



West St Paul Adventures Walk

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SANCTION: SN128822- 2026 / Y3266

LOCATION: West St Paul, Minnesota

DESCRIPTION: See Kaposia Park and Simon's Ravine on the Mississippi River bluff, Marthaler Park with lake and wildlife, and Dodge Nature Center with a wetland boardwalk. Free parking and restrooms at the start.

EVENT TYPE: Seasonal Walk

DATES: Apr 1st until Dec 31st, 2026

TIMES: Dawn to dusk. Library hours: 9 am to 8 pm Mon-Thu, 9 am to 5 pm Fri-Sat. Closed Sun

DISTANCE: 4, 5, 6, & 7 km rated 2B

CONTACT: Lynne Grigor, lynnesdesignflow@gmail.com, (763) 780-4567

COUNTY: Dakota County

SPECIAL PROGRAMS: Centurion Achievement Challenge; IVV-Americas; A-MAZE-ing Labyrinths; Walking the United States - States; Walking the USA, A - Z; Walking with America's Veterans

AWARD: IVV CREDIT ONLY

IMPORTANT EVENT INFORMATION: Choice of four trails which total 18 km. The 4 km and 7 km are out and back to Kaposia Park and Simon's Ravine on paved trail. The 5 km is a loop to Marthaler Park on paved trails and streets. The 6 km is a loop to Dodge Nature Center mainly on paved trails and streets but includes a boardwalk, short gravel trail and steep hill on paved and grass trails. Pets are not allowed in some buildings or on Dodge Nature Center property.

Restrooms: Yes, Pets: Yes, Strollers: Medium, Wheelchairs: No

START POINT: Wentworth Library

DIRECTIONS: 199 East Wentworth Ave, West St Paul MN 55118. From the south, take US-52 to exit #127 Wentworth Ave. GPS location: 44.89847, -93.07658 Turn left (west) through three roundabouts then right on Crawford Dr. The library is on your right. From the north, take US-52 to exit #127 Wentworth Ave. Go straight on Waterloo Ave to the roundabout. Go right (west) on Wentworth Ave. After the second roundabout, turn right on Crawford Dr. The library is on your right.

COMMENTS: Come see what West St Paul has to offer! Walk in hilly parks and residential and commercial areas with the Wentworth Library as the start and finish point. Free parking and restrooms at the start during library hours. Additional restrooms on the trail, at parks and trail head.

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 payment 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.



- 1) Facing the library from the library parking lot, go **Left** to the bike/pedestrian trail.
- 2) **Right** on the trail, passing behind the library and following Wentworth Ave.
- 3) **Left** on the trail at the roundabout following Oakdale Ave.

On your left at 1575 Oakdale Ave is a brick house on the National Register of Historic Places. George Wentworth, a horse trader from a wealthy English family had this house built in 1887 and resided there with his family.

- 4) **Cross** Thompson Ave and use the crosswalk to **Cross** Oakdale Ave.
- 5) **Left** on the trail along Oakdale Ave which eventually goes downhill and to the right to Emerson Ave. [1 km]
- 6) **Cross** Emerson following the same bike/pedestrian trail.
- 7) **Right** at the first Y in the trail.
- 8) Stay on the main paved trail crossing over Hwy 52 on the bike/pedestrian bridge.
- 9) Right at the end of the bridge. The Kaposia Park ball field and picnic shelter will soon be on your left. [2 km]

4 km walkers, turn around and retrace your steps back to the start point. Jump to #12 in these instructions.

You are now in the city of South St. Paul. The trail proceeds through

Kaposia Park, a disc golf course in Simon's Ravine which passes down through the Mississippi River bluff to a former stockyard area along the Mississippi.

- 10) Stay on the main paved trail through Simon's Ravine, staying right and passing through a tunnel under 19th Ave to the Trailhead at Concord St. [3.5 km]

Note the history displays on the former Kaposia Dakota Village and Simon family.

- 11) **Turn around** and retrace your steps, going through the 19th Ave. tunnel and crossing the Hwy 52 bridge. [5 km]
- 12) **Left** at the trail Y.
- 13) **Cross** Emerson Ave. and follow the trail to the right and uphill to Oakdale Ave. where the trail curves left. [6 km]
- 14) **Cross** Oakdale Ave at Thompson Ave and **Cross** Thompson Ave to stay on the paved trail.
- 15) **Right** at the roundabout, following the trail along Wentworth Ave. In about two blocks you will see the start point (red and orange brick library building) on your right and the parking lot.



