



Once a month, She Ascends MN North will take you to a new section of the North Country Trail (NCT) and help you log 8-10 miles so that you will meet the goal of 100 miles in 2023 on the NCT! The Hike 100 Challenge was designed to help motivate you to meet your outdoor goals. Maybe you want to explore the outdoors, make new trail friends, or just see how far you can go on the NCT and She Ascends is right there with you! Let's do this - **TOGETHER!**

[Find out more about the NCT 100 Mile Challenge HERE](#)

FEBRUARY

North: NCT Series Hike on February 19@ 10 am. Meet up at Old Indian Trailhead - Height of Land Township, MN 56578. Your Hiking Guide will email you with further information prior to your hiking date.

Hiking Guide(s): [Monica McConkey](#) and [Lacey Baumgart](#)

Register: [NCT Old Indian Trailhead](#) Hiking Level  Estimated Time: 2 Miles: 3

MARCH

North: NCT Series Hike on March 25 @10 am This hike will start in the northwestern part of town near the former State Hospital - Cottage Dr, Fergus Falls, MN 56537.

Hiking Guide(s): [Lisa Theilman](#) and [Mindi Jenson](#)

Register: [NCT Fergus Fall Urban](#) Hiking Level  Estimated Time: 3.5 Miles: 7

APRIL 15th

North: NCT Series Hike on April 15 @ 1:00 pm. Meeting Spot: Maplewood Church - 36763 Maplewood Church Rd, Erhard, MN 56534 .

Hiking Guide(s): [Mindi Jenson](#) and [Deb Booth](#)

Register: [NCT Maplewood Church](#) Hiking Level  Estimated Time: 1.5hrs Miles: 3

MAY

North: NCT Hike on May 5 @ 10 am - Meet up at 39721 Park Entrance Rd, Pelican Rapids, MN 56572.

Hiking Guide(s): [Lisa Theilman](#)

Register: [NCT Maplewood State Park](#) Hiking Level  Estimated Time: 2hrs Miles: 3