



Lake Harriet Walk

SANCTION #: SN124074 - 2025 / Y3302
Copyright 2023 Twin Cities Volkssports



Table of Contents/Event Details	1-2
10 km Walk Directions	3-4
5 km Walk Directions	5-6
Points of Interest	7

Walk around scenic Lake Harriet with its historic band shell and stroll through the lovely Linden Hills neighborhood of south Minneapolis.

EVENT TYPE: Seasonal Walk

DATES: Tue, Apr 1st until Wed, Dec 31st, 2025

TIMES: Dawn to dusk

DISTANCE: 5km rated IA and 10 km rated 1B

CONTACT: Lee Moisant, l.moisant@comcast.net, (612) 861-3053

COUNTY: Hennepin County

SPECIAL PROGRAMS: Centurion Achievement Challenge; IVV-Americas; Par-For-The-Course; Walking the United States - States; Walking the USA, A - Z

AWARD: IVV CREDIT ONLY

RESTROOMS: Yes, Pets: Yes, Strollers: Easy, Wheelchairs: Hard

START POINT and DRIVING DIRECTIONS: Start at the 4200 block of Upton Ave S, Minneapolis MN 55410. GPS coordinates: 44.926698, -93.314630.

From I-35W, take Exit 14 for 35th St. Go West on 35th St. Turn left at Nicollet Ave S, then right onto 36th St for one mile. When 36th St ends at a lake, turn left onto Richfield Rd for a half mile. At the second stoplight, turn left onto Sheridan Ave S and proceed three blocks to W 42nd St. Go right on 42nd St for one block then turn left onto Upton Ave S. Park anywhere on this street.

Please note that there are no restrooms at the start point which was selected due to ease of parking in this heavily congested neighborhood. Restrooms will be found 2/3 of the way through each route. If you wish to park near the restrooms and don't mind paying to park your car, then turn left onto W 42nd St rather than right and drive three blocks down to Lake Harriet to enter the pay lot for the band shell. In that case, begin your 10K walk with direction #24, or your 5K walk with direction #10.

IMPORTANT EVENT INFORMATION: An easy event on paved walkways with the 10km route featuring a stretch of dirt paths bordering Lakewood Cemetery making wheelchair use difficult. Free parking available. Restrooms available at the band shell about two-thirds into each route.

COMMENTS: If you wish to park near the restrooms and don't mind paying to park your car, then turn left onto W 42nd St rather than right and drive three blocks down to Lake Harriet to enter the pay lot for the band shell. In that case, begin your 10km walk with direction #17, or your 5km walk with direction #10.