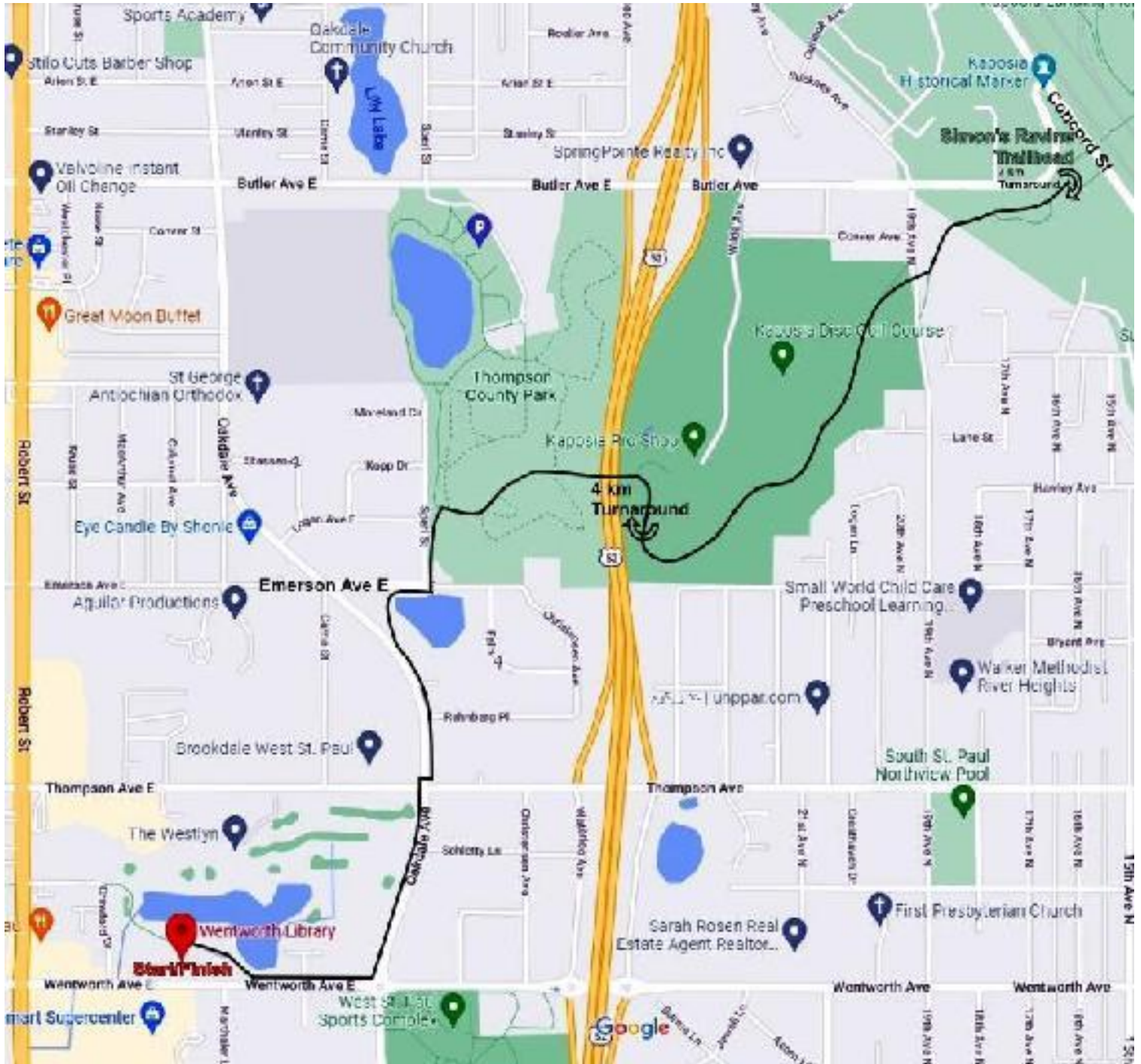
In case of Emergency: Dial 911
Event related assistance:
Lynne Grigor POC: (763)780-4567
Wayne Heath Club President 651-249-8886
Ken Johnson RD: 651-744-9607



