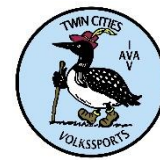




## French Regional Park Walk

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<b>Dates:</b>	<b>4/1/2021 - 12/31/2021</b>
<b>City / State:</b>	Plymouth MN, MN
<b>Event Name:</b>	Plymouth MN French Regional Park Walk
<b>Event Type:</b>	Seasonal Walk
<b>Event ID:</b>	118750 2021/Y2851
<b>Distance - Trail Ratings:</b>	Two 5 km loops - 1A
<b>Description:</b>	Walk the paved trails of a 337-acre regional park on the shore of Medicine lake with a mixture of open and wooded terrain. Nordic walking poles and GPS units with pre-loaded geocaches are available to rent for free at the visitor center.
<b>Amenities:</b>	<b>Strollers:</b> easy   <b>Wheelchairs:</b> easy   <b>Pets:</b> No   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Mayflower - 400th Anniversary Walk
<b>Start Times:</b>	Dawn to Dusk
<b>Location:</b>	French Regional Park Visitor's Center, 12605 Rockford Rd, Plymouth MN 55441.
<b>Start Point / Driving Directions:</b>	From I-494, exit to Rockford Rd eastbound. Turn right at the main park entrance. The Visitor's Center parking lot is on the right.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	Free parking available at start point. Restrooms available at start point and along the trail. Pets are allowed on the Pink Route but not the Green Route.
<b>Host Club:</b>	Twin Cities Volkssport
<b>Contact:</b>	Lynne Grigor (See the <a href="https://my.ava.org">my.ava.org</a> Event Listing for further contact information.)
<b>Website:</b>	<a href="https://facebook.com/groups/2039870106313616">facebook.com/groups/2039870106313616</a>

**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.



# French Regional Park 5km Green Route



1. **Right** on the asphalt trail behind the start point passing the playground and Visitors Center on your right.
2. **Right** just before the bridge onto a grass trail leading to a dirt trail with a wetland on your left (Lakeview Trail). Continue **straight** on the trail passing picnic tables and the Visitors Center on your right (restrooms available).
3. **Left** (downhill) at the Y intersection. Continue **straight** (left) where the Lakeview Trail joins the Skyline Trail. (1K)
4. **Left** at the triangle intersection crossing wetlands to a wooded area with a bench.
5. **Left** at the Marsha Coleman bench staying on the main gravel trail.
6. **Left** (uphill) at the intersection of 3 trails (Light pole #143 on left). When the trail goes downhill you will see light poles #137 and #36 at the bottom of the hill.
7. **Left** (downhill) at the trail intersection (Light pole #130), passing a picnic table on your left. You are now on the Medicine Trail. (2K)
8. **Left** at the intersection with a sign for the Skyline Trail/Visitor Information Center. This is part of the Skyline Trail.
9. **Stay on the main trail** passing a wetland on your left (light poles #119 and #118). Go **straight** where another main trail comes in on your right (at brown utility box #3 and power pole #95). Continue **straight** where two more trails come in on your right and left at power pole #93. (3K)
10. **Right** when you come to the Marsha Coleman bench again crossing the wetland.

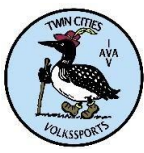
11. **Right** just as you are entering the woods. (Power pole #98 on left). You are back on the Lakeview Trail.
12. **Left** (uphill) at the Y intersection passing a picnic pavilion on your left (restrooms available) staying on the gravel trail going into the woods. (4K)
13. **Right** at the next Y intersection (power pole #43) on a downhill trail to the Visitors Center.
14. **Left** at the Visitors Center and proceed between the Visitors Center and playground to the parking lot.



