

**FOR IMMEDIATE RELEASE**



**City of Duluth - Parks and Recreation**

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**SUBJECT: City Parks and Recreation division announces July events and programs**

**BY: Kate Van Daele, Public Information Officer**

**City Parks and Recreation division announces July events and programs**

[Duluth, MN] The City of Duluth's Park and Recreation division is proud to announce events and programs taking place in July. This news blast contains highlights of upcoming offerings, for more detailed information please visit our website [www.duluthmn.gov/parks](http://www.duluthmn.gov/parks). Click [here](#) to see our brochure and the other programs taking place this summer!

All programs require pre-registration three days in advance unless otherwise noted and will be run in accordance with Minnesota Department of Health and CDC guidelines per our pandemic operations plan that can be found on our website at [www.duluthmn.gov/parks/COVID](http://www.duluthmn.gov/parks/COVID).

**Nature Knowledge**

*Ages: All*

Ever wondered what adaptations make owls such skilled hunters? Who is making those animal tracks in my yard? How was Lake Superior created? Join us to learn about the natural world around us in these educational activities based in parks throughout the city. Sessions may include a short hike on a natural-surface trail.

| Day     | Date    | Topic                  | Time       | Cost | Location                             | Course # |
|---------|---------|------------------------|------------|------|--------------------------------------|----------|
| W       | July 1  | Birding 101            | 10–11 a.m. | \$3  | Enger Park, 1601 Enger Tower Rd      | 1186     |
| W<br>St | July 15 | Duluth's Water<br>1360 | 6–7 p.m.   | \$3  | Kingsbury Creek, 7215 Waseca         |          |
| W       | July 29 | Tree ID                | 6–7 p.m.   | \$3  | Magney Snively, 10005 W Skyline Pkwy | 1363     |

**Learn to Disc Golf**

*Ages: All*

In this program, participants will learn the basics of disc golf at a local course. Topics will include how to play, different types of discs, throwing techniques, and course etiquette. Groups will practice their skills as we play and learn our way around the course! Discs are provided. Participants are welcome to bring their own if they have any.

| Day | Date    | Time     | Cost | Location                             | Course # |
|-----|---------|----------|------|--------------------------------------|----------|
| M   | July 13 | 6–7 p.m. | \$3  | Quarry Park, 1325 N 59th Ave West    | 1271     |
| M   | July 27 | 6–7 p.m. | \$3  | Lincoln Park, 411 Lincoln Park Drive | 1327     |

**Women Hike Duluth**

*Ages: All*

We have partnered with Hike Duluth to provide guided hikes at various parks throughout Duluth to encourage women to be active and meet others who also enjoy the outdoors.

| Day | Date    | Time     | Cost | Location                                  | Course # |
|-----|---------|----------|------|---|----------|
| Tu  | July 21 | 6–7 p.m. | Free | Munger Trail Trailhead, 11804 123rd Ave W | 1331     |

**Guided Hikes**

*Ages: All*

Join us at our parks and on our trails for some exercise and fresh air! Note that restrooms are not available at all trailheads.

**Lunch Break:** Stretch your legs mid-day out on the trails! These 45 minute hikes will leave you feeling recharged to finish out your day strong!

| Day | Date    | Time            | Cost | Location                          | Course # |
|-----|---------|-----------------|------|-----------------------------------|----------|
| W   | July 8  | 12:30–1:15 p.m. | \$2  | Lester Park, 61 Lester River Rd   | 1335     |
| W   | July 22 | 12:30–1:15 p.m. | \$2  | Park Point, 5000 Minnesota Avenue | 1336     |

**Weeknight:** This trailhead offers an easier and a moderate route. Take your pick!

| Day | Date    | Time     | Cost | Location                                   | Course # |
|-----|---------|----------|------|--|----------|
| Tu  | July 28 | 6–7 p.m. | \$2  | N 24th Ave. W Trailhead, 1220 N 24th Ave W | 1340     |

**Sunday:** This hike will be a two hour out and back style of hike.

| Day | Date    | Time     | Cost | Location                         | Course # |
|-----|---------|----------|------|----------------------------------|----------|
| Su  | July 12 | 5–7 p.m. | \$2  | Chambers Grove Park, 13404 MN-23 | 1341     |

### Open Skating

*Ages: All*

Participants must pre-register online by Friday for their desired session. There will be strict distancing protocols upon entering the building and the rink. Each 45 min session will be limited to 20 people with only 10 people on each half of the rink. Skate check out available, all skates will be sanitized and left to sit for 72 hours prior to the next use per guidelines on equipment rentals during COVID-19.

| Day | Date                   | Time           | Cost | Course# |
|-----|------------------------|----------------|------|---------|
| Su  | Weekly July 12–Aug. 30 | 3–3:45, 4–4:45 | \$3  |         |

Location: Essentia Duluth Heritage Sports Center, 120 S. 30th Ave. W.

