

# Nordic Ridge Hiking Club

**If you love nature and want to improve your physical and mental well-being, this FREE no registration required club is for you!**

**Meet at the trailhead (behind the Community Center) every Saturday at 9:00am and begin your hike. There are over 13 miles of maintained nature trails.**

**The trails offer lake views, wildlife and park benches to stop and take it all in.**

**Nature hikes offer a wide range of benefits, including improved cardiovascular health, increased muscle strength and reduced stress and anxiety.**

**Additionally they provide opportunities for social interaction and exploration of the natural world.**

**If you have any questions please call the  
Crosslake Community Center  
( 218 ) 692 - 4271**

**As with all nature trails there is uneven terrain, sunlight, and bugs/ticks.**

**Please dress accordingly .**



TRAIL MAP

