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[mayoclinichealthsystem.org/takeahike](https://www.mayoclinichealthsystem.org/takeahike).

Jumpstart your outdoor adventures

Minneopa State Park

Mankato

This park has everything from A to Z — or at least B (bison) to W (waterfalls).

Rasmussen Woods

Mankato

Five miles of trails take you through meadows, wetlands and cliffs.

Seven-mile Creek Park

St. Peter

This 628-acre county park offers 10 miles of multi-use trails with equestrian parking and a highway underpass.

Cedar Creek Park

Fairmont

Home to a new 1.8 mile paved trail, over 3 miles of mowed nature trails and two 18 hole Disc Golf Courses.

Clear Lake Trail

Waseca

4.64 miles around Clear Lake.

Sakatah Trail

Faribault to Mankato

This 39-mile, multiple-use trail has been developed on an abandoned railroad grade.

Springfield

The City of Springfield maintains 2.6 miles of paved hiking/biking trails.