

## MINNESOTA

**Bunker Hills Regional Park:** Coon Rapids MN. About 7k of nice moderately hilly paved trails inside the park, connected to another 5 k of bike trails outside the park in a neighborhood. Water fountains at restrooms all around the park. mt favorite is a 3.7 k loop that I roller skied 170 times during a two-month period one year. No tricky downhills. -J.G.

**Cannon Valley Trail:** is situated on an old railroad grade and runs for 20 miles between Red Wing and Cannon Falls. The trail is located approximately 50 miles South of St. Paul on Highway 61. If coming down Hwy 61, you can turn left at the Welch Ski Hill road (Hwy 7) and meet the trail in Welch, which is halfway between RW and CF. The trail is all paved and about 6 feet wide. On weekends, early mornings are the best time to beat the bikers and crowds and you would have the best chance to bump into some members of the Aurora Nordic Ski Club--which by the way is the oldest Nordic Ski Club in the USA. -C.B.

**Champlin Park Ice Arena:** Nice hills. In fall leaves clog up trails but still are very nice rolling hills. Works well especially for beginners because the hills are not real large. easily accessible. N.M.

**Elm Creek Regional Park:** Osseo MN. about 10k of hilly bike trails. Some downhills are for the more experienced skiers. Water available at restrooms. J.G.

**Gateway trail:** For flat, away from traffic, try the gateway trail, starting at the parking lot where US694 and Minn.36 cross (a bit West and North of St. Paul). There's a new trail at Long Lake park, about 10 miles of nice, hilly, new pavement. For more advanced skiers, beginning in the fall you'll find lots of folks skiing on the roads in and around Afton, esp. on Sunday mornings. -K.S.

**Lake Calhoun and Harriet:** The Paths around Lake Calhoun and Harriet are brand new. No hills, easy to ski on. I know it is no challenge, but it is close and ideal for some roller skiing after work. -G.B.

**Rum River Central:** One of my favorite places to roller ski in Minnesota is the park called Rum River Central. The trails are really smooth. There are a few hills that are a little steep, but they give you a quick lesson in how to get down the hills. It is only a 5k loop but very scenic.