

Sault Tribe Community Health Summer Hikes

Brought to you by the Medical Fitness Program.
Come and let us guide you through one of our local trails.

JUNE 5

SSM Downtown lunch loop (1 mile) - Meet up on the corner of Pine and Nolte behind the hospital.

JUNE 19

Ashmun Creek Trail in SSM (1.2 miles) - Meet up behind Buffalo Wild Wings Restaurant.

JULY 3

Big Bear Trail in SSM (1.4 miles) - Meet up at the Big Bear Arena parking lot next to the playground.

JULY 17

Kinross Recreation Center Trail (1.2 miles) - Meet up at the Kinross Rec Center parking lot.

JULY 31

Round Island Trail in Brimley (1.2 miles) - Off of 6 Mile Rd. take E. Birch Point Loop then a right on West Winding Ridge. Parking is at the end of the road.

AUG 14

Algonquin Trail in SSM (approx. 2 miles) - Parking is off of West 16th Ave., just past Tanglewood golf course.

AUG 28

Lynn Trail in SSM (approx. 1 mile) - Parking is at Sault Seal Recreation Center at the end of Minneapolis Park Drive.

Call Sault Tribe Community Health at 906-632-5210 to register.

Please arrive 10 mins early, all hikes begin at 2pm.

Weather permitting, will cancel due to rain/storms.

Reminder calls will be made 2 days prior to scheduled date.