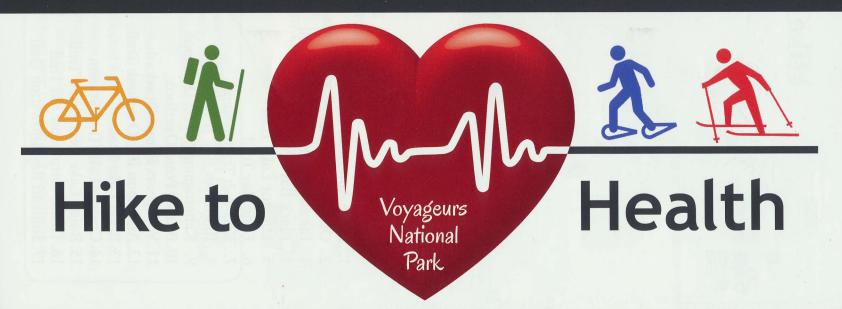
## **Voyageurs National Park**

National Park Service U.S. Department of the Interior







- 5. Locator Lake Trail
- 6. Echo Bay Trail
- 7. Kab-Ash Trail System
- 8. Blind Ash Bay Trail
- 9. Kabetogama Forest Overlook
- **10. Beaver Pond Overlook**
- 11. Voyageurs Forest Overlook
- 12. Anderson Bay Overlook Trail
- 13. Beast Lake Trail
- 14. Cruiser Lake Trail System
- 15. Rainy Lake Recreation Trail
- 16. Tilson Connector Ski Trail
- 17. Sullivan Bay Snowshoe Trail

The faster, farther, and more frequently you walk, the greater the benefits. Regular brisk exercise can help you:

- Maintain a healthy weight.
- Prevent or manage various conditions, including heart disease, high blood pressure and Type 2 Diabetes.
- Strengthen your bones.
- Lift your mood.
- Improve your balance and coordination.



Voyageurs National Park is proud to partner with Rainy Lake Medical Center to bring you the Hike to Health: Trails Passport Program. This program encourages a

healthy lifestyle while exploring Minnesota's National Park. It is free and available for all ages.

To get started, visit one of the park's three visitor centers to pick up a passport and trail map. Each park trail has a designated endurance level and a raised trail marker. Once the raised marker has been located, make a rubbing in your Trails Passport to signal you have completed the trail. Upon completion of a series of trails bring your Trails Passport in to one of the park visitor centers to receive a special stamp and recognition.

There are even snow trails to help you beat the winter blues. It is amazing what a little walk in the park will do!



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