Lake Harriet Walk

SANCTION #: SN124074 - 2025 / Y3302

Copyright 2025 Twin Cities Volkssports



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 Harriet Walk 10 km

124074 - 2025 / Y3302

Copyright 2025 Twin Cities Volkssports

Point of interest are associated with each direction marked *



1. After parking your car on S Upton Ave, walk south to where it merges with Sheridan Ave S.
2. **Right** and proceed to W 43rd St.
3. **Left** crossing Sheridan and then Left again, walking along the opposite side of Sheridan to W 40th St.
4. * **Right** on W 40th St and walk two blocks to S Queen Ave. **[1 KM]**
5. **Right** on S Queen Ave to W 42nd St
6. **Left** across the streetcar tracks. *(Note the sign near the Linden Hills Station describing the history of the old Como-Harriet Streetcar Line.)*
7. * Continue down the hill to Lake Harriet, carefully crossing W Lake Harriet Pkwy (look left for cars) and the bike trail (look right for bicyclists).
8. **Right** onto the pedestrian path, walking away from the band shell and with the lake on your left.
9. After a couple of blocks and just before you come to some brick apartment buildings, go **Right** up a short flight of steps and across the bike trail to where W 44th St intersects two branches of W Lake Harriet Pkwy.
10. * **Carefully Cross** both these streets and continue along W 44th St *(if the stairs are closed or if using wheelchairs or strollers, continue straight on the pedestrian path and skip to #10 below)*. **[2 KM]**
11. * **Left** on S Thomas Ave.
12. * **Left** at W 45th St
13. Proceed carefully straight across W Lake Harriet Pkwy and the bike trail, down the steps and back to the lakeshore
14. * **Right** to rejoin the pedestrian path.
15. About ¾ of the way around the lake, you will approach a canoe rack on your left. Just after passing a bench on your right and just before reaching the canoes, **Turn Sharply Right** across the grass and carefully cross the bike trail and E Lake Harriet Pkwy.
16. * **Go Straight** across another grass border to a gravel path that leads into the Lyndale Park Rose Garden and becomes a paved walkway. **[5 KM]**
17. **Continue** on this path through the rose garden past the first fountain. then take the brown gravel path to the **Right** around a grassy quadrangle and past another fountain. About 2/3 of the way around the quad, you will leave the Rose Garden turning to the **Right** taking the crosswalk across Roseway Rd.
18. * Enter the parking lot ahead of you. At the “Pay Here” sign (for cars only), turn **Right** and enter the Peace Garden. Walk 10 meters, then turn **Right** onto a light grey path. Turn **Left** onto the next light grey paved path you reach and cross the Peace Bridge. * Proceed to the rocky path beyond the bridge and turn **Left**.
19. * Leaving the Peace Garden, continue **Straight** to the chain link fence ahead of you. *(Please note that the detour to the bird sanctuary is not on the sanctioned route due to intersecting trails that change with the spring rains. If you wish to explore it on your own, go through the chain link gate and then return to this spot)*
20. **Right** onto a woodchip trail with a dark brown utility shed on your right and the fence on your left. **[6 KM]**
21. * You will soon see Lakewood Cemetery through the fence. When the trail ends at the street (Dupont Ave S/Kings Highway), make a **Sharp Right** onto Roseway Road and follow it back to Lake Harriet. You will pass a series of sculptures within the Trial Garden to your right.
22. Carefully cross Lake Harriet Pkwy and turn **Right** to rejoin the pedestrian path, again keeping the lake on your left. You will pass another swimming beach. **[7 KM]**
23. * Proceed past the swimming beach to the band shell. Concerts are offered here each Sunday evening during the summer in the continuation of a long musical tradition *(water, restrooms and food concessions available)*.
24. Continue on the pedestrian path back to the traffic circle at the foot of W 42nd St where you first started walking around the lake.
25. **Right** and walk up W 42nd St across the streetcar tracks to S Queen Ave.
26. * **Left** on S Queen Ave to Linden Hills Blvd. **[8 KM]**
27. * **Right** on Linden Hills Blvd, which continues to curve to the right, and walk to W 40th St through the heart of the Linden Hills neighborhood. **[9 KM]**
28. * **Left** on W 40th St, and proceed to Upton Ave.
29. **Left** on S Upton Ave and walk back to your starting point. *(If you didn't fill up on snacks at the Lake Harriet band shell, more treats can be found on Upton Ave one block south of W 43rd St at Great Harvest Bread Co and Sebastian Joe's Ice Cream)*