In case of Emergency: Dial 911  
 Event related assistance:  
 Lynne Grigor POC 763-780-4567  
 Ken Johnson Club President 651-774-9607  
 Butch Spaulding RD 712-322-2797  
 Susan Pinneke RD (515) 423-8437

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

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# French Regional Park 5km Pink Route



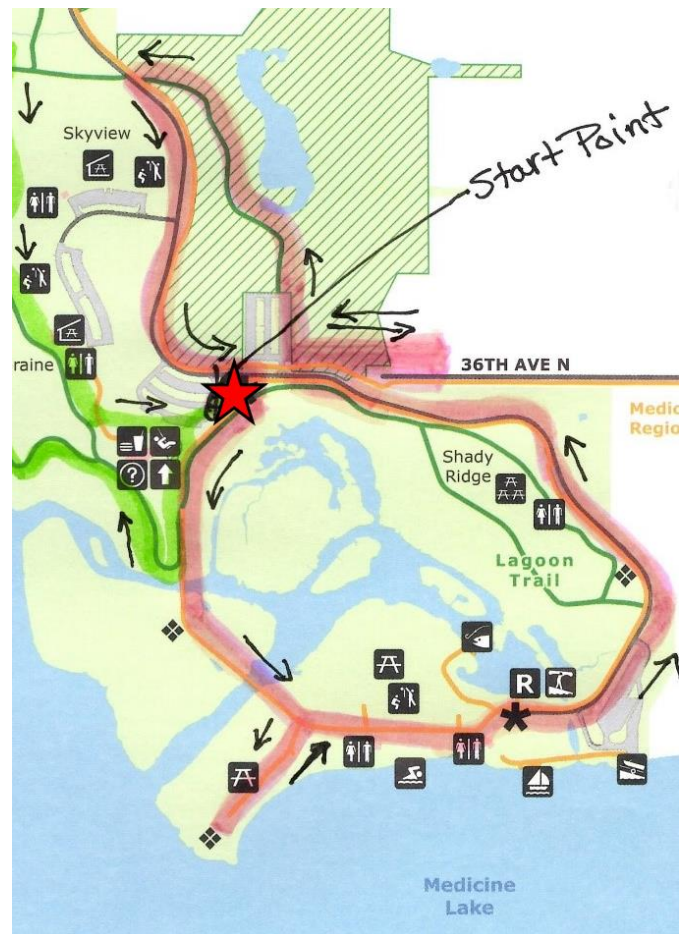
- 1. Right** on the asphalt trail behind the start point passing the playground and Visitors Center on your right and going over two bridges.
- 2. Right** on the asphalt trail at the Y intersection at the start of the picnic area. At the circle at the end of the trail follow the dirt path straight ahead to the bench by the lake for a nice view of Medicine Lake. (1K)
- 3. Turn around** and retrace the route on the asphalt trail back to the picnic area.
- 4. Right** at the intersection, taking the asphalt trail toward the beach. The lake and restrooms are on the right, a shuttle stop is on the left. Continue on the trail as it passes a parking lot and then the main park road, both on your right. You will pass through a small parking lot with picnic tables and restrooms. When you reach the shuttle stop for the Visitors Center, go ahead a bit further to the pedestrian crossing.
- 5. Cross the park road** at the pedestrian crossing to a paved bike trail along a parking lot. (2K)
- 6. Right** on the bike trail through a metal gate, and follow the trail along 36<sup>th</sup> Avenue.
- 7. Turn around** at Forestville Lane (first street on your left), and retrace your steps through the metal gate to the parking lot on your right. (3K)
- 8. Walk to the back** of the parking lot where you will see two trail signs next to a dirt path. Take the dirt path.

*projects, and investigating insects in the wetland.*

**9. Left** at the T intersection (not uphill) and with the pond on your right follow the main (wide) trail. (4K)

**10. Left** (uphill) when the dirt trail intersects with a paved trail along the park road, following the paved trail.

**11. Cross the park road** at the pedestrian crossing at the Visitors Center returning to the start point.



*This path goes through a designated Nature Exploration Area, where children and adults are encouraged to go off the paths and explore. In this area the park encourages activities such as collecting leaf and soil samples for school*



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 Susan Pinneke RD (515) 423-8437

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# CLIFTON E. FRENCH REGIONAL PARK



