



You asked and we aim to please! Let's hear it for all the young moms out there! This year Caitlin Hickcox will host 6 Mommy and Me hikes!

As a new mom, Caitlin has started to bring her 7-month-old daughter along with her on hikes. and is excited to offer Mommy & Me Hikes to the She Ascends community. She is aiming to offer a comfortable atmosphere for women and their babies, toddlers, and young children to hike and connect. Come help create a community where moms can connect and support one another.

Hiking Guide for ALL Hikes: [Caitlin Hickcox](#)

Registration for ALL Hikes: [REGISTER HERE](#)

MARCH 17th at 3:00 pm *(This is an adult-paced hike for moms and babies/toddlers in carriers)*
Mommy and Me Hike: Rockville County Park - 11503 Glacier Road Rockville, MN 56301

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

MAY 24th at 12:00 pm *(This is an adult-paced hike for moms and babies/toddlers in carriers)*
Mommy and Me Hike: Mississippi River County Park - 41300 County Road 1 Rice, MN 56367

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

JUNE 26th at 11:00 am *(This is an adult-paced hike for moms and babies/toddlers in carriers)*
Mommy and Me Hike: Kraemer Lake-Wildwood County Park - 12857 Co Rd 51 St Joseph, MN 56374

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

AUGUST 3rd at 5:00 pm *(This is an adult-paced hike for moms and babies/toddlers in carriers)*
Mommy and Me Hike: Glacial Lakes State Trail - 779 1st St SE, Richmond, MN 56368

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

AUGUST 26th at 12:00 pm *(This is an adult-paced hike for moms and babies/toddlers in carriers)*
Mommy and Me Hike: Rocori Trail in Rockville <https://www.traillink.com/trail-maps/rocori-trail>

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds

OCTOBER 7th at 12:00 pm *(This is an adult-paced hike for moms and babies/toddlers in carriers)*
Mommy and Me Hike: Eagle Park - Rockville- Eagle Park, 24000 Co Rd 139, St Cloud, MN 56301

Hiking Level:  **Estimated Time:** 1-2 hr. **Miles:** 1-3 to be adjusted as the experience unfolds