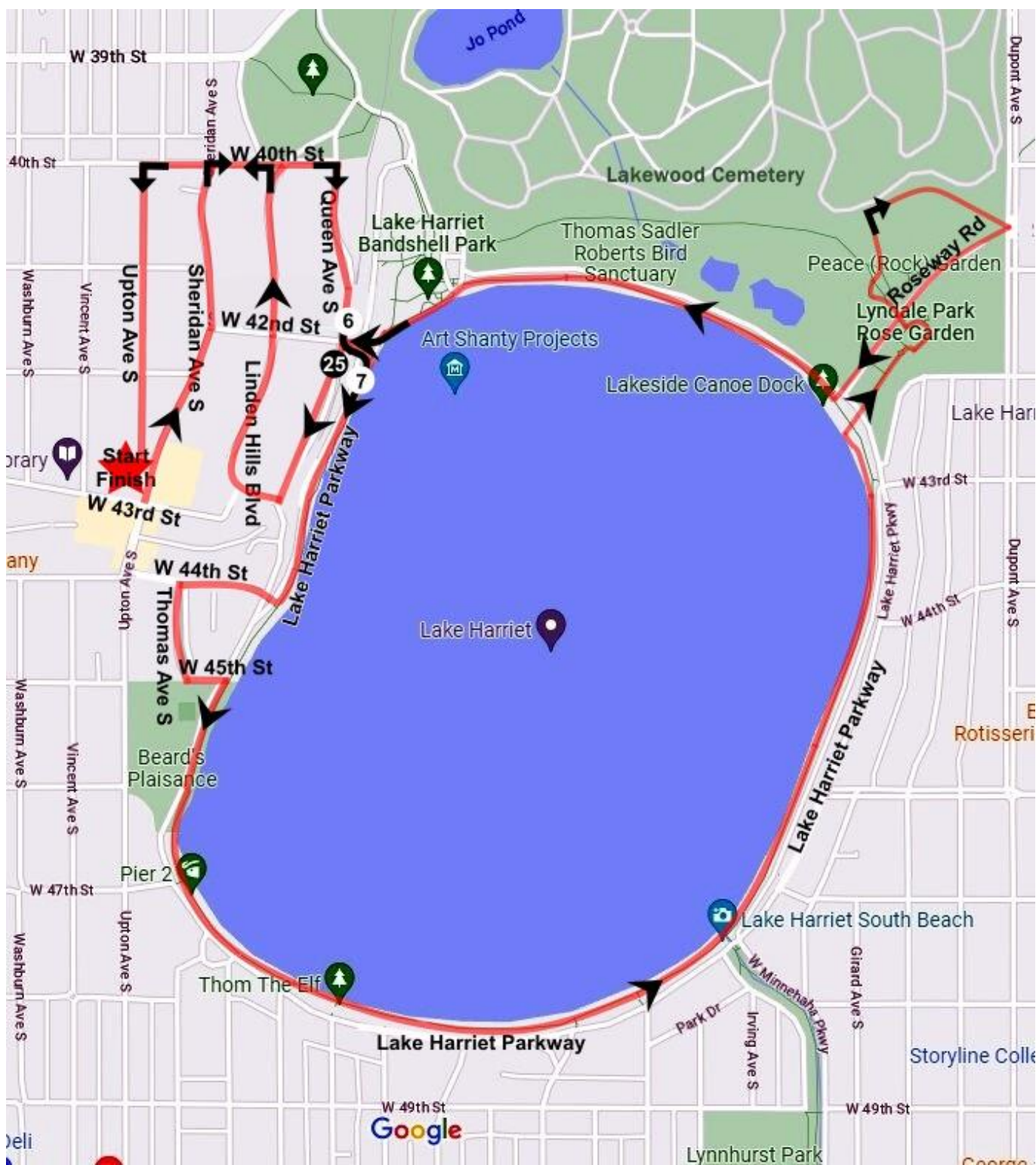
In case of Emergency: Dial 911
Event related assistance:
Lee Moisant POC 612-861-3053
Wayne Heath Club President 651 2498886
Susan Pinneke DRD (515) 423-8437

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



Lake Harriet Walk

Copyright 2025 Twin Cities Volkssports



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



Lake Harriet Walk 5 km

124074 - 2025 / Y3302

Copyright 2025 Twin Cities Volkssports

*Points of interest are associated with each direction marked **



1. After parking your car on S Upton Ave, walk south to where it merges with Sheridan Ave S. Turn **Right** and proceed to W 43rd St.
2. **Cross** W 43rd St, turn **Left** and **Cross** Upton Ave, then **Right** and walk down Upton Ave to W 44th St.
3. **Cross** W 44th St and turn **Left** to S Thomas Ave.
4. * **Right** onto S Thomas Ave to W 45th St.
5. * **Left** at W 45th St
6. * Proceed carefully straight across W Lake Harriet Pkwy (*look left for cars*) and the bike trail (*look right for bicyclists*). Walk down the steps to the lakeshore, then turn **Right** onto the pedestrian path, keeping the lake on your left. **[1 KM]**
7. * You will eventually arrive at a swimming beach near the intersection of Lake Harriet Pkwy with W Minnehaha Pkwy. **[2 KM]** (*The information sign on top of the large concrete ball tells the history of the Lake Harriet band shells.*)
8. * Continue counterclockwise around the lake. After another kilometer, you will approach a canoe rack on your left. Looking right across the parkway you will see the Lyndale Park Rose Garden. **[3 KM]**
9. * Proceed around the lake to the band shell where concerts are held each Sunday evening during the summer in the continuation of a long musical tradition (*water, restrooms, and food concessions available*). **[4 KM]**
10. Continue to a traffic circle at the foot of W 42nd St. Turn **Right** and walk up W 42nd St across the streetcar tracks to S Queen Ave.
11. * **Left** on S Queen Ave to Linden Hills Blvd.
12. **Cross** Linden Hills Blvd and turn **Right** to W 43rd St.
13. **Cross** W 43rd St and turn **Left**. Follow W 43rd St as it curves to the right and back to the intersection with Sheridan Ave. **Cross** Sheridan and return to the starting point. (*If you didn't fill up on snacks at the Lake Harriet band shell, more treats can be found on Upton Ave one block south of W 43rd St at Great Harvest Bread Co and Sebastian Joe's Ice Cream which you passed at the beginning of the walk*)