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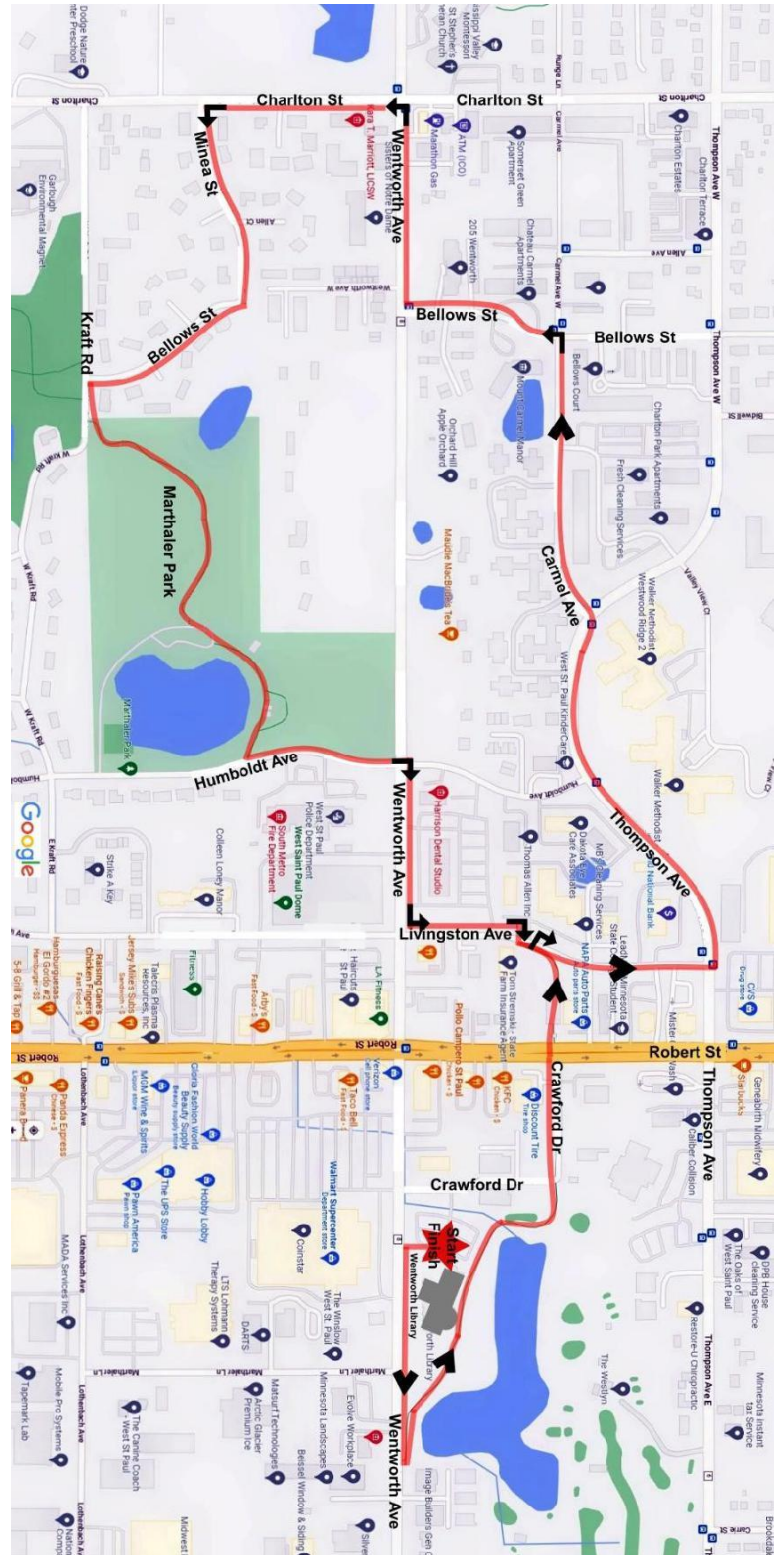
Simon's Ravine 4 & 7 km Walk (Out and Back)

