

**FOR IMMEDIATE RELEASE**



**City of Duluth - Parks and Recreation**

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**DATE: 1/21/2020**

**SUBJECT: Parks and Recreation Opportunities for Active Seniors 55+**

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

**Parks and Recreation Opportunities for Active Seniors 55+**

[Duluth, MN] The City of Duluth Parks and Recreation Division staff invites active seniors ages 55+ to get outside and explore Duluth's parks this winter! Parks and Recreation will continue their staff-led Hikes into the winter and through the spring. Join us at a different trailhead each Monday at 1:00 p.m. for a one - hour hike. Participants will collectively adapt to the ability of the group-- no one will be left in a drift! A healthy snack will be provided after each hike. The cost of the walk is \$2.00. Those who are interested can register and pay online at [www.DuluthMN.gov/parks](http://www.DuluthMN.gov/parks) or show up at designated spot (see attached for locations). Please come dressed for the weather. Cancellations can be seen on our website or Facebook page (DuluthParksMN).

Another opportunity for active seniors is the Senior Open Gym at Washington Center (310 N 1st Av W) each Thursday from 9:00 -11:00 a.m. \$2. Equipment is available for use onsite, and coffee and conversation will follow the program.

Go to <https://duluthmn.gov/media/9046/parks-brochure-winter-spring-final.pdf> for our full Winter/Spring Brochure. Call 730-4300 for more information, or if with questions.

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# SENIOR HIKES (55+)

**MONDAYS**

**1-2 p.m.**

**\$2**

**Jan. 15**

**Course :1235**

**ENGER PARK TRAIL**

This out and back trail along the front side of Enger Park Golf Course offers amazing view of the city. Parking at 1801 W. Skyline Blvd.

**Jan. 27**

**Course: 1236**

**DWP/CROSS CITY PARK TRAIL**

Located on the northeastern side of the Lake Superior Zoo, this railroad corridor serves as an informal trail with a gental grade. Parking available at the Trailhead on Waseca Street.

**Feb. 3**

**Course: 1237**

**CONGDON PARK TRAIL**

This out and back trail with some incline goes along the gorgeous Tischer Creek. Parking is available on both sides of 4th Steet. 3204 Congdon Park Drive N.

**Feb. 10**

**Course: 1238**

**PIEDMONT TRAIL**

This wooded loop trail with some small incline is easily accessible via the Trailhead on Hutchinson Road.

**Feb. 24**

**Course:1239**

**LESTER/AMITY TRAIL**

This location offers a range of trail difficulties, all of which feature views of Lester River. Parking is available on Lester River Road off of E. Superior St,

**Mar. 2**

**Course: 1240**

**LINCOLN PARK TRAIL**

1.5 miles out and back gravel trail along Miller Creek with parking at the Trailhead of W. 5th St,

**Mar. 9**

**Course: 1241**

**QUARRY PARK TRAIL**

While Quarry Park is know for the huge stone spaces used for climbing, it also offers hiking trails perfect for winter use. Parking available off of N. 59th Ave. W. and Highland St.

**Mar. 16**

**Course: 1242**

**HAWK RIDGE TRAIL**

This trail starts and ends with great views overlooking Duluth, It features some slight inclines and option for loop or out and back routes. Parking is available along the street near the entrance to the Hawk Ridge Nature Center.

**Mar. 23**

**Course: 1243**

**SUPERIOR HIKING TRAIL AT SPIRIT MTN.**

1.1 mile out and back section of the SHT paralleling Skyline Parkway. Parking available at the Upper Chalet at Spirit Mountain.

**Mar. 30**

**Course: 1244**

**LAKE WALK**

The well-known Lakewalk offers a very gentle grade with out and back, and loop trail options. Park in Canal Park at the Lighthouse Parking Lot and we will make our way inwards towards the Gichi-ode' Akiing Park.

