

COMMUNITY RESOURCES: Active Living Resources

LOCAL TRAILS, PARKS & OUTDOOR AREAS

Blue Earth County Parks, Trails & Campgrounds Map

<http://www.co.blue-earth.mn.us/DocumentCenter/View/467>

City of Lake Crystal Parks & Recreation

http://www.ci.lake-crystal.mn.us/index.asp?SEC=6D03308E-F605-44A6-917E-8EB020249A72&Type=B_BASIC

City of Mankato Parks

<https://www.mankatomn.gov/city-services-a-z/city-services-n-z/parks/maps>

City of Mapleton Parks

http://www.mapletonmn.com/index.asp?SEC=DE3E3117-BB58-4780-9E23-388F55B5D535&Type=B_BASIC

City of North Mankato Parks

<https://www.northmankato.com/citynorthmankato/parks>

Greater Mankato Biking & Hiking Guide

<http://visitgreatermankato.com/wp-content/uploads/2013/05/2016-Bike-Hike-guide.pdf>

Sakatah Singing Hills State Trail

http://files.dnr.state.mn.us/maps/state_trails/sakatah.pdf

MANKATO - NORTH MANKATO BICYCLE RESOURCES

Bike Lanes 101

<https://youtu.be/cTZ34tKnTxQ>

Understanding Mankato's Bicycle Facilities

<https://www.mankatomn.gov/home/showdocument?id=4914>

Key City Bike, 1429 N. Riverfront Drive, Mankato, MN.
Recycle, Reclaim, Empower. This 100% volunteer run non-profit takes donated bikes, fixes what they can, and recycles the rest. Buy or donate a bike, learn bike maintenance skills, or join them for a workshop or ride. For more information, visit keycitybike.org or follow Key City Bike on Facebook.

LOCAL WALKING or BICYCLING TOURS

City Art Walking Sculpture Tour.

Enjoy art out in the open on the CityArt Walking Sculpture Tour in downtown Mankato – North Mankato. Each year, new sculptures by artists from around the world are installed. Vote for your favorite sculpture. The sculpture that receives the most votes wins the People's Choice Award and is purchased for permanent installation. Find tour maps or vote online at <http://www.citycentermankato.com/city-center/cityart-mankato/>

City Center History Walking Tour.

In this self-guided walking tour of 25 historical sites in Mankato, you will discover the beginnings of our valley's rich and diverse culture. <http://www.visitgreatermankato.com/wp-content/uploads/2013/11/HistoryWalkingTour.pdf>

Local Biking Loops.

Check out local suggested biking loops ranging from 10 to 40 miles. <http://visitgreatermankato.com/biking-loops/>

Local Mountain Biking Trails.

<http://visitgreatermankato.com/mountain-bike-destination/>

Mankato Clinic Thrive Walk

Enjoy a climate-controlled environment for walking at the Madison East Mall. Watch for signs posted throughout the mall to guide you.

Mayo Clinic Mile.

Enjoy a climate-controlled environment for walking at the River Hills Mall. Watch for signs posted throughout the mall to guide you.

MSU Mankato Landmarks & Public Art Walking Tour.

MSU Mankato is home to more than just buildings and books. The campus is also alive with art and important landmarks that have been placed on the grounds and in other public spaces over the years. Because many have been installed outdoors, they can be enjoyed by the public even when classes are not in session and buildings are closed. Find the self-guided tour map online at: <http://lib.mnsu.edu/about/publicartbrochure.pdf>

LOCAL GROUP BIKE RIDES sponsored by

Flying Penguin Outdoor Sports

624 N. Victory Drive, Mankato, MN, 507-345-4754. Group rides on Sundays and Wednesdays.

Nicollet Bike Shop

607 N. Riverfront Drive, Mankato, MN, 507-388-9390. Year round ride options on Tuesdays and Saturdays. Fat Bike/Mountain Bike, Gravel rides, Indoor trainer rides, Experienced rides, Bike and Bagel rides. For schedule and more information, visit <http://www.nicolletbike.com/group-rides.html>

Scheels Bike Club

1850 Adams Street, Mankato, MN. All ages welcome. Parent must be present ages 18 and under. Registration not required. Helmets are required. Thursdays, April through September. Options for social, moderate and strong riders. Attend 8 times and receive a \$25 SCHEELS gift card. For more information, visit <http://experience.scheels.com/event/bike-club/>

OTHER SUGGESTIONS OR OPTIONS

HEALTHBEAT OUTDOOR EXERCISE EQUIPMENT.

Sibley Park, 900 Mound Ave, Mankato MN.

HOME WORKOUT VIDEOS

Available to check-out at local libraries.

Blue Earth County Library

100 E. Main Street, Mankato, MN 56001
507-304-4001

Lake Crystal Library

100 E Robinson Street, Lake Crystal, MN 56055
507-726-2726

North Mankato Taylor Library

1001 Belgrade Avenue, North Mankato, MN 56003
507-345-5120

LIVESTRONG PROGRAM for adult cancer survivors in any stage of their diagnosis. 12 week small group fitness program. Two 90 minute classes a week. YMCA, 1401 S. Riverfront Drive, Mankato, MN, 507-387-8255.

PICKLEBALL COURTS

Mankato – North Mankato are well equipped with both indoor and outdoor courts. For location information, visit: <http://pbkato.wixsite.com/mankatopickleball/place-to-play>

YOGA CLASSES (FREE)

Open to the public. Monday and Wednesday from 5:30pm-6:30pm. Hosted by Fitness for \$10, 1351 Madison Avenue, Mankato, MN, 507-722-0948.