ThreeRiversParks.org



## LEGEND:

Updated: 2/20/2019

TRAIL			
Miles	9.2	4.0	4.0

- |  |                          |  |                                  |  |                            |  |                         |
|--|--------------------------|--|----------------------------------|--|----------------------------|--|-------------------------|
|  | boat carry-in access     |  | picnic area - reservable shelter |  | shuttle stop               |  | boardwalk               |
|  | boat launch              |  | play area                        |  | swimming                   |  | road                    |
|  | concessions              |  | rentals                          |  | trails at your pace        |  | building                |
|  | entry station            |  | rest area/bench                  |  | visitor center/information |  | nature exploration area |
|  | fishing pier             |  | restroom                         |  | volleyball                 |  | park                    |
|  | picnic area              |  | sailboat dock                    |  | paved trail                |  | parking lot             |
|  | picnic area - reservable |  | unpaved trail                    |  | unpaved trail              |  | water                   |

## Minnesota Club Contact Information

- **Club Name:** Lake Country Wanderers
- **Address:** 25 - 66th Way NE
- **City:** Fridley
- **State:** MN
- **Zip:** 55432
- **Contact:** Bonnie Johnson
- **Phone:** (763) 571-8041
- **Website:** \_
- **Email:** [bonjohn@comcast.net](mailto:bonjohn@comcast.net)

- 
- **Club Name:** Twin Cities Volkssports
  - **Address:** 1994 Payne Ave
  - **City:** Maplewood
  - **State:** MN
  - **Zip:** 55117
  - **Contact:** Ken Johnson
  - **Phone:** (651) 774-9607
  - **Website:** [www.tcvwalking.com](http://www.tcvwalking.com)
  - **Email:** [johnsonck@centurylink.net](mailto:johnsonck@centurylink.net)



- 
- **Club Name:** NorthStar Trail Travelers
  - **Address:** 3951 Russell Ave. N
  - **City:** Minneapolis
  - **State:** MN
  - **Zip:** 55412
  - **Contact:** Wally Swanson
  - **Phone:** (507) 362-8760
  - **Website:** [www.nstt.org/](http://www.nstt.org/)
  - **Email:** [peterscartwright@gmail.com](mailto:peterscartwright@gmail.com)



- 
- **Club Name:** Central Minnesota Volkssports
  - **Address:** PO Box 2162
  - **City:** St. Cloud
  - **State:** MN
  - **Zip:** 56302
  - **Contact:** Lois Head
  - **Phone:** (320) 293-9441
  - **Website:** [centralmnvolkssports.wix.com/cmvs](http://centralmnvolkssports.wix.com/cmvs)
  - **Email:** [lmhead@stcloudstate.edu](mailto:lmhead@stcloudstate.edu)

Event City or Country / Name	Event Dates	YRE Number	Type	Host Club
Marine on St. Croix - William O'Brien State Park Snow Shoe Washington	2/20/2021 2/20/2021	N/A	Snow Shoe	NorthStar Trail Travelers
North St Paul - North St Paul Historic Walking Tour United States	4/24/2021 4/24/2021	N/A	Walk	Twin Cities Volkssport
Hinckley - St. Croix State Park Spring Walk	5/8/2021 5/8/2021	N/A	Walk	NorthStar Trail Travelers
Brooklyn Park - MS Gateway Regional Park	5/15/2021 5/15/2021	N/A	Walk	Lake Country Wanderers
Brooklyn Center MN - Brooklyn Center Girl Scout Walk	5/22/2021 5/22/2021	N/A	Walk	Twin Cities Volkssport
Willmar - Sibley State Park Summer Walk	7/17/2021 7/17/2021	N/A	Walk	NorthStar Trail Travelers
Willmar - Prairie Woods ELC Summer Walk	7/18/2021 7/18/2021	N/A	Walk	NorthStar Trail Travelers
Hopkins MN - Downtown Hopkins and Cedar Lake Trail Walk	7/24/2021 7/24/2021	N/A	Walk	Twin Cities Volkssport
Woodbury MN 55125 - Woodbury Thrives Family Volksmarch United States	7/25/2021 7/25/2021	N/A	Walk	Twin Cities Volkssport
Minneapolis - University Stadium Walk	8/7/2021 8/7/2021	N/A	Walk	Twin Cities Volkssport
Barnesville - Verna (Lohse) Herker Memorial Walk	8/27/2021 8/27/2021	N/A	Walk	Lake Country Wanderers
St Cloud - CMV's 30th Anniversary Celebration United States	8/28/2021 8/28/2021	N/A	Walk	Central Minnesota Volkssports
Orr - Voyageurs National Park Guided Walk	9/9/2021 9/9/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Ely - Bear Head Lake State Park Guided Walk	9/10/2021 9/10/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Soudan - Lake Vermilion Guided Walk	9/11/2021 9/11/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Soudan - Soudan Underground Mine Walk	9/12/2021 9/12/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers