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1. From the parking lot next to the library building entrance, face the library and turn **Right** walking to the bike/pedestrian trail along Wentworth Ave
2. **Left** on the bike/pedestrian trail passing the library
3. **Sharp Left** following the trail behind the library and through a tunnel under Robert St
4. At the Livingston Ave bike/pedestrian crossing, cross and go Right along Livingston Ave to stop sign [1km]
5. **Carefully Cross** Thompson Ave and **Left** on sidewalk
6. At Carmel Ave crosswalk, **Cross Carefully** (drivers don't always stop) and continue on the Carmel Ave sidewalk
7. **Cross and Left** onto Bellows St sidewalk
8. **Right** on Wentworth Ave to Charlton St
The Gas Station at Wentworth and Charlton has a restroom, water, and snacks when open.
9. **Left** crossing Wentworth Ave onto Charlton St sidewalk.
10. **Left** on Minea St which turns right and becomes Bellows St. [3km]
11. **Left** on Kraft Rd. a short distance and **Left** onto bike/pedestrian trail into Marthaler Park.
12. **Left** (downhill) at the trail Y.
13. **Left** at the parking lot, staying to the right of the picnic shelter and following the trail out of the park to Humboldt Ave [4km]
West St. Paul City Hall and Veteran's Memorial are across the street at the Municipal Center.
14. **Left** on Humboldt Ave
15. **Cross and Right** on Wentworth Ave bike/pedestrian trail
16. **Left** at Livingston Ave for short distance.
17. **Cross** at bike/ pedestrian crossing and **Left** on trail passing through tunnel then curving right and left.
18. At the library (red and orange brick building), **Cross** grass to the parking lot and start point.



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 Wayne Heath Club President 651-249-8886
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- 1) Facing the library from the library parking lot, go **Left** to the bike/pedestrian trail.
- 2) **Right** on the trail, passing behind the library and following Wentworth Ave.
- 3) **Sharp Left** to the boardwalk over the pond
- 4) **Right** at intersection
- 5) **Continue straight** on the trail to Oakdale Ave
- 6) **Cross** Oakdale Ave
- 7) **Left** onto trail. Trail veers right away from Oakdale Ave to follow pond on the right. Emerson Ave will be on your left
- 13) **Left** crossing Emerson Ave at Sperl St
- 14) **Straight** on the trail with Sperl St on your left
- 15) **Right** at the Y circling Thompson Lake counter-clockwise
- 16) **Return** to trail along Sperl St
- 17) **Cross** Emerson and continue back on the trail along Oakdale Ave
- 18) **Cross** Thompson and Oakdale Aves and go **Straight** onto the trail
- 19) **Right** onto boardwalk
- 20) **Sharp right** to return to start point

For 5 km, skip to #13. To visit the labyrinth for 7 km, continue below

- 8) **Left** at Emerson Ave
- 9) **Cross** Oakdale, and pass Marthaler Ln, Calumet Ave, MacArthur Ave on your right
- 10) **Left** into Augustana Lutheran Church parking lot at intersection with Kruse St
- 11) **Pass church** along sidewalk to the left to reach the labyrinth in the wooded area at the back
- 12) **Return** to Emerson Ave to the trail beyond Oakdale Ave



