

Walking Biking & Active Living Guide

Brochure made possible by:
The International Falls Active
Living Coalition and a grant by:



City Parks

(Not a complete list)

- Smokey Bear Park: 3rd Street & 6th and 8th Avenues
- City Beach: Ranier, County Road 20
- Riverside (dog) Park: Riverside Drive, borders Rainy River

Indoor Winter Walking

- Mall: Valley Pine Circle
- Rainy River Community College: Hwy 11
- Bronco Arena: 15th Avenue

Please check with each facility as times may vary.

City Playgrounds

- Green Acres: 17th Street and 6th Avenue East
- Carson Lupie: 13th Street and 3rd Avenue East on Highway 332
- Eighth Street: 8th Street between 13th and 14th Avenue
- Riverview: Riverview Boulevard and Center Street West
- Shorewood: Shorewood Drive and 20th Avenue
- Kerry Park: 11th Street between 4th and 6th Avenue

Sports Facilities

- Tony Rizzo Field: 3rd Street and 12th Avenue
- Holler Hockey Rink and Ball Fields: 20th Street and 12th Avenue
- Holler Roller Rink and Basketball Court: 19th Street and 2nd Avenue
- Kerry Park: 11th Street between 4th and 6th Avenue



Hiking Trails

- Tilson Creek Hiking Trail: 1.3 miles

Voyageurs National Park

Rainy Lake Visitor Center

- Oberholtzer Trail: 1.7 miles

Kabetogama Lake Visitor Center

- Echo Bay Trail: 2.5 mile loop
- Kab-Ash Trail: 27.9 Mile System

Ash River Visitor Center

- Blind Ash Bay Trail: 2.5 Mile Loop
- Ash River Road Overlooks: 0.2-0.5 miles each one way

Cross Country Ski Trails

- Manka Ski Trail: 1 km/0.6 mile loop
- Tilson Ski Trail: 17 km/10.2 mile system
- Voyageurs National Park

* Remember to purchase and have in possession your MN DNR State Trail Pass.

** Dogs not permitted in winter months.



Trail Etiquette

- Be considerate of others.
- Bicycles should give an audible warning and yield to all pedestrians.
- Use authorized trails. Respect closures.
- Don't litter. Pack out what you pack in.
- Park vehicles in approved areas.
- If dogs are allowed on the trail, keep them on a leash close to you at all times.

Safety

- Be aware of your surroundings at all times.
- Look people in the eye as you pass them. This lets others know you are aware of their presence.
- Wear comfortable shoes and clothing.
- Lock your vehicle. Do not leave valuables such as purses, wallets, or cell phones inside.
- Carry a cell phone in case of an emergency.
- Emergency Number: 9-1-1

