



She Ascends MN South + Metro will take you to Minnesota state parks. We will hike through woods and prairies, find wildflowers, Experience urban State Parks, and connect with amazing women from all over Minnesota. You can purchase a Hiking Club log book online if you want to track your miles and collect codes, or you can simply come and hike to enjoy the amazing state parks in MN.

[Find out more about the MN State Parks Hiking Club HERE](#)

MARCH

South: Social Series Hike on March 21@ 10AM in Fort Snelling State Park - 101 Snelling Lake Rd, St Paul, MN 55111,

Hiking Guide(s): [Amy Haben](#) and [Sarah Geffre.](#)

Register: [Fort Snelling](#)

Hiking Level



Estimated Time: 1.5hr Miles: 3

APRIL

South: HCT Hike on April 16th @ 10AM in Afton State Park: 6959 Peller Ave S, Hastings, MN 55033

Hiking Guide(s): [Wendy Holden](#) and [Wendy Tremblay](#)

Register: [Afton State Park](#)

Hiking Level



Estimated Time: 1 Miles: 2.5

MAY

South: HCT Hike on May 6 @ 10am in MN Valley Recreational Area 20550 Park Blvd, Jordan, MN 55352.

Hiking Guide(s): [Mel Bexell](#)

Register: [MN Valley Recreational](#)

Hiking Level



Estimated Time: 2 Miles: 4-5