



Once a month, She Ascends MN South+Metro will lead you on a guided hike through some of our city's best trails. These urban gems will allow you to explore some of the best locations within urban boundaries. These shorter hikes help you feel more connected to nature without having to drive out of town to do so. Or, use these hikes to explore towns you've never been to! These gems are some of our favorite places to hike. Let us motivate you to move your body and meet new friends. See you on the trail!

### JANUARY

**South+Metro: Urban Gem Hike on January 8 at 1pm at 9 Mile Creek - 47454 US-169, St Peter, MN 56082**

Hiking Guide(s): [Amy Haben](#) and [Sarah Geffre](#).

Register: [Mile Creek Hike](#)

Hiking Level



Estimated Time: 2 Miles: 3.4 -4

**South+Metro: Urban Gem Hike on January 29 at 10 am at Lake Elmo Park Reserve: 1515 Keats Ave. North, Lake Elmo, MN.**

Hiking Guide(s): [Wendy Tremblay](#) and [Carli Stark](#)

Register: [Lake Elmo Park hike](#)

Hiking Level



Estimated Time: 2 Miles: 2-4

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### FEBRUARY

**South: Urban Gem Series Hike on February 5 @ 10 am at Willow River State Park - 1034 Co Hwy A, Hudson, WI 54016.**

Hiking Guide(s): [Wendy Holden](#)

Register: [Willow River State Park](#)

Hiking Level



Estimated Time: 2-3 Miles: 5.2

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### MARCH

**South: Urban Gem Hike on March 5 @ 10:30 in Kinnickinnic State Park, W11983 820th Ave, River Falls, WI 54022.**

Hiking Guide(s): [Wendy Holden](#)

Register: [Kinnickinnic Hike](#)

Hiking Level



Estimated Time: 1.5-2 Miles: 3

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### APRIL

**South: Social Series Hike on March 21 @ 6:30 at Minnetonka Regional Trail- 8th Ave. N. just south of 1st St. N. (Hopkins) and 81st St. west of State Route 5/Arboretum Blvd. (Victoria)**

Hiking Guide(s): [Wendy Holden](#)

Register: [Minnetonka Hike](#)

Hiking Level



Estimated Time: 1.5-3 Miles: 3

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### MAY

**South: Urban Gem Hike on May 5 @ 7:30pm in William O'Brien State Park: 16821 O'Brien Trail N, Marine on St Croix, MN 55047.**

Hiking Guide(s): [Wendy Holden](#)

Register: [William O'Brien Hike](#)

Hiking Level



Estimated Time: 1 Miles: 2