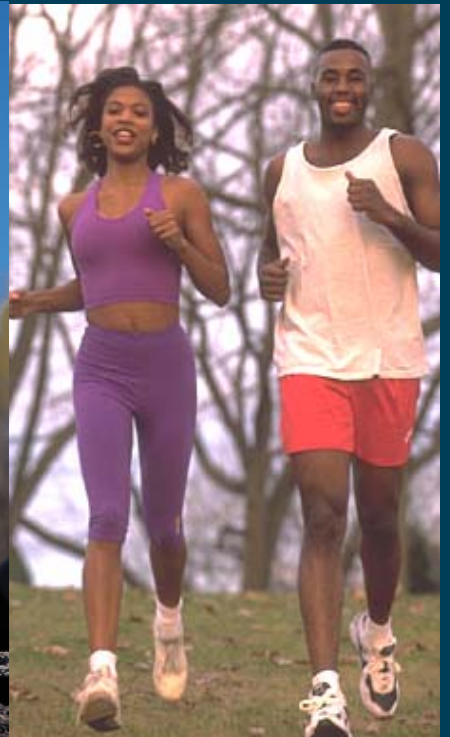


BLOOMINGTON

Hiking and Biking Trails Guide



Bloomington Parks and Recreation and Public Health

Bloomington Hiking and Biking Trails Guide

Whether you're in the mood for a hike, an easy walk with the family, a leisurely bike ride, or a challenging all-terrain trail, you can find it in Bloomington. With over 8,000 acres designated as parkland and recreational spaces, the Minnesota River, lakes, wide streets and well-lit sidewalks, being active in Bloomington is easy. There's even an area especially designed for Fido to run around in.

So get out there and explore Bloomington's trails!



Hiking trails

Looking for a quick trip around a lake or a solitary river trek? Check out what Bloomington has to offer!

1. Hyland Lake Park Reserve
2. Richardson Nature Center
3. Nine Mile Creek
4. Normandale Lake Park
5. Marsh Lake Park
6. Girard Lake Park
7. Bass Ponds
8. Bluff Trail (undeveloped*)
9. Mound Springs Park (undeveloped*)
10. Hillside Trail (undeveloped*)
11. Long Meadow Lake Trail (undeveloped*)
12. Bloomington Ferry Trail (undeveloped*)
13. River Bottoms Trail (undeveloped*)



Biking trails

Many of the riding trails in Bloomington converge into each other. The river valley and bluffs provide an off-road experience, while Hyland, Normandale Lake Park, and Bass Ponds Loop offer paved trails.

- a. Bass Ponds Loop
- b. Bloomington Bluffs Trail: East (undeveloped*)
- c. Hyland Lake Park Reserve
- d. Long Meadow Lake Trail (undeveloped*)
- e. Normandale Lake Park

Wheelchair accessible

Many of Bloomington's hiking/walking trails are paved and wheelchair accessible. (See path descriptions for further information.)

Hiking and Biking Tips

- For longer hikes and for bike rides, carry water
- Know your environment and be prepared for weather changes
- **CARRY OUT WHAT YOU CARRY IN**
- Walkers/hikers and bikers share many of the same paths: be considerate of each other
- Obey signs: if it's a hiking-only path, bikers stay off and vice versa
- Keep pets on a leash
- Use sunscreen, no matter what the season

Tips for staying warm

- Dress in multiple layers
- Always wear a hat
- Wear wind-and-waterproof mittens
- Wear warm, waterproof boots with slip-resistant soles
- Make sure a frozen lake can support your weight (hard ice needs to be 4" thick to support a person.)

Tips for staying cool

- Avoid hiking/biking and other activities in the heat of the day
- Drink enough fluids before going out
- If you're out for more than an hour, take water breaks
- Wear a hat to help protect your head from the sun

* non-paved, rough trail; use caution when following undeveloped trails

TAKE FIDO WITH YOU!

Dog Friendly Trails

Dogs are allowed on most of Bloomington's trails. To make it an enjoyable experience for all involved, please abide by the following rules:

- Have proper ID and rabies tag on your dog's collar
- Keep dogs on a leash and under control
- Do not allow dogs to interfere with other trail users
- Make sure you clean up after your pet (i.e., bring plenty of poop bags)
- For longer hikes, bring water along for your dog
- Avoid hot surfaces/pavements
- Be aware of increased exposure to ticks and fleas
- Supervise your dog around walkers, children, and other dogs



Specific dog trails in Bloomington are:

Hyland Lake Park Reserve

10145 East Bush Lake Road

6.7 miles, consisting of 3.7 miles of turf trails, 3 miles of new regional trails. Access from northeast end of picnic area parking lot.