In case of Emergency: Dial 911
Event related assistance:
Lee Moisant POC 612-861-3053
Wayne Heath Club President 651-249-8886
Susan Pinneke DRD (515) 423-8437

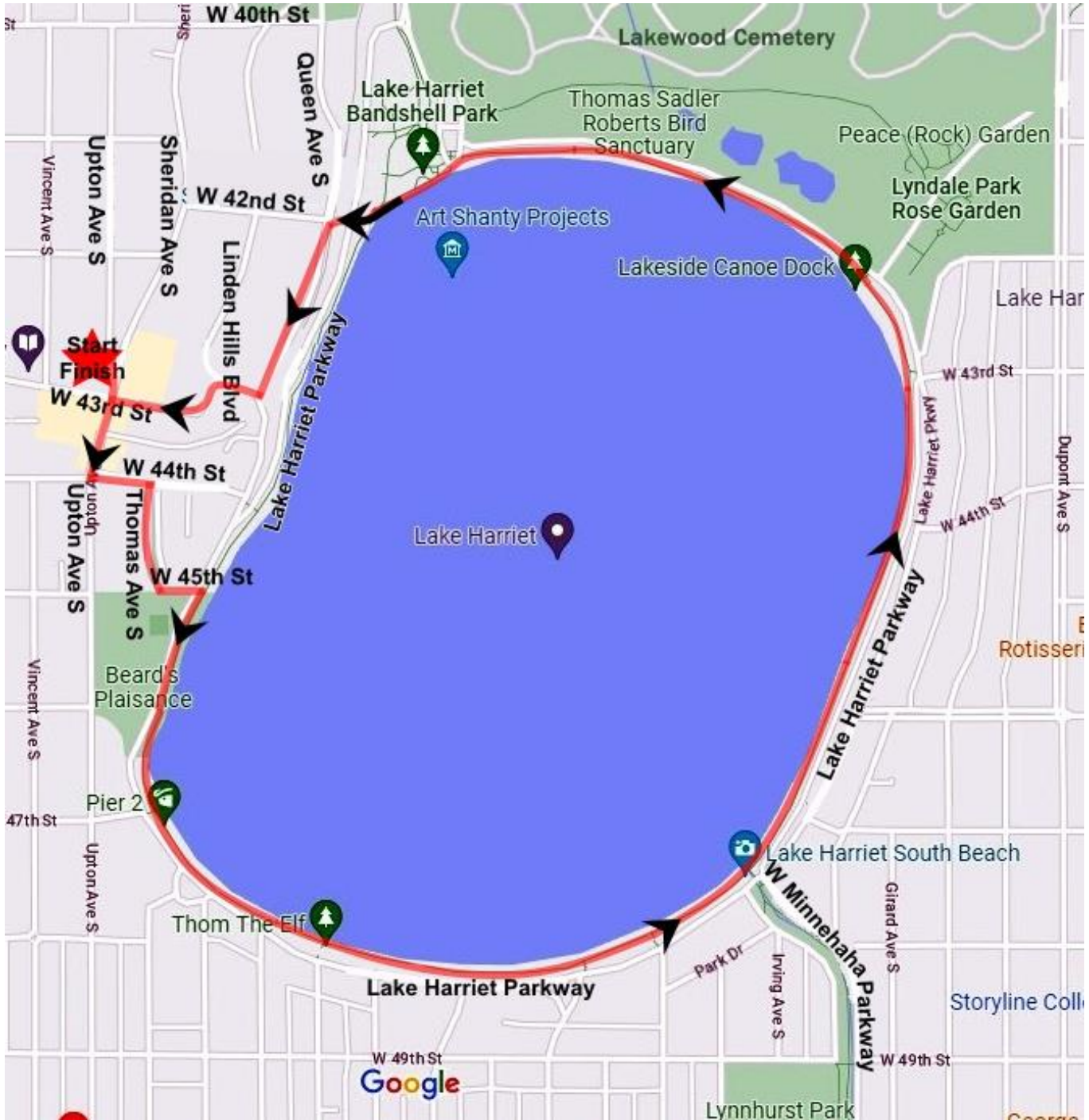


Lake Harriet Walk 5 km

124074 - 2025 / Y3302

Copyright 2025 Twin Cities Volkssports

Points of interest are associated with each direction marked *



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

Lake Harriet Walk - Points of Interest

5K #	10K #	Description
-	4	<i>Queen Ave has some of the oldest and most historic houses in Linden Hills, and is the only remaining residential street in Minneapolis with an operating streetcar track.</i>
7	7	Lake Harriet was named after Harriet Leavenworth, wife of the US Army officer who in 1819 built what later became known as Fort Snelling at the confluence of the Minnesota and Mississippi Rivers, the first permanent white settlement in this area. The Dakota Indians called Lake Calhoun just to the north of here Mde Medoza ("Lake of the Loons") and their name for Lake Harriet was Mde Un-ma ("Other Lake"). Lake Calhoun is the largest lake in Minneapolis, and Lake Harriet is the second largest with a surface area of 335 acres. It has an average depth of 29' (maximum depth 82'), and is stocked with walleye, muskellunge, largemouth bass, and pan fish.
-	10	<i>2620 W 44th St was the home of staunch feminist author and journalist Brenda Ueland, who was among the Jazz Age literati of the Roaring '20s. Her bestselling book was "If You Want to Write," which Carl Sandberg called "the best book ever written on how to write." This house was often a subject of her writing. She once described a romantic fantasy of spying whales on Lake Harriet from her many-windowed room on the second floor. Brenda married three times, had numerous lovers in between, regularly walked up to nine miles a day, and lived to the ripe old age of 93.</i>
4	11	This street has an eclectic variety of housing. The grassy median is known as Dell Park, one of Minneapolis' smallest.
5	12	<i>This was once the site of a wooden toboggan run that was constructed each winter down the hillside onto the frozen lake. Look behind you up the hill and imagine what a thrill that ride must have been! W 45th St above this point was blocked off in 1940 due to its treacherous winter driving hazards.</i>
6	14	After 500 meters from here, you may notice a tiny door at the base of a tree on the right side of the trail (near a "Wrong Way" sign on the bike trail). This is the home of Mr Little Guy, a leprechaun who has lived by Lake Harriet for many years. Children leave questions for him on tiny pieces of adding machine paper and then return the following week to magically find Mr Little Guy's personal reply!
