



Minnehaha Fall/Ford Dam Walks

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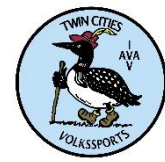
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City / State:	St Paul, MN
Event Name:	Minnehaha Falls/Ford Dam
Event Type:	YRE
Event ID:	115580 - 2020/Y2235
Distance - Trail Ratings:	5k & 10k - 1A
Description:	Route travels along Highland Park commercial and residential streets to the Mississippi 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.
Amenities:	Strollers: medium Wheelchairs: medium Pets: Yes Restrooms: Yes
Special Programs:	Ice Cream Parlors, Little Free Libraries, Walking the Path of Inventions
Start Times:	Start/Finish during daylight hours
Location:	Highland Park Community Center
Start Point / Driving Directions:	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.
Awards & Fees:	IVV Credit Only



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Comments:	Restroom available at the start point, local businesses, and in the parks along the route.
Host Club:	Twin Cities Volkssports
Contact:	Ken Johnson (651) 774-9607
Website:	www.tcvwalking.com
	Connect with us on our Facebook public group
E-Mail Contact:	johnsonck@centurylink.net

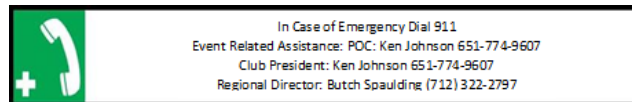
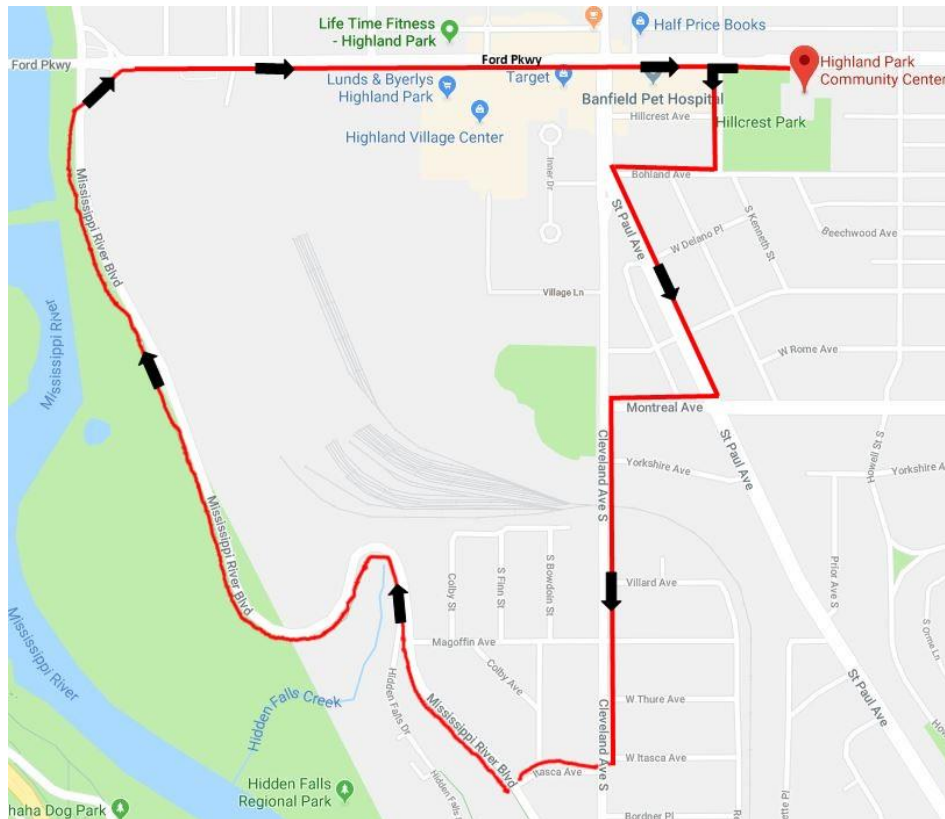
Online Start Box

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.