Off-leash Dog Exercise Area

111th Street and Hampshire Avenue

Bloomington's 25+ acre off-leash dog exercise area offers a mix of woods, open fields, and a clean swimming hole. (Open dawn to 10 p.m.)

Bloomington Hiking Trails



Hiking Trails

Many of Bloomington's trails feed off a larger trail system - the Minnesota River Valley. Other walking trails wind around neighborhood lakes and ponds, while still others explore the beauty of the Nine Mile Creek area. When choosing a hike, keep in mind the fitness level of walkers, time commitment, and weather!

HYLAND LAKE PARK RESERVE

Hours: Fall Parks are open 5 a.m. to sunset

1. Hyland Lake Park Reserve

10145 East Bush Lake Road

Paved hiking: 5.6 miles

Unpaved hiking trail: 5.5 miles

Unpaved hiking and dog trail: 3.7 miles

(pets are not permitted on paved trails)

Access points:

- 94th Street and Colorado Road
- 105th Street and Hampshire Avenue
- Richardson Nature Center (8737 East Bush Lake Road)
- Hyland Visitor Center (10145 East Bush Lake Road)

2. Richardson Nature Center

8737 East Bush Lake Road

Over 3 miles of nature trails through woodlands and a restored tall-grass prairie.

(For more information on Hyland Lake Park Reserve, go to www.threeriversparkdistrict.org)

NEIGHBORHOOD TRAILS

3. Nine Mile Creek Trails

Although the Creek is actually 15 miles long and winds through neighboring cities, Bloomington's part of the Nine Mile Creek is beautiful to walk along, no matter the season. Length of hike depends on access point; approximate mile markers located along trail.

Access points:

- 100th Street and James Avenue (Harrison Park)
- 104th Street and Morgan Avenue (Moir Park)
- 106th Street and Morgan Avenue (car park area)
- 112th Street and Queen Avenue

4. Normandale Lake Park

Access at 84th Street and Chalet Road (west of Normandale Boulevard)

Distance: 1.90 miles

Terrain: Paved route

5. Marsh Lake Park

Access points:

- 96th Street and Washburn Avenue
- 94th Street and France Avenue

Distance: 0.70 miles

Terrain: Woodchips

6. Girard Lake Park

Access at 84th Street and France Avenue

Distance: 1.08 miles

Terrain: Woodchips

MINNESOTA RIVER VALLEY TRAILS

7. Bass Ponds Trail

Access at the end of East 86th Street

- 1/2 mile loop of packed turf/earth

8. Bluff Trail (undeveloped*)

Access at Old Cedar Avenue and Old Shakopee Road

Distance: 3.1 miles (trail skirts Mound Springs Park)

Terrain: Packed earth

9. Mound Springs Park (undeveloped*)

Access: 102nd Street and 10th Avenue Circle

Distance: Varies if merging into Bluff Trail, ending at Russell Sorenson Landing or back to Old Cedar Trailhead

Terrain: Packed earth.

Hours: close @ 10 p.m.

10. Hillside Trail

Access: Minnesota Valley National Wildlife Refuge Visitor Center, 3815 American Boulevard East

Distance: 1/2 mile interpretive loop

11. Long Meadow Lake Trail (undeveloped*)

Access: Begins at the end of Hillside Trail (see previous). Continues along the Minnesota River to the New Cedar Avenue pedestrian bridge over the Minnesota River.

Distance: 3.3 miles

12. Bloomington Ferry Trails (undeveloped*)

Access: Auto Club Road and Bloomington Ferry Circle (Trailhead located down the hill by parking lot area.)

Three trails stemming from parking lot area:

- Minnesota River Trail (3 miles)
- Blue Lake Trail (3 miles)
- State Corridor Trail (2 miles)

Terrain: All trails are packed earth

Hours: Sunrise to sunset

13. River Bottoms Trail (undeveloped*)

Access: Russell Sorenson Landing (just south of 106th Street and Lyndale Avenue). Head east. Trail is rough; meanders through woods and gullies.

