



Ramsey Parks & Recreation Presents: Women's Hiking Series



Spring has sprung, let's have some healthy fun!

Join us on Tuesdays to walk and navigate trails at Rum River Central Regional Park. Walking is a great way to spend time outdoors, improve your fitness and well-being, and meet other people. Learn to orient yourself, read trail maps and plan hiking routes. We will walk close to an hour and hikers can take breaks whenever needed. All abilities and fitness levels are welcome!

Registration is required for this program.

Location: Rum River Central Regional Park

17955 Roanoke St NW
Ramsey, MN 55303

Date: Tuesday, May 17 - June 28

Time: 6:00 - 7:00pm

Contact:

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