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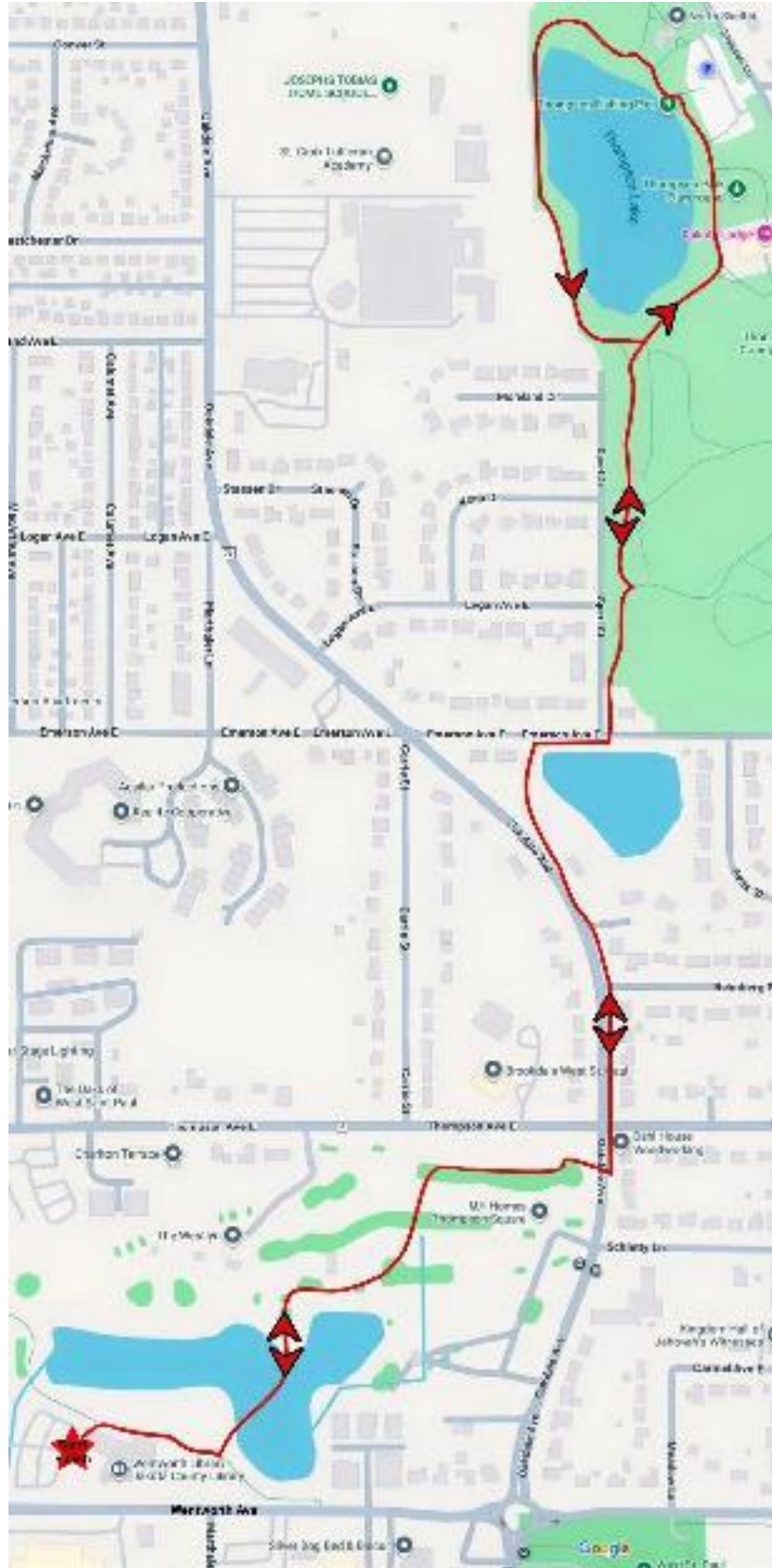


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Thompson Lake 5 & 7 km Walk

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1. Facing the library building from the library parking lot, go **Left** to the bike/pedestrian trail passing through the tunnel under Robert St
2. **Left** on the trail along Livingston Ave
3. **Cross** Wentworth Ave and continue on Livingston Ave passing the Regional Athletic Dome on your right
4. **Right** on Kraft Rd [1 km]. Follow Kraft Rd as it curves right and left several times. Use the sidewalks and trails where available
5. **Right** on Charlton St at end of Kraft Rd [2 km]
6. At the second entrance to Dodge Nature Center on your left, **Cross** Charlton at the Farm Education sign and enter Dodge Nature Center. The "open by appointment only" sign refers to the farm buildings. The hiking trails are open to the public from dawn to dusk without reservations.
7. **Straight** through the parking lot taking the driveway between the library (white building with red roof) and red barn to gravel driveway
8. As you go downhill, go **Left** on the gravel trail and take an immediate **Right** onto the boardwalk.
9. Stay on the main board walk until it ends at a paved driveway with the red office building straight ahead. [3 km]
10. Follow the driveway in front of the buildings. After the parking lot on your left, go **Left** onto the bike/pedestrian trail, passing through a tunnel under Charlton St
11. After exiting the tunnel, stay on the asphalt trail to the right and enter Garlough Park with Garlough School on your left.
At the rest area with benches on your right note the disc golf course
12. After passing the playground, go **Right** at the Y and **Right** at the next two Ys on the trail. The trail ends at Kraft Rd.
13. **Right** on Kraft Rd using the crosswalk to **Cross** Kraft and enter Marthaler Park. [4 km]
14. **Right** at the trail Y going uphill staying on the main asphalt trail to a turnaround where the pavement ends. Just before the turnaround go **Right** on a wide grassy trail going down a steep hill and to the left to the park driveway.
15. **Right** on park driveway to exit by tennis courts.
16. **Left** on Humbolt Ave, stay right at the next park entrance to follow Humbolt Ave.
West St. Paul City Hall and Veteran's Memorial are across the street at the Municipal Center
17. **Cross and Right** on Wentworth Ave onto the bike/pedestrian trail for 1 block. [5 km]
18. **Left** on the trail at Livingston and **Cross Right** following the trail to the left through a tunnel as it curves to the right and then left.
19. The red and orange brick building on your right is the library. Use the library sidewalk to enter the parking lot start/end point



