



Once a month, She Ascends MN Central will take you on a shorter hike to get you outside and connect with other She Ascends members. Women who feel more connected to others have lower levels of anxiety and depression and connecting with nature reduces stress and helps improve both physical and mental well-being. Come join other women in the region and connect. Your body, mind, and soul will thank you!

Hike all 12 Connection Hikes and receive a 12 Connection Hikes She Ascends Water Bottle Sticker for FREE. Simply register and attend once a month and we will send you your sticker at the end of 2023.

JANUARY

Central: Social Series Hike on January 5 at 10 am. on Beaver Island Trail - [Beaver Island Trailhead](#).

Hiking Guide(s): [Rebecca Bastien](#)

Register: [Beaver Island](#) Hiking Level  Estimated Time: 1hr. Miles: 2

FEBRUARY

Central: Social Series Hike on February 25 @ 10:30am in . Montissippi County Park 2801 Broadway W Monticello, MN 55362

Hiking Guide(s): [Crystal Bray-Cotten](#).

Register: [Montissippi Park](#) Hiking Level  Estimated Time: 1.5hr. Miles: 2.5

MARCH

Central: Social Series Hike on March 2 @ 10:30am in [Oak Savanna](#) Park.

Hiking Guide(s): [Rebecca Bastien](#)

Register: [Oak Savanna Park](#) Hiking Level  Estimated Time: 1hr. Miles: 1.7

APRIL

Central: Social Series Hike on April 6 @ 10:00am on the [Jail Trail](#).

Hiking Guide(s): [Rebecca Bastien](#)

Register: [Jail Trail Hike](#) Hiking Level  Estimated Time: 1.5 hr. Miles: 2.7

MAY

Central: Social Series Hike on May 25 @ 7 pm in Robert Ney Memorial Park Reserve, Maple Lake. 5212 73rd St NW, Maple Lake, MN 55358.

Hiking Guide(s): [Crystal Bray-Cotten](#).

Register: [Robert Ney Park](#) Hiking Level   Estimated Time: 1.5hr. Miles: 3