Ely - Trezona Trail Guided Walk	9/13/2021 9/13/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Ely - BWCAW Guided Walk	9/14/2021 9/14/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Maplewood - Battle Creek Walk	9/18/2021 9/18/2021	N/A	Walk	Twin Cities Volkssport
Coon Rapids MN - TCV Annual Meeting Walk	10/16/2021 10/16/2021	N/A	Walk	Twin Cities Volkssport
Jordan - MN Valley Fall Walk	10/30/2021 10/30/2021	N/A	Guided Walk	NorthStar Trail Travelers
Albert Lea - Freeborn County--Walking the I-35 corridor	4/1/2021- 9/30/2021	2021/Y2242	Seasonal Walk	Lake Country Wanderers
Anoka - Anoka County	1/2/2021- 12/31/2021	2021/Y2405	Year Round Walk	Lake Country Wanderers
Bloomington - Mall of America	1/1/2021- 12/31/2021	2021/Y0381	Year Round Walk	Twin Cities Volkssport
Bloomington - Nine Mile Creek Walk	4/1/2021- 10/31/2021	2021/Y1467	Seasonal Walk	Twin Cities Volkssport
Blue Earth - Faribault County	4/1/2021- 9/30/2021	2021/Y2729	Seasonal Walk	Lake Country Wanderers
Brooklyn Center - Crystal Airport/Arboretum Walk	1/1/2021- 12/31/2021	2021/Y2582	Year Round Walk	Lake Country Wanderers
Brooklyn Center - Palmer Lake	1/1/2021- 12/31/2021	2021/Y2701	Seasonal Walk	Lake Country Wanderers
Duluth - Duluth Lake Superior Walk	4/1/2021- 9/30/2021	2021/Y1032	Seasonal Walk	Twin Cities Volkssport
Eagan - Lebanon Hills Regional Park	4/1/2021- 9/30/2021	2021/Y2661	Seasonal Walk	Twin Cities Volkssport
Fairmont - Martin County	4/1/2021- 9/30/2021	2021/Y2731	Seasonal Walk	Lake Country Wanderers
Fergus Falls - Ottertail County	5/1/2021- 9/30/2021	2021/Y1954	Seasonal Walk	Lake Country Wanderers
Fridley - Rice Creek Trails	1/1/2021- 12/31/2021	2021/Y2282	Year Round Walk	Lake Country Wanderers