Distance: Approximately 3 miles to Old Cedar Bridge

Terrain: dirt/packed earth, sand

* non-paved, rough trail; use caution when following undeveloped trails

*"Walking is the best form of exercise.
Habituate yourself to walk very far."
Thomas Jefferson (1743-1826)*

Bloomington Biking Trails



Biking Trails

Bloomington has undeveloped and paved trails that range from easy to difficult. Just remember, wherever you ride, to wear a helmet!

a. Bass Pond Loop

Distance: 1.6 mile
Terrain: paved
Access: End of East 86th Street

b. Bloomington Bluff Trail: EAST (undeveloped*)

Distance: 1.9 miles one-way (difficult)
Terrain: rough with hills
Access: Russell A. Sorenson Landing (just south of 106th Street and Lyndale Avenue)

The Minnesota River is the southern border for Bloomington. Many off-road trails are located alongside the river and its bluffs. Please practice responsible riding and preserve the beauty of this area and stay on trails (when possible).

c. Hyland Lake Park Reserve

10145 East Bush Lake Road
Distance: 5.6 miles (paved)
Opening in 2006: an additional 3-mile paved biking/ hike/dog trail
Terrain: northern loop through rolling hills and scenic meadows; southern loop through woodlands. Trails connect to adjacent neighborhoods.
Access:

- 94th Street and Colorado Road
- 105th Street and Hampshire Avenue
- Richardson Nature Center
8737 East Bush Lake Road
- Hyland Visitor Center
10145 East Bush Lake Road

d. Long Meadow Lake Trail

Distance: 3.3 miles
Access: Off of American Boulevard, southwest of the Minnesota Valley National Wildlife Refuge Visitor Center, 3815 American Boulevard East.
Continues along the Minnesota River to the New Cedar Avenue pedestrian bridge over the Minnesota River

e. Normandale Lake Park

Distance: 1.90 miles
Terrain: Paved route
Access: 84th Street and Chalet Road (west of Normandale Boulevard)

* non-paved, rough trail; use caution when following undeveloped trails

Biking equipment check

- **Wear a helmet—always.** This inexpensive investment prevents head injuries and can save you thousands of dollars later on.
- Water. Staying hydrated helps with long distances and makes shorter rides enjoyable.
- Sunglasses protect your eyes from the sun, gravel, and bugs.
- Make sure bike tires are properly inflated. On rides, carry a spare tube, patch kit, and a pump.
- Make sure your bike is the proper height.
- Check brakes. You want brakes that skid on dry pavement but don't send you hurtling over the top of the handlebars (use of rear brakes helps prevent this).

