



Once a month, She Ascends MN South+Metro 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

**South+Metro: Social Series Hike on January 17 at 12-noon at Wood Lake Nature Center:** 6710 Lake Shore Dr S, Richfield, MN.

**Hiking Guide(s):** [Amy Haben](#)

**Register:** [Wood Lake Nature Center](#)

**Hiking Level**

**Estimated Time:** 2

**Miles:** 2.5-3

**South+Metro: Social Series Hike on January 21 at 10 am at Ney Nature Center:** 28238 Nature Center Ln, Henderson, MN.

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

**Register:** [Ney Nature Center](#)

**Hiking Level**

**Estimated Time:** 2

**Miles:** 1-3

## FEBRUARY

**South: Social Series Hike on February 11@ 10 am at Seven Mile Creek, Trails 4-7 47454 US-169, St Peter, MN 56082,**

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

**Register:** [Seven Mile Creek](#)

**Hiking Level**

**Estimated Time:** 2

**Miles:** 1-3

**South: Social Series Hike on February 21@ noon in Lowry Nature Center, Carver Park Reserve - 7025 Nature Center Dr, Victoria, MN 55386.**

**Hiking Guide(s):** [Amy Haben](#)

**Register:** [Lowry Nature Center](#)

**Hiking Level**

**Estimated Time:** 2

**Miles:** 2.5-3

**South: Social Series Hike on February 26 @ 10AM in Miesville Ravine Park Reserve - 27970 Orlando Trail, Cannon Falls, MN**

**Hiking Guide(s):** [Carli Stark](#)

**Register:** [Miesville Ravine Park](#)

**Hiking Level**

**Estimated Time:** 2

**Miles:** 3-4

## MARCH

**South: Social Series Hike on March 1@ 7 am in Como Lake 1199 Midway Pkwy, St Paul, MN 55118.**

**Hiking Guide(s):** [Carli Stark](#)

**Register:** [Como Lake](#)

**Hiking Level**

**Estimated Time:** 2

**Miles:** 1-3

## MARCH

South: Social Series Hike on March 21 @ Noon in Richardson Nature Center: 8737 E Bush Lake Rd, Bloomington, MN.

Hiking Guide(s): [Amy Haben](#)

Register: [Richardson Nature Center](#) Hiking Level  Estimated Time: 3 Miles: 2.5-3

South: Social Series Hike on March 25 @ 10 am in Lake Washington Regional Park-47102 Washington Park Rd, Kasota, MN.

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

Register: [Lake Washington](#) Hiking Level  Estimated Time: 2 Miles: 1-3

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## APRIL

South: Social Series Hike on April 5 @ 7AM in Roseville Central Park - 2540 Lexington Ave N, Roseville, MN 55113.

Hiking Guide(s): [Carli Stark](#)

Register: [Roseville Central Park](#) Hiking Level  Estimated Time: 2 Miles: 3

South: Social Series Hike on April 15 @ 10 in Indian Lake Park: 8183 WI-19, Cross Plains, WI 53528.

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

Register: [Indian Lake Park](#) Hiking Level  Estimated Time: 2 Miles: 1-3

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## MAY

South: Social Series Hike on May 3 @ 7:00 am in Tamarack Nature Preserve: 5287 Otter Lake Rd, White Bear Township, MN 55110.

Hiking Guide(s): [Carli Stark](#)

Register: [Tamarack Nature Preserve](#) Hiking Level  Estimated Time: 3 Miles: 4-6