



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All other uses prohibited.



## Minnehaha Falls 10 km Walk

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1. **Left** at sidewalk in front of the Community Center.
2. **Cross** S Kenneth St and turn **Left**
3. **Right** at Bohland Ave
4. **Left** at Cleveland Ave S crossing Bohland Ave. Cleveland Ave S becomes St. Paul Ave. Continue along St Paul Ave crossing W Delano Pl and W Saunders Ave
5. **Right** Montreal Ave crossing St. Paul Ave
6. **Left** at Cleveland Ave S. crossing Montreal
7. **Cross** W Itasca Ave
8. **Cross** S Cleveland Ave where W Itasca Ave continues after a slight jog. Continue on W Itasca Ave
9. **Cross** S Bowdoin St and Mississippi River Blvd.
10. **Right** onto trail along Mississippi River Blvd
11. **Right** at the Ford Parkway bridge taking the sidewalk on the left side of the ramp up to the bridge
12. **Left** crossing the Mississippi River into Minneapolis
13. **Left** onto path at end of the bridge
14. Continue on this path with the chain link fence on the left. The path ends at a parking lot just beyond Building 10, the red brick building with the steeple
15. **Right** going downhill past the bus stop on the left. Note the Civil War memorial to the right
16. **Left** continuing downhill. The road circles to the right
17. **Left** at the combined bike/walking path just beyond the intersection with 46<sup>th</sup> Ave S on the left (unmarked) and Building 21 on the right. The path goes between two parking lots.
18. **Left** onto the path across from the Wabun Picnic Area entrance (on right)
19. **Left** at Veteran's Home Minneapolis sign. Stay on path keeping parking lots on your right
20. **Left** at 420 Godfrey Parkway signpost at the pay lot. Walk past the main park building to the Minnehaha Falls viewing area on the opposite side. Restrooms available
21. **Right** along the viewing area to the bridge across Minnehaha Creek. Cross the bridge
22. **Left** through the arbor to the small white-clapboard John H. Stevens house museum
23. **Stay** on the path on the park side of the street and follow it past the depot on your left and continue along the right side of S Minnehaha Dr to the kiosk at 4802 East Minnehaha Parkway. The yellow/white Longfellow house across the street is the Longfellow House, a 2/3 scale replica of Henry Wadsworth Longfellow's home in Cambridge Massachusetts. It was built in 1907 by Minneapolis businessman Robert "Fish" Jones and never seen or lived in by Longfellow.
24. **Right** onto the path with S Minnehaha Dr on your left back to the Falls viewing area
25. **Return** to the 420 Godfrey parkway signpost at the parking lot.
26. **Right** on path between the parking lots on the left and the picnic area on the right.
27. **Left** at 46<sup>th</sup> Ave S crossing Godfrey Parkway
28. **Right** crossing 46<sup>th</sup> Ave. S. onto Ford Parkway back to the start point at 1978 Ford Parkway.