This is the same route as the St. Paul side of the Minnehaha Falls 10km and does not cross into Minneapolis or the Falls
Special Programs: Ice Cream Parlor across the street for start point. Little Free Libraries, and Walking the Path of Inventions.
Henry Ford held nearly 100 patents. Highland Park is home to Ford Parkway, Ford Lock and Dam, and the site of the former Highland Park assembly plant.

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. Cross Cleveland Ave S.
6. **Left** at Cleveland Ave S. crossing Montreal.
7. **Cross** W Itasca Ave (Little Free Library at corner house). [1.5 km]
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. [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.

Twin Cities Volkssports thanks you and hopes you enjoyed this walk. Please join us for more of our walks and events.





Minnehaha Falls 10k Walk 115580 2020/Y2235

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Special Programs: Ice Cream Parlors across from start point and at Minnehaha Falls, Little Free Libraries, and Walking the Path of Inventions. Henry Ford held nearly 100 patents. Highland Park is home to Ford Parkway, Ford Lock and Dam, and the site of the former Highland Park assembly plant.

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. Cross Cleveland Ave S.
6. **Left** at Cleveland Ave S. crossing Montreal.
7. **Cross** W Itasca Ave (Little Free Library at corner house). [1.5 km]
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. [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. **Left** crossing the Mississippi River into Minneapolis.
13. **Left** onto path at end of the bridge [4.4 km]
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 [4.9 km]
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 46th 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). [6 km]
19. **Left** at Veteran's Home Minneapolis sign. Stay on path keeping parking lots on your right. [6.2 km]
20. **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. Restrooms available. [6.6 km]
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 [7 km]
23. 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.
24. Cross the street (South Minnehaha Parkway) and turn **Right** onto the path back to the Falls viewing area [7.5 km]
25. **Return** to the 420 Godfrey parkway sign post at the parking lot. [7.8 km]
26. **Right** on path between the parking lots on the left and the picnic area on the right.
27. **Left** at 46th Ave S crossing Godfrey Parkway [8.2 km]
28. **Right** crossing 46th Ave. S. onto Ford Parkway back to the start point at 1978 Ford Parkway.

Twin Cities Volkssports thanks you and hopes you enjoyed this walk. Please join us for more of our walks and events.

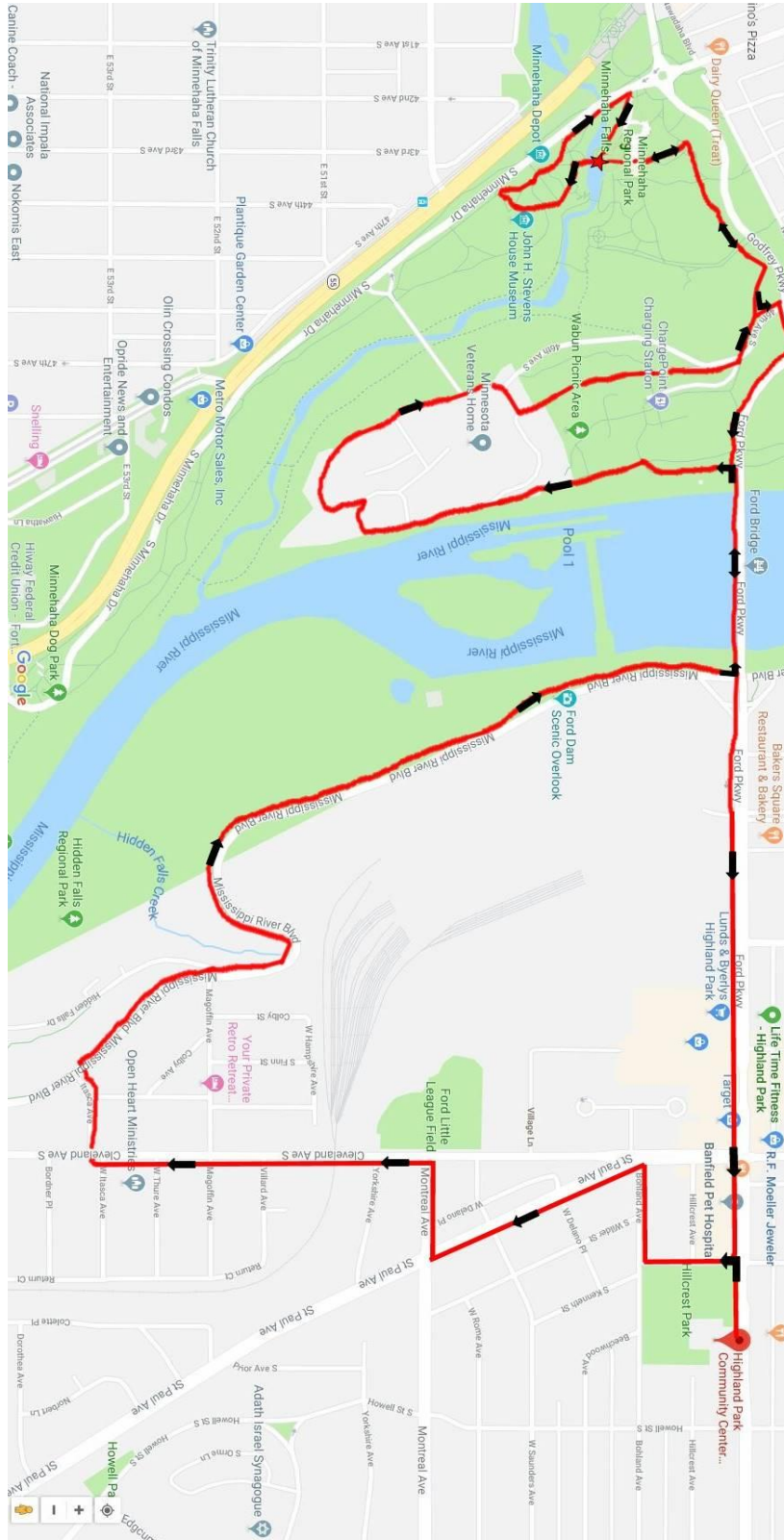


In Case of Emergency Dial 911
Event Related Assistance: POC: Ken Johnson 651-774-9607
Club President: Ken Johnson 651-774-9607
Regional Director: Butch Spaulding (712) 322-2797



Minnehaha Falls 10k Walk 115580 2020/Y2235

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Minnehaha Falls 5 km Walk 115580 2020/Y2235

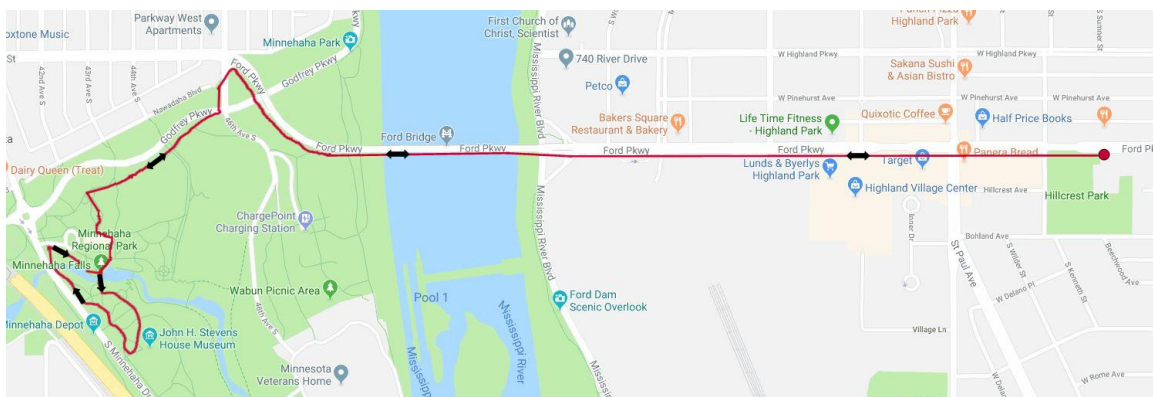
This walk is the same route as the Minneapolis side of the 10 km and includes the Falls
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Special Programs: Ice Cream Parlors across from start point and at Minnehaha Falls and Walking the Path of Inventions. Henry Ford held nearly 100 patents. Highland Park is home to Ford Parkway, Ford Lock and Dam, and the site of the former Highland Park assembly plant.

1. **Left** at sidewalk in front of Community Center and continue on Ford Parkway.
2. Cross Mississippi River bridge and continue to intersection at 46th Ave S.
3. Cross 46th 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 46th Ave S crossing Godfrey Parkway.
14. **Right** crossing 46th Ave. S. onto Ford Parkway to back to the start point at 1978 Ford Parkway.

Twin Cities Volkssports thanks you and hopes you enjoyed this walk. Please join us for more of our walks and events.



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Event Related Assistance: POC: Ken Johnson 651-774-9607
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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

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- **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
 - **Email:** johnsonck@centurylink.net



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- **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/
 - **Email:** peterscartwright@gmail.com



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- **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
 - **Email:** lmhead@stcloudstate.edu

Traditional Event City or Country / Name	Event Dates	YRE Number	Type	Host Club
Plymouth - French Regional Park	8/8/2020	N/A	Walk	Twin Cities Volkssport
Melrose - Melrose Celebration Walk	8/22/2020	N/A	Walk	Lake Country Wanderers
Frontenac - Frontenac State Park	9/13/2020	N/A	Walk	NSTT
Maplewood - Battle Creek Regional Park	9/19/2020	N/A	Walk	Twin Cities Volkssport
Maplewood - Annual Meeting and Cemetery Walk	10/10/2020	N/A	Guided Walk	Twin Cities Volkssport
Lake Maria State Park	10/24/2020	N/A	Guided Walk	NSTT
Roseville - Rosedale Mall Walk	11/14/2020	N/A	Walk	Twin Cities Volkssport
Minneapolis - YMCA Skyway Holiday Walk	12/5/2020	N/A	Walk	Twin Cities Volkssport
Seasonal or YRE Event City or Country / Name	Event Dates	YRE Number	Type	Host Club
Albert Lea - Freeborn County-- Walking the I-35 corridor	5/1/2020-9/30/2020	2020/Y2242	Seasonal Walk	Lake Country Wanderers
Anoka - Anoka County	1/2/2020-12/30/2020	2020/Y2405	Year Round Walk	Lake Country Wanderers
Bagley - Clearwater County	5/1/2020-9/30/2020	2020/Y2515	Seasonal Walk	Lake Country Wanderers
Bloomington - Mall of America	1/1/2020-12/31/2020	2020/Y0381	Year Round Walk	Twin Cities Volkssport
Bloomington - Nine Mile Creek Walk	4/1/2019-10/31/2020	2019/Y1467	Seasonal Walk	Twin Cities Volkssport
Brooklyn Center - Crystal Airport/Arboretum Walk	1/1/2020-12/31/2020	2020/Y2582	Year Round Walk	Lake Country Wanderers
Duluth - Duluth Lake Superior Walk	4/1/2020-9/30/2020	2020/Y1032	Seasonal Walk	Twin Cities Volkssport
Eagan - Lebanon Hills	4/1/2020-9/30/2020	116141	Seasonal Walk	Twin Cities Volkssport
Edina - Bredesen Park Edina	4/1/2020-10/31/2020	2020/Y2609	Seasonal Walk	Twin Cities Volkssport
Faribault - Rice County Walking the I-35 Corridor	5/1/2020-9/30/2020	2020/Y1153	Seasonal Walk	Lake Country Wanderers
Fergus Falls - Ottertail County	5/1/2020-9/30/2020	2020/Y1954	Seasonal Walk	Lake Country Wanderers

Fridley - Snowshoe	1/1/2020-3/31/2020	2020/Y2392	Seasonal Snow Shoe	Lake Country Wanderers
Fridley - Springbrook Nature Center	1/1/2020-12/31/2020	2020/Y0685	Year Round Walk	Lake Country Wanderers
Halstad MN - Norman County	4/1/2020-9/30/2020	116145	Seasonal Walk	Twin Cities Volkssport
Halstad MN - Norman County Border Walk	4/1/2020-9/30/2020	116147	Seasonal Walk	Twin Cities Volkssport
Mahnomen - Mahnomen County	5/1/2020 - 9/30/2020	2020/Y2512	Seasonal Walk	Lake Country Wanderers
Maple Grove - Hennepin County	1/1/2020 - 12/31/2020	2020/Y1576	Year Round Walk	Lake Country Wanderers
Maple Grove - Nature Walk	4/15/2020-11/15/2020	116148	Seasonal Walk	Twin Cities Volkssport
Minneapolis - Lake Nokomis Walk	1/1/2020-12/31/2020	2020/Y1218	Year Round Walk	Twin Cities Volkssport
Minneapolis - Minnehaha Creek	4/1/2020 - 9/30/2020	2020/Y0375	Seasonal Walk	Twin Cities Volkssport
Minneapolis - 'Nordeast'	1/1/2020 - 12/31/2020	2020/Y2586	Year Round Walk	Lake Country Wanderers
Monticello - Lake Maria Annual Meeting Guided Walk and Potluck	10/24/2020	N/A	Guided Walk	NSTT
Moorhead	4/1/2020 - 9/30/2020	2020/Y0762	Seasonal Walk	Red River Volkssport Assn.
New Ulm - German Heritage Walk	4/1/2020 - 9/30/2020	2020/Y2630	Seasonal Walk	Lake Country Wanderers
Park Rapids - Hubbard County	5/1/2020 - 9/30/2020	2020/Y2516	Seasonal Walk	Lake Country Wanderers
Rochester - Olmsted County	5/1/2020 - 9/30/2020	2020/Y1475	Seasonal Walk	Lake Country Wanderers
Sleepy Eye - Brown County	4/1/2020 - 10/31/2020	2020/Y2585	Seasonal Walk	Lake Country Wanderers
Springfield - Brown County	4/1/2020 - 10/31/2020	2020/Y2584	Seasonal Walk	Lake Country Wanderers
St Cloud - Around Lake George	1/1/2020 - 12/31/2020	2020/Y2612	Year Round Walk	Central Minnesota Volkssports
St Paul - Crocus Hill Walk	4/1/2020 - 10/31/2020	2020/Y2257	Seasonal Walk	Twin Cities Volkssport
St Paul - Minnehaha Falls/Ford Dam Walk	1/1/2020 - 12/30/2020	2020/Y2235	Year Round Walk	Twin Cities Volkssport
St. Paul - State Capital Walk	1/1/2020 - 12/31/2020	2020/Y1004	Year Round Walk	Twin Cities Volkssport

St Paul - Trout Brook/Oakland Cemetery	4/1/2020 - 10/31/2020	2020/Y2610	Seasonal Walk	Twin Cities Volkssport
Stillwater - Stillwater Walk	5/1/2020 - 10/31/2020	2020/Y1554	Seasonal Walk	Twin Cities Volkssport
Two Harbors - Two Harbors	4/1/2020 - 9/30/2020	2020/Y1169	Seasonal Walk	Twin Cities Volkssport
Victoria - Carver Park Reserve	4/1/2020 - 9/30/2020	2020/Y2431	Seasonal Walk	Twin Cities Volkssport
Woodbury Pollinator Gardens	4/1/2020-9/30/2020	116149	Seasonal Walk	Twin Cities Volkssport