### Orienteering

*Ages: 8+*

Learn how to use a map and compass and practice your navigation skills in this Orienteering class! Participants will learn compass skills then get to practice them on a basic orienteering course.

All levels of experience welcome. Orienteering course may include hiking on uneven terrain. Dress for the weather.

| Day | Date    | Time        | Cost | Location                                 | Course # |
|-----|---------|-------------|------|--|----------|
| T   | July 7  | 5:30–7 p.m. | \$5  | Bayfront Family Center, 350 Harbor Drive | 1267     |
| M   | July 20 | 5:30–7 p.m. | \$5  | Bayfront Family Center, 350 Harbor Drive | 1268     |

### Archery Night

*Ages: 10+*

Come learn a new skill and practice your accuracy! Participants will learn the basic safety, technique, and process for shooting archery and get a chance to test their skills in archery games and challenges. This is an introductory class to learn the basics of archery taught by certified instructors by the National Archery in the Schools Program.

| Day | Date   | Time     | Cost | Location                                     | Course # |
|-----|--------|----------|------|--|----------|
| Th  | July 9 | 5–7 p.m. | \$5  | Duluth Heights Park, 33 West Mulberry Street | 1309     |

### Outdoor Skills Camp

*Ages: 10–14*

In this program, participants will learn a variety of outdoor skills including how to use a map and compass, fire-building techniques, styles of outdoor shelters, different knots and their uses, and more. Participants should dress for the weather and bring a water bottle, snack, and sunscreen each day.

| Day  | Date       | Time               | Cost | Location                                 | Course # |
|------|------------|--------------------|------|--|----------|
| M-Th | July 13-16 | 8 a.m. –12:30 p.m. | \$80 | Portman Park, 4601 McCullough Street     | 1221     |
| M-Th | July 27-30 | 8 a.m. –12:30 p.m. | \$80 | Bayfront Family Center, 350 Harbor Drive | 1222     |

### Generations Outside (GO!)

*Ages: 55+ with youth grandchild(ren)*

This program is focused on building generational relationships between grandparents and grandchildren through experiences

in the great outdoors! Activities will include hiking, bird watching, and creating nature art. Youth should be ages 6 and older in order to match the physical activity level of these experiences.

| Day | Date    | Activity | Time         | Cost | Location                                   | Course # |
|-----|---------|----------|--------------|------|--|----------|
| W   | July 1  | Create   | 1–2:30 p.m.  | \$2  | Lester Park, 61 Lester River Road          | 1273     |
| Sa  | July 11 | Birding  | 9:30–11 a.m. | \$2  | Hawk Ridge, 3980 East Skyline Parkway      | 1274     |
| W   | July 22 | Hiking   | 9:30–11 a.m. | \$2  | Kingsbury Creek Trail, 7210 Fremont Street | 1344     |

### Equipment Rental

It's time for summer fun! We are adding a selection of rental equipment for you to enjoy this summer. Whether you're having a backyard barbeque, hiking a new trail, or practicing sports skills, we have something to make your summer great! **Make your reservations online at [www.duluthmn.gov/parks/register](http://www.duluthmn.gov/parks/register).**

**Equipment will be picked up and dropped off in a curbside format outside of the Bayfront Family Center (700 West Railroad Street). Rental timeframe is Friday-Monday. Your specific timeslot will be determined during registration. Please make reservations by end of day Thursday.**

### Bayfront Tot Track

*Ages: 0-5, with parent*

Riding toys, wagons, strider bikes along with an assortment of outdoor activity equipment will be available to rent. Our paved path circling the park is the perfect place for families to shift gears and get some fast-track exercise. This equipment may be used anywhere in Bayfront Festival Park. It will be thoroughly sanitized in between uses per our pandemic operations plan that can be found on our website at [duluthmn.gov/parks/COVID](http://duluthmn.gov/parks/COVID)

| Day  | Date                   | Time        |
|------|------------------------|-------------|
| F-Su | Weekly June 26–Aug. 16 | 9 a.m.–noon |
| M    | Weekly June 26–Aug. 16 | 2–5 p.m.    |

Location: **Bayfront Family Center, 700 West Railroad Street**

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