

SHE ASCENDS MNNorth Region

Social Hiking Series

Hiking + Wellness
Empowering Women to Connect



Once a month, She Ascends MN North 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 with other women in the region and connect. Your body, mind, and soul will thank you!

Hike all 12 and get a Social Hiking Series sticker for your waterbottle

JANUARY

Day Hike/ Lantern Snowshoe: January 21 at 2pm - 36750 Main Park Drive, Park Rapids, MN 56470
HCT is closed in the winter other trails will be used

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



Register: [Day Hike/ Lantern Snowshoe](#)

Hiking Level

Estimated Time: 3+ hours Miles: TBD

JANUARY

New Year Hike: January 14 at 1 pm. in Forest River Park: 224-498 Forest River Dr, Fargo, ND 58104.

Hiking Guide(s): [Kim Gilbertson](#) and [Deb Booth](#)



Register: [New Years Hike](#)

Hiking Level

Estimated Time: 1hr.

Miles: 1.5

FEBRUARY

Valentines Hike: February 11 @ 11 am. in MB Johnson Park: 3601 11th St N Moorhead, MN 56560.

Hiking Guide(s): [Kim Gilbertson](#)



Register: [Valentine Hike](#)

Hiking Level

Estimated Time: 1hr.

Miles: 1.5

MARCH

Snowshoe Hike: March 28 @ 6 pm in Edgewood Park 3750 45th St S, Fargo, ND 58104.

Hiking Guide(s): [Kim Gilbertson](#) and [Deb Booth](#)

Register: [Snowshoe Hike](#)

Hiking Level

Estimated Time: 1hr.

Miles: 1.5

APRIL

Night Hike: April 6 @ 8:15 pm. in Sucker Creek Park: 290 Ave, Detroit Lakes, MN 56501.

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

Register: [Night Hike](#)

Hiking Level

Estimated Time: 1hr. Miles: 1.5

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: [Spring Hike](#)

Hiking Level

Estimated Time: 1.5hrs Miles: 2