Fridley - Snowshoe	1/1/2021-3/31/2021	2021/Y2392	Seasonal Snow Shoe	Lake Country Wanderers
Fridley - Springbrook Nature Center	1/1/2021-12/31/2021	2021/Y0685	Year Round Walk	Lake Country Wanderers
Hopkins MN - Hopkins and Edina 9-Mile Creek	4/1/2021-9/30/2021	2021/Y2829	Seasonal Walk	Twin Cities Volkssport
Madison Lake MN - Blue Earth County Madison Lake Walk	4/1/2021-9/30/2021	2021/Y2819	Seasonal Walk	Twin Cities Volkssport
Maple Grove - Hennepin County	1/1/2021-12/31/2021	2021/Y1576	Year Round Walk	Lake Country Wanderers
Maple Grove - Maple Grove MGCC Swim	1/1/2021-12/31/2021	2021/Y2824	Year Round Swim	Twin Cities Volkssport
Maple Grove - Maple Grove Nature Walk	4/15/2021-11/15/2021	2021/Y2658	Seasonal Walk	Twin Cities Volkssport
Maple Grove MN - Maple Grove Omni Brewing Walk	4/15/2021-11/15/2021	2021/Y2850	Seasonal Walk	Twin Cities Volkssport
Maplewood - Maplewood MN Cemetery Walk	1/1/2021-12/31/2021	2021/Y2823	Seasonal Walk	Twin Cities Volkssport
Minneapolis - Downtown	1/1/2021-12/31/2021	2021/Y2583	Year Round Walk	Lake Country Wanderers
Minneapolis - Lake Nokomis Walk	1/1/2021-12/31/2021	2021/Y1218	Year Round Walk	Twin Cities Volkssport
Minneapolis - Minnehaha Creek 10 km Walk	4/1/2021-9/30/2021	2021/Y0375	Seasonal Walk	Twin Cities Volkssport
Minneapolis - 'Nordeast'	1/1/2021-12/31/2021	2021/Y2586	Year Round Walk	Lake Country Wanderers
New Brighton - Long Lake Park	1/2/2021-12/31/2021	2021/Y2771	Year Round Walk	Lake Country Wanderers
New Ulm - German Heritage Walk-Brown County	4/1/2021-10/31/2021	2021/Y2630	Seasonal Walk	Lake Country Wanderers
Northfield - Jesse James Walk	4/1/2021-10/31/2021	2021/Y2772	Seasonal Walk	Lake Country Wanderers
Osseo MN - City of Osseo Walk	1/1/2021-12/31/2021	2021/Y2710	Year Round Walk	Twin Cities Volkssport

Owatonna - Steele County Walk	4/1/2021-9/30/2021	2021/Y2766	Seasonal Walk	Central Minnesota Volkssports
Plymouth MN - Plymouth MN French Regional Park Walk	4/1/2021-12/31/2021	2021/Y2851	Seasonal Walk	Twin Cities Volkssport
Rogers - Rogers Crow-Hassan Park Walk	4/1/2021-9/30/2021	2021/Y2822	Seasonal Walk	Twin Cities Volkssport
Sleepy Eye - Brown County	4/1/2021-10/31/2021	2021/Y2585	Seasonal Walk	Lake Country Wanderers
Springfield - Brown County	1/1/2021-12/31/2021	2021/Y2584	Seasonal Walk	Lake Country Wanderers
St James - Watonwon County	4/1/2021-9/30/2021	2021/Y2728	Seasonal Walk	Lake Country Wanderers
St Paul - Crocus Hill Walk	4/1/2021-10/31/2021	2021/Y2257	Seasonal Walk	Twin Cities Volkssport
St Paul - Minnehaha Falls/Ford Dam Walk	1/1/2021-12/31/2021	2021/Y2235	Year Round Walk	Twin Cities Volkssport
St Paul - Trout Brook/Oakland Cemetery	4/1/2021-10/31/2021	2021/Y2610	Seasonal Walk	Twin Cities Volkssport
St. Paul - State Capital Walk	1/1/2021-12/31/2021	2021/Y1004	Year Round Walk	Twin Cities Volkssport
Stillwater - Stillwater Walk	5/1/2021-10/31/2021	2021/Y1554	Seasonal Walk	Twin Cities Volkssport
Two Harbors - Two Harbors	4/1/2021-9/30/2021	2021/Y1169	Seasonal Walk	Twin Cities Volkssport
Waseca - Waseca County	4/1/2021-9/30/2021	2021/Y2730	Seasonal Walk	Lake Country Wanderers
Woodbury - Woodbury Pollinator Gardens Walk	4/1/2021-9/30/2021	2021/Y2657	Seasonal Walk	Twin Cities Volkssport