8	16	<i>This garden was established in 1908 by Minneapolis Park Superintendent Theodore Wirth with the planting of 250 varieties of roses, giving Minneapolis the second municipal rose garden in the country (Wirth had also designed the first such rose garden, in Hartford CT). His son Conrad Wirth supervised the design of the White House Rose Garden during the Kennedy Administration many years later. {Strolling Over the Rainbow}</i>
-	18	The Peace Bridge contains stones from a bridge in Hiroshima that was destroyed by the atomic bomb in 1945, and a memorial "peace stone" from Nagasaki, sister city to St Paul.
-	19	<i>During the early-mid 1800s, this land comprised an agricultural Dakota Indian village called Reyata Otanwa. It was later acquired by William King and became part of Lyndale Farm, which he named after his father Rev Lyndon King. Parts of Lyndale Farm later became Lakewood Cemetery (1870s), the Roberts Bird Sanctuary and Lyndale Park (1890).</i>
-	21	The name of this garden has nothing to do with the judicial system. Rather it is an area used for testing the hardiness and disease resistance of perennial plants for the Minneapolis Parks Department.
9	23	<i>While Lake Harriet is still one of the most visited recreation areas in the Twin Cities, its popularity today pales in comparison to what it was 100 years ago. A good example of this is the size of the current 1986 band shell, which is the fifth and one of the smallest in a long line of entertainment pavilions that have stood here since 1888. Stop for a moment and enjoy the ambiance of The Lake as so many others have done for the past 125 years.</i>
11	26	The Tudor Revival-style mansion at 4236 Queen Ave was the home of 1930s US Senator Thomas Schall and once included a greenhouse, tennis court and stables. The Craftsman bungalow at 4290 Queen Ave with its wide over-hanging eaves, large gable ends, and low open porch make the structure seem almost one with the earth. At this point you can also see the 1905 Queen Ave bridge over the old streetcar line.
-	27	<i>The intersection with W 42nd St was the boarding site for another toboggan run down to the lake. 4051 Linden Hills Blvd at one time had its own apple orchard and was originally the site of one of the first structures in Linden Hills, the Bellevue Club resort hotel and Lurline Boat Club.</i>
-	28	Notice the two uniquely joined cottages at 2617 W 40 th St, classic examples of their architectural style, as is the bungalow at 2627 W 40 th St.