



Once a month, She Ascends MN North will take you to a Northern Minnesota state park. We will visit waterfalls, hike through woods and prairies, find wildflowers, and connect with amazing women from all over Minnesota. You can purchase a Hiking Club log book on line 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](#)

## JANUARY

**North: Hiking Club Hike on January 28 at 1 pm. @ Lake Carlos State Park - 2601 County Rd 38 NE, Carlos, MN 56319.**

Hiking Guide(s): [Mindi Jenson](#)  
 Register: [Lake Carlos Snowshoe](#)

Hiking Level  Estimated Time: 2hrs Miles: 3

## FEBRUARY

**HCT Schoolcraft State Park: February 25 at 10am - 9042 Schoolcraft Ln NE, Deer River, MN 56636**  
*Bring Snowshoes - Dont have snowshoes? Let Mind know to bring extras*

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

Register: [HCT Schoolcraft State Park](#) Hiking Level  Estimated Time: All Day Miles: 1.8+

## MARCH

**HCT Lake Bemidji State Park: March 5 @ 1 pm - 3401 State Park Rd NE, Bemidji, MN 56601. *Plus other trails***

Hiking Guide(s): [Tanya Livdahl](#) and Jolene Miller

Register: [HCT Lake Bemidji State Park:](#) Hiking Level  Estimated Time: All Day Miles: 2.5+

## APRIL

**HCT Glendalough State Park: April 13 @ 6pm - 25287 Whitetail Ln, Battle Lake, MN 56515. *Plus other trails***

Hiking Guide(s): [Tanya Livdahl](#) and Jolene Miller

Register: [HCT Glendalough State Park](#) Hiking Level  Estimated Time: 2+hours Miles: 3.3+

## MAY

**Spring Hike: May 21 @ 4 pm. in Buffalo State Park: 565 155th St S, Glyndon, MN 56547**

Hiking Guide(s): [Kim Gilbertson](#) and [Mindi Jenson](#)

Register: [HCT Buffalo State Park](#) Hiking Level  Estimated Time: 1.5hrs Miles: 2