"Nothing compares to the simple pleasure of a bike ride."
John F. Kennedy

BIKING ADVOCATES

Gary Sjoquist for Quality Bicycle Products
952-941-9391#1288

TWO WHEELS TO TOWN (TWTT)
www.twtt.us

FOR MORE BIKE INFORMATION

Hennepin County Bicycle Advisory Committee (BAC)
www.co.hennepin.mn.us

Hiawatha Cycling Club
www.hiawathabike.org

494 Commuter Services
www.494corridor.org

MN Dept of Natural Resources
www.dnr.state.mn.us/index/html

MN/DOT State Bicycle Advisory Committee
www.mnsbac.org

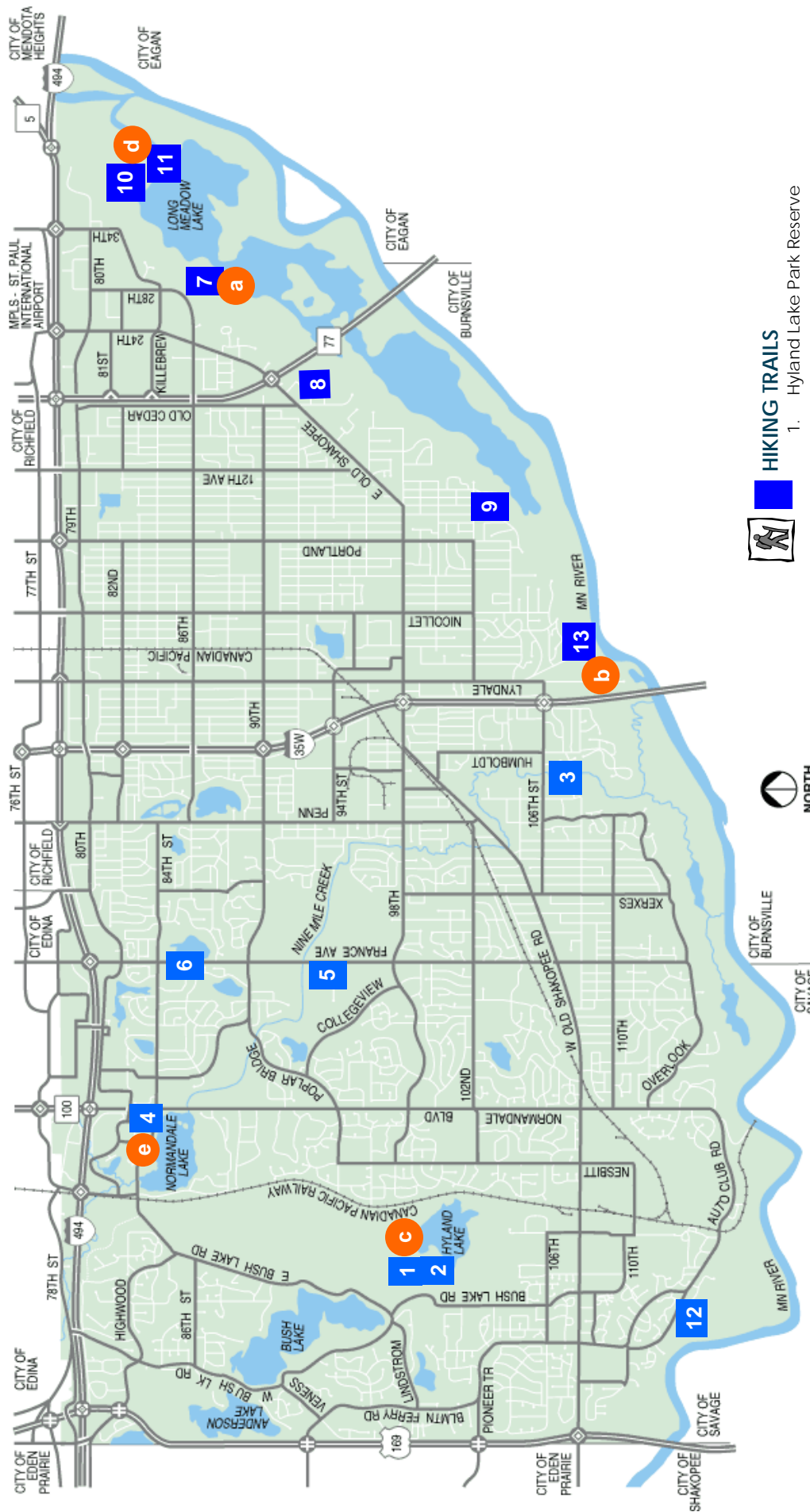
M.O.R.C. (Minnesota Off Road Cyclists)
www.morcmtb.org

Three Rivers Regional Park District
www.threeriversparkdistrict.org

Twin Cities Cycling Club
www.mtn.org/tcbc

Minneapolis Bicycle Information
612-673-2411

Bloomington Hiking and Biking Trails Guide



HIKING TRAILS



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BIKING TRAILS

- a. Bass Ponds Loop
- b. Bloomington Bluffs Trail East (undeveloped*)
- c. Hyland Lake Park Reserve
- d. Long Meadow Lake Trail (undeveloped*)
- e. Normandale Lake Park

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Bloomington Hiking and Biking Trails Guide



WHY HIKE?

- It's GREAT for your health! Walkers can reduce their risk of heart disease by 30-40 percent
- Hiking is easy, free, and one of the most self-rewarding activities a person can do
- Trails are suitable for all ages, family-friendly, convenient, open during all daylight hours and easy to get to from almost anywhere

*Source: National Recreation and Park Association
P&R Magazine "Follow the Trail Toward Improved Health"*

Walking/hiking equipment check

- Shoes: a comfortable pair that fits
- Water: a definite must for longer walks and a good idea for short ones on very warm/hot days
- Sunglasses: protect your eyes from the sun (all seasons) and bugs
- Bag(s) to carry out what you carry in
- Be prepared for weather changes

FOR MORE INFORMATION CONTACT BLOOMINGTON PARKS & RECREATION

952-563-8877 TTY: 952-563-8740

www.ci.bloomington.mn.us



WHY BIKE?

- It's one of the BEST forms of cardiovascular exercise
- It's an activity for the whole family
- It's enjoyable, convenient, and fun!
- You can wear tight, form-fitting clothes in bright colors (see next bullet)
- Helps shed unwanted pounds (a plus if you're wearing form-fitting shorts and shirts)
- Biking can be done on your own or in groups
- It improves strength and stamina and reduces stress

The City of Bloomington does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all City of Bloomington services, programs, and activities. The City has designated coordinators to facilitate compliance with the Americans with Disabilities Act of 1990 (ADA), as required by Section 35.107 of the U.S. Department of Justice regulations, and to coordinate compliance with Section 504 of the Rehabilitation Act of 1973, as mandated by Section 8.53 of the U.S. Department of Housing and Urban Development regulations. For information, contact the Human Services Division, City of Bloomington, 2215 West Old Shakopee Road, Bloomington, MN 55431-3096; (952) 563-8733 (Voice); (952) 563-8740 (TTY).

Upon request, this information can be available in Braille, large print, audio tape and/or computer disk



1800 W. Old Shakopee Road
Bloomington, MN 55431-3027