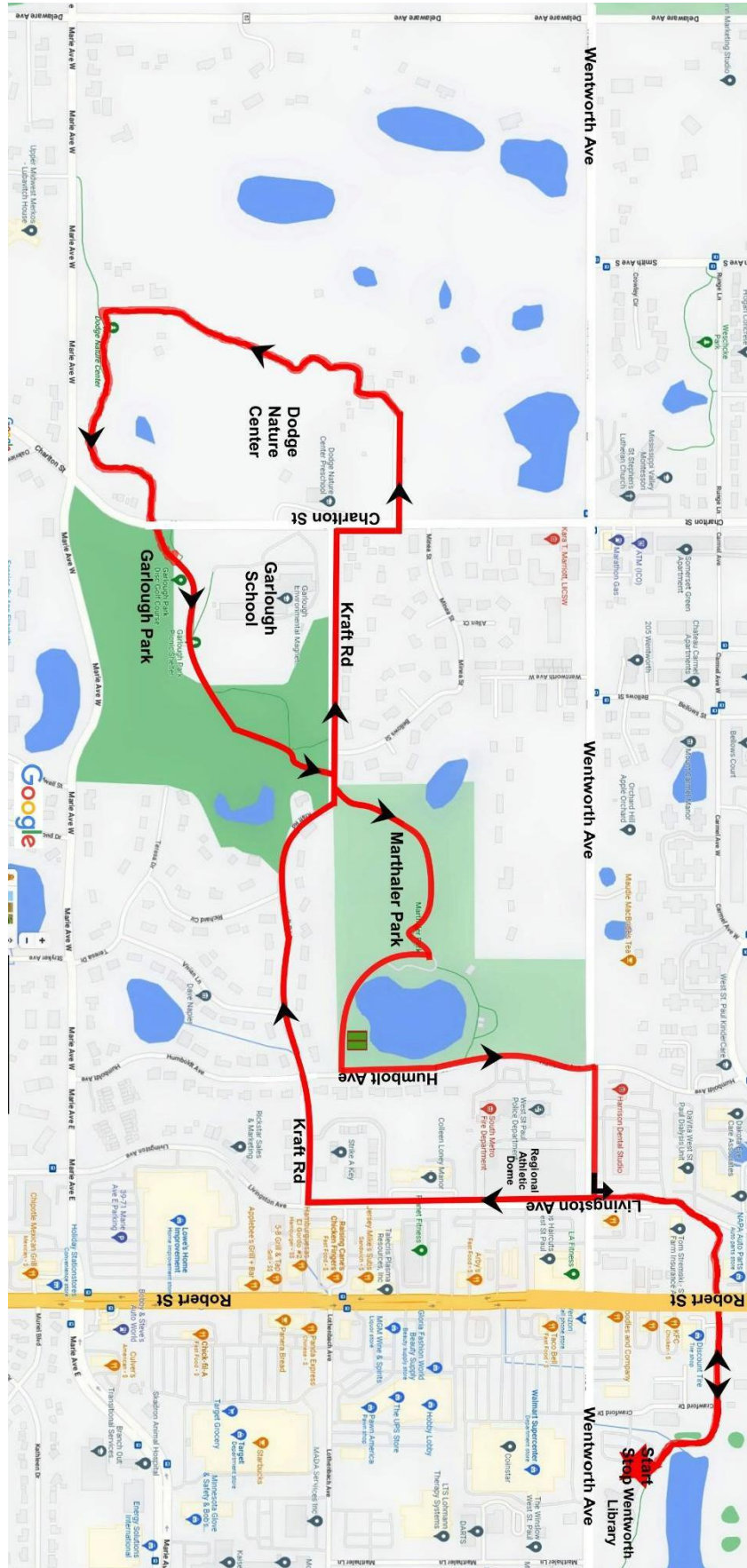
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West St Paul Adventures

Dodge Nature Center 6 km

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