

Places to Run

Keep your training fresh and fun by visiting new running spots. Listed below are places in the Twin Cities that are ideal for kid-friendly running.

Minneapolis Parks

Minneapolis Parks have a variety of trails, both paved and unpaved. Most locations have water fountains and restrooms. Additional details, complete park directory and directions can be found at www.minneapolisparcs.org.

A few great spots:

- Minnehaha Park and Falls
- Chain of Lakes (Lake Harriet, Lake Calhoun, Lake of the Isles)
- Theodore Wirth Park
- Lake Nokomis
- West River Parkway

St. Paul Parks

St. Paul Parks have a variety of trails, both paved and unpaved. Most locations have water fountains and restrooms. Additional details, complete park directory and directions can be found at www.stpaul.gov/depts/parks/userguide/.

A few great spots:

- Lake Phalen Regional Park
- Como Regional Park
- Hidden Falls Regional Park
- Crosby Farm Regional Park
- Harriet Island Regional Park

Minnesota State Parks

Minnesota State Parks have trails that are perfect for hiking and running. There are 66 state parks in Minnesota, five located in the Twin Cities metro area (less than one hour away). Most parks have trails that are great for hiking, walking and running. For a fun weekend activity, pack up the family and head out for a scenic run on a woody trail. Pack a picnic lunch to celebrate your exercise. For a complete park directory, specific park amenities and directions go to www.dnr.state.mn.us/state_parks/index.html.