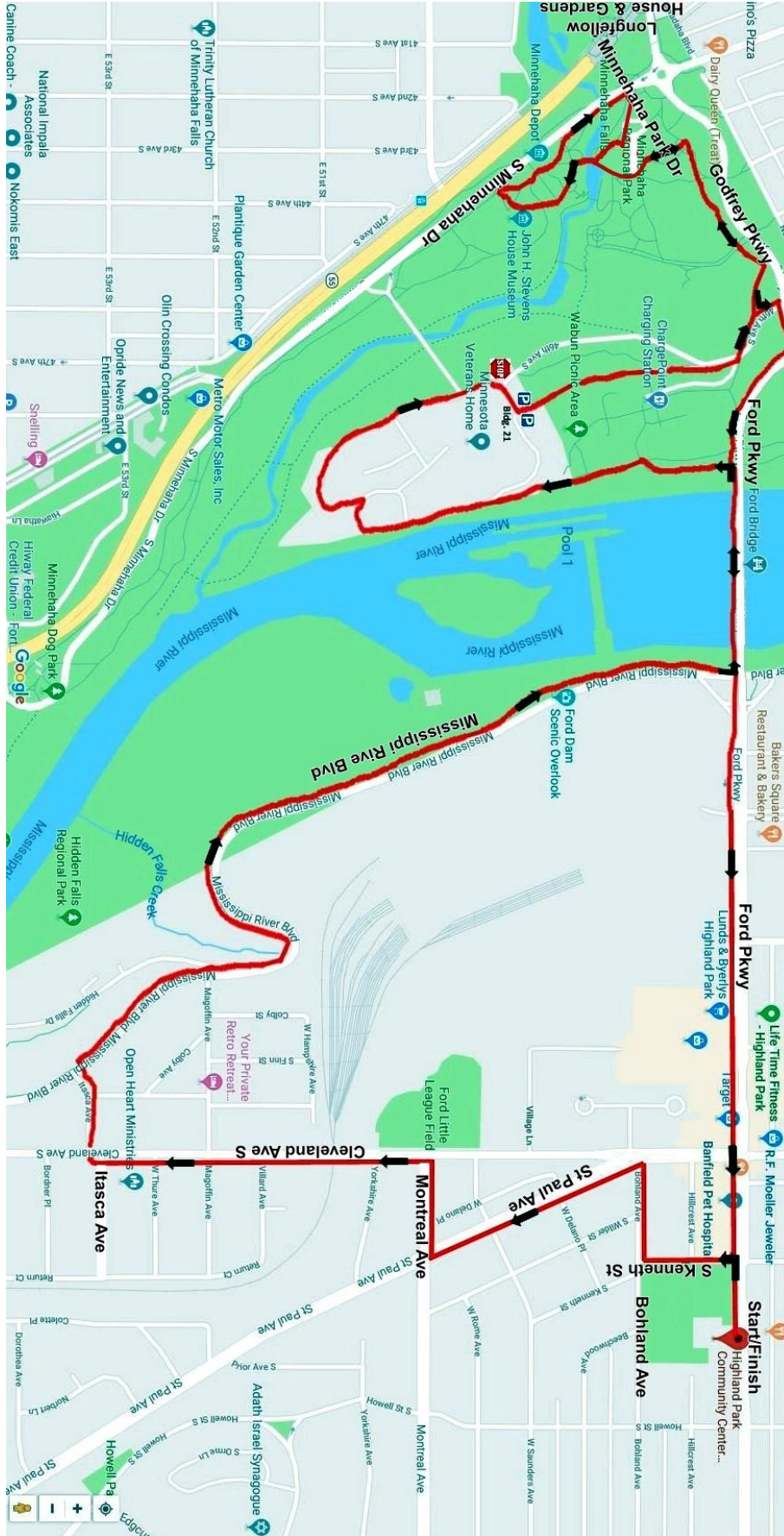


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Susan Pinneke Regional Director (515) 423-8437



# Minnehaha Falls 10 km Walk

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### Minnehaha Falls 5 km Walk

This follows the same route as the Minneapolis side of the 10 km and includes the Falls

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1. **Left** at sidewalk in front of Community Center and continue on Ford Parkway.
2. **Cross** Mississippi River bridge and continue to intersection at 46<sup>th</sup> Ave S.
3. **Cross** 46<sup>th</sup> Ave S. and immediately turn **Left** onto sidewalk.
4. **Cross** Godfrey Parkway and stay on path crossing entrances to the parking lot on the right.
5. **Right** at trail on the other side of the Veteran's Home Minneapolis parking lot.
6. **Left** at 420 Godfrey Parkway sign post at the pay lot. Walk past the main park building to the Minnehaha Falls viewing area on the opposite side.
7. **Right** along the viewing area to the bridge across Minnehaha Creek. **Cross** the bridge.
8. **Left** through the arbor to the small white-clapboard John H. Stevens house museum.
9. **Stay** on the path on the park side of the street and follow it past the depot on your left and continue to the kiosk at 4802 East Minnehaha Parkway.

- The yellow/white Longfellow house across the street is the Longfellow House. It is a 2/3 scale replica of Henry Wadsworth Longfellow's home in Cambridge Massachusetts built in 1907 by Minneapolis businessman Robert "Fish" Jones. It was never seen or lived in by Longfellow.
10. **Right** onto the path back to the Falls viewing area.
  11. **Return** to the 420 Godfrey parkway sign post at the parking lot.
  12. **Right** on path between the parking lots on the left and the picnic area on the right.
  13. **Left** at 46<sup>th</sup> Ave S crossing Godfrey Parkway.
  14. **Right** crossing 46<sup>th</sup> Ave. S. onto Ford Parkway to back to the start point at 1978 Ford Parkway.



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**Club point of contact:**

Click inside the box to send an email.

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