

## DIRECTIONS TO TRAILS FOR SPRING 2007

### TUESDAY NIGHT LOCATIONS

#### Snail Lake Trails, Shoreview, MN

(Meet here the 1<sup>st</sup> & 4<sup>th</sup> Tuesdays of each month)

Driving From the East (White Bear Lake): Hwy. 96 west, take a left at Snail Lake Blvd. (this is the light after Hodgson Rd.). You will drive through a residential area. Go straight through the 4 way stop. You will begin to see the lake on your right. Continue past the lake and go through the next stop sign. You will see a playground on your right after the stop sign. Pull into the big parking lot on your right by the playground. Meet in or near the big shelter.

Driving From the West (35W): Hwy. 96 east, take a right at Snail Lake Blvd. (this is the first light after Victoria St.). Follow the directions from above.

#### Long Lake Regional Park – 1500 Old Highway 8, New Brighton

(Meet here the 2<sup>nd</sup> Tuesday of each month)

From the East: Hwy. 96 west until it ends at Old Hwy. 8, left on Old Hwy. 8, about ½ mile will see entrance to park on right, drive 1 mile in and park at the big pavillion on the hill

From the West: take 694 east, exit north on 35W, take the Hwy. 96 exit and turn left onto Hwy. 96, follow the directions from above the rest of the way

#### Vadnais Lake Trails – Vadnais Heights, MN

(Meet here the 3<sup>rd</sup> Tuesday of each month)

From the East: Hwy. 96 west, left at light on Rice St., once you turn onto Rice St. you will be making the first left which comes up quick. There is a big sign that says Sucker Lake Picnic Area. Drive in and park by the pavillions off to the right of the main park road. Address: 4500 Rice St., Vadnais Heights

From the West: Hwy. 96 east, right at light on Rice St., follow the directions above from this point

Map - <http://www.co.ramsey.mn.us/NR/rdonlyres/1AC490DD-A84A-426C-9A7F-486B5FE0E74B/1398/XCrossVadnaisSuckerLake.pdf>

#### Lake McCarrons - Roseville

(We will meet here occasionally if there is a 5<sup>th</sup> Tuesday in a month)

From the North: Hwy. 36 to Rice St., drive south on Rice St., Lake McCarrons will be on your right approx. 1.5 miles south of Hwy. 36, before Larpenteur Ave.

From the South: drive north on Lexington Ave. to Larpenteur Ave. and take a right (east), take Larpenteur to Rice St. and turn left, Lake McCarrons will be approx. ½ mile down Rice St. on your left

## SATURDAY TRAINING LOCATIONS

(This is a list of possible locations we will meet on Saturdays.)

### Gateway Trail at Lake Phalen, St. Paul

From the West: 36 East, exit at Hwy. 61 South, follow Hwy. 61 to the light at Frost Ave., take a left on Frost Ave., get in the right lane and within ¼ mile you will see a parking area for Keller Regional Park on your right, this is where we park for this trail

From the South: Hwy. 61 North, turn right at Frost Ave., and follow directions from above

### Gateway Trail in Oakdale, Hadley Ave.

From the West: 36 East to Hadley Ave. in Oakdale, if you go under 694 you have gone too far, Hadley Ave. is a light, take a right on Hadley, immediately you will take a left on 55<sup>th</sup> St., you can see the trail on your left, drive ½ mile and parking area will appear on your right (the parking area is hidden among trees, you will know if you pass by it)

From the North: 694 East to the Oakdale/Hwy. 36 West exit (look for the Fleet Farm off of 694, you exit here), immediately get in the left lane because the next light is Hadley Ave., turn left onto Hadley and immediately turn left onto 55<sup>th</sup> St., follow directions from above  
Map - [http://files.dnr.state.mn.us/maps/state\\_trails/tra00705.pdf](http://files.dnr.state.mn.us/maps/state_trails/tra00705.pdf)

### Lake Como, St. Paul

From the North: take Lexington Ave. South past Larpenteur Ave. in Roseville, you will enter Como Park and the lake will appear on your left, look for the left hand turn lane into the pavilion area on Lake Como, park here and meet up by the pavilion. If the parking lot is full, continue on Lexington heading south about another ¼ mile and there is another parking lot entrance on your left

From the South: Lexington Ave. North, you will enter Como Park and go under a pedestrian bridge, not long after you pass under this bridge is the parking area on the right, this is across the street from the Golf Course

Map - <http://www.stpaul.gov/depts/parks/userguide/images/comogrounds.pdf>

### White Rock Coffee Roasters, St. Paul

769 Cleveland Ave., the best thing to do is mapquest this location. White Rock is in the Highland neighborhood of St. Paul, near the Ford Plant. [www.whiterockcoffee.com](http://www.whiterockcoffee.com). We usually drive past the store and take the first left and park along the residential street even though the sign says no longer than 1-2 hours. We have not been ticketed yet!

### St. Thomas University, Mississippi River Trails, Minneapolis

From the North East: Snelling South to 94 West or 35 E South to 94 West, take 94 W to Cretin Ave. exit, turn left on Cretin Ave., follow Cretin to St. Thomas University on your left, park just past the football field in the big parking lot

From the North West: 35W South to 94 East, take the Cretin Ave. exit, follow directions from above

Map - [http://www.stthomas.edu/maps/stpaul/directions\\_b&w.pdf](http://www.stthomas.edu/maps/stpaul/directions_b&w.pdf)

### Mendota Trails – trail begins at the Historic Sibley House in downtown Mendota

Near the Minneapolis/St. Paul International airport. Located in downtown Mendota on Sibley Memorial Highway (State Hwy. 13), two miles west of Interstate 35E, and one quarter-mile east of the Mendota bridge (State Hwy. 55). Follow the brown signs that point you to the Sibley House. Park in front of the house.

### **Lake Nokomis**

Located at Cedar Ave. & 52<sup>nd</sup> St. in Mpls. along the Minnehaha Parkway. Meet in front of the beach, near the concession stands. Plan accordingly for parking since the lots are not free. There is street parking for free.

Marathon Sports Store, Mpls. (run on Lake Harriet & Lake Calhoun)

[www.marathonrunwalk.com](http://www.marathonrunwalk.com), 2312 West 50<sup>th</sup> St., at the corner of 50<sup>th</sup> and Penn Ave.

**PARK ON QUEEN AVE. WHICH IS ONE BLOCK PAST PENN AVE.**

**From the North**—Take Hwy. 35 W south to the 46<sup>th</sup> St. exit, and turn right. Turn left on Lyndale Ave., and turn right on 50<sup>th</sup> St. Continue to 2312 West 50<sup>th</sup> St., at the corner of Penn Ave. S.

**From the South**—Take Hwy. 35 W north to Hwy. 62 west to the Penn Ave. exit, and turn right. Turn left on 50<sup>th</sup> St. Continue to 2312 West 50<sup>th</sup> St., at the corner of Penn Ave. S.

**From the East**—Take Hwy. 94 west to Hwy. 35 W south to the 46<sup>th</sup> St. exit, and turn right. Turn left on Lyndale Ave., and turn right on 50<sup>th</sup> St. Continue to 2312 West 50<sup>th</sup> St., at the corner of Penn Ave. S.

**From the West**—Take Hwy. 394 east to Hwy. 100 south to the 50<sup>th</sup> St. exit, and turn left. Continue to 2312 West 50<sup>th</sup> St., at the corner of Penn Ave. S.

### **Wirth Parkway, Mpls.**

We will park at the Theodore Wirth Golf Course at 1301 Theodore Wirth Parkway. Please mapquest directions. The restroom facilities are in the clubhouse and open to the public.

### **Boom Island, Mpls.**

The parking lot at Boom Island is a fee based lot so we will not park here. Instead, drive over the Plymouth Ave. bridge to West River Parkway, take a left on the parkway and take your first left into the parking lot (this lot is directly across the river from Boom Island). I am not as familiar with this area so the best thing to do is google Boom Island Park for directions from your location.

### **Harriet Island, St. Paul**

**From the West:** Take I-94 eastbound to St. Paul to Hwy 52 south. Follow Hwy 52 south to the Plato Blvd exit. Turn west (right) onto Plato Blvd.

**From the East:** Take I-94 westbound to St. Paul to Hwy 52 south. Follow Hwy 52 south to the Plato Blvd exit. Turn west (right) onto Plato Blvd.

**From the North:** Take 35E southbound to St. Paul to Hwy 52 south. Follow Hwy 52 south to the Plato Blvd exit. Turn west (right) onto Plato Blvd.

**From the South:** Take 35E northbound, take the Kellogg Blvd exit. Go right on Kellogg Blvd and follow to Wabasha Street. Go right onto Wabasha Street to go over the bridge. (East Lot - Turn left onto Water Street, which is at the foot of the bridge then follow directions below. West Lot - Turn right onto Plato Blvd then follow directions below.)

**West Entrance and Parking Lot - Closest To Padleford Boats and Wigington Pavilion-** Follow Plato Blvd until it ends at Dr. Justus Ohage Blvd. Turn right onto Dr. Justus Ohage Blvd and follow into parking lot. The Wigington Pavilion is on the right-hand side of Ohage Blvd.