



Mississippi National River and Recreation Area

BIKE WITH A RANGER ALONG THE RIVER!

Departs from Harriet Island Regional Park; 10:00am- 1:00pm.

Thank you for signing up to Bike with a Ranger along the Mississippi River! St. Paul, Minneapolis, and the surrounding communities were built and settled because of the local features of the Mississippi River. This trip starts at Harriet Island in downtown St. Paul and travels upriver to explore the history, geology, watersheds, and parks that connect us all to the Mississippi River. The ride utilizes the many paved paths along the river and bikeways on two St. Paul bridges.

Where and when to meet::

We will meet at the Harriet Island pavilion plaza facing the Mississippi River. Detailed directions can be found by searching for the following address at: <http://maps.google.com> Dr Justus Ohage Blvd, St. Paul 55107

Please plan to arrive around 9:50am to help ensure we leave on time. This allows time to unload your bikes and be prepared to ride. We should arrive back at our starting point by 1:00pm.

Parking:

Plan to park in the West Parking Lot of Harriet Island closest to the paddleboats.



Safety and Security:

1. Read and follow attached pre-ride safety checklist
2. All participants must wear a helmet.
3. This is a guided ride with four to five stops. Please stay with the group! There will be a team of Park Rangers and volunteers. One will take the lead, one will float through the middle of the group and one will ride 'sweep' and take up the rear.
4. Lock your car. If you bring anything of value, store it in trunk BEFORE arriving at parking area.

Suggested Gear:

Water bottle and a helmet! Also bring sun block, sunglasses, snacks, or other items you may want.

Water and bathrooms en route:

Water and a port-a-potty midway through the route should be turned on and available, but cannot be guaranteed as these facilities are not maintained by the National Park Service.

Weather Contingencies:

Trips will take place in mist or a lone shower but not in a steady rain. The lead Park Ranger will be available after 9:00am at **952-303-2870** if the weather looks suspicious or you have questions.

Cancellations:

The Bike with a Ranger rides have proven to be very popular. If you are unable to attend the trip, please contact the Mississippi River Visitor Center as soon as possible at 651-293-0200 so we may contact those from the waiting list. Leave your name and the day